

ADVICE | NEWS

Dow	19,912.71	▲ 112.86
Nasdaq	5,600.96	▲ 48.01
S&P	2,280.07	▲ 14.87
Russell	1,369.21	▲ 21.37
NYSE	11,249.29	▲ 78.67

QUESTIONS? Call 517-437-7351

ASK THE DOCTORS



DR. ROBERT ASHLEY

Marijuana potentially useful for harsh pain

DEAR DOCTOR: I try not to use opioids for my chronic back pain, but I'm finding myself turning to them more often. Could marijuana help?

DEAR READER: Pain is one of most difficult aspects of medicine to understand. No one can actually feel the pain of another person, but we can see the suffering that it causes. As doctors, we try to alleviate pain in a number of ways.

Opiates — starting with opium, which is derived from the poppy plant — have been used for pain relief for more than 3,000 years. The opiates morphine and codeine, also from the poppy plant, were isolated and made available in the early 1800s. Since that time, multiple synthetic opiates such as hydrocodone and oxycodone have been widely used for pain. These drugs attach to opiate receptors in both the brain and spinal cord. One problem with opiates is that they relieve pain in the short term, but will not control it in the long term.

Thus to relieve chronic pain, a person has to perpetually use the medication — creating one of the addictive aspects of the drugs. The other problem with opiates is that people become tolerant of the medications, meaning that with consistent use, a person needs more medication to relieve the same amount of pain.

For these reasons, opium and its progeny have been abused worldwide. The United States is facing an epidemic of opiate abuse, with prescription opiate medication leading to a rapid increase in lethal drug overdoses. In 2014, more than 18,000 people died from overdosing on prescription opiates, according to the federal Centers for Disease Control and Prevention. Marijuana has been used also for more than 3,000 years. It works through the endocannabinoid system of the body, which has receptors in the brain and spinal cord as well as the immune system. The receptors in the brain and spinal cord can decrease muscle spasms and pain, while those receptors in the immune system can decrease inflammation and pain.

A 2015 study published in the Journal of the American Medical Association (JAMA) looked at 14 different clinical trials of marijuana use by multiple sclerosis patients and found relief from chronic pain, nerve pain, and pain and muscle spasm. Another study published in 2015 in JAMA looked at 28 different studies with 2,454 patients and found a 30 percent reduction of pain with cannabis-related products compared with placebo.

Opiates can relieve pain in the short term, such as after surgery or an acute injury. But due to their addictive potential and lack of long-term benefit, opiates are not a good choice for long-term pain relief.

—Robert Ashley, M.D., is an internist and assistant professor of medicine at the University of California, Los Angeles.

CIRCUIT COURT

Wilson guilty of fleeing police

By Corey Murray
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Wilson

HILLSDALE — William Matthew Wilson, 39, pleaded guilty to third degree fleeing and eluding police Monday afternoon in Hillsdale County Circuit Court.

"I was operating a motor vehicle, the officer turned on his lights, and I fled from him," Wilson said.

Wilson pleaded guilty to the crime in a plea bargain arranged with the Hillsdale County Prosecuting Attorney's Office who

agreed to dismiss a charge of resisting and obstructing arrest. The prosecutor's office also agreed to not pursue a habitual offender notice, despite past felony convictions for home invasion and breaking and entering.

"I just panicked," Wilson continued. "I had a warrant out of Ohio." Wilson further elaborated that he was returning home from the Wal-Mart

in Bryan, Ohio traveling northbound on M-99 near Reading Road when a trooper with the Michigan State Police attempted to pull him over on Sept. 27, 2016.

Wilson fled and the trooper, identified as Jeff Duttlinger, initiated a pursuit that ended on Tripp Road when Duttlinger performed a precision immobilization technique (PIT maneuver) causing Wilson's vehicle to roll-over.

Wilson escaped from the vehicle and fled on foot into a nearby wooded area

where he evaded authorities until his arrest Jan. 3.

"You left your poor wife in the car? Every man for himself?" Hillsdale County Circuit Judge Michael R. Smith asked.

Wilson admitted that he checked on his wife to ensure she was alive before he fled, but indicated that she was taken to the hospital and treated for minor injuries that night.

Wilson is scheduled to be sentenced at 8:30 a.m. Feb. 21 in circuit court where he faces up to five years in prison for the crime.

PIPELINE

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a project that has led to major protests by American Indian groups and their supporters.

"From now on we are

going to start making pipelines in the United States," Trump said from the Oval Office, where he also vowed to require the actual pipe for Keystone to be manufactured in America.

Trump's actions four days after he took office

came on the heels of his decision to withdraw from a major trade agreement as he upends Obama's policies, winning praise from congressional Republicans. Democrats in energy-producing state also hailed Trump's actions on the

pipelines as long-awaited steps to boost jobs and move the country toward energy independence.

But environmental groups and Native American tribes who have fought both projects for years pledged to defy Trump.

HOMELESS

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The church was the hub for the 2017 Hillsdale County Project Homeless Connect, a gathering of area nonprofit agencies that assists those families in need within the county. Harrell, who came with her friend, Tracy Copeland of Hanover, said she learned about the event through Jonesville schools. Her friend said she came because she didn't know of anything like it available in her area.

"Some people really need help financially right now, so I was glad to hear there are agencies that can help," Copeland said.

Within the first hour of the four-hour event, 69 families had come through the doors.

Community Action Agency Housing Specialist Sherry Bernklau said the event is a way to reach out to people they may not know about in order to capture numbers of those who are homeless or on the verge of it and to offer them resources about community assistance.

"It's a one-stop shop," Bernklau said.

Hillsdale County Community Foundation Executive Director Sharon Bisher said 27 agencies were represented at the event that seems to grow each time it's held.

"Each time, there seems to be growth in the number of recipients and this year there was a huge number of people in line," Bisher said. "We moved the time to 10 a.m. to give people opportunity to space things out since there is always an influx of people who come at the beginning."

Organizer Amber Yoder, who is vice chair of the Housing Continuum, said the event, held every other year, started at Luther Hall some years ago and was moved to the Free Methodist Church since more space was available. While most agencies had booths set up in the gymnasium, a few such as the Health Department and a dental clinic were in a nearby room to offer people more privacy for services.

Kim Sperry, office manager of Smiles on Wheels, said the dental clinic was offering oral cancer

screenings, along with fluoride varnish treatments for children. She and assistant Meghan LaMarche are based out of Jackson County, but said they offer services at 60 different schools in area counties, as well as in the Upper Peninsula.

Beauticians from area salons were on hand offering free haircuts and the Hillsdale Salvation Army began serving lunch at 10:30 a.m.

Among those providing adults and children with haircuts was Robin Pelc of RJ's Hair Care.

"I come to this every time because I love helping people," Pelc said. "I feel that God gave me a gift to be shared and I love doing it."

Receiving the haircut, Kathy French said she's grateful Pelc feels that way since haircuts can be expensive.

"I'm glad this program is here," French said.

Receiving a trim on his beard nearby, Fred Hanning of Waldron said he also appreciated the service being offered by Brandi Buell of Off Main Street Salon.

"I heard about it from the Salvation Army and I think

it's nice they (stylists) are donating their services," Hanning said.

Bekah Hampton was among three other stylists from Studio 17 in Quincy, who was also working at the event.

"It feels good to give back to those who need it," Hampton said. "It's a great program."

Students from the Pittsford High School National Honor Society and members of the Hillsdale County Community Foundation Youth program also helped with the event.

Pittsford sophomore Justice Geletzke said the experience gave him the chance to see how needs are real.

"It shows what's out there," Justice said. "I didn't know there were this many who need help."

Since the program's inception in 2009, Yoder said Project Homeless Connect has been supported by numerous volunteers, individuals and businesses giving their time, resources and essential services. The event is sponsored by the Hillsdale County Housing Continuum of Care.

VEHICLES

From Page A1

for three years.

The county began leasing vehicles several years ago in a rotation of two a year to keep dependable vehicles on the road.

Parker said the new vehicles should last the county between six to 10 years and will replace two of the older Ford Crown Victorias in the fleet.

"We use them until they are beat to pieces," Parker said. "The Ford SUVs have worked out really well, we have so many things in the vehicles, that space wise these afford the most safety for the officers."

He also said the department has a good working relationship with Stillwell Ford.

Additional discussion during Tuesday's meeting centered around two active resolutions and one expired

resolution on the county's current hiring freeze.

Chairman Mark Wiley introduced the discussion saying the board needs to look at all three resolutions and come up with one that applies for 2017. Commissioner Burtka agreed to work with Chairman Wiley on drafting a resolution before the next meeting Feb. 14.

The only other piece of business was the approval a night meeting for 7 p.m. July

25 at Hillsdale Township Hall. The meeting continues a trend that was started two years ago, in having one or two night meetings a year to allow citizens who work during the day the opportunity to attend a meeting.

In approving the meeting Chairman Wiley said an additional meeting could be added yet this year in another location in the county if a city, village or township would like to host a meeting.

ROADS

From Page A1

came to the city's already stretched budget.

"We all know that roads are a top priority. Cuts are going to affect areas that council and some members of the public will not favor," Mackie said.

Mackie delved into detail and estimated the city could save roughly \$280,000 by not collecting leaves and cutting the Dial-a-Ride program, economic development, Mitchell Research Center funding, and the recreation department.

"These are difficult decisions and discussion," Mackie said. "This is a serious issue that is very serious to this community. I commend Councilman Bell for putting forth his resolution."

Mackie also clarified confusion in estimates

stating that the \$1 million per mile to fix the city's roads was for total infrastructure work meaning gutter, curb, water and sewer in addition to road resurfacing.

Councilman Bill Zeiser spoke in favor of Bell's resolution and agreed with Mackie.

"It's our job to best represent our constituents," Zeiser said. "Whatever happens, somebody is going to be mad at us."

Councilman Brian Watkins highlighted the fact that Hillsdale's tax rate is the second lowest in the region and said that the council has mechanisms in place to increase revenue.

"We have been giving blue plate dinners for happy meal prices for way to long," Watkins said.

During public comment, Penny Swan also spoke in favor of Bell's resolution.

"I just want to commend Matt Bell on his

resolution," Swan said. "I don't see how anybody could have a problem with looking at every penny that comes out of this building."

Greg Kurtz encouraged the council to take action to fix the roads noting the condition of Westwood Drive.

"I don't like driving down my driveway everyday and going through mine fields," Kurtz said.

Richard Smith noted a 2012 study done on Hillsdale's roads and encouraged council to do something on the issue.

"Council has got to make a decision," Smith said. "How many mills do we need to get to a figure we can put into the streets?"

The 2012 study Smith mentioned indicated there was \$32 million in infrastructure repairs needed in Hillsdale including a little over 40 miles of local roads.

Dr. Gary Wolfram, a local

resident and economic development advisor to the city spoke during public comment as to how the economic downturn in 2007-09 affected the city's ability to fund road projects.

Wolfram pointed to the lack of revenue sharing from the state, a decline in the property tax base, and reduced funding from Proposal A.

"The reason is not because the city council has not done their job," Wolfram said. "We got through the recession without any debt. They delayed road repair because it's something that could be put off."

Discussion on the issue will continue as the city looks at its budget for the fiscal year 2017-18. None of the suggested cuts have been made at this point. Monday night's meeting was just an opportunity to start the discussion.

DEAR ABBY



JEANNE PHILLIPS

Wife wonders if counseling will help her husband mature

DEAR ABBY: I'm having a hard time deciding if I should forgive my husband or tell him enough is enough.

In the year since our wedding, he became infatuated with one of my bridesmaids to the point of telling her — and me — that he loved her. He also flirted with women online, lied to my face about it, and asked for and received nude pictures from a "friend" and an ex.

We have been in counseling for about a month now, but we're moving soon, and I'm not sure I want to move with him, even though he now says he wants to fix things. We have a small child together, which affects my decision. What should I do?

- NOT SURE IN NEW HAMPSHIRE

DEAR NOT SURE: It appears that the man you married was not mature enough to make that commitment. That the two of you are now in counseling and he wants to make things work is hopeful. However, considering what has been going on for the past year, I can understand your serious doubts. Because you already have a counselor helping you to work on your marriage, I think you should take your question to — and your cues from — the person with whom you are working.

DEAR ABBY: I am going to be a great-grandmother soon, and I'm very excited about it. I didn't think I would live to experience this great joy. My beautiful granddaughter is not married to the baby's father, but is a mature and loving person.

Although her immediate family is supportive, the extended family is not and refuses to acknowledge it. My sisters will call me and talk about anything and everything except my granddaughter and the baby that is coming. I don't know what to make of their conduct. I feel like hanging up on them, or telling them off and being done with them.

They are never going to experience being great-grandmothers themselves. Could they be jealous or angry that this happened? Please tell me how to handle it. Their health isn't good, so if I cut them off, it could be forever.

- PERPLEXED IN PENNSYLVANIA

DEAR PERPLEXED: Your sisters could be jealous or angry, as you suspect. They could also be judgmental and trying to "punish" your granddaughter for being pregnant and unwed by ignoring her. I don't blame you for feeling angry, and possibly hurt, for the way they are behaving. You're entitled. But the question you must answer for yourself is, would you be better off with or without those "sweethearts" in your life? Only you can answer that.

—Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was featured by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.