

## A cathartic read

Re "Self-care basics" (Cover story, Healthlines, etc., by CN&R staff, Jan. 16):

I have an affinity for "Self Care 101," starting with the editor's Crohn's disease flare-up (I was diagnosed with Crohn's at 31), mindfulness (I practice with varying degrees of diligence), diet (I fast 12 hours a day), exercise (I walk or bike daily), and sleep (always a strength of mine).

And although I'm not in therapy, I meet a dear friend with a doctorate in the behavioral health field once a month for lunch. I also practice all the "Taking extra care" recommendations, most of them with vigor.

My passion for self-care has been more 201 than 101 the past 12 months, with some hiccups. I started feeling whole a month ago when I gave up self-medicating with adrenaline via video games. Today, I'm less irritable, less



exhausted and happier with myself and those around me—more than I have been in years. Reading this issue was cathartic!

Bill Mash  
Chico

## Retort time

Re "But ... the economy" (Letters, by John Blenkush, Jan. 16):

There is a major problem with John Blenkush's recent letter on the Trump economy. It doesn't appear to be true. The real unemployment numbers are nearly double the published number. Since the Clinton administration, the U.S. Bureau of Labor Statistics has used the U-3 rate to calculate unemployment instead of the historic U-6 rate. The U-3 doesn't count the "underemployed," people who work part-time and desire full-time jobs or are employed below their education level.

Also not counted are "discouraged workers," people who are no longer seeking work. Also, according

to the most recent Job Openings and Labor Turnover Survey (JOLTS), job openings in November dropped by a massive 561,000, the biggest annual drop since the financial crisis!

The Trump tax cuts have been used by corporate America to set four consecutive quarterly records for stock buybacks, inflating the stock market. Commercial and consumer debt have increased and the government has set peacetime deficit spending records, soon to reach \$1 trillion.

You would have to be dreaming or not paying attention to believe what our government tells you about our economic situation. Blenkush is right about one thing: We're "uninformed." No honest news from the Corporate Propaganda Ministry, our media.

Paul Elcessor  
Durham

## Speaking of POTUS

Re "Poor get poorer in Trump's economy" (Guest comment, by

LETTERS CONTINUED ON PAGE 6

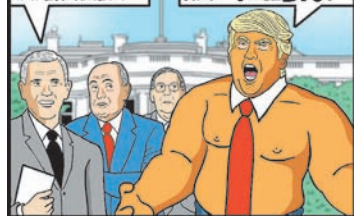
## THIS MODERN WORLD



LISTEN UP, PUNY CUCKS! TRUMP NEED TO DISCUSS URGENT MATTER!

YES SIR, I'VE PREPARED A BRIEFING ON IMPEACHMENT--

NOT THAT, WHITE-HAIRED GUY! TRUMP MEAN SHOWERS AND TOILETS!

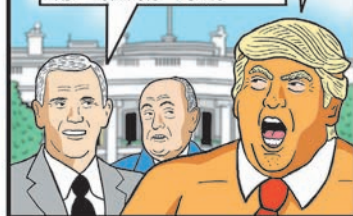


NOT TO MENTION DISHWASHERS, WHICH DON'T WORK UNLESS YOU KEEP PUSHING BUTTONS! MANY WOMEN TELL TRUMP THIS! TRUMP ALWAYS TALKING TO WOMEN ABOUT DISHWASHERS!

YES SIR! VERY, VERY REAL WOMEN, SIR!

WHAT?

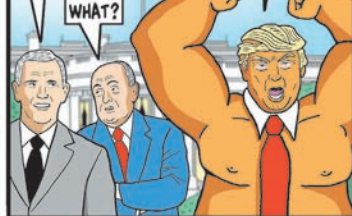
NOTHING, SIR. BUT ABOUT THE PARNAS NEWS--



LOOK, TRUMP NEVER HEARD OF THIS PARNAS GUY, WITH WHOM TRUMP HAS BEEN PHOTOGRAPHED MANY TIMES!

YES SIR! NONE OF US HAVE EVER HEARD OF HIM EITHER! EXCEPT RUDY, OBVIOUSLY.

WAIT WHAT?



BAH! RUDY JUST SOME GUY TRUMP SEE IN HALLWAY SOMETIMES! TRUMP THINK RUDY ACTED ALONE! MAYBE TRUMP TWEET THAT!

EXCELLENT IDEA, SIR!

UM--I-- UH--

QUIET, GUY I DON'T KNOW!



TRUMP DEFINITELY NOT KNOW WHY THIS RUDY GUY WRITE LETTER TO ZELENSKY! TRUMP NOT CARE ABOUT DIRT ON BIDEN! TRUMP ONLY CARE ABOUT CORRUPTION! TRUMP HATE CORRUPTION!

VERY PLAUSIBLE, SIR! NOTHING IN YOUR LONG HISTORY OF BUSINESS PRACTICES COULD POSSIBLY INDICATE OTHERWISE!



ANYWAY, SO-CALLED NEW EVIDENCE IS TOO LATE! EVERYONE HAS TO IGNORE IT! THAT HOW IMPEACHMENT WORK--RIGHT, TURTLE GUY?

AS FAR AS I'M CONCERNED IT IS, SIR!



NOW BACK TO TOILETS! DO YOU KNOW HOW MANY TIMES TRUMP HAVE TO FLUSH?



## BY TOM TOMORROW

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