

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

BY NED HICKSON  
News Media Corporation

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 judgment 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, complete 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)*

# LORANE COUNTRY NEWS

BY LIL THOMPSON  
For the Sentinel

It's Winter Homecoming all week at Crow Middle/High School. Both middle and high school students will have activities Friday after lunch plus the middle-school dance. The high school dance runs from 9 p.m. to midnight in the multi-purpose room.

This month seems to be going fast. On Monday, Jan. 17, there is no school for Martin Luther

King Day.

This is just a reminder to seniors and parents to get your FAFSA applications in.

Lorane Grange meets on Thursday, Jan. 21 at 7:30 p.m. The Grange looks forward to seeing everyone. The spaghetti dinner and bingo evenings return to Saturdays, and this month's event is Jan. 23 starting at 5:30 p.m. The turnout has continued to grow, so let's have a great turnout! The grangers are still collecting pop can tabs, and

those with tabs to donate may call a granger or drop them off on the front porch. These go to help many people with needed dialysis.

The CAL School Board meets on Thursday, Jan. 21 in Applegate Elementary at 7 p.m. after executive session. The February meeting will be at Lorane Grange. The change is due to the Grange meeting in January.

Lorane Rebekah's are still collecting and accepting scrap metal in their bin beside the Lodge

Hall. They are also collecting cans and bottles, and those who would like them picked up may call any Rebekah or Sandi Maxwell.

It may seem early, but Rural Art Center and Lorane Grange want to remind everyone that the Talent Show at the Grange is usually the first Sunday in April. Share this and get your talent together. It's free to enter and free to watch. There is always amazing talent to enjoy.

# Five berry-bearing shrubs to feed birds in winter

BY KYM POKORNY  
OSU Extension Service

When winter comes and the menu for birds shrinks in urban backyards, they rely on the kindness of humans.

That doesn't mean just a bird feeder of seeds and nuts.

"Different birds are attracted to different foods and it's good to have a variety," said Dana Sanchez, a wildlife specialist for Oregon State University's Extension Service. "In addition to bird feeders, which people sometimes forget to fill, they need plants to forage on."

This time of year, you'll notice winter wrens, pine siskins, scrub jays, chickadees and robins. All are searching for food to give them the energy they need to survive the prolonged stress of cold and wet weather.

"Birds need a lot of energy to make it through cold nights," according to Sanchez. "They can't eat during the night, and they burn off whatever food calories they found during the day."

Fortunately, birds have feathers — the ultimate down jacket, she said. They fluff them and huddle together to reduce heat loss. And shivering keeps muscles warmer. For all that, they still need the right foods for energy production. A few insects remain, flying around or hiding under moss and lichen ripe for the picking. Some plants, like thistle, hold on to seeds that birds fit into their diet. Plants with berries full of good



courtesy photo

The purple berries of beautyberry offer sustenance to birds in winter when they need extra energy to survive cold weather.

fat provide necessary nutrients, too. Take a look at Sanchez's suggestions and consider adding some berry bearers to your garden.

Dana Sanchez's picks for plants with berries for birds:

Oregon grape (*Mahonia aquifolium*) breaks out in brilliant yellow flowers in mid-winter that leave behind bunches of blue-black berries. The state flower of Oregon grows to an erect 6 feet tall and 5 feet wide. Hardy to Zone 5.

Beautyberry (*Callicarpa bodinieri*) was named for a reason: The exquisite violet to purple berries in mid-winter stop people in their tracks. This shrub puts on a good display at the back of the border where its 6-by-6-foot stature has room to develop. The cultivar 'Profusion' exhibits an especially abundant amount of berries. Hardy to Zone 5.

Snowberry (*Symphoricarpos albus*) is recognized for distinctive clusters of white berries that last well into winter. At 5 feet

tall and 6 feet wide and rather rangy, snowberry makes a great choice for a bird-friendly hedgerow and its vigorous roots will help with erosion control on slopes. Hardy to Zone 3.

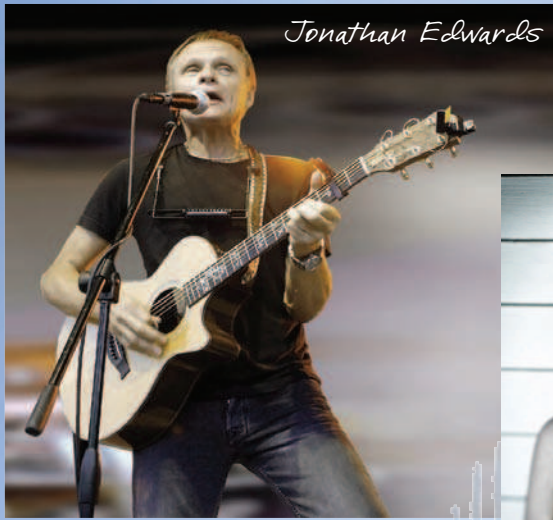
Himalayan honeysuckle (*Leycesteria formosa*) takes some room to accommodate its 6-foot height and width, but it's more than worth the space. Long inflorescences of white flowers with purple bracts hang from the shrub for an extended time in summer and fall and are followed by berries that start out green, turn deep red and then purplish black with all three colors on the plant at once. Hardy to Zone 6.

Pacific wax myrtle (*Myrica californica*) is an evergreen that grows up to 30 feet at maturity, making it a popular option for a screen or small tree in the garden. A Pacific Northwest native, wax myrtle presents purplish berries in fall that persist into the winter months. Hardy to Zone 7.

## THE OREGON COAST'S PREMIER WINTER MUSIC EVENT!

# 12 BANDS 2 Days of Music & Fun!

JANUARY 16 & 17 FLORENCE EVENTS CENTER



Jonathan Edwards

## SATURDAY NIGHT HEADLINERS

Don't miss legendary singer/songwriter Jonathan Edwards and the rapidly rising indie-folk/pop Shook Twins!



Shook Twins

Friday  
BONUS!



Additional events at City Lights Cinema, the Florence Regional Arts Alliance gallery, and Silver Lining Boutique.

Saturday  
11am - 4pm



Billy Jones  
Bob Haworth  
Danny Barnes  
Pretty Gritty  
John Craigie



JOHN CRAIGIE

Sunday  
11am - 4:30pm



Molly Hardin  
Ian McFeron  
Cabin Fever NW



True North  
Crow and the Canyon

PLUS



...Artisan Fair and Pie Sale...  
SATURDAY 10-5:30 & SUNDAY 10-4  
30+ OUTSTANDING ARTISANS  
Clay, Fabric, Fiber, Jewelry, Photography  
FOOD & BEVERAGE TASTINGS



.....Kids' Concert.....  
THE TRAIL BAND WILL TEACH AND ENTERTAIN LOCAL AREA SCHOOL KIDS ON THURSDAY, JANUARY 14<sup>TH</sup>.  
By invitation only.

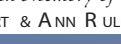
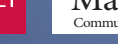
TICKETS SCHEDULES ARTIST PROFILES

www.WinterMusicFestival.org

541-997-1994 • www.eventcenter.org • Box Office: 715 Quince Street, Florence



Event Sponsors  
Ladies of the Elks



# BINGO COUPON

COTTAGE GROVE ELKS LODGE  
755 North River Road  
Information 942-3554  
PUBLIC WELCOME

Every Wednesday (except Holidays)  
Warm Ups 6:30pm Regular Games 7:00pm  
Frequent Smoke Breaks, Exciting New Game Program  
"Bingo Burger Menu" Available

## 2 PROGRESSIVE JACKPOTS

Bring this coupon and receive a 2nd Warm-up Pack FREE



## We Want Your News!

The Cottage Grove Sentinel wants to be your source for all things Cottage Grove.

But we need your help! If you've got a news tip, we'd be glad to hear about it:

# Cottage Grove Sentinel

In person: 116 N. Sixth Street, Cottage Grove

Email: cgnews@cgsentinel.com

Office phone: 942-3325