



**Happy Saturday, Villagers**

**Please send along your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our website for more information about our organization and programs.**

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# INDEPENDENT BOOKSTORE DAY



SUNDAY  
AUGUST 30th  
10am - 5pm

Complimentary coffee from Poggio  
Complimentary wine from 37 Vineyard  
Live music with Trio Viva



A national event celebrating independent bookstores across the country. Join us tomorrow and take advantage of 20% discount off



## The Sausalito Art Festival Is Now Online

The Sausalito Art Festival silent auction is online and bidding has begun on multiple artistic categories, presented by artists from throughout the nation.

Explore work from some of your favorite Sausalito Art Festival artists while discovering new creative delights. Proceeds from the auction go to the presenting artists, and to the Festival to help produce the 2021 Sausalito Art Festival.

[Explore Auction.](#)

Please help keep the arts alive during these trying times while enhancing your surroundings with artistic beauty.



Have you signed up for Pema Chödrön's [FREE live Q&A session](#) yet? If not,

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After all, Ani Pema will be specifically discussing and answering questions about the attitudes and personal resources we need to thrive even in uncertain times. If you've been feeling anxious about the state of the world, Pema will help you in understanding that the moments between moments contain the most potential for positive change.

[Sign up now.](#)







### [A Beginner's Guide to the Golden Age of Live Theater on TV](#)

One of my earliest memories is of a man and woman arguing. I had just turned 5 years old. These angry grown-ups, who wore clothes from another time, were not my parents. Yet the image now feels as primal as if they were.

That vision, in a pulsing black and white, is my earliest recollection of watching television. Those people, I later learned, were New York stage stars. Their names were Julie Harris and Christopher Plummer, and they had been enacting

## COVID Humor

1. So let me get this straight, there's no cure for a virus that can be killed by sanitizer and hand soap?
2. Is it too early to put up the Christmas tree yet? I have run out of things to do.
3. When this virus thing is over with, I still want some of you to stay away from me.
4. If these last months have taught us anything, it's that stupidity travels faster than any virus on the planet, particularly among politicians and bureaucrats.
5. Just wait a second – so what you're telling me is that my chance of surviving all this is directly linked to the common sense of others? You're kidding, right?
6. People are scared of getting fined or arrested for congregating in crowds, as if catching a deadly disease and dying a horrible death wasn't enough of a deterrent.
7. If you believe all this will end and we will get back to normal just because we reopen everything, raise your hand. Now slap yourself with it.
8. Another Saturday night in the house and I just realized the trash goes out more than me.
9. Whoever decided a liquor store is more essential than a hair salon is obviously a bald-headed alcoholic.
10. Remember when you were little and all your underwear had the days of the week on them. Those would be helpful right now.
11. The spread of Covid-19 is based on two factors: 1. How dense the population is and 2. How dense the population is.
12. Remember all those times when you wished the weekend would last forever? Well, wish granted. Happy now?
13. It may take a village to raise a child, but I swear it's going to take a whole vineyard to home school one.
14. Did a big load of pajamas so I would have enough clean work clothes for this week.

## The Healing Podcast

Brought to you by MarinHealth

### **Staying Mentally and Emotionally Healthy During the Pandemic**

Jennifer Bates, LCSW - [Speaker Bio](#)

- Sheltering in place and social distancing have altered our way of life and are wearing on us mentally and emotionally. Fear of the unknown, loneliness and isolation, confinement, and worries about the future are impacting us all to some degree. For those with existing mental health and/or substance abuse issues, the current situation can be especially

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Jennifer Bates, Manager of Outpatient Behavioral Health at MarinHealth, weighs in on maintaining one's mental health in these uncertain times. Listen for some useful advice to help reduce the stress and anxiety out of sheltering in place. Learn the signs that you or a loved one might be at risk for depression or other mental health issues and find out



***For Information about food, supplies, and services visit the Sausalito Village website's [COVID Resources page](#).***

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