

# Family Living

The Portland Observer

## The Keys to "Happily Ever After"

"Love is all you need," sang the Beatles, and couples who passed their Silver Anniversaries agreed that love was the top quality for a satisfying marriage. But what helps fuel the flame of love to keep it from flickering out?

In a study of couples from long-lasting marriages, "the overwhelming expression of love reported by respondents appears to result from their perception of being appreciated and valued by their spouse and having their needs met," noted the researchers. Good communication, joint decision making, cooperation rather than competition, a spiritual dimension, friendship, and "the element for fun" ranked among key ingredients for a satisfying marriage.

Some 56 couples from 25 to 46 years living in nine different states in the U.S. were surveyed to discover what helped their marriage last and keep it the most satisfying. Based on their individual answers regarding cur-

rent marital quality, the couples were grouped ranging from satisfied (about 50%), to midrange (about 25%) to dissatisfied (about 25%). Patterns were then examined in each group.

What traits characterized the thriving marriages? The satisfied couples reported less impulsive and more cooperative and supportive ways of resolving problems than did the other two groups—such as talking through issues until a mutually acceptable resolution was reached. In contrast, spouses in the dissatisfied group noted their partner's tendency to "stone-wall" or give them the "silent treatment" when dealing with a problem.

Factors enhancing communication and happiness included honesty and not expecting the other to "mind-read" the other's desires or feelings. In contrast the dissatisfied group and midrange couples more often used "put downs" when communicating.

The importance of a spiritual dimension—a belief and devotion to

something bigger than the self—was named as a key aspect of the success of their marriages. The intensity of their beliefs on this issue was shown in the number of extra comments jotted in the margins of the surveys, the researchers stated.

"These findings confirm what many other studies have shown—spiritually committed couples are in it for the long haul. Mutual commitment to the marriage and shared beliefs are strongly linked with higher marital satisfactions," noted Dr. David Larson, president of the National Institute for Healthcare Research.

What helped these marriages endure through difficulties?

"In all groups, commitment to a partnership for life was the primary reason for remaining in the marriage through difficult times," the author noted. Out of 43 other possible answers on the survey, the following received the next most checks: love (57%), sense of responsibility to-

ward the partner (38%), appreciation of closeness and comfort with each other (28%), and continuing attraction to one's partner (25%).

What contributed to less happier marriages? Dissatisfied couples had the highest rates of poor health (27%) versus 17% for midrange and 11% of the satisfied couples, and had married when they were younger compared to the satisfied group. They further used a coping strategy of isolation more than resolution—"we stay out of each other's way."

The dissatisfied couples also had parents with the highest divorce rates and least happy marriages. "The best chance for a harmonious marriage exists when both individuals have parents who had a good marital relationship," the researchers from the Florida couples and Family Institute and the Florida Institute of Technology. Finally, fun was identified as an essential ingredient of a successful marriage.

## Elderly Happier With Health, Faith, and Own Home

The recent, popular film "Grumpy Old Men" reveals a common stereotype that we have about the older generation—the elderly are often cantankerous, stubborn, and bitter individuals. As with any stereotype, many senior defy this description and are enjoying their latter years tremendously.

In an effort to find some common traits among these "happy seniors", a recent study at Rutgers University examined predictors of elderly happiness. What did they find? Hikes in happiness among the elderly? good

health, a strong faith, and living with a spouse in one's own home were all significant predictors of elderly happiness. "This finding that a strong faith is linked to happiness among the elderly is consistent with other studies that have shown religiously committed seniors are less depressed following surgery and recover more quickly as well," noted Dr. David Larson of the National Institute for Healthcare Research.

A randomized survey of 98 non-nursing home senior citizens in Monmouth, N.J. sought to determine

what factors predicted higher levels of happiness. Their average age was 72.

Not surprisingly, better health predicted higher levels of happiness among these elderly as did mobility without depending on others for transportation. Also, the more strongly the elderly rated their relationship with God, the more happy they were "showing religious belief/commitment to be an excellent predictor of elderly happiness," Rutgers researcher Diane J. Kehn said.

Living with one's spouse topped

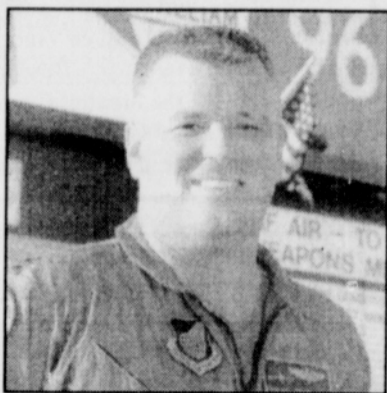
the list in happiest living arrangement. Next came living alone. Living with one's children ranked third, possibly since independence and privacy shrink, noted Kehn. The study did not compare preference for living with one's children versus nursing home care, but recommended this for future research.

Pinpointing what helps boost happiness will enable social workers and others who work with the elderly "to apply proper treatment and to use good judgement based on significant, empirical data."

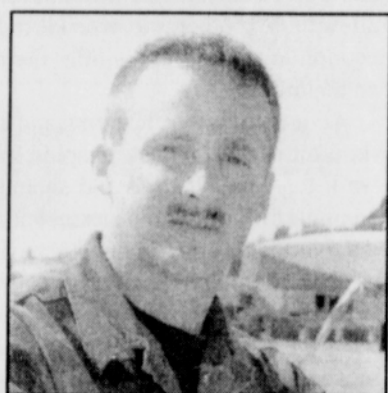
## Army & Air Force Hometown News

Air Force Capt. Dean J. Anderson, and Air National Guard Staff Sgt. William D. Hazen have participated in William Tell '96, an air-to-air weapons competition at Tyndall Air Force Base, Panama City, Fla.

The event, named after the famous Swiss archer, involved top fighter teams from the U.S. and Canadian air forces. Competition is designed with emphasis on defensive aerospace control operations within a realistic live-firing environ-



Dean J. Anderson



William D. Hazen

ment. The meet fostered esprit de corps, enhanced combat capability, demonstrated employment effectiveness, and recognized outstanding individuals.

Anderson is an instructor pilot assigned to the 35th Operational Support Squadron, Misawa Air Base, Japan.

Hazen is an engine mechanic assigned to the 173rd Fighter Wing, Kingsley Field, Klamath Falls, Ore.

## Turkey and Stuffing Perfectly Flavored for the Holidays

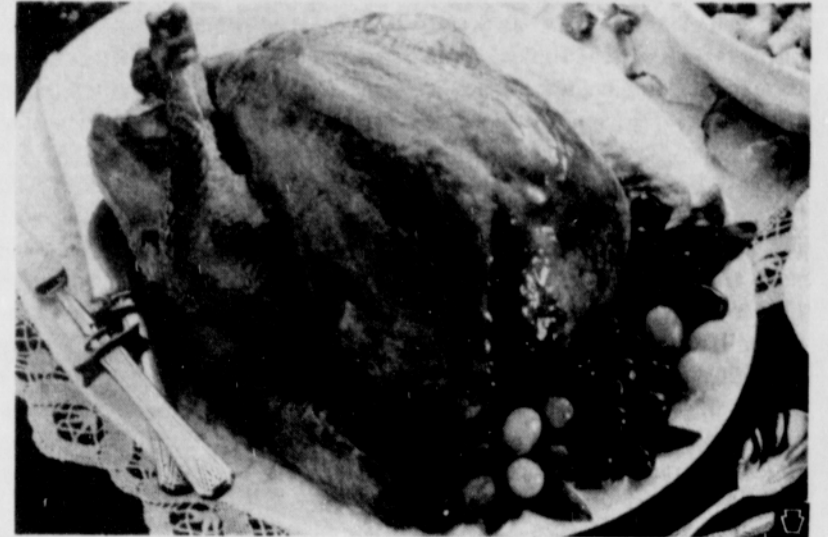


Photo courtesy of the National Turkey Federation

(DM)—A celebration of friends and family calls for festive foods that are sure to please everyone at your table, like moist, tender turkey cooked with Sausage Apple Stuffing inside.

To give your turkey a delectable flavor, simply combine 2 tablespoons Ac'cent Flavor Enhancer, ¼ teaspoon salt and ¼ teaspoon pepper; rub on the outside of the turkey and inside the cavity just before cooking. Then melt ½ cup butter or margarine and, if desired, add 1½ teaspoons each dried sage and dried thyme leaves; brush turkey with half of this mixture. Roast the turkey according to package directions. During the last hour of roasting, baste turkey with remaining butter mixture. Note: Makes enough for 18-pound turkey. Use proportionately more or less butter and seasoning for different size birds.

Spoon Sausage Apple Stuffing into the turkey just before roasting to make your turkey even more special.

### SAUSAGE APPLE STUFFING

- ¼ lb. bulk pork sausage
- ½ cup chopped onion
- ½ cup chopped celery
- 6 cups dry bread cubes
- 1 tablespoon finely chopped fresh parsley
- ¼ teaspoon Ac'cent Flavor Enhancer
- ¾ teaspoon salt
- 1½ teaspoons poultry seasoning
- ½ teaspoon pepper
- 3 tablespoons margarine or butter, melted
- ½ cup water
- 1½ cups chopped peeled apples
- ½ cup raisins

1. In small skillet, brown pork sausage with onion and celery. Do not drain.
2. In large bowl, combine bread cubes, parsley, Ac'cent Flavor Enhancer, salt, poultry seasoning, pepper and margarine; mix well. Stir in water, apples, raisins and sausage mixture including drippings.
3. Just before roasting, spoon stuffing into turkey; do not pack tightly. Roast turkey according to package directions. Makes 7 cups stuffing, enough to fill 18-pound turkey.

## Turkey roasting & handling

The Open pan roasting Method will consistently create a juicy, tender, golden brown, picture-perfect turkey.

- Place thawed or fresh turkey, breast up, on a flat rack in a shallow pan, 2 to 2- 1/2 inches deep.
- Insert oven-safe meat thermometer into the thickest part of the thigh.
- Brush or rub skin with oil to prevent drying of the skin and to enhance the golden color.

- Place in a preheated 325 F oven.
- When the skin is a golden color and the turkey is about two-thirds done, shield the breast loosely with a tent of lightweight foil to prevent overcooking of the breast.
- Use this roasting schedule as a guideline; start checking for doneness 1/2 hour before recommended end times:

Net Weight (Pounds)	Unstuffed (hours)	Stuffed (hours)
10 to 18	3 to 3.5	3.75 to 4.5
18 to 22	3.5 to 4	4.5 to 5
22 to 24	4 to 4.5	5 to 5.5
24 to 30	4.5 to 5	5.5 to 6.25

- Turkey is done when the meat thermometer reaches the following temperatures:

- 180 F to 185 F deep in the thigh; also, juices should be clear, not pink when thigh muscle is pierced deeply.
- 170 F to 175 F in the thickest part of the breast, just above the rib bones.
- 160 F to 165 F in the center of the stuffing, if turkey is stuffed.

Let turkey rest for 15-20 minutes before carving to allow juices to distribute evenly.

### HANDLING A TURKEY

Follow these food safety guidelines.

- Thaw frozen turkey in the refrigerator or cold water.
- Keep thawed or fresh turkey in a refrigerator.
- Prevent juices from dripping onto other foods in the refrigerator by placing wrapped turkey on a tray.
- Thawed turkey may be kept in a refrigerator up to four days before cooking.
- Roast fresh turkey as soon as possible, but no later than the "use by" date on the packaging.
- Place raw poultry on non-porous surfaces; these are easy to clean. Avoid wooden cutting boards.
- Use cooking methods that allow the turkey to reach an internal temperature of 140 F in less than four hours. Avoid using low roasting temperatures or partial cooking methods.
- Use a meat thermometer to determine turkey's doneness.
- Store turkey, stuffing, gravy, broth and other cooked foods properly within two hours after cooking.

# Thanksgiving Savings

Prices Effective 11/20/96 thru 11/27/96 at your nearby Safeway store.



### Grade A Tender Gold Turkey

- 17-23 pounds
- First 1 with \$25 purchase
- Additional at 53¢ lb.

• SAVE up to 46¢ lb

**43¢** lb.

### 2-Liter Coca Cola

- Assorted Varieties
- Plus deposit in Oregon

• SAVE up to \$1.31

**58¢** ea.



### 9 Inch Gourmet Pumpkin Pie

• SAVE up to \$3.00

**\$2.99**

Look For Your Safeway Weekly Shopping Guide In Your Oregonian FOODday in the Portland Metro Area ...And Save More Shopping At Safeway!

Enjoy Extra Savings With The SAFEWAY EXTRA In-Store Savings Guide Available at your Safeway store.