



Ned
Hickson

It's official: I'm not 'The Sexiest Man Alive.' Again.

Admittedly, I have given up my dream of being called "Sexiest Man Alive" by anyone other than my incredibly supportive, beautiful and nearsighted wife.

Back when George Clooney got the title a second time in 2006, I was inspired to continue my quest. Sure, the fact that he is ruggedly handsome, square-jawed and extremely fit were factors to consider — assuming you're into those kinds of things —

but he had a much more important quality that gave me hope: He's actually WAY older than me!

By a good five years. Which is almost a decade, really.

So, given our conclusion that George Clooney is practically a Centenarian, I was feeling pretty good about my chances, even after being overlooked for Bradley Cooper, Ryan Reynolds, Johnny Depp, Hugh Jackman, Matt Damon, Channing Tatum, Chris Hemsworth, Dave Beckham, blah, blah, blah.

Still, I remained optimistic that, at some point, I would

outlive George Clooney and possibly win by default.

But last year, when 39-year-old Beckham was anointed (Don't bother looking for photos of the anointing, ladies, I meant that figuratively) I realized my dream was probably over. I can't compete with that. Not without surgery. Or, at the very least, fish oil injections to loosen my hips.

I also came to the realization that my *Look* — that ability to set your face into an expression that causes sexual intrigue in women and envy in men — had faded into something that was more effective in reminding my

kids to scrape their plates after dinner.

In fact, the only thing I still have going for me is that, in 2012, a quarter of a billion Chinese people believed that North Korean dictator Kim Jong-un was declared "Sexiest Man Alive" after a parody appeared in *The Onion* newspaper.

It doesn't matter that it wasn't true. It only matters that 250 million people read that parody and thought to themselves:

What? HIM?!? Wellllll... okay.

But that means pinning my hope on having millions of people being duped into mis-

taking me for being sexy which, let's be honest, sounds like a lot of work.

In fact, reaching the decision to no longer throw my wet towel into the ring for this competition has proven to be very freeing. I no longer carry the burden of constant public scrutiny about what I wear (that still fits), how often my car is in the gym parking lot (while I'm eating lunch nearby) and whether my beard makes me look younger or older (than George Clooney).

I'd like to point out that I wrote this before this year's announcement just to show how much I no longer care

about being named "Sexiest Man Alive" by *People Magazine*. I realize I am openly risking my anointment with this, but I think we can all agree it's a small one. (Risk.)

Besides, being the "sexiest man alive" in the eyes of my wife is the only thing that matters.

Which reminds me, I really need to call and have her eye exam postponed again...

Ned is a syndicated columnist with News Media Corporation. His latest book, "Pearls of Writing Wisdom: From 16 years as a shucking columnist" is available online at Port Hole Books.

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Acupuncture can be antidote to rising opioid crisis

GUEST VIEWPOINT

BY
PATRICIA IMMEL, L.AC

The opioid epidemic is proof positive that the medical approach to treat pain needs to include non-pharmaceutical therapies.

We need to change the presumption that opioids are required to manage pain. An integration of therapeutic modalities, including patient self-care, offers hope to people experiencing pain.

During the average day in the U.S., more than 650,000 opioid prescriptions are dispensed for pain relief, including post-surgical pain.

Even with prescribed opioids, 70 percent of patients still complain of moderate to severe pain post-operatively.

According to the Centers for Disease Control, 78 people die from opioid overdose every day. In 2014, 18,900 people died from overdose using pre-

scription pain relievers.

During the same year, 10,575 people died from heroin overdose. Those who used prescription opioids are 40 percent more likely to use heroin, which is cheaper and more widely available. The estimated annual societal cost associated with opioid misuse, including health care, labor and criminal justice costs is \$92 billion.

Now is the time to acknowledge and utilize the many safe and effective therapies for treating pain.

Integrative approaches are emerging as the most effective health care model. Integrative health care allows a variety of state licensed health care professionals to collaborate as a team, each within their scope of practice.

This model is patient-centered in a way that allows for more therapeutic options or choices. It creates better outcomes for patients, eases the burden on conventional health-care provider systems, and is fiscally responsible.

The Joint Commission (TJC) promotes this model of health care. As of January 2015, in response to the opioid crisis, TJC revised guidelines for treating pain to include acupuncture, chiropractic, physical therapy, relaxation, and cognitive behavioral therapy.

TJC is the largest and oldest standards-setting and accrediting body in health care; an independent, not-for-profit organization.

According to the World Health Organization, acupuncture is a proven safe and effective way to treat many conditions, including pain and post-

traumatic stress.

Acupuncturists can treat many conditions at once and usually people feel much better immediately.

Acupuncture treatments can also be administered in group sessions, allowing for increased accessibility to care and affordability.

In 2016, research published in the American Journal of Emergency Medicine compared acupuncture and intravenous morphine in the management of acute pain of 300 emergency department patients.

Acupuncture was associated with more effective and faster pain relief, and the 150 patients who received acupuncture experienced vastly fewer adverse effects than the 150 patients receiving intravenous morphine.

The tide is turning. The general medical culture resistance to non-conventional treatments is changing.

Many medical practitioners are gaining familiarity with a wider scope of proven effective therapeutic options, so they can better serve patients with recommendations and referrals.

Some of the most respected medical centers in the U.S., including Mount Sinai Beth Israel, are leading the way for hospital credentialing of "non-pharma" therapy providers.

In 2015, 28 acupuncturists treated 10,000 inpatients at Mount Sinai Beth Israel.

Closer to home, in Florence, there is increasing communication of how to utilize all our local health care resources to meet growing need.

Community health education continues to be a local forum for exploring the integrative

health care model. At these community events, attendees express gratitude and are excited to be empowered with information, skills and responsibility for their health care.

At Wellspring Clinic, we offer Points of Grace community group acupuncture sessions, where the cost is by donation.

This program offers ear acupuncture treatment that decreases pain and muscle tension, eases depression and enhances overall health.

This program invites you to experience the benefits of acupuncture.

Points of Grace community acupuncture is held on the first and third Wednesday of the month, from 11 a.m. to 1 p.m., and is located in Wellspring Clinic, 1845 Highway 126, Suite H.

We each have the responsibility to do all we can to tend our health. The best medical care guides and supports our efforts.

In the case of opioids, Purdue Pharmaceutical Company heavily marketed false information to conventional medical practitioners who then recommended what they thought was a safe, non-addictive medicine.

With the entrenchment of pharmaceuticals in conventional medicine and the continuing use of opioids today, we can influence the health care we want by making informed choices.

When we expand the conversation and look to healthcare sustainability, what is best for individuals, community and planet, we must include a more nature based approach to health and healing.

...need a friend?

Meet Tinkerbell

Hi I'm Tinkerbell, and I am very shy around people. I love other cats though and want to make friends because I love to play. I like all kinds of toys and I especially like when you play with that laser pointer!



If you would like to meet Tinkerbell or any of her friends, please visit us at:

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