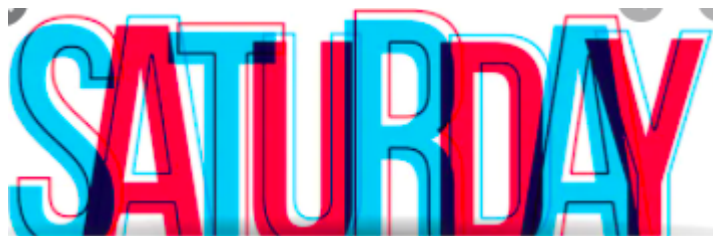


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Happy Saturday, Villagers

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.



[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)

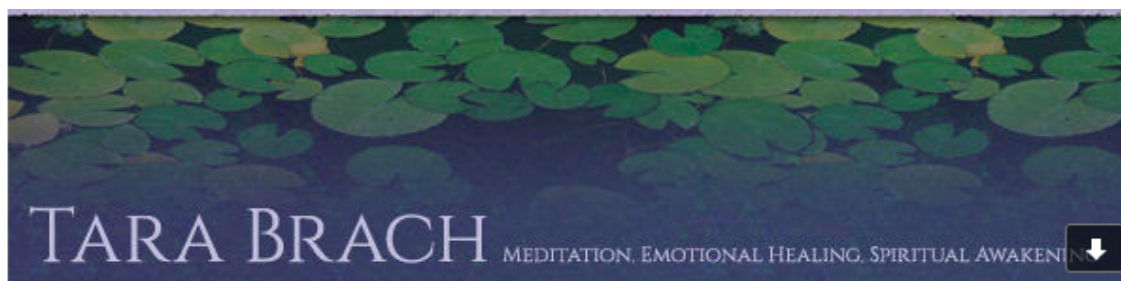


Your Technology Is Tracking You.

Before I became a reporter at NPR, I worked for a few years at tech companies.

One of the companies was in the marketing technology business — the industry that's devoted in part to tracking people and merging their information, so they can be advertised to more effectively.

That tracking happens in multiple senses: physical tracking, because we carry our phones everywhere we go. And virtual tracking, of all the places we go online



While we each have the capacity for love and compassion, it's through intentional practice that we develop a truly wise and caring heart.

My latest book, *Radical Compassion*, is a guide for the RAIN meditation, the most powerful practice I know for healing our own hearts and bringing our full loving into the world. ([If you don't have your copy yet, here's where you can pick it up!](#))

As a gift to my valued community members, I'm excited to offer this [Free Study Guide](#) to accompany you as you explore [Radical Compassion](#). My hope is that these inquiries will enrich your path of healing and awakening.

[Download the study guide](#)

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[The CDC Just Released Health Guidelines for Celebrating Thanksgiving 2020 Safely](#)

Thanksgiving isn't canceled this year, but it is amended.



[Edward Hopper's Creative Process: The Drawing & Careful Preparation Behind *Nighthawks* & Other Iconic Paintings](#)

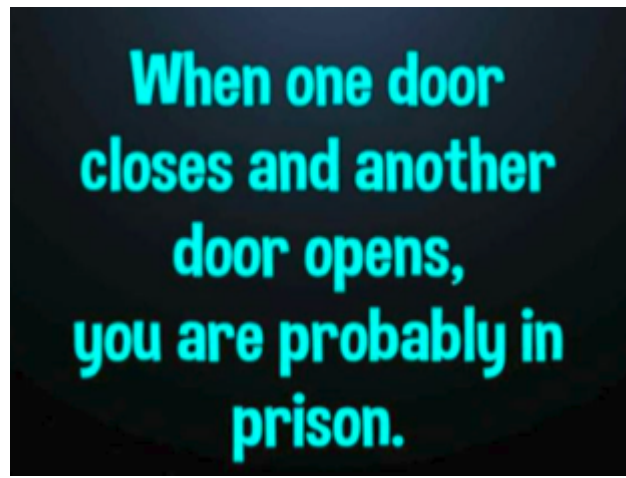


[Early Voting and Drop Box Locations](#)

Any registered voter can go to a [county elections office](#) in person to request and receive a vote-by-mail ballot.

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All active registered voters will automatically receive a vote-by-mail ballot for the November 3, 2020, General Election. Ballots returned by mail must be postmarked by November 3, 2020; ballots returned at a secure ballot drop box must be deposited by 8:00 p.m. on November 3, 2020. One or more early voting locations will be available in all counties for at least four days beginning the Saturday before the November 3, 2020, election. Voting locations will offer voter registration, replacement ballots, accessible voting machines, and language assistance.



CARSS (Call A Ride for Sausalito Seniors) can help you



Concerned about mailing your ballot?
Here are two alternatives:

- CARSS Drivers will be available to take you to the polls on all voting days Oct. 31, Nov. 1, Nov. 2 and Nov. 3 (covid procedures will be in place)

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election night, it must be in the Ballot Box 3 days before.

**RESERVE your CARSS ride or ballot pick up at:
415-944-5474 or infocarss4you@gmail.com**

More general voting info: [Click Here](#)

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village. This program is free to all residents 60 and older or younger with a disability. www.carss4you.org www.sausalitovillage.org



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

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