

How do you “treat” yourself?

**Asked outside
Bernie Sanders
town hall in Chico**

Sarah Lerda
small-business
owner



I work hard, so I take lots of long weekends by the coast. And I also drink wine.

**Jeanestelle
Loefering**
nurse



I go outside and hang out with my dog and my friends. I also get massages.

Anna Meehan
speech therapist



I try to eat well, drink lots of water and rest. I love naps, so when I can I love to take one. I love yoga, so I do a morning practice. Oh, I also have fun with friends!

Casey Quigley
retired letter
carrier



I go swimming in the morning and ride my bike through Bidwell Park in the afternoon.

Connie Berry
substitute
teacher



I pet my dogs, eat yummy food or go to the Feather River.

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