

Anger issues? Don't beat yourself up over it

BY NED HICKSON
News Media Corporation

Hello and welcome to another edition of our special in-depth medical feature "Health Yak." Today we will be discussing a study that suggests as many as 16 million Americans — or roughly the number of people who never receive their appetizers during an average season of Hell's Kitchen — suffer from periodic outbursts of anger.

I know what you're thinking: What makes this different from a typical outburst of anger, like when I open the air vent in my car and release a cloud of spores the size of shiitake mushrooms?

The answer, of course, is that there is no difference, at least not until someone funds a clinical study, at which point it becomes an official

"disorder" treatable by a new drug with minor side effects, such as having your liver grow to the size of Shaquille O'Neal's seat cushion.

According to Dr. Emil Coccaro of the University of Chicago's medical school, what used to be known as "road rage" has now escalated into a nationwide problem called Intermittent Explosive Disorder. By definition, IED involves "outbursts that are out of proportion to the situation."

For example: Let's say you're at a drive-thru trying to order a bacon cheeseburger and, for the seventh-straight time, the person taking your order insists there is no one named "Macon the Sheep Herder" working there, and to please place your order. And let's say, in frustration, you exit your vehicle and rip the image of a cheeseburger directly from the menu board and begin gnawing on it, caus-

ing those in line behind you to drive off through the patio area.

Chances are, you could be an IED sufferer.

According to Dr. Coccaro, his conclusion was based on the results of a nationwide, face-to-face survey of 9,282 adults who were scored based on their response to highly formulated and complex diagnostic observations, such as "I'm guessing most dogs would probably introduce themselves by sniffing your face."

Amazingly, all 9,282 participants in the study were identified as IED sufferers.

"Obviously, the disorder is more widespread than we thought," stated Coccaro, who then added, "You got a problem with that?!"

To determine if you might be an IED sufferer, answer "Yes" or "No" to each of the following scenarios:

1) When my computer crashes, I try to remain calm by thinking about the solitude and freedom of skydiving, ascending through the clouds, and then letting my computer drop from 1,800 ft. into a lake.

2) On at least one occasion, I have attempted to affect change and contact someone in our nation's capitol by yelling at the top of my lungs.

3) I find it difficult to remain calm when, after paying \$40 for gas, I have to pay another 25 cents for AIR.

4) Because I have been told it is an important social issue facing our nation, I am frustrated by my inability to really care if another "50 Shades" book is ever written.

And lastly, 5) Recently, I have been performing yoga as a way to limber up before handing out a good butt-whoopin'.

OK, tally your score by giving

yourself one point for "No" and two points for "Yes."

Answer key: If you took the time to actually answer any of these questions you are an IED sufferer. According to the study, you should go ahead and join the millions of Americans already on some type of anti-depressant.

And if you have a problem with that, you KNOW where you can find me!

I'll be waiting right here in the lotus position.

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

REFERENDUM

Continued from page 1A

By all accounts, the referendum process served as a learning experience both for petitioners and city and county governments, as it is believed that a referendum has not been sought in Cottage Grove in over two decades.

After news of the shortage of signatures surfaced, Cottage Grove Mayor Tom Munroe said the failure of the referendum "takes a lot of pressure off

people to do their jobs," including city staff and elected officials.

"We've still got a representative government here," Munroe said. "People vote us into office believing that we're going to make the right decisions. The plan isn't set in stone; it's only a start, a foundation."

Munroe himself expressed his reservations with widening sidewalks and narrowing the travel lanes of Main Street during the City Council's final worksession on the Refinement Plan,

and he put forth a compromise that would essentially split the difference by reducing the width of the travel lane from 16 to 14 feet, as opposed to the 12 ½ feet called for by the plan. Munroe said he was concerned that Main Street should remain a viable corridor for larger vehicles, a concern echoed by Councilor Jeff Gowing, though the effort to compromise was dropped when it became apparent that the Mayor would be outvoted. Gowing would be the only councilor to vote against the

plan.

"I had several people tell me that if they had gone with my compromise, we wouldn't have had to do the petition," Munroe said. "But the plan is a 'need-to,' not a 'want-to.' We need to redo Main Street, and if we're going to do it, we have to do it right."

City Manager Richard Meyers said the City can now begin targeting funding to cover the approximately \$9 million the Main Street Refinement Plan is expected to cost, adding that the City

has already been discussing ways to minimize the impact of construction on downtown businesses.

Community Development Director Howard Schesser said that, while the city planning department is pleased that the plan will move forward, he believes that it probably would have passed muster with voters if it had gone to a public vote.

BRICKER

Continued from page 8A

years until he started his own remodeling and construction business in 1965. For the next 23 years he earned a reputation for providing high quality work

at an affordable price. "At one time, I had a key to nearly every house on West Main Street," he said.

Local car dealer Bud Betz hired Bricker, in 1971, to dis-

mantle an older house on North 9th Street to make a car lot. The house was so well-built and well-designed Bricker bought it for his family and moved it 12 blocks to its current location on the corner of 11th and Geer Street.

When chronic knee pain forced him to retire in 1988, he and Lucille enjoyed traveling and gardening. He's been a radio collector all his life. He

filled his home with radios of all shapes and sizes from rare, furniture-style antique radios — from the 1920s and 1930s to the colorful modern-day plastic novelty radios.

He and Lucille had three girls: Judy, Carolyn and Arlene. After 66 years of marriage, Lucille died in 2012. He now lives in Magnolia Gardens and enjoys being a grandpa to his 11 grandchildren and 12 great-grandchild-

dren.

The transition to assisted living ignited two new passions in his life: singing and writing poetry. Although he never sang in the church choir, he now sings traditional hymns with other residents. He also writes poems about his life experiences and his faith in Jesus Christ.

In 2011, in a local town hall meeting, Oregon House Speaker Bruce Hanna honored Bricker's

for his exemplary military service. Bricker said his time in the U.S. Navy was memorable and he is grateful for the opportunity to be part of this month's Honor Flight.

"Glen is a wonderful person who deserves public recognition. Our church is proud of his faithfulness to The Lord and to his country," Earlywine said.



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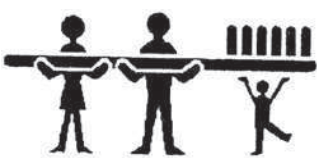
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