

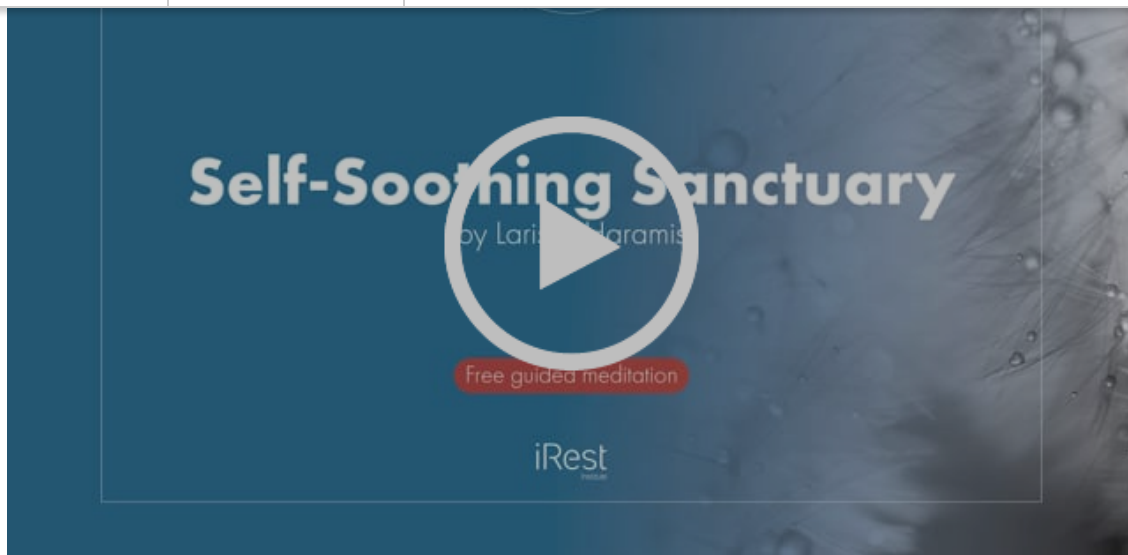
FRIDAY



weekend is loading

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.

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Feeling worn down by stress and turmoil? Try today's free guided practice, **Self-Soothing Sanctuary**, with Certified iRest Yoga Nidra Teacher Larissa Haramis of Melbourne, Australia. This gentle half-hour meditation nurtures your inherent resilience.

Each Monday, we'll be sharing a free guided meditation from iRest Trainers, Supervisors, and Mentors centered on a theme or topic that helps you navigate these uncertain times.



TED Talk Tuesday July 7: The Moral Roots of Conservatives and Liberals

Register here for next week's event: [Click here](#)

All of today's historic challenges are politically charged and the 2020 election is coming upon us whether we are ready or not.

Join us on July 7 at 4 PM for the second in the series of TED talks to explore how to sanely and productively navigate what lies ahead.

Psychologist Jonathan Haidt will present on **The Moral Roots of Conservatives and Liberals** and how these moral values impact how we approach our political choices, whether left or right.

Attend the Virtual Marin County Fair, July 1-5: Watch music, dance and acrobatic performances; share your art and favorite fair memories; and watch a virtual firework show at 9 p.m. on July 4. ([Schedule](#)) ([Watch Performances](#))



[9 Fairytale Destinations in the U.S.](#)

[One](#) needn't journey far to find a little magic. From actual castles to charming villages to places inspired by legend, there are plenty of nearby places that embody that fairytale feeling. If you're hoping to bring some sparkle, joy, or intrigue into your travels, read on to discover nine fairytale destinations you can visit right here in the U.S.

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Volunteer Job Announcement

Are you proficient with Zoom? Are you available on Tuesdays from 3:30 to 5:30?



Preparing Your Pet for Disasters

Don't forget to include your pets in your planning for emergency situations. Check out these tips to help you get started:

- Get your pet an ID tag. Ask for a free or discount microchip.
- Pack food, water, medicine, and proof of immunization.
- Dial 211 to ask which public shelters accept animals.
- Share keys with trusted friends to rescue your pets.
- Include family photos with your pet(s) in your Go Bag. These can help you reunite if separated.



Nominated 13 Tony Awards including "Best Musical," **Lynn Ahrens & Stephen Flaherty's** 1998 ***Ragtime***, "dealt with discrimination and social inequality in the United States at the turn of the 20th-century. Sadly, this work of art could not be more relevant than today, as we struggle to instill American ideals of fairness and justice in our society and institutions. The more intractable these issues seem to be, the more we need art to help us talk about and overcome them." Based on E. L. Doctorow's 1975 novel by the same name, *Ragtime* uses song "to weave together stories ...from three very different perspectives - African Americans in Harlem, immigrants from Eastern Europe, and upper-class suburban whites. The differences of these groups are bridged and transcended by the popular music of the era." Listen to the Broadway's original cast members **Marin Mazzie & Peter Friedman** sing a touching ballad as parents reflecting on "**Our Children.**"

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[The Origins of Agriculture in the Fertile Crescent](#)

 Lecture

Join Thomas Zimmerman, Ph.D., to learn about one of the biggest mysteries in world prehistory: why did we abandon hunting and gathering to become sedentary 12,000 years ago? The lecture will largely focus on the region where it all began: the Fertile Crescent.

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