



Happy Sunday, 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.



**Sunday:** [TRACY TANDY - SAUSALITO BOOKS BY THE BAY EVENT. 1-2](#)

**Monday:** [Online Chair Yoga. 11-12](#)

**Monday:** [HALLOWEEN THEMED COCKTAIL HOUR CONCERT -](#)

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**Wednesday:** [SANTINA IS BACK IN THE KITCHEN!](#) 4-5

**Wednesday:** [Dinner Delivery, Kitti's Place](#) 5-6

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)



**Jonathan Safran Foer**

***We Are the Weather: Saving the Planet Begins at Breakfast***

**Mon, Oct 19: 5pm**

*The New York Times* bestselling author Jonathan Safran Foer offers a mind-bending and potentially world-changing call to action on climate change. Cost: \$11-25. For details & tickets, [click here](#).

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### LET KITTI'S PLACE DO YOUR COOKING TONIGHT!

CARSS/SV Drivers providing free contactless delivery to your door!

OPEN TO SV/CARSS MEMBERS AND VOLUNTEERS

Take the night off from cooking and enjoy a meal provided by one of our favorite local restaurants. Please let us know if you would like to order one of the following two choices.

Each meal is \$20 including tax and tip, and delivery is free.

Select Choice One or Two and write it in the comment box when you are reserving and paying for your meal online.

1. Chicken Satay with peanut sauce, and cucumber Salad, and Jasmine rice
2. Stir-fried mixed vegetables with Tofu and black-bean sauce, and Jasmine rice

WHEN: Wednesday, October 21st, delivered between 5:15 and 6pm

WHERE: Delivered to your doorstep free of charge by SV/CARSS volunteers

RSVP and PAYMENT: Click on the Purchase Ticket tab above

CHOOSE OPTION: WRITE IN THE COMMENT BOX which meal you would

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**RSVP Deadline: Sunday evening October 20th**

PROBLEMS RESERVING AND PAYING? Contact Kathleen

at [kemnjca@gmail.com](mailto:kemnjca@gmail.com)

# Praktikos

## Deep Meditation



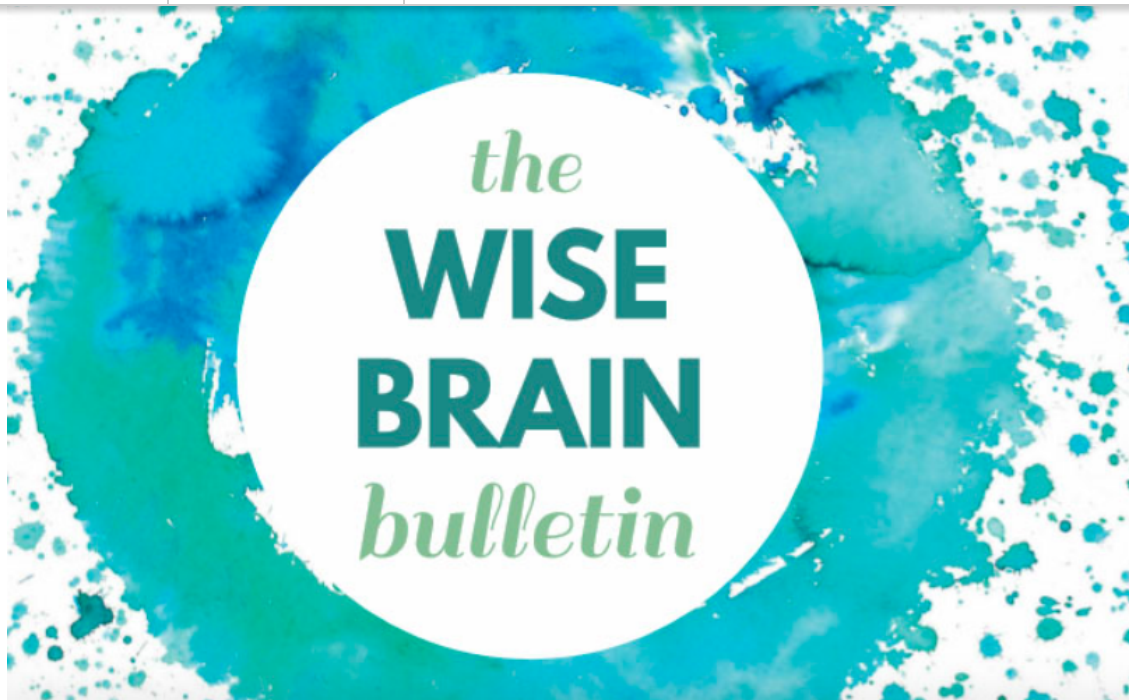
***Tuesdays @ 7:00 PM • Zoom***  
**Link coming Tuesday afternoon!**



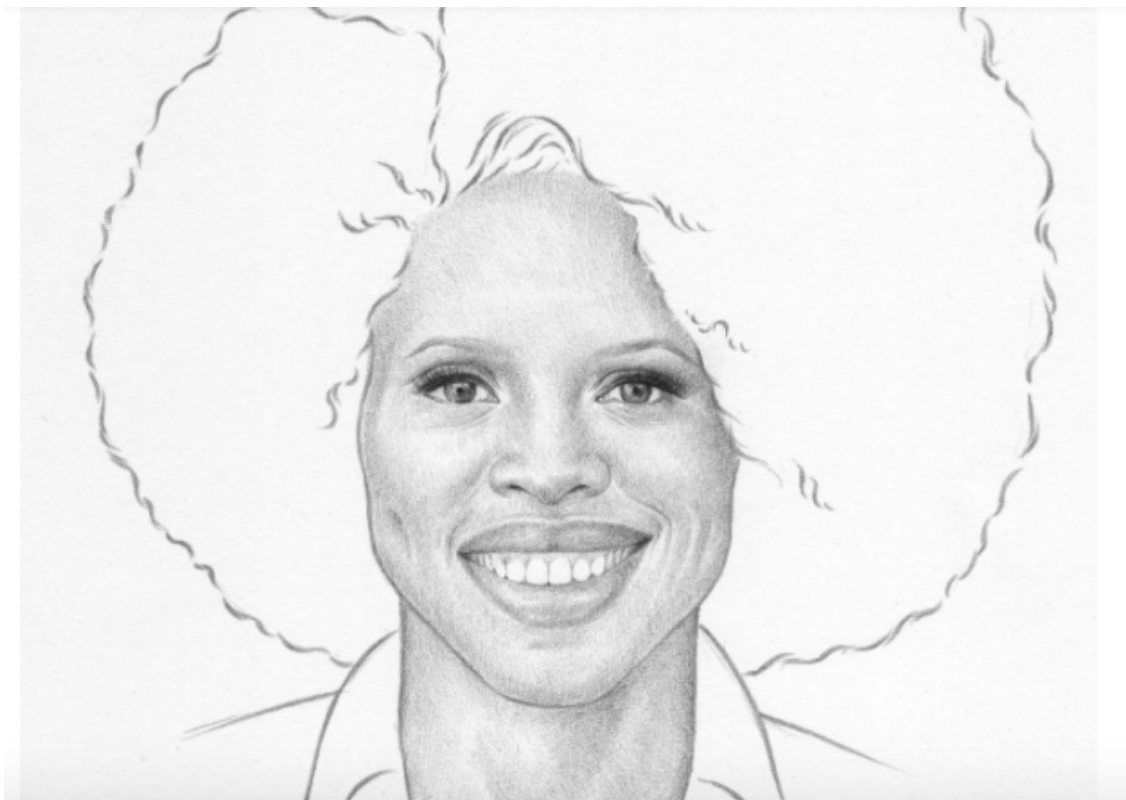
### [9 New Books We Recommend This Week: NYT](#)

Journalism is a tribe, no doubt. But I swear it's just a coincidence that six of the nine books we recommend this week are by our esteemed peers at other outlets. There's "What Were We Thinking," an intellectual history of the Trump era, by the book critic Carlos Lozada of The Washington Post; and "Money," a history of (yes) money, by the NPR host Jacob Goldstein. There's "Who Gets In and Why," about the grubby secrets of college admissions, by Jeffrey Selingo, the former editor of The Chronicle of Higher Education; and the Jimmy Carter biography "His Very Best," by the longtime Newsweek columnist Jonathan Alter. And there are two memoirs by Latina journalists, the Univision anchor Ilia Calderón ("My Time to Speak") and the NPR anchor Maria Hinojosa ("Once I Was You").





### [Mind Bending Awe](#)



### [5 People Who Can Help You Strengthen Your Empathy Muscle](#)

Ever wondered how empathetic you are? Consider the advice of these five people who have spent their lives studying, understanding and practicing empathy.

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## AUTUMN SETS IN ACROSS THE US

From the top of the trees to the road below, from Vermont to Colorado, here are the colors of fall in full glory.

WE are A  
Community

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***preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).***

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