

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Photo by John Truxaw

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights for SV hosted events in the coming 2 weeks:

- June 26 - SV Summer Sing Along
 - June 26 - Free Memory classes start
 - June 27 - Trader Joe's shopping
 - June 27 - Line Dancing Mixed Level
 - June 29 - Line Dancing Beginning
 - July 2 - Tales of the Trails featuring Nicole in Nepal
 - July 3 - Stretch and Strengthen with Rayner
 - July 4 - Join us in the parade!
-

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Summer Sing Along Monday, June 26th, 4pm

Join in the fun! Sing a solo, sing along or just listen!

WHEN: Monday, June 26th, 4pm

WHERE: Campbell Hall, 70 Santa Rosa

Grab a drink and some appetizers before the music starts at 4:15.

This month, Maria Paterno and Ciji Ware will be at the microphone and Jean Capron will be on the keys.

They have a great list of songs to share - come to sing along or just listen and enjoy.

Plenty of parking. Door to door rides are available within Sausalito/Marin City. Must be reserved by Friday, June 23rd through SV by calling 415-332-3325.



Join us in the Sausalito 4th of July Parade

We will once again be part of the Sausalito 4th of July Parade this year. It is great fun and we hope you can join us. We will be bringing together seniors from Sausalito Village, Edgewater Senior Club, CARSS (Call A Ride for Sausalito Seniors) and Age Friendly Sausalito.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

NEEDED: If you have a convertible car that you can drive in the parade, or allow someone to drive in the parade, we would love it! Many of our seniors in town enjoy participating but can no longer walk the parade route. Please let us know if you are available by emailing SausalitoVillageRSVP@gmail.com

Here is the info:

Walk, Bike, Ride...

Anyway you want, just make sure to come and be part of the fun!

We start in front of SV Member, Charlotte Mastrangelo's house on Third Street, between Valley and Main in Hurricane Gulch. We will decorate the cars and get organized as a group. We will have coffee and donuts waiting for you! Our group will depart right from in front of her house just before 10am where we will feed into the rest of the parade, which starts at Second and Main.

WHEN: 9 a. m., Monday, July 4th

WHERE: Meet at 105 Third Street (Between Valley and Main)

RSVP: https://sausalito.helpfulvillage.com/events/3910-join-sausalito-village_carss-in-the-parade

Questions?: SausalitoVillageRSVP@gmail.com

Need A RIDE to the start of the parade?: Let us know when you register by writing in the comments section OR Call Wendy by 5 pm June 30th at (415)332-3325



Spousal Social Security Benefits: 3 Vital Things All Married Couples Should Know

Excerpted from MotleyFool.com

1. There's no point in delaying spousal benefits

If you're claiming Social Security on your own earnings record, you're entitled to your full monthly benefit at full retirement age, or FRA, which is 67 for anyone born in 1960 or later. You can also boost your benefit by 8% a year by delaying your filing past FRA. This incentive runs out once you turn 70.

But there's no such thing as a delayed spousal benefit. If you're claiming a spousal benefit, you may as well sign up once you reach FRA. Filing for a spousal benefit at age 70 will leave you with the same monthly payday you'd get by filing at FRA.

2. You can't claim a spousal benefit when married until your partner files for Social Security

If you're divorced, you don't necessarily need to wait for your ex-spouse to claim Social Security to file for spousal benefits on their

until your spouse claims Social Security.

That's why it's important to sync up on that decision. Your spouse may want to delay their filing to snag a higher monthly benefit. By doing so, however, your spouse might prevent you from claiming benefits when you want to.

3. You can't collect a spousal benefit on top of your own

It may be the case that you worked for many years and are entitled to Social Security based on your own earnings. But if your spouse was a much higher earner, claiming spousal benefits could leave you with a higher monthly paycheck.

As long as you wait until your own FRA to claim a spousal benefit, you'll get 50% of what your spouse is collecting. Social Security will pay you the higher of either your personal benefit or 50% of your spouse's benefit. But it won't pay both.

In other words, let's say that based on your earnings history, you're eligible for \$1,300 a month from Social Security. If your spouse's monthly benefit amounts to \$3,000, you're better off with a spousal benefit, which, in this case, is worth \$1,500. But in that case, you'd only get \$1,500 a month from Social Security -- not \$2,800.

Spousal benefits are something you may be eager to claim. Just make sure you're clear on the rules before moving forward.



World's shortest dog - Guinness World Record

Excerpted from NiceNews.com

Small, sweet, and unique, a Chihuahua named Pearl is officially the world's shortest living dog.

According to *Guinness World Records*, Pearl is 3.59 inches in height — shorter than a popsicle stick and only a smidge taller than a teacup — 5 inches in length (think: the size of a dollar bill), and weighs 1.22 pounds. This may sound as light as can be, but it is significantly larger than her birth size of less than one ounce.

To put these numbers in perspective, the average Chihuahua is about 5-8 inches tall and weighs between 2 and 6 pounds.

Not only is Pearl the shortest dog alive, she is also related to the previous record holder, Miracle Milly (3.8 inches), who sadly crossed the rainbow bridge in 2020.



The Joys (and Challenges) of Sex After 70

Excerpted from NYT.com

It's not surprising that sex can diminish with age: Estrogen typically drops in women, which may lead to vaginal dryness and, in turn, pain. Testosterone declines for women and men, and erection problems become more commonplace.

In a 2007 New England Journal of Medicine study of a representative sample of the U.S. population, Dr. Stacy Tessler Lindau, a professor of obstetrics-gynecology and geriatrics at the University of Chicago, and colleagues surveyed more than 3,000 older adults, single and partnered, about sex (defined as “any mutually voluntary activity with another person that involves sexual contact, whether or not intercourse or orgasm occurs”). They found that 53 percent of participants ages 65 to 74 had sex at least once in the previous year. In the 75-to-85 age group, only 26 percent did. (Lindau notes that a major determinant of sexual activity is whether one has a partner or not — and many older people are widowed, separated or divorced.) In

once in the previous year.

There's a poignant paradox about older people and sex. As our worlds get smaller — work slows down or ends, physical abilities recede, traveling gets more challenging, friendship circles narrow as people die — we tend to have more time and inclination to savor the parts of our lives that are emotionally meaningful, which can include sex. But because bodies change, good sex in old age often needs reimagining, expanding, for example, to include more touching, kissing, erotic massage, oral sex, sex toys.

Older people get little guidance about any of this. Realistic portrayals in the media are rare, especially in the United States. Some couples therapists don't talk about sex with their clients. Many primary-care doctors don't raise the topic either. The American Medical Student Association says 85 percent of medical students report receiving fewer than five hours of sexual-health education. (The University of Minnesota is an outlier, requiring 20 hours.) If a man complains of erectile problems, doctors often offer drugs like Viagra and Cialis. But these can have side effects and are contraindicated with some medications. Plus, prescribing them presumes intercourse should be the goal. For women, the medication Addyi does very little to increase sexual desire and is only for premenopausal women. And while doctors may offer women cream or vaginal rings with estrogen, few provide tips about sexual alternatives to penetration when it hurts.

But as baby boomers, who grew up during the sexual revolution of the 1960s and 1970s, age — the oldest are about 75 — many sex experts expect they will demand more open conversations and policies related to their sex lives.

Read the entire in-depth NYT article [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Speaking of the New York Times.....

Did you know that you can get a free subscription (lasts for a few days, then you resubscribe but it is easy) from the Sausalito Library for the New York Times digital publication and other newspapers too?

Click to read more on the Sausalito Library website [HERE](#)



Tales of the Trails featuring Nicole Strait in Nepal

WHEN: Sunday, June 25th, 7pm

WHERE: On zoom

RSVP: For the zoom link by contacting Sue Dunlap at

SV Volunteer Nicole Strait and her husband visited SV Member Olga Murray in Nepal this past winter. During this months Tales of the Trails, Nicole will share their adventure and present slides on zoom.



worlds largest violin takes three people to play



Plantar fasciitis is painful. Some people are treating it the wrong way.

Excerpted from Washington Post.com

Plantar fasciitis, a common reason for heel pain, can lame anyone, from marathon runners to Tiger Woods.

It's one of the most common of all soft tissue injuries, but the condition isn't just inflammation (as the "-itis" in the name suggests) of the plantar fascia, a ligament that lies under the skin at the bottom of each foot, experts say. It also is a mechanical failure that requires a physical intervention — stretching and strengthening the foot's ligaments and muscles.

If you have plantar fasciitis, don't just rest your foot. Stretch it, apply tension to the arch of your foot, and gradually return to walking while wearing a supportive pair of shoes, researchers say.

Common treatments for plantar fasciitis address the inflammation, often by icing or even immobilizing the foot. Prolonged rest — the first step in the "R.I.C.E." treatment plan of rest, ice, compression and elevation — can lead to a longer recovery time for the plantar fascia,

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

University of California at Davis.

“The inactivity and the immobilization actually exacerbates the injury,” Baar said.

To speed up recovery, Baar and other experts say, you should stretch the foot and apply tension to the plantar fascia to physically lengthen the ligament and encourage healing.



Vehicle Depreciation By Color - not what you think

If you buy a car fully intending to sell it in three years, you want it to hold its value, right? So how can you help get a better resale value three years down the line? Buy yellow.

“Yellow may not be a widely desired car color, but there are enough people who want yellow, versus the number of yellow new cars being ordered, to make yellow cars more desirable than others on the used market,” said iSeeCars executive analyst Karl Brauer. “In fact, yellow is among the colors with the lowest vehicle share, and is

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

that hold their value relatively well.”

Wait, wasn't white supposed to be the “safest” car color for depreciation? Turns out, no. White was number nine on the list of 13 colors iSeeCars compiled from a list of 5.6 million new cars and 700,000 used cars bought and sold or traded in between 2017 and 2020. Beige, the second-safest color, only depreciated 22.8 percent in three years. Yellow only 20.4 percent. White dropped 38 percent. Gold was the worst of the 13 colors, plummeting 45.6 percent over three years.

The site iSeeCars.com compared the prices of more than six million new and used cars between 2017 and 2020 and used that data to determine which colors help, hurt, or don't seem to matter when it comes to vehicle resale value.

Surprisingly, yellow is also the best color for SUVs, sedans and coupes, while beige is best for pickup trucks, red for convertibles, and blue for minivans. Go figure.

Read the entire article and chart of depreciation [HERE](#)



In a power outage, do you know how to open your electric garage door?

Excerpted from FamilyHandyman.com

It could be a matter of life or death.

Opening the Door from Inside

If the power goes out while you're inside the garage, or your door opener malfunctions for another reason, look for the emergency release cord. It hangs down from the trolley, the part that connects the lever arm attached to the door to the overhead track. It usually has a red, T-shaped handle on the end.

Once you've spotted the cord, follow these steps:

1. Pull on the cord to disengage the trolley. (Depending on the model, you may have to pull it sharply toward the inside of the garage to keep the trolley disengaged and prevent it from springing back into the locked position when you release the cord.)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

when the power comes back on, making it more difficult to re-engage the trolley.

3. Unlock the garage door.
4. Lift the door to the completely open position. Don't open it partway — it could fall on someone standing in the doorway.

Opening the Door from Outside

If your garage has no side entrance, the door needs an access panel that lets you reach the emergency release cord from outside. This is usually at the top center of the door. It should be locked, so you'll need the key.



SV Trip to SF Playhouse for A Chorus Line

Open to all SV Members and Volunteers ONLY

WHEN: Sunday, August 13th, 2pm matinee

WHERE: SF Playhouse, 450 Post Street, SF

TICKET PRICES: \$35.00

RSVP and Pay: <https://sausalito.helpfulvillage.com/events/3944>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Limited to 12 seats.

We will depart Dunphy Park at 12:30, driven by vetted volunteer drivers who will drop us in front of the theater and pick us up after the show.

Our goal is to arrive at the theater early for a private gathering in a corded off section of the lobby. We will be serving wine, bubbly water and small sandwiches, cheese/crackers at no charge.

The deeply discounted ticket prices we are getting is all thanks to SV Members, Linda Jaeger and Charlie Browne. We will be sitting in the Orchestra rows E and F.

About the musical

Seventeen Broadway dancers are auditioning for eight spots on a chorus line. Exploring the inner lives and bittersweet ambitions of performers, *A Chorus Line* captures the spirit, tension, and hope of an audition. Winner of the 1976 Pulitzer Prize for Drama, Winner of nine Tony Awards, four Drama Desk awards, three Obie Awards in 1976, and a Special Gold Tony Award in 1984 in honor of becoming Broadway's longest-running musical.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

15 of the friendliest cities in the world

Excerpted from Nice News.com

15. Berlin
14. Paris
13. Lisbon
12. Auckland
11. Amsterdam
10. Copenhagen
9. Dublin
8. San Francisco
7. Melbourne
6. Montreal
5. New York
4. Manchester
3. Edinburgh
2. Sydney
1. Toronto

Read entire story [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

What is Chat GPT explained

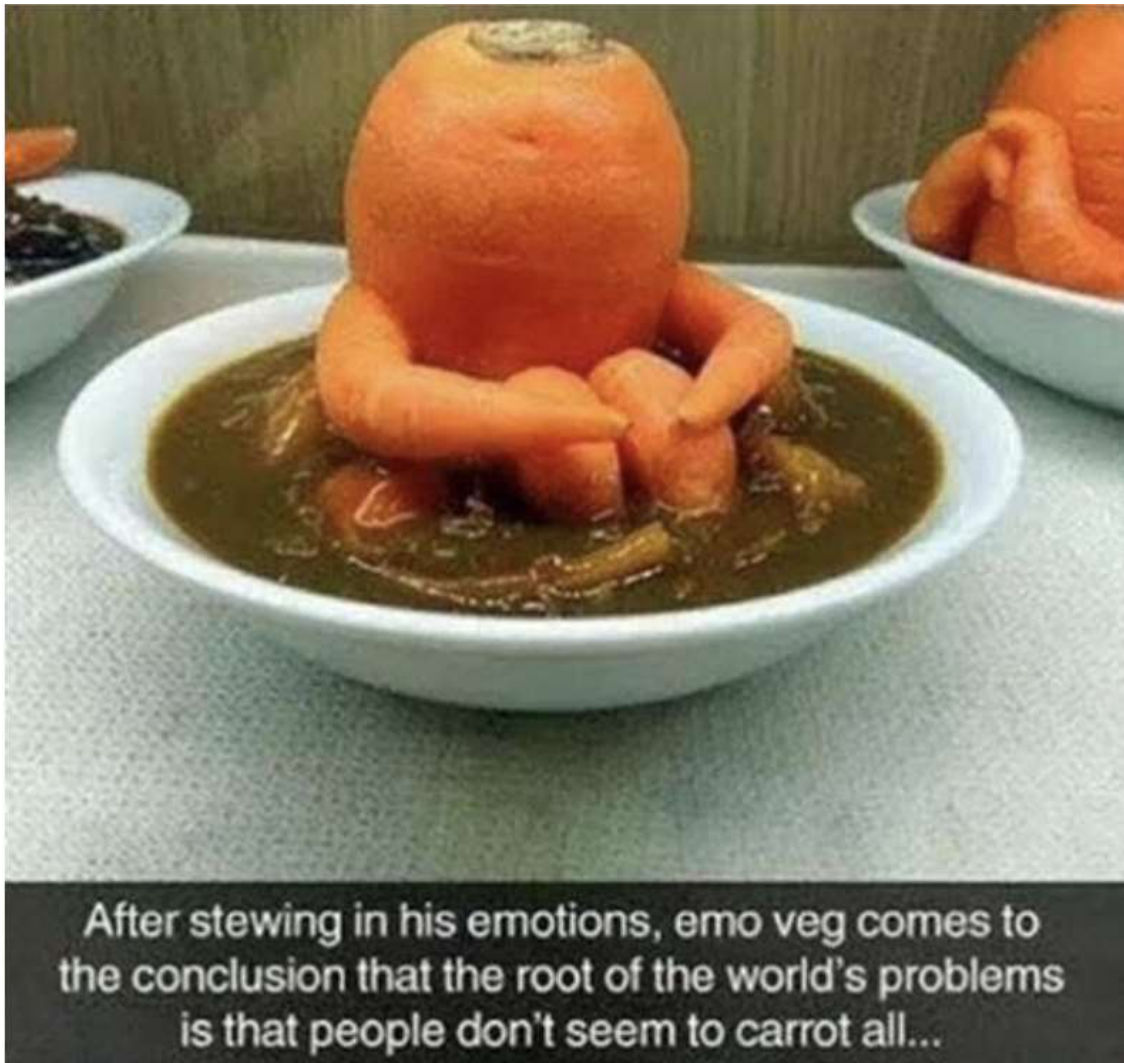


SV Volunteer will pick up your donations

SV volunteer, Kathleen Maher, is available on Mondays to pick up your donations from your home. She will be delivering them to Marin City's Women Helping All People's - <https://whapmc.org/> Finder's Keepers Shop.

Contact Kathleen directly at kemnjca@gmail.com to make arrangements for

About Finders's Keepers: WHAP's "Finders Keepers" Shop is a free give-away thrift store for clothing and household goods. Everyone is welcomed to keep items that they find in the shop and donations in good condition are accepted. The shop's hours of operation are Monday – Thursday, from 11 a.m. to 3 p.m. and it is located on the second patio of 69 Cole Drive building.



After stewing in his emotions, emo veg comes to the conclusion that the root of the world's problems is that people don't seem to carrot all...



Extra virgin olive oil is often inauthentic, how to tell the difference

Excerpted from Well+Good.com

David Neuman, professional oleologist, offers, “Since bottles of EVOO are sealed, its buyer beware. Learn how to taste and identify simple defects like rancidity. In general, smell and then sip any olive oil before you use it.” He continues, “If it smells dank or smelly—like plastic, tennis shoes, sweaty socks, over ripe bananas, even cat pee—it's probably defective and shouldn't be consumed.”

He also suggests avoiding any “Med Blends” (or Mediterranean Blend olive oils) and products whose labels cite sourcing from multiple countries. Oftentimes, he says, these options typically result in “damaged” oil – plus have a larger environmental impact. A final recommendation he shares is avoiding plastic bottles, “no quality EVOO has ever been sold in PET or plastic. Cheap packaging equals cheap oil.”

Looking for single country origin, harvest dates on the bottle, and even single estate grown and processed products are all good signs. Local and organic brands will also be optimal for not only quality but

are Fresh Press Farms' and Brightland's products.

Plus, you can look for third-party verifications to ensure purity standards including European Union's Protected Designation of Origin (PDO), Italy's Denominazione di Origine Protetta (DOP), the "COOC Certified Extra Virgin" seal from the California Olive Oil Council for California-made oils, and North American Olive Oil Association (NAOOA) Certified Quality Seal. Additionally, sites like Neumans' Dave's Gourmet offer lots of olive oil brand suggestions that meet high quality and production standards.

There are even at-home tests you can conduct with the olive oil you already have, though they won't be as surefire as purchasing a reputable product in the first place. For example, place your oil in the fridge—the real deal should get cloudy.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Remember Anything

Six Simple Secrets to Wake Up Your Brain



- ✓ Did you forget your dentist appointment, friend's anniversary, or spouse's birthday – again?
- ✓ Do you stammer with embarrassment when the names of familiar people escape your mind?
- ✓ Or, are you silently fearing that your chronic forgetfulness is a sign of something much worse?

In **three weeks**, you will learn the When? Where? What? How? Who? and, most importantly, Why? of **a great memory**. Each class includes: introduction to a simple **memory-enhancing technique**; **demonstration** of the technique with a class volunteer; opportunity to **practice and review**; group discussion with **Q&A**.

Restore your faith in and access to the **fabulous memory within your own brain**.

Cost: **Free** to Residents and Non-residents

Mondays and Fridays

June 26 - July 14; 4:15 - 5:15pm
Edgewater Room, Sausalito City Hall
420 Litho Street, Sausalito
Instructor **A.T. Lynne**

Students of A.T.'s *Remember Anything* Course learned...

- "...to think more positively about my memory."
- "...simple skills to remember when I'm searching for facts."
- "...the knowledge that we can change our memory."

Monday, June 26:

See-Hear-Feel

Being present for life as it happens

Friday, June 30:

Memory Maps

Accessing your memories via the shortest route

Monday, July 3:

Winnow the Day

What to remember and what to forget

Friday, July 7:

Body Pegs

Keep useful information at your fingertips

Monday, July 10:

I Remember You

Using your heart to remember who matters

Friday, July 14:

Your Memory Museum

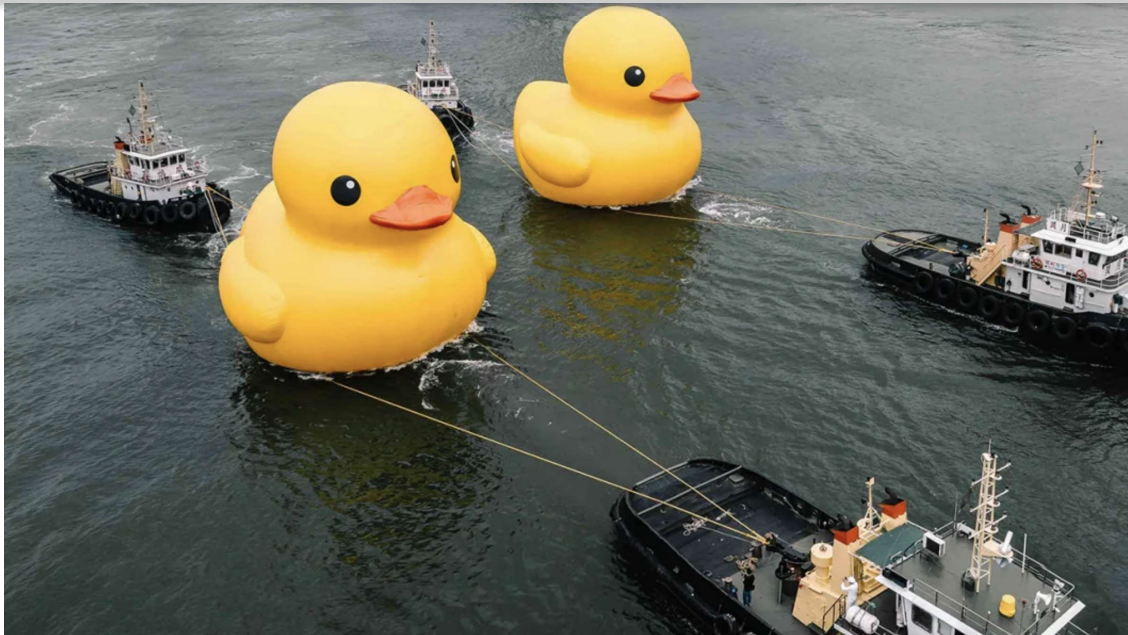
Honoring your memory

Register through Parks and Rec: [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Enjoy this previously taped Stretch and Strengthen with Rayner class and don't forget to join us for the next live zoom class! The next class will be July 3 and every other Monday after that at 11am. RSVP on the Sausalito Village event calendar for the zoom link ONLY if you are attending for your first time.
www.SausalitoVillage.org

IN ADDITION: Rayner teaches via zoom for Vivalon on Tuesdays. Classes are free, but you must sign up as a Vivalon member. Here is the link: <https://vivalon.org/about/Vivalon-membership/>



Rubber ducks art installation return to Hong Kong

Excerpted from CNN.com

A decade since it famously appeared in Victoria Harbour, Dutch artist Florentijn Hofman's "Rubber Duck" sculpture has returned to Hong Kong. And this time it has a friend.

Creative studio AllRightsReserved, which often orchestrates public art displays in the city, announced Thursday that a pair of Hofman's inflatable ducks will float in Hong Kong's waters for two weeks later this month. The company dubbed the new installation "Double Ducks."

In an apparent test run for the installation, the two outsized bath toys were spotted being tugged by boats in the waters off Tsing Yi, the territory's fifth largest island in May. At 18 meters (59 feet) tall, they are slightly larger than the one that made global headlines when it was installed in Hong Kong 10 years ago.

Conceived in 2001 before debuting in France six years later, "Rubber Duck" appeared in cities including Osaka, Sydney and Sao Paulo before arriving in the semi-autonomous Chinese territory in May 2013.

location.) But the artwork's previous arrival in Victoria Harbour made a splash worldwide — in part because it mysteriously deflated overnight before being reinflated days later.



What does the 'i' in Apple iPhone stand for?

Excerpted from ReadersDigest.com

Your first guess might be “Internet,” since the iPhone’s claim to fame is its ability to access the Web. Or maybe you think it means “I” as in the personal pronoun “I,” since you can personalize your smartphone with the apps and features of your choice. But you’ll be surprised to know that there is not one but *five* different I-words that the “I” in iPhone represents.

That little “I” actually got its start long before the iPhone became a reality. The first Apple product with an “I” in its name was the iMac computer, released back in 1998. Never mind *phones* that could access the Internet—back then, *computers* that could do so were a rarity. So the “I” originally stood for Internet, to highlight the Mac’s revolutionary Internet capacities.

as well. When Steve Jobs introduced the iMac, he displayed a presentation with not one but *five* potential I-meanings. “Steve Jobs said the ‘I’ stands for ‘internet, individual, instruct, inform, [and] inspire,’” Paul Bischoff, a privacy advocate at Comparitech, explains. However, while these words were an important part of the presentation, Jobs also said that the “I” “didn’t have an official meaning,” Bischoff continues. “He also alluded to it referencing ‘I’ as a personal pronoun, and ‘instruction’ for education purposes.” So it seems the “I” is open to *Interpretation*.



Chirps and Trills: Birdsong Can Help Reduce Anxiety and Paranoia, Study Shows

Excerpted from NiceNews.com

Listening to the chirps and trills of birds can decrease anxiety and paranoia, according to a new study out of Germany.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

birdsong on 295 randomly selected participants, who listened to a few minutes of typical city traffic noise and bird choruses at low and high frequencies. Participants performed cognitive tests and filled out questionnaires assessing mental health before and after the experiment.

“Everyone has certain psychological dispositions. Healthy people can also experience anxious thoughts or temporary paranoid perceptions,” lead author Emil Stobbe said in a press release. “The questionnaires enable us to identify people’s tendencies without their having a diagnosis of depression, anxiety, and paranoia and to investigate the effect of the sounds of birds or traffic on these tendencies.”

Stobbe’s team found that traffic sounds caused higher levels of depressive states, whereas birdsong lowered levels of anxiety and paranoia in healthy participants.

Study authors believe this is the first test revealing an effect birdsong specifically has on paranoia. This could lead to further research of actively manipulating soundscapes in different environments, including psychiatric wards and hospitals, to test the effect it has on patients’ anxieties or paranoia.

“Birdsong could also be applied to prevent mental disorders. Listening to an audio CD would be a simple, easily accessible intervention,” said Stobbe. “But if we could already show such effects in an online experiment performed by participants on a computer, we can assume that these are even stronger outdoors in nature.”

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Remarkable bird songs



Let's get together

We're hosting a new event, and we'd love to see you there. Join us for Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia, June 28, 2023 at 10:30 AM.

Register soon because space is limited.

We hope you're able to join us!

Wednesday, June 28, 2023 10:30 AM

Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Register](#)

All of the measurements below are equivalent to one (1) commonly known unit. Can you name them?

1. 2,000 pounds
2. 8 pints
3. 5.88 trillion miles
4. 660 feet
5. 745.7 watts

Answer at the bottom of the newsletter.



June is Pride month

Excerpted from the SausalitoCurrents

Sausalito became a gay mecca after World War II. By the 1960s, there were more gay bars per capita here than in San Francisco. Despite this long and colorful history, our town has never hosted an official LGBTQ+ celebration or festival.

Events during the month of June include a Pride exhibit and opening reception at Sausalito Center for the Arts, a Pride sail on the Matthew Turner, a celebration of LGBTQ+ literature at Sausalito Books by the Bay, a party on June 29, and the Jazz and Blues by the Bay performance by Banda Sin Nombre.

A schedule of events can be found on the Sausalito Pride website. Events that have yet to be added to the schedule include a ribbon cutting for new rainbow crosswalks at the downtown intersection of Bridgeway and Bay Street and a special high-fashion drag performance at Gene Hiller Menswear.

Pride website: <https://www.sausalitopride.org/>

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



Winners of this years Hampton Beach Sand Sculpting contest



This is how your body knows when to pee

Excerpted from HealthDigest.com

Believe or not, the bladder is an expandable, sac-like organ that expands as it fills with urine and contracts when it's empty (via Healthline). On average, the healthy adult bladder can hold around 2 cups, or 32 ounces, of urine in total. However, your bladder is technically considered full when it contains anywhere between 16 and 24 ounces of liquid. Fortunately, you'll start to feel the urge to pee long before it's actually full.

That's because there's essentially an invisible fill line in your bladder and when your urine reaches that line, your bladder sends a signal to your brain telling you that you need to pee. This usually occurs when your bladder is at least a quarter of the way full. While it isn't necessary for you to pee as soon as you feel the need to, you shouldn't hold it in for too long. Holding in your pee for more than 10 hours at a time may cause you to have an accident.

The urge to pee can be affected by other factors, however. For instance, it is not uncommon to feel the sudden and immediate urge to pee when you come home from work or walk in the bathroom and see your toilet (via Shape). This phenomenon is known as latchkey incontinence. While latchkey incontinence can affect people with poor bladder control, it more commonly affects people whose bladders are already full and have already felt the urge to pee.

For most people, this has less to do with your bladder filling up and more to do with associating your home and toilet with relaxation and urination. "The mere glance of an object that we relate to an action can jumpstart the brain's process to a more urgent need to experience it—all subconsciously," psychotherapist Dr. Ginnie Love told Shape. In other words, that sudden need to go feeling you get as you walk in your bathroom is a conditioned response to stimuli commonly associated with peeing.



Here's how much money it takes to be considered wealthy in 13 major U.S. cities

Excerpted from CNBC.com

1. **San Francisco:** \$4.7 million
2. **New York City:** \$3.3 million
3. **Southern California (includes Los Angeles and San Diego):** \$3.5 million
4. **Seattle:** \$3.1 million
5. **Washington, D.C.:** \$3 million
6. **Chicago:** \$2.3 million
7. **Houston:** \$2.1 million
8. **Boston:** \$2.9 million
9. **Dallas:** \$2.3 million
10. **Atlanta:** \$2.3 million
11. **Phoenix:** \$2.4 million
12. **Denver:** \$2.5 million

Net worth is a measure of the value of the assets a person or corporation owns, minus the liabilities they owe.

Despite these lofty numbers, 48% of Americans say they feel wealthy. However, of those that do, their average net worth is \$560,000.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

about not stressing over money, rather than net worth.

Wealth is also a subjective term. Nearly two thirds of survey respondents say enjoying relationships with loved ones better describes what wealth means to them, rather than having a lot of money. And nearly 66% of respondents say having time is more important than having money.



Summer road trip chill playlist - over an hour of music



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

1. 1 US ton
2. 1 gallon
3. 1 light year
4. 1 furlong
5. 1 horsepower

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA