



Married men can benefit from watching 'The Bachelor'

Ned Hickson

Once again, I am watching *The Bachelor* with my wife. As a happily married man, I can tell you the benefits of a good marriage far outweigh the initial discomfort of watching Chris Harrison — week after week — inform everyone who didn't pass kindergarten math that there's only one rose left. You also have to get past the three main types of contestants who appear each season:

- **The Cryer** — Easy to spot because they are reduced to tears and sitting alone within 15 minutes of arriving at the mansion
- **The Liar** — This person is already in a long-term relationship and is a struggling

actor. They are always extremely attractive, which causes the Bachelor's judgement to become cloudy as blood flows away from the brain to an area not directly related to the circulatory system.

• **The Lunatic** — Always arrives separately from the rest of the contestants, usually in some uniquely pretentious way, such as by helicopter or riding a zebra and wearing only a wrestling singlet.

After several years of study, I have gained a few insights from *The Bachelor* that made me a better husband. To illustrate my point, and more importantly show my wife I'm not just paying attention during bikini volleyball, I am going to share a few of those insights with you.

First, always keep a rose

with you.

Always.

Having the ability to — at a moment's notice — produce a fragrant flower symbolizing your love is a game changer that can diffuse any situation...

Wife: *Are these your dirty BOXERS in the sink... AGAIN!*

Husband: [Pulls out rose] *This is for you.*

Wife: *Oh sweetheart! How thoughtful! Where else can I look for your boxers? Wait, don't tell me! I want it to be like an Easter egg hunt!*

In the rare instance a rose isn't enough, make sure you have a mutual friend willing to be a love liaison for you. Someone who cares about you both and has your best interest as a couple in mind.

I would highly suggest getting Chris Harrison. He may

not be able to count higher than 1, but he is an artful mediator. Contrary to what you might think, getting his help is actually pretty easy. All you have to do is take a single rose and put it in a basket. He will appear almost instantly to announce it's the only one left.

Lastly, it's clear that a couple's trust and emotional bonds are strengthened by participating in life-threatening activities together. These opportunities are presented many times over the course of a season.

For the rest of us, especially those with children, the closest we get to participating together in bond-building danger is when someone accidentally puts a fork in the microwave. For this reason, when opportunity presents itself, you need to make the

most of it by doubling up on the danger.

Going bungee jumping? **DOUBLE-UP!**
Do it over a shark tank.

Going skydiving? **DOUBLE-UP!**
Land in a bull-riding competition dressed as rodeo clowns.

Riding as passengers in a NASCAR race? **DOUBLE-UP!**
Let one of my kids drive.

Haha! Just kidding! You can't strengthen emotional bonds if you're dead.

But you get the idea.

So, come next Monday, I'll once again take a spot on the couch next to my wife and watch as the latest bachelor attempts what is essentially televised cat juggling, com-

plete with claws and hissing.

Possibly even some flying fur.

But as he attempts to discover the inner truths of each woman and searches for his soul mate one rose at a time, my wife and I will be eating snack foods and probably sipping something cold together as we share observations about each contestant.

Which brings me to the most valuable lesson I've learned: Given the chance to be *The Bachelor*, I'd still choose my wife.

Even without the bikini volleyball.

Ned is a syndicated columnist with News Media Corporation. His book, "Humor at the Speed of Life," is available online at Port Hole Publications, Amazon Books and Barnes & Noble. Write to him at nedhickson@icloud.com

Us TOO Prostate Cancer support group meets Jan. 12

The date for the next evening meeting of the Us TOO Florence Prostate Cancer Education/Support Group is Tuesday, Jan. 12, at the Presbyterian Church of the Siuslaw from 5 to 7 p.m. Special guest is Janis Finley, RN, Emergency Department nurse manager, PeaceHealth Peace Harbor Medical Center.

With the presence of prostate cancer survivors and their spouses and loved ones, this Us TOO Florence meeting is an excellent source of prostate cancer information. Bring questions or just come to listen and learn.

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