# 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.



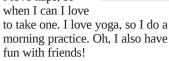
Jeanestelle Loegering nurse

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



**Casey Quigley** retired letter carrier

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



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







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Layneloveschico@yahoo.com

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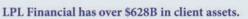
Liberty Bell Financial Group 434 Broadway Street #100

Chico, CA 95928 (530) 513-6255 (24hr/7day message line) (530) 267-8214 fax

peter.bell@lpl.com

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