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Happy Sunday, Villagers

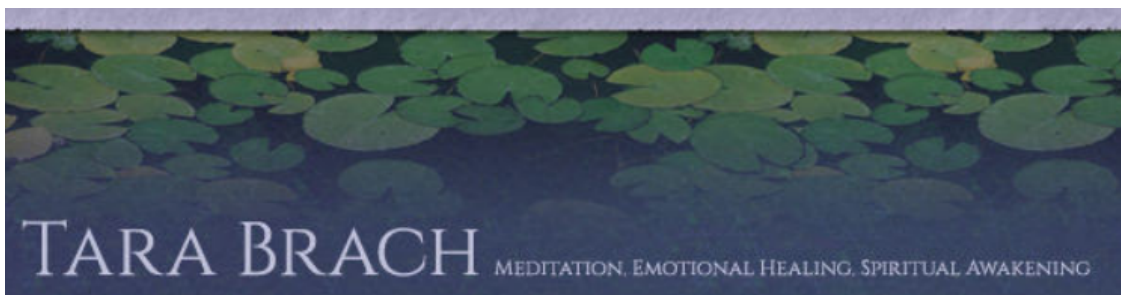
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## [Good Conversations Take Time And Attention. Here's How To Have Better Ones](#)

A Podcast: Having good conversations — with strangers or with your closest friends — is an art. It requires attention, something that's in high demand these days



and freeze.

But in recent years, trauma researchers have begun to recognize additional responses to trauma – and these can be critical for healing.

That's why my friends at NICABM are dedicating an entire module to working with these survival strategies in the upcoming session of the all new [Advanced Master Program on the Treatment of Trauma](#).

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**Only  
in America.....do people  
order double  
cheeseburgers, large  
fries, and a diet coke.**

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## [The 3 Secrets to Japanese Longevity](#)

A closer look at the healthiest population on Earth



### Sunday at the Movies

Netflix: [Trial of the Chicago Seven](#)

[13 essential movies about the fight for women's equality](#)



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**THINGS TO DO TODAY:**  
**1. GET UP**  
**2. SURVIVE**  
**3. GO BACK TO BED**

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### 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)
- OR Volunteers will pick up your ballot at your door and take it to the Ballot Box in Marin City. For it to be counted on 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](mailto: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](http://www.carss4you.org) [www.sausalitovillage.org](http://www.sausalitovillage.org)



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