

And Get your damned Flu shot! Community Comment: November 8, 2019, Mike Goldsby

In England, Canada and Australia, a moustache is called a Mo and November is called Movember, Moustache Month, as a way to promote Men's health.

Facial hair can be cool. My friend Neil Tarpey has won beard contests in the past. He recently shaved but has vowed to let it grow until at least 2020 and he will have a full Gandalf or a ZZ Top. His beard will once again be a real conversation starter, the stuff of legends.

Facial hair fashions come and go but a moustache is a statement. Some great men have sported moustaches: Teddy Roosevelt, Martin Luther King, Einstein, Magnum P.I., the Village People. But moustaches also have an edgy reputation. Villians have mustaches: Snidely Whiplash, Captain Hook, the Godfather, Boris Badenov, Hitler, the Unibomber.

While some folks view moustaches as sketchy or creepy, a man with a moustache really doesn't care what you think. And in Movember, growing a moustache is a way to strike up the topic of Men's Health.

You could grow a Chevron moustache, like Tom Selleck, grow a Walrus moustache or a pencil thin moustache like Clark Gable., a Horseshoe moustache like Hulk Hogan, the scruffy cowboy moustache of Sam Elliot or the thick moustache of Ron Swanson, the manly character on the TV show Parks and Rec.

In the United States, men who participate in Movember are called Mo Bros and the idea is to raise money and awareness of Men's health. When I was a kid, I figured as an adult Man, I would probably die battling crocodiles or get trapped in quicksand. Turns out there is not nearly as much quicksand in my life as I thought.

But what really kills men? Heart disease, suicide, prostate cancer, testicular cancer, substance abuse. I know. I'd rather talk about quicksand too. But these problems are made deadlier because men do not talk about them. We would all rather be in denial like Trump, dictating our own doctor's report and declaring ourselves the pinnacle of male physical fitness. *Then have a Big Mac.*

If you want to have some fun, go to the Man Therapy website. There you will find the fictional Dr. Rich Mahogany, giving manly advice in a manly way. As he says, "Sometimes a man needs a pork shoulder to cry on."

The website is a useful way to look at some serious subjects, like rage, anxiety, insomnia, even your sex life. It's worth going to the website just to see Mahogany tidy up his office with a leaf blower or hear his description of yoga. It's at mantherapy.org

Back to Movember, the organizers want to have an everlasting impact on the face of men's health, raising awareness and funds to encourage men to address their health and talk about real health issues. Go to us.movember.com and find some real stories from real men on why men die on the average six years earlier than women and how that can be prevented.

Maybe you don't want to grow a moustache. Instead, you can schedule that check up you've been putting off. Listen to your spouse rather than walking away. See a therapist or go to an AA meeting. And get your damned flu shot. Don't be a sissy. This is Mike Goldsby for Community Comment.

