

# TEN TIPS FOR A HAPPIER MARRIAGE

At least one in every five U.S. couples needs professional counseling. But the good news is that marital therapy does and can help. Studies show that the relationships of about two-thirds of those who get counseling do improve — both in their own judgment and by objective measures of marital satisfaction.

Marital therapists recommend the following 10 ways sparring couples can improve their marriages:

1. Focus on what's good. Many people see only the bad things. One counselor suggests couples swap compliments for five minutes every evening.
2. Stop recycling gripes. Some people have the same ritual fight over and over — about money, sex, in-laws, etc. You can't keep attacking a spouse.
3. Get rid of ghosts. Fights frequently stem from past experiences. Rituals remembered from childhood, such as who made breakfast in the morning, often carry over into marriages with disastrous effects. The only way out is to ask: Why are we acting like this?
4. Set rules for defusing anger. Fighting — as long as it is not violent — is not necessarily bad, therapists say. Spouses should be able to get problems off their chests without ruining their marriages. But once the heat is off, try sitting down and talking the issue through.
5. Negotiate for what you want. One effective approach is to offer your mate what he or she wants in return.
6. Rewrite the script for situations you don't like. Once you can imagine a solution to a problem, you can overcome almost anything.
7. Look for the problem behind the problem. What couples think is wrong may be just a symptom of a bigger concern. Maybe they have not been communication or have not adjusted to a move or a new baby.
8. Don't let small things loom large. Uncapped toothpaste tubes, socks left on the floor — such things can break up a marriage if you let them.

People have to ask themselves why they allow little things to become intensely irritating.

9. Take regular "temperature readings." Set aside a period every week to share your thoughts, complaints, hopes, wishes and dreams.
  10. If your spouse won't see a therapist, go on your own. Mates often follow out of curiosity or just to tell his or her side of the story. Regardless, even one person can make a difference.
- For a free reprint of "Ten Tips for a Happier Marriage," send a self-addressed, stamped envelope to: Reprint Manager, R1-1, Reader's Digest, Box Pleasantville, N.Y. 10570.



Protesters picketed at FLIR Systems, Inc., in Tigard last Thursday. FLIR Systems, Inc., manufactures infra-red night vision scanners and the company has sold four of the units to the El Salvadorian Air Force. The units are mounted on helicopters and used to detect body heat to aid in the machine gunning and bombing of civilians in El Salvador. Photo by Richard J. Brown

## Children's Holiday Party

The 28th Jimmy "Bang-Bang" Walker Youth Group Children's Holiday Party will be held at the Jefferson High School Auditorium, December 20th at 12 noon.

The children will see cartoons and movies, will sign songs, and will receive a Christmas stocking and treats. The event is free for the community.

J. Zell Walker is President of the Jimmy "Bang-Bang" Walker Youth Group and this event is being chaired by Ron'ee Walker.

Come join the fun and bring your friends.

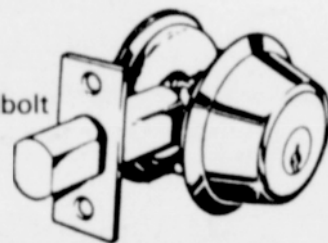
Mexican Fiesta, Dec. 30, 10 AM-12:30 PM, Peninsula Park Community Center, 6400 N. Albina. Ages 5-10. Start the new year with a fiesta—mask-making, Mexican flowers, food specialties, and more. Fee is \$6.

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## Candlelight Holiday Concert

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Friday, December 19, 1986, 7:30 p.m.

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*the Bible says...*  
**Follow peace with all men, & holiness without which no man shall see the Lord**

Tuesday Bible Band 7:30 p.m.  
Thursday Choir Rehearsal 7:00 p.m.  
Sunday Sunday School 9:15 a.m.  
Morning Worship 11:15 a.m.  
Y.P.W.W. 6:30 p.m.  
Evangelistic Worship 8:00 p.m.  
Tuesday-Friday Noon Day Prayer  
Friday "The Pastor Speaks" 7:30 p.m.  
Saturday Morning Prayer 9:00 a.m.  
"Shower of Blessings" broadcast Sunday morning 10:00 A.M.  
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## Lillian Elvolia Dean Obituary

Funeral services for Lillian Elvolia Dean were held December 17, 1986, at Morning Star Baptist Church at 1:00 p.m. for a devoted charter member.



Photo taken 1958  
Mrs. Lillian Dean, the beloved wife of Clark Dean, Jr., died December 12, 1986, and was a resi-

dent of Portland, Oregon, since 1929. She was the daughter of Mahalia and Robert Shelton, and was born in Austin, Texas, January 15, 1906.

Her surviving daughters are: Bernice Pollock, Jacqueline Brim, Marian Benton, Charlotte Lewis, and Lucille Rose. She was surrounded by the affection of 15 grandchildren, 19 great-grandchildren, and a host of cousins, nieces and nephews.

Lillian Dean was past Matron of Queen Esther Chapter No. 4 of the Order Eastern Star Prince Hall, Rite of Adoption, California Jurisdiction.

Merry Christmas and Happy New Year

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