



Happy Thursday, 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.

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



Thursday: [HIKE MT. TAM - JACKIE IS BACK!](#) 10-2

Sunday: [Tales of the Trail.](#) 7-8

The California Department of Public Health has upgraded Marin County from orange (tier 3) to yellow (tier 4) COVID-19 restrictions.

Relaxed restrictions for counties in the yellow tier of the [Blueprint for a Safer Economy](#) include:

- Gyms and fitness studios can open indoors at 50% capacity or 75% if all patrons show proof of full vaccination or a negative COVID-19 test. Fitness facilities may reopen saunas, spas, and steam rooms.
- Bars that do not serve food may open indoors at 25% capacity or 100 people, whichever is fewer, or 37.5% capacity if patrons show proof of vaccination or a negative test.

fewer.

A detailed list of [allowed activities](#) under the various tiers is available from the California Department of Public Health.



[THE 15 MOST FAMOUS AMERICAN HISTORIC HOMES TO VISIT](#)

The U.S. is blessed with some incredible mansion houses that have been transformed into museums and luxury hotels. Put these stunning American historic homes on your bucket list!



me: how much is the rent for
this gorgeous apartment?

“sir, this is a liquor store.”



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[California's 1,230-mile coastal trail 70% complete, according to new online map](#)
Some gaps will be hard to bridge, but the map will help in the effort.



What the Color of Your Bread Bag Twist Tie Can Tell You

Behind [every great sandwich](#) is a fresh loaf of bread. Though you can search a bread bag for the expiration-date fine print, there's another small detail that will quickly and easily tell you how fresh its contents are: [the twist tie](#).

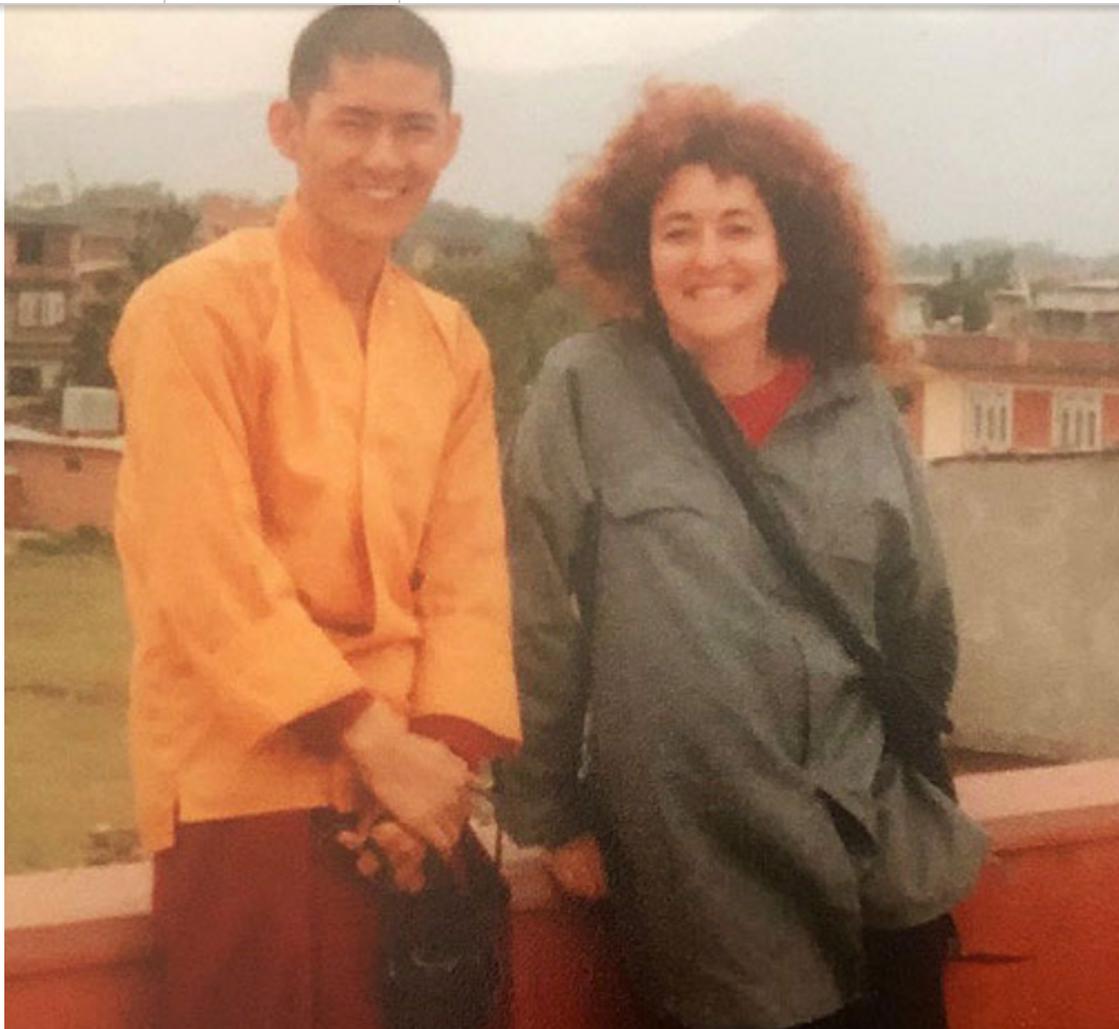
That's right, the plastic tags or metal ties that are piling up next to your paper clip collection tell you which day of the week bread was baked on.

The [codes](#) are as follows: **Monday** – blue, **Tuesday** – green, **Thursday** – red, **Friday** – white and **Saturday** – yellow. (We didn't forget about Wednesday and Sunday: [Most sources](#) refer to a five-day delivery schedule.)

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[7 vintage train rides in the US that will take you where no cars can go](#)

WHILE THE CAR might be king in the US, and [road trips](#) are undeniably great, there's another way to see the country's beauty that's just as slow and that's got way more swag: Vintage train rides.



[How To Travel Mindfully: Advice From A Tibetan Monk](#)

I first met Khenpo Pema Wangdak in 1986, when I was looking for a teacher to help me learn Tibetan for a journey I took the following year.

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MANY HANDS MAKE LIGHT WORK

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