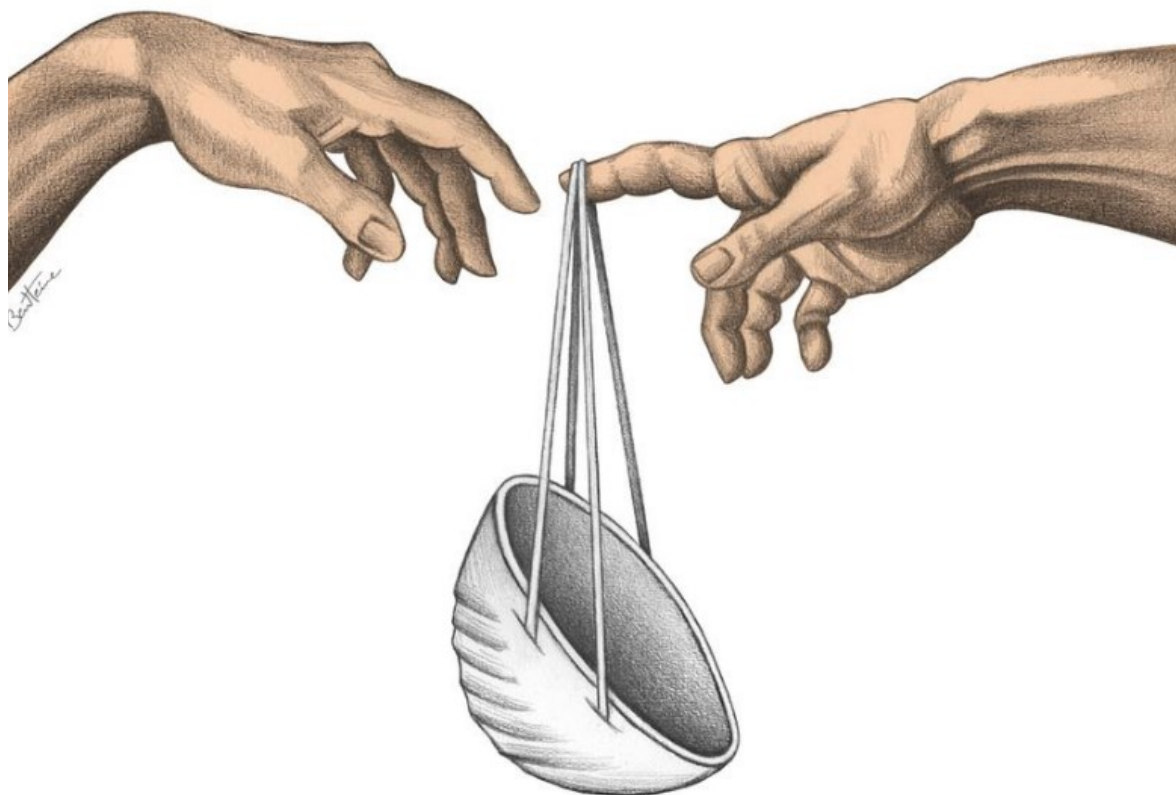




Happy Thursday, Villagers



Thanks to everyone who has submitted content for the daily tips. Please keep it coming. Just email directly to us [here](#).



PANDEMIC

[Pandemic Journal: New York Review of Books](#)

This is the current edition in a running series of dispatches by New York Review writers that is documenting the coronavirus outbreak with updates from around the world that began [March 17–22](#) and has continued through [March 23–29](#) and March 30–April 5.

—The Editors

[Arthur Longworth](#) in Monroe • [Mira Kamdar](#) in Videlles • [Christopher Benfey](#) in Amherst • [Nathaniel Rich](#) in New Orleans

Colorful Spring Flowers in Bloom at SF Botanical Garden



[Golden Gate Park is 150 years old](#)



To illustrate how big this occasion is—a pandemic notwithstanding—we’ve plumbed the depths of the park’s past, present, and future to unearth 150 reasons to cherish this three-mile-long green space carved out of sand and shore dunes more than a century ago.



Interested in learning a little more about the history of Sausalito, Marin County or California in general? Check out the [California Digital Newspaper Collection](#)

This is a collection of digitized newspaper from all over California, from as early as 1846 up to the present ... big cities, small towns, farmer's papers, etc. Of local interest is the Sausalito News (1885-1966), or the Marin County Journal (1861-1922), or the Marin Tocsin (1890-1918) or, for the early history of San Francisco, the Weekly Alta California (1849) or the Daily Alta California (1850-1891). And there are loads of other newspapers from all over California.

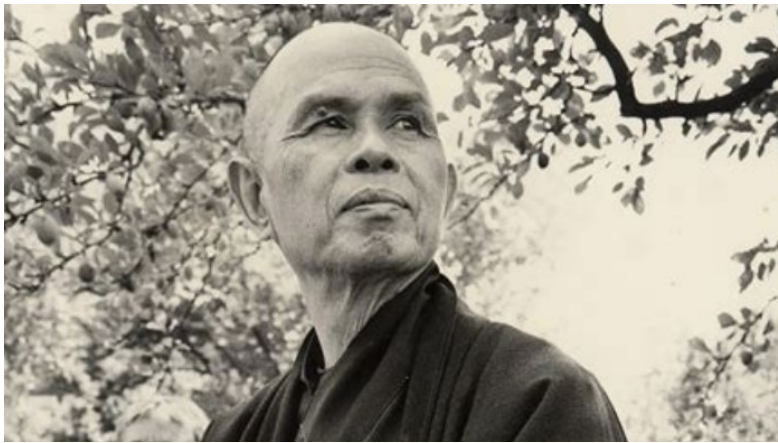
Symphony Lovers



During his long career as a conductor and composer, the Finnish-born Armas Järnefelt (1869-1958) bounced between his homeland and Sweden, serving as Music Director for the Swedish Royal Theatre, yet also leading the Helsinki Philharmonic Orchestra. Originally composed for small orchestra in 1895, his jaunty *Praeludium* is sure to chase the blues away. To hear it played by the Cincinnati Pops Orchestra led by Erich Kunzel, [click here](#).

How Presence Transforms Your Relationships

from *Body and Mind Are One*, an Online Retreat with [Thich Nhat Hanh](#)



[Listen Here](#)



Mental Health Wellness Tips For Quarantine

1. Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.

3. Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

[\(continue reading\)](#)

[How Not to Wear a Mask](#)

DON'T: Wear your mask loosely with gaps on the sides.



Almost overnight, masks in a variety of colors, styles and materials have appeared on the faces of people around us. While it's good news that many people are doing their part to slow the spread of coronavirus, the bad news is that many people are wearing their masks wrong.

“Wearing a mask takes some getting used to, for sure,” said Dr. Scott Segal, chairman of anesthesiology at Wake Forest Baptist Health. “You are probably wearing it exactly right if it’s a little stuffy.”

Note: Surgical and N95 masks are reserved for our health care workers. If you need a face covering, SV is sewing them. Please contact triciasmith58@yahoo.com

[John Prine, Legendary Singer-Songwriter, Dies From Coronavirus at 73](#)



John Prine Hello In There



When the World Stopped



Family Lockdown



Tips on Food, Shopping, Other Assistance

Updates on local store hours, online shopping, storing food, and more

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this service can be accessed via this link. If you need help setting this up, call 415-332-3325

- **DRIVER'S MARKET:** Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm. Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.
- **GOLDEN GATE MARKET:** Senior Shopping 8-9 with 15% discount. Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.
- **Mollie Stone's:** Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.
- **Trader Joe's (Cost Plus):** Senior Shopping 8-9.
- **Whole Foods:** 8-9
- **Target** Wednesdays 9-10
- **Good Earth:** 9-10

if you are ordering food to go, support our [local restaurants](#)! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**

CVS is offering [free delivery](#) of prescriptions and everyday essentials.

In Sausalito, "Grab and Go" bags of groceries are available at Marinship Park between 8:00 and 11:00 a.m. on Tuesdays and Fridays. The service is provided by Marin Mobile Care in conjunction with the mobile shower service sponsored by the Sausalito Police Department. The School District and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).



Surprising foods you can't freeze and a reminder of what you can

Savvy use of your freezer space is more important than ever.

From cheese to eggs and even avocado, we answer the most asked questions about what you can and can't freeze so you can cut down on food waste, while also limiting how much you need to venture out shopping.

Sanitizing & Cleaning Tips During the Coronavirus Pandemic: Things to Clean That You May Have Overlooked



Give and Get Local



Local businesses need your support. You can give your favorite Square merchants a boost by buying digital gift cards.

Amazon com : Shipping Delays? Out-of-Stock Items? Amazon Isn't the Only Shop

Online

I ordered some gifts -- a hand salve, some tea, soap and a cookbook -- from a Washington, D.C.-based boutique on March 19, a Thursday. My friend's birthday wasn't for another week and I figured the package could take a while. But it arrived on her New York doorstep two days later. I was stunned. The same cookbook on Amazon is currently delayed until late April.

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