



Beaver County

FAMILY AND CONSUMER SCIENCES

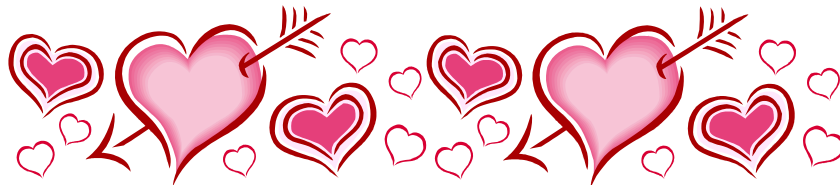
Newsline

August 2005

**Beaver County OSU Extension Office * Box 339 Beaver OK 73932 * Courthouse * 580-625-3464*

This month my husband, Darrell, and I celebrate our 25th Wedding Anniversary. Things have changed in 25 years! The life expectancy was 73.7 years but we've gained longevity; it's now at 77.2 years. A gallon of gas sold for \$1.25; it's now--\$2.28. A dozen eggs cost \$0.90 cost; now \$1.28. Orange Juice was \$1.16; now it's \$1.87. A pound loaf of bread cost \$0.51 and now sells for \$0.97. A ½ gallon of milk sold for \$1.06 vs. \$1.50 now. A first-class stamp cost \$0.15. A pound of coffee cost \$3.23; however, it now averages \$2.88. In 25 years, the US population has grown from 227 to 294 million. In 1980, Americans got married younger and more often and divorced less often than in the present! This edition is dedicated to Long and Happy Marriages. May yours be both!

Liz



What does Love mean? A group of professional people posed this question to a group of 4 to 8 year-olds. The answers they got were broader and deeper than anyone could have imagined. See what you think.

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."
Rebecca - age 8

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." Chrissy - age 6

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." Danny - age 7

"Love is what's in the room with you at Christmas if you stop opening presents and listen." Bobby - age 7

"If you want to learn to love better, you should start with a friend who you hate," Nikka - age 6

"Love is like a little old woman and a little old man who are still friends even after they know each other so well." Tommy - age 6

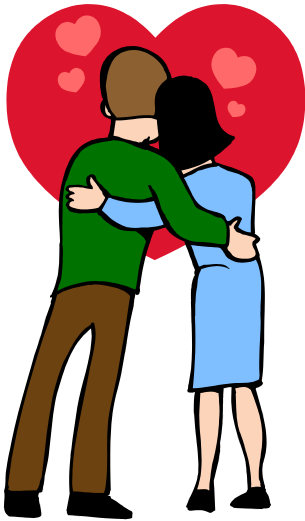
"Love is when Mommy gives Daddy the best piece of chicken." Elaine - age 5

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford." Chris - age 7

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." Jessica - age 8

Unknown Source; email message.

Make the Most of Your Marriage



Have you lost that feeling, that glorious sense of loving and being loved? Is everything just work, bills, housework, and yard work? Has the daily "I love you" disappeared? Marriage partners often get so busy with day-to-day struggles that they neglect to share their warm feelings with each other.

Experts and married couples agree that the simple but magic ingredient in a love relationship is the expression of affection. They are just as quick to point out that this aspect of a couple's life together is usually the first to grow dim.

In researching what creates satisfaction in a marriage, one of the most significant findings was expressing affection on a regular basis. In other words, the couples who indulged in frequent terms of endearment, nonsexual touching, such as hugs and pats on the head, and tokens of affection, such as little gifts, reported extremely high levels of marital satisfaction.

Conversely, there is often a correlation between lack of overt affection and the breakdown of intimacy. And researchers observe that the reason so many couples allow expressions of affection to dwindle is that they associate them with the "start-up phase" of a relationship.

People are a little embarrassed by what they perceive as kid stuff. They think the candy and flowers, the sweet nothings, the silly names, are just a prelude to a real relationship. On the contrary, they add spark to your relationship.

To put a little love back into your relationship:

- ♥ Start each day with a big hug.
- ♥ Send a card or love note to your spouse.
- ♥ Always make your partner feel special.
- ♥ Make having fun together a priority.
- ♥ Help without being asked.
- ♥ Admire each other's achievements.
- ♥ Telephone to say "I love you" during the day.
- ♥ Look for the good in your partner and praise it.
- ♥ Give your spouse a list of ten terrific memories.
- ♥ Always take each others' feelings into consideration.
- ♥ On a clear evening share a brief star-gazing experience.
- ♥ Put on a slow song and dance before retiring for the evening.
- ♥ Give the gift of listening: refrain from judging or giving advice.
- ♥ Assure your spouse often that you care, and show you care by how you act.
- ♥ Complete daily chores together and let this time become special sharing time.
- ♥ List all the ways your partner enriches your life and share your list with your spouse.
- ♥ Thank your partner for compliments and kind gestures -- and you'll get more of them.
- ♥ During tough times, think of why you fell in love in the first place and dwell on those things.

Your relationship must be nurtured if it is to grow. And good, shared experiences nurture relationships. Some couples have a date every week. The dates can be inexpensive, like going to the library or taking a walk. But it's good to find something you enjoy together. Maybe you and your partner can take turns picking the activity.

Another activity that can strengthen the marriage relationship is taking time to write your partner a love letter in which you express the good feelings you have about your relationship. One of the keys to a successful marriage is to appreciate the strengths. Every marriage has problems. But by using your strengths wisely you can continue to make the marriage stronger.

Sources: <http://www.humsci.auburn.edu/parent/nurture/index.html>; <http://ohioline.osu.edu/hyg-fact/5000/5220.html>.



MYTHS OF MARRIAGE & DIVORCE

1. Cohabitation is just like marriage, but without "the piece of paper."

Cohabitation *typically does not bring the benefits—in physical health, wealth, and emotional wellbeing—that marriage does.* In terms of these benefits cohabitants in the United States more closely resemble singles than married couples. Cohabitants tend not to be as committed as married couples, and they are more oriented toward their own personal autonomy and less to the wellbeing of their partner. Many studies have found that those who live together before marriage have a considerably higher chance of eventually divorcing partly because the type of people who are willing to cohabit may also be those who are more willing to divorce. There is some evidence that the act of cohabitation itself generates attitudes in people that are more conducive to divorce, for example the attitude that relationships are temporary and easily can be ended.

2. When parents don't get along, children are better off if their parents divorce than if they stay together.

A recent large-scale, long-term study suggests otherwise. While it found that parents' marital unhappiness and discord have a broad negative impact on virtually every dimension of their children's well-being, so does the fact of going through a divorce. In examining the negative impacts on children more closely, the study discovered that it was only the children in very high conflict homes who benefited from the conflict removal that divorce may bring. In lower-conflict marriages that end in divorce—

Source: By David Popenoe of the National Marriage Project @ <http://marriage.rutgers.edu/>



perhaps as many as two thirds of the divorces were of this type—the situation of the children was made much worse following a divorce. Therefore, except in the minority of high-conflict marriages it is better for the children if their parents stay together and work out their problems than if they divorce.

3. Marriage benefits men much more than women.

Contrary to widely publicized reports, recent research finds men and women to benefit about equally from marriage, although in different ways. Both men and women live longer, happier, healthier and wealthier lives when they are married. Husbands typically gain greater health benefits while wives gain greater financial advantages.

4. Children of divorced parents are more cautious in entering marital relationships and also have a strong determination to avoid divorce.

Marriages of the children of divorce actually have a much higher rate of divorce than the marriages of children from intact families. A major reason for this, according to a recent study, is that children learn about marital commitment or permanence by observing their parents. In the children of divorce, the sense of commitment to a lifelong marriage has been undermined.

5. Married people have less satisfying sex lives, and less sex, than single people.

According to a large-scale national study, *married people have both more and better sex than do their unmarried counterparts.* Not only do they have sex more often but they enjoy it more, both physically and emotionally.

OHCE NEWS



OHCE's 70th Birthday Party Was Great! Sue Grose, Virginia Jett, Linda Moeller, and I attended the OHCE Annual Meeting in OKC. *Many Thanks* to all of you who donated items for Beaver

County's door prize contribution. Linda was able to create two eye-catching, blue and yellow baskets. We donated the second basket to the Ambassador's Silent Auction. One of the highlights for me was watching Beaver County OHCE win awards at the state level. Virginia accepted awards for 1st Place County Winner in Resource Management and Honorable Mention for Local Group. Sue accepted the 2nd Place County Award for Healthy Living. Working and then reporting your efforts for the year was advantageous! Thank you all.

Linda received training on "Using Humor Effectively" which she has already used for the August Leader Training. Thanks Linda. There will be no Leader's Training for September so you can put your time and efforts into County Fair preparations.

OHCE County Fair entry forms were disbursed at the August Leader Training. If you have any questions on filling them out, call the Extension Office. Please have your forms in by August 29th. Corrections can be made after this date if necessary. Please get changes to our office as soon as you can.

Tena has set an Executive Council Meeting for August 4th at 2:30pm in the Extension Office. Please make sure your group is represented.

1980

25 YEARS AGO

Hewlett-Packard announced release of its first personal computer. President Jimmy Carter authorized legislation giving \$1.5 billion in loans to bail out Chrysler Corporation. He also announced that the United States will boycott the 1980 Summer Olympics in Moscow. Mount St. Helens erupted in Washington after 123 years of inactivity. Ted Turner launched CNN in the United States. Ronald Reagan elected 40th President of the United States. Beatle John Lennon was shot outside his New York apartment. Walter Cronkite announced his retirement from the CBS Evening News. After 25 Years, NBC canceled The Wonderful World of Disney, the longest running prime-time TV series. Some of the movies were Raging Bull, The Empire Strikes Back, Ordinary People, The Blues Brothers, and Coal Miner's Daughter. The Academy Award Best Picture went to *Kramer vs. Kramer*. The Song of the Year was "What a Fool Believes," and Pulitzer Prize Fiction was *The Executioner's Song* by Norman Mailer. The world lost William Douglas, Jesse Owens, Mae West, John Lennon, and Alfred Hitchcock.

WEDDING TRADITIONS



The **Wedding Ring** dates back to 17th century BC Egypt where wedding rings had a supernatural significance; a never-ending band signified eternal love. Wearing the ring on the third finger of the left hand is the early belief that a vein from that finger leads directly to the heart.

The **Flower-Strewn Path** is a lovely tradition, which started in England. A bride and her bridesmaids would walk to the church on a path strewn with flowers. It symbolized the wish that the bride's path through life be like "a bed of roses" a life of ease and grace. Also, the extravagance of "wasting" the flowers by walking on them symbolizes the wish that life may be so full and easy that the bride and groom may pass through it as if tiptoeing on flowers.

The **Cake** has been part of weddings since Roman times when sweet cakes were believed to bring fertility, abundance and happiness. In ancient Rome, loaves of wheat bread were broken over the bride's head while guests collected the crumbs to bring them good luck.



*May you have these blessings:
Good health to make life enjoyable
Good fortune to make it bright
And lots of happiness always
With everything going just right.*



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