

## **PRESIDENT POTTYMOUTH**

If you look up the words “shithole” and “shithouse” in any good dictionary, you will find that they both mean about the same thing, namely a dirty, unpleasant place. President Donald Trump used one of these words in a meeting with legislators last week, referring specifically to Haiti and African nations. Trump was complaining about immigrants from those countries coming to the United States. He has since denied using these derogatory, racist terms, though one Democratic U.S. senator says he clearly heard Trump use the first term, and a Republic senator says he chastised the president privately for using such foul language. Trump, as usual, is trying to weasel out of the whole thing, saying disingenuously that he is “the least racist person you know.” He has repeated this phrase numerous times over the past year whenever reporters ask him if he is a racist. The New York Times ran an opinion piece January 15 listing Trump’s racist comments, attitudes, and behaviors going back to the 1970s when he was a New York landlord denying rentals to black applicants. As a casino owner, Trump denigrated his black employees. During the presidential campaign, he called Mexican immigrants criminals and rapists. He maligned a sitting federal judge whose parents are from Mexico. He accused Haitians of spreading AIDS. He said that Africans live in huts. He wrongly accused President Obama of being born in Kenya (Obama was born in the United States). Trump has uttered a variety of racial stereotypes and slurs against Puerto Ricans, Native Americans, and Muslims, while cozying up to white supremacists, neo-Nazis, and even a famous child molester named Roy Moore. Now the question is whether Trump will get away with it again!

## **EAT YOUR HEART OUT**

Boredom is, at most, a mildly annoying emotional state, but having nothing to do on a lazy Saturday afternoon could be a gateway to more problematic behaviors. It comes down to a simple Freudian principle: We are motivated to seek pleasure and avoid pain. This is the reason why many people reach for comfort food to deal with negative emotions, like the clichéd container of ice cream after getting dumped. Recent research conducted by PsychTests reveals nine factors that can trigger emotional eating. Analyzing personality, emotional, and behavioral data from 438 emotional eaters who took the Emotional Eating Tests, PsychTests researchers were able to establish the most

common eating triggers: lack of intimacy, feelings of shame, fear of challenges, fear of judgment, conflict avoidance, boredom, self-sabotaging beliefs, rebellion, physical, emotional, or sexual abuse. “When it comes to unhealthy eating patterns, the crux of the issue is not so much what we’re eating, it’s why we’re eating it,” explains PsychTests president Dr. Ilona Jerabek. “Emotional eaters don’t consume junk food simply because it tastes better than vegetables; they do so because this type of comfort food makes them feel better. After all, a celery stick won’t elicit the same feeling of enjoyment as ice cream. The same concept applies to people who struggle with weight issues, whether it’s being too overweight or too thin. Their eating habits are certainly a contributing factor, but the undercurrent of negative emotions – shame, guilt, anxiety, lack of self-worth – are what’s breeding the habit and keeping it going. More often than not, there is a combination of several factors. It goes without saying that finding solace in food is not going to resolve what’s really bothering you. If you want to break the cycle of emotional eating, you need get to the root of what’s eating you up inside.” (PsychTests)

### **SKI SLOPE SCAVENGER**

Scott McKellar knows a guy named M. who works on the ski patrol. After the snow season, M. hangs out at ski resorts and searches on dry ground underneath the ski lifts for valuables that have been dropped by unaware skiers passing overhead. Items found: wedding rings, wallets, sunglasses, wristwatches, etc. Amazing how resourceful some humans can be.

### **GRAMMARJAMMER**

Did you know that the word “gullible” is not in the dictionary? Go ahead, look it up.

### **SWAMI SEZ**

“Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.” (Roger Wilco)

### **MAYBURRITOVILLE**

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