

## **PRESSURE COOKER**

Some children learn to associate success with perfection and failure with imperfection. If their skills, grades, accomplishments, or bodies don't fit into what is communicated to them as the ideal, they start believing that they are irreparably flawed. They begin to feel that to be loved and to gain approval, they have to fit into that idealized image. If they don't, they get punished; if they do and then obtain approval for doing so, it reinforces the idea that being perfect is necessary, and the threat of *losing* approval becomes even more painful. Thus, young people get caught in a vicious cycle of perfectionism. Explains PsychTests President Dr. Ilona Jerabek, "This pressure to be perfect that young people feel, although often self-imposed, could originate from parents, teachers, peers, or the media, especially social media. Many younger people are inundated with the message they are hopelessly flawed if they don't look or dress in a specific way, possess certain luxuries, get good grades, get into a good school, make a lot of money, get married, etc. This results in self-esteem issues, self-image problems, the tendency to set impossible standards, and harsh self-criticism when these standards are not met. This in turn could lead to mental health issues, or compel the person to adopt extreme methods to reach these impossible standards, like starving themselves to achieve a 'perfect' body."

## **BOOZE AND CARBS**

If you count carbs and like to drink liquor, you're in luck. Spirits like whisky, bourbon, vodka, gin, rum, tequila, brandy, and cognac have zero carbs. A glass of wine will cost you two or three carbs from the sugar in the grapes. A regular beer will set you back about as many carbs as in a slice of bread, which is why beer is called "liquid bread." Beer's carbs come from the grains it is brewed with. But remember this: Though pure alcohol has no carbs, it does have lots of calories. And cocktails and mixed drinks have lots of carbs and calories from the added sugar.

## **BOVINE BOOFING**

As much as 4 percent of greenhouse gases worldwide are methane produced by cow belches and flatulence. It's hard work digesting all that raw green grass. But Swiss company Agolin is developing cattle feed that reduces bovine gas by 10 percent, and researchers at UC Davis are adding seaweed to cattle feed to reduce gas. (Sources: multiple, Internet)

## **EARTHWEEK NEWS**

- Climate change is causing many animal species to move higher up in the mountains to find cooler weather.
- Global warming is causing bigger, wetter storms due to increased evaporation from warmer ocean temperatures.
- Hotter weather worldwide is causing more ticks and fleas to breed and spread diseases in the human population.

### **SIERRA CLUB NEWS**

- Starting in 2020, almost all new homes in California will be required to have solar panels.
- Mussels from Puget Sound in Washington State have tested positive for opioids.
- Alabama Republican Congressman Mo Brooks said in a hearing at the House Committee on Science, Space, and Technology that sea-level rise is caused by rocks falling into the ocean.

### **GRAMMARJAMMER**

A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.

### **SWAMI SEZ**

“A clear conscience is usually the sign of a bad memory.” (Swami Umami)

### **MAYBURRITOVILLE**

- Email: [Mayburrito@Goofbuster.com](mailto:Mayburrito@Goofbuster.com)
- Blog: [PacificaRiptide.com](http://PacificaRiptide.com)
- Copy Editor: [Goofbuster.com](http://Goofbuster.com)