

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."





[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](#).

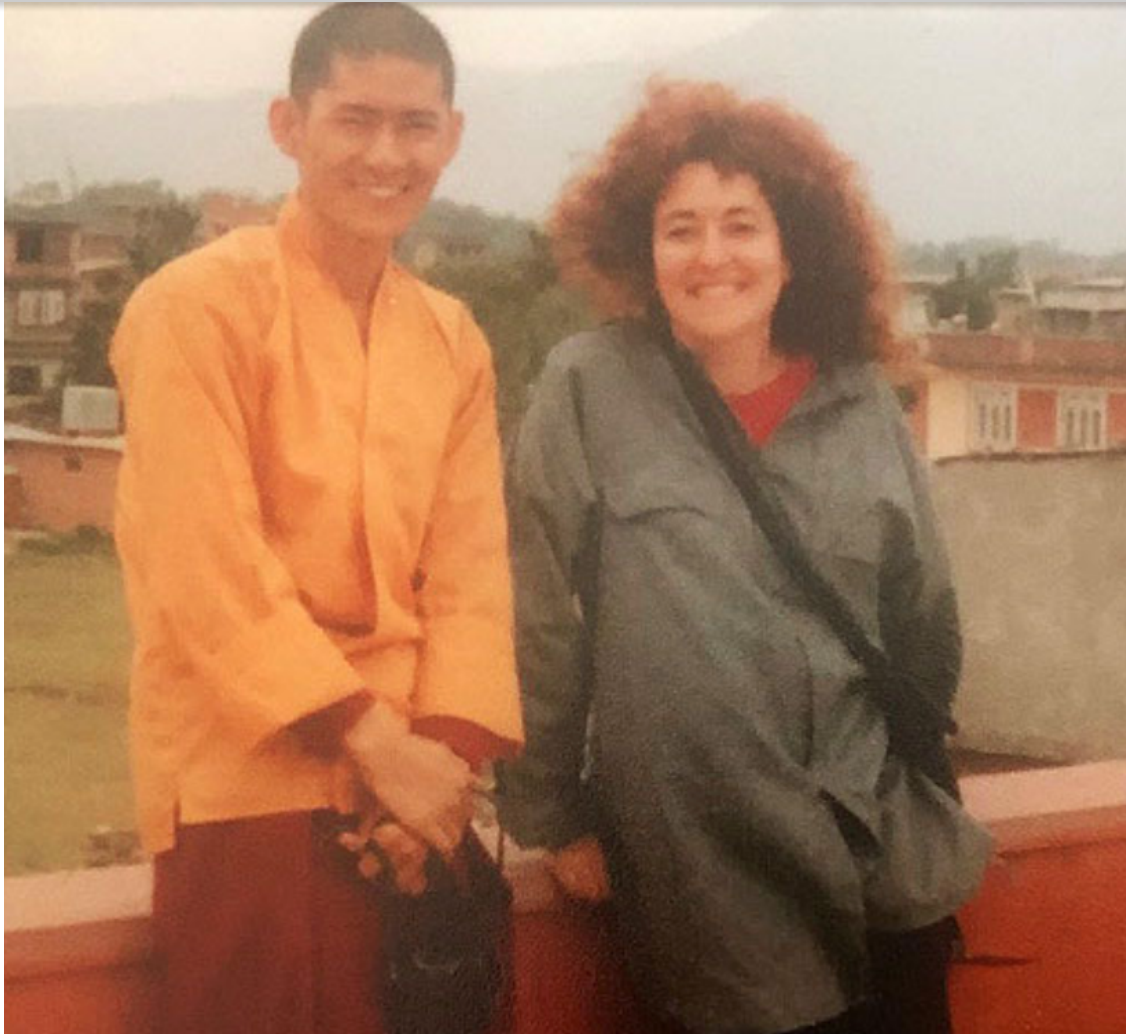
That's right, the plastic tags or metal ties that are piling up next to your paper clip collection tell you which day of the week bread was baked on.

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.)



[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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