



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.

One Big Gothic Family sent by Ingrid Kreis

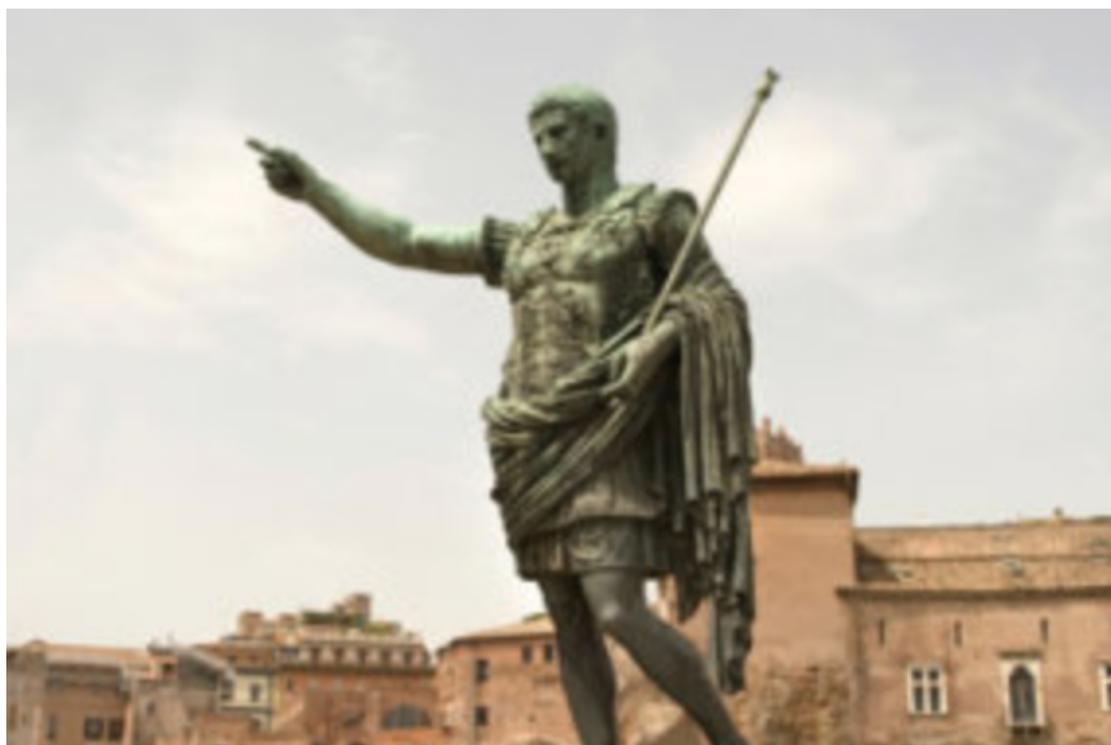
Note: The Tips now has its own [email address](#) to forward ideas for content.

What's Happening

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!](#)

2:15-3:15

Friday: [DOCENT LED WILDFLOWER WALK ON RING MOUNTAIN.](#) 11



[10 Most Long-lived Empires in History](#)

Through the course of history, we've seen empires rise and fall over decades, centuries and even millennia. If it's true that history repeats itself, then perhaps we can learn from the missteps and the achievements of the world's greatest and longest lasting empires.



['Age is a sloppy proxy': Older adults push back on idea that staying safe from coronavirus means staying isolated](#)

The birthday party was a small one, held in a backyard on thirsty, yellow grass under an endless blue sky. Meg Murphy slipped in through the side gate with her husband. She knew the rules, to keep her distance. She'd heard all the health warnings, too. People older than 65 — people like her — should take extra precautions.

Reading can seriously damage your ignorance.



HIGHER PERSPECTIVE
COMMUNITY CONNECTION. PERSONAL TRANSFORMATION.

Anyone who missed their second vaccine can obtain a second dose shot at any of Marin County Public Health's mass vaccine sites, regardless of where they obtained their first dose. No appointment required, just bring your vaccination card:

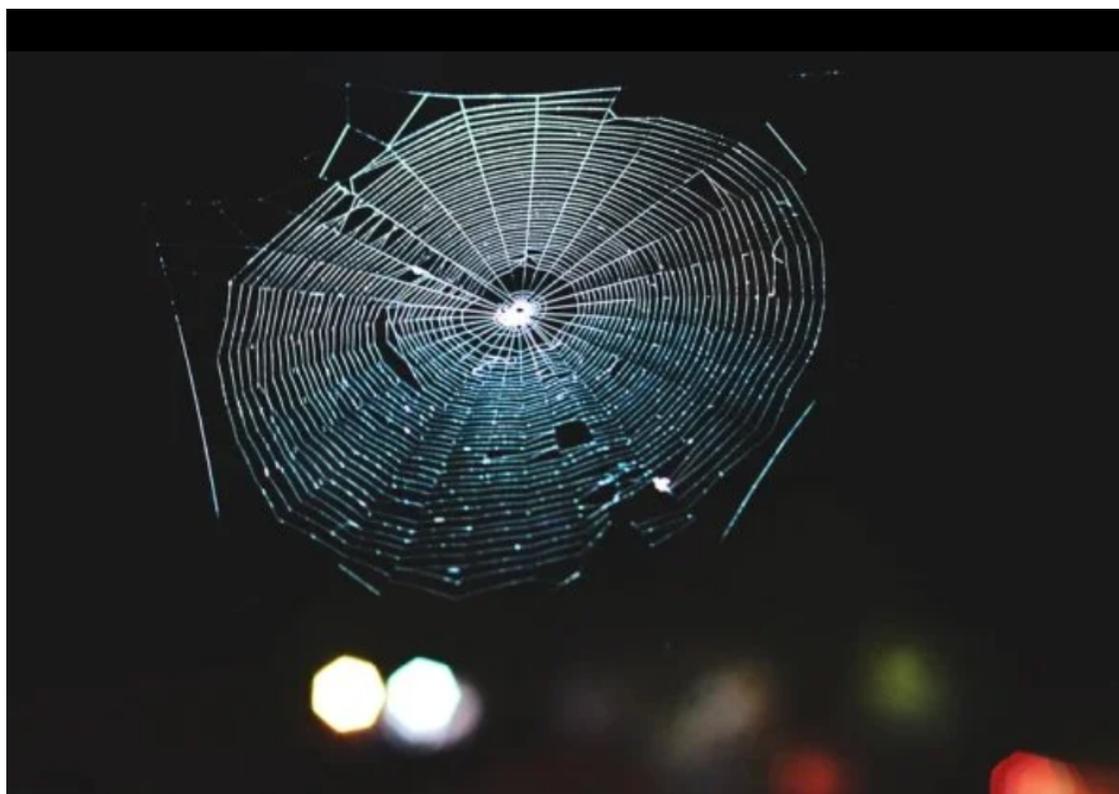
- Tuesday – Saturday, 8:00 AM to 2:00 PM: Marin Center (20 Avenue of the Flags, San Rafael)
- Wednesday – Friday, 4:00 PM to 7:45 PM: Marin Health and Wellness Center (3240 Kerner Blvd, San Rafael)

In addition, many commercial pharmacies provide second doses, even if you obtained your first dose from a different provider. Review available vaccine sites in Marin by visiting [GetVaccinatedMarin.org](https://www.getvaccinatedmarin.org).



[How To Stop Being A People Pleaser And Learn To Say No](#)

Yes, it's possible to un-learn your people-pleasing tendencies. Here's how.



[Scientists Translated Spiderwebs Into Music, And It's Beyond Stunning](#)

Spiders rely quite significantly on touch to sense the world around them. Their bodies and legs are covered in tiny hairs and slits that can distinguish between different kinds of vibrations.

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