

# What's up WEDNESDAY

Happy Wednesday, 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.



Wednesday: [HOME SHARING PRESENTATION](#). 10:30-11:30

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)



## [You Are Probably Breathing Wrong. Fixing It Could Change Your Life](#)

We [breathe in and out](#) around 25,000 times a day and most of us don't think about it at all. Getting air in and out of your lungs seems like the most straightforward activity imaginable. [Our brain](#) takes care of it without any effort from us, right?



[Are You an Aspiring Design Aficionado? Check Out This Day-to-Day](#)

[Guide to Intersect Chicago/SOFA's Action-Packed Online Fair](#)

Each day of the week-long virtual edition will include medium-specific programming, from studio visits to curator talks.

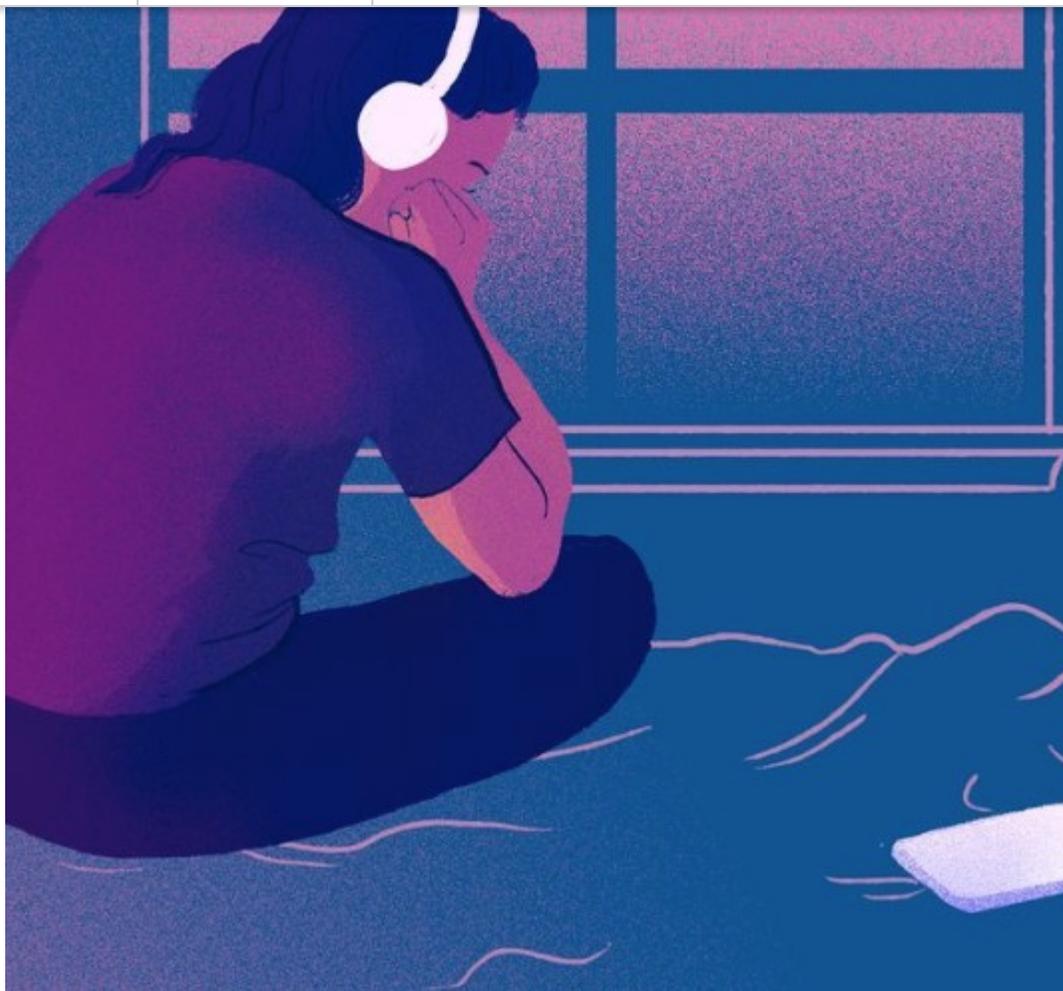


### Music

**SF Symphony Throughline: From Hall to Home**, on KQED November 14 at 7:00 pm. Per the symphony, this will be a concert event that reflects the vibrant creativity of our community on a global scale, featuring Music Director Esa-Pekka Salonen, SF Symphony musicians, eight collaborative partners, and the Symphony-commissioned world premiere of Collaborative Partner [Nico Muhly's \*Throughline\*](#), a work *The New York Times* calls “a bellwether in the emerging genre of works created for the constraints, and possibilities, of music-making in our moment.”

# Canada begins construction on a wall at the Canada U. S. border



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### [40+ Podcasts for Relieving Stress & Taking a Much-Needed Break](#)

Whether you're looking for a podcast to help relieve stress, make your morning routine more enjoyable, keep you company on your next run — you name it — we guarantee that these recommendations will work wonders.



## 'THIEVING WITH A PIRATE'S SMILE': HOW BANKSY GOT FAMOUS

From Mark Manson's [Subtle Art Of Not Giving A F\\*ck](#) to Jake Paul's [Eating Cheerios Out Of A Pair Of Jordans](#), a common complaint among 2020 snobs is that there's no longer ~substance~ to the cultural works that trap most eyeballs.



**Bookmark the Next TED TALK!**

Nisha Anand, The Radical Act of Choosing Common Ground (just in time for

Open to all. Registration required.

(Please note unusual time for TEDs)

Nisha Anand is the CEO of [Dream Corps](#), a nonprofit organization that brings people together across racial, social and partisan lines to solve our toughest problems. She is the Political Director of [Rebuild The Dream](#), an organization fighting for an economy that works for everyone. Previously, Nisha served as Chief of Staff to Van Jones, CNN commentator and NY Times Bestselling Author. A veteran fundraiser and consultant with decades of experience in nonprofit development and management, Nisha has also served as Director of Development for The Ruckus Society, a national direct action training organization, and for San Francisco Women Against Rape, the city's rape crisis center. In 1998, Nisha was arrested passing out pro-democracy leaflets in the military dictatorship of Burma and sentenced to five years in jail with 18 other international activists. Her arrest put her on the international stage, delivering speeches at numerous events and conferences and interviewing for TV, radio, and print. In 1999, she received her Masters Degree in International Peace and Conflict Resolution from the American University in Washington, D.C.



WE are A  
COMMUNITY

***For information about emergency preparedness and COVID resources, visit the***

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