



Happy Friday, 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.

Lone Dear Mill Vally by Harrie Schwartz



[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)



[6 Ways You Are Probably Walking All Wrong](#)
These minor tweaks will give you maximum benefits.

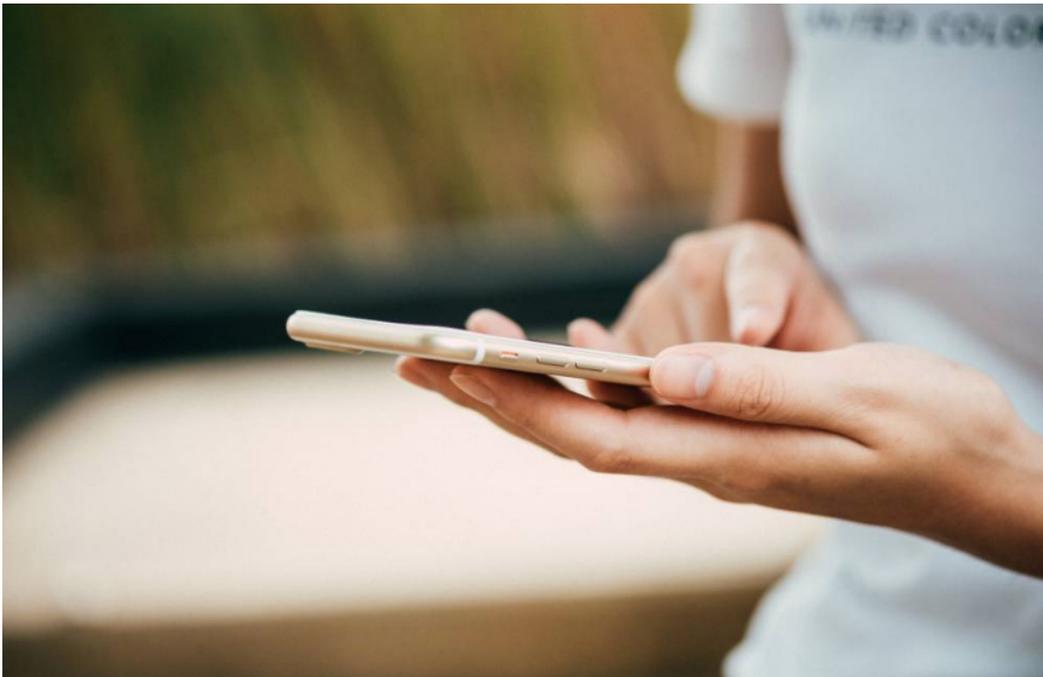


[Weekend Watching](#)

up and watch a movie or TV series. Regardless of what streaming service you subscribe to, we're here to help. We've gone through Netflix, Hulu, Amazon Prime Video and Disney+ to find the best movies and TV shows on each service.



There is a dancing bear above the "ble". Toblerone chocolate bars originated in Berne, Switzerland, whose symbol is the bear. (A balanced diet is **dark** chocolate in both hands)



[During a Wildfire, Your Phone Might Stop Working. How Can You Communicate?](#)

In a disaster situation like a wildfire or an earthquake, communication between you and those you care about is key. But what if the one device you rely on to communicate — your phone — isn't working?



"You may experience irritability and pain in the hands and wrist...and that's just from trying to get the cap off."



[The 15 Most Colorful Places in the U.S.](#)

From multi-hued canyons to elaborately-decorated streets, there are hundreds of places in the U.S. that leave visitors spellbound by a vivid [presentation of colors](#). Some appear so beautiful that you'd be forgiven for believing that they have permanent filters attached to them. Check out these 15 colorful spots you don't want to miss when traveling around the country.



[Here is an important message from Hamilton.](#)



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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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