



# How married men can benefit from watching 'The Bachelor'

Ned Hickson

Monday night, I will be watching "The Bachelor" with my wife. I actually watch very little television.

The shows I do watch are because of personal interest. I watch "Meet the Press" because I'm a journalist; "Hell's Kitchen" because I was a chef for 10 years; and The Bachelor because I don't ever want to be one again.

As a ridiculously 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 actress. They are always extremely attractive, which causes the Bachelor's judgment to become cloudy as blood flows away from the brain to an area not directly

related to the circulatory system.

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

As someone who has been watching The Bachelor with his wife for several years now, I have gained a few insights that have made me a better husband.

Here are a few of those insights for husbands who may have missed last (every) season of the show.

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! 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.

So tonight, 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, complete with claws and hissing.

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 sipping something cold 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, it would be the shortest season of all.

Because I'd simply choose the amazing woman I'm already married to.

*Ned is a syndicated columnist with News Media Corporation. Write to him at nedhickson@icloud.com*

## City Lights to present documentary 'The C Word'

City Lights Cinemas presents the eye opening and inspirational documentary "The C Word" on Thursday, Jan. 26, at 12 p.m. and 6 p.m.

Narrated by Oscar Award-winning actor Morgan Freeman, "The C Word" message is simple, lifechanging, radical: we can beat cancer before cancer beats us.

"The C Word" reveals the forces at play keeping people sick and dares to ask: "If up to 70 percent of cancer deaths are preventable what are we waiting for?"

And, in asking the question, director Meghan L. O'Hara reveals astounding truths that no one is talking about on a grand scale — until now.

"The C Word" humorously aims its zoom lens at the multi-level, systematic failings of our society: habits that predispose us to disease, western medicine's fixation on treatment instead of addressing the root causes of our ailments.

"The C Word" is also an indictment of a trillion-dollar processed food industry that thrives while we get sick, leaving us — and especially our underserved communities — undernourished and overweight.

Tickets for "The C Word" are currently available at City Lights Cinema or online at citylightscinemas.com. Tickets are \$9 for adults, \$8 for seniors and students and \$7 for kids.

## ACA health care discussion to continue next week

Approximately 45 members of the community came together at the Florence Senior Center on Sunday, Jan. 15, to participate in a conversation about what the repeal of the Affordable Care Act (ACA) could mean to the Florence area, as well as the nation.

The new Congress is moving quickly to make changes, and a group of concerned area citizens felt it was important that the community understand the impact of those changes and what can be done about their concerns.

The meeting facilitator, Pat Reno, said, "Having designed employee benefit plans for over 20 years, I know how

complicated it is to navigate the system.

"Understanding what the words mean is important."

The group held open discussions on such issues as exclusions for pre-existing conditions, mandated coverage, minimum levels of coverage, health savings accounts, as well as numerous areas of Medicare that could be affected.

Because there is still so much uncertainty surrounding these issues, the group decided to hold another meeting on Sunday, Jan. 29, from 1 to 3 p.m., in the Bromley Room at the Siuslaw Public Library.

This meeting is free and open to the public.

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