

Lakeside/Community

# Love means wanting to please

Marriage counselors, couple share how-to's to happy marriage

By DONNA BROWN  
Lakeside Review

Husbands and wives, it's Feb. 13 — do you know who your spouse is?

The Valentine's Day rush is on, the one day of the year especially set aside to express love and appreciation for that significant other with flowers, candy and corny cards.

Sometimes it's hard to know just what will set your lover's heart aflame. But one thing's for sure, partners in a romantic relationship should be for finding out, say two local marriage and family therapists.

Randy S. Chatelain, who has a doctorate in marriage and family therapy, said it's great to do things for a partner, as long as it's what that person really wants.

Chatelain is an associate professor in the Department of Child and Family Studies at Weber State College. He also counsels couples who need help with their relationships at his private practice in Ogden about 15 hours a week.

"You have to read the novel of the other person," he said. "Each person has a novel in his head of how things ought to go and what symbolizes importance."

"I mean, you could shovel walks in front of the house forever and that won't make you any love points — or, that might be

the greatest devotion that (a person) recognizes in her husband."

Chatelain said couples need to tune into the channel and turn up the volume, like a radio and "figure out where the frequency reaches and where she hears love. That's what you need to make your time most efficient in that area."

He said people have to learn to dance with who they're married to. "For some people, you make a whole lot more points being sexual than you ever do making cookies," he said. "(Therapists) feel very comfortable telling someone, 'You should talk more to your wife,' but we feel kind of hesitant in saying, 'You should be more sexual to your husband.'"

"I don't have a problem with telling someone they need to be more non-verbally expressive, if that's who you're dancing with," he said.

A breakdown in communication is the No. 1 cause of breakdowns in relationships, said Philip B. Johnson, a licensed marriage and family therapist at the St. Benedict Professional Center in Ogden.

Johnson has a master's degree in psychology from the University of Bridgeport, Conn. He completed his undergraduate work at the University of Utah and has attended the California School of Professional

Psychology, San Diego, where he worked on a doctorate degree.

"A lot of times in the movies you see the star-struck lovers who are looking deep into each other's eyes, talking and really listening to each other...now, I'm not saying that doesn't happen — I'm just saying it doesn't happen all that often," he said.

Instead of gazing into each other's eyes, he said it's common for one person to do the talking while the other cooks or does the dishes. "What's being heard is only part of what's being communicated," he said.

"You've got to be best friends," he said. When he says best friends he means two people who can trust and listen, "the person you want to hang out with," he said.

Val and LouAnn Helquist, Layton, have been "hanging out" with each other for about 26 years. For the last 12 years of their marriage they have owned and operated a private day-care center in the lower level of their home. They are licensed to care for 115 children.

The two of them work together for about 14 hours a day, and still try to find more time to spend together.

Helquist said they keep the flame alive by expressing their love to each other frequently and by trying to show each other that they love and care about each other.

## Davis High PTSA names new executive officers

KASYVILLE — Davis High School PTSA has named its executive officers for the 1990-1991 school year.

Sharing the position of president of the organization are Robert and Lynda Stringham of Kaysville.

President-elect is Colleen Padlock with Louise Jorgenson as

legislative vice president, Loraine Dyer as secretary, and Katie Folkman as treasurer.

These officers will formally take office in May.

Names of the completed board will be announced in March.

The current president of the PTSA is Donna Jones of Fruit Heights.

## Child abuse seminar free to public

KASYVILLE — A free seminar on child abuse will be held in Room A-219 of the Davis Area Vocational Center, Tuesday, Feb. 27 from 9:30-10:30 a.m.

A panel from the Network Against Child Abuse, consisting of an adult abused as a child, a parent of a victim, a police offi-

cer, and a licensed therapist, will present the seminar.

Residents from Davis and Morgan counties are encouraged to attend this seminar.

Please contact the Human Resource Center at 546-4134 to register.

Refreshments will be served.

## Cook Elementary to hold carnival

SYRACUSE — Cook Elementary will hold a PTA fund-raiser carnival Friday, Feb. 23 from 5-8 p.m.

Dinner will be served at a

nominal fee. The public is invited.

For more information call the school at 774-7402.

## Kaysville woman to lead writers group

KASYVILLE — Ann Marcusen of Kaysville has been installed as the new president of the League of Utah Writers, replacing Ruth Harris Swaner of Smithfield.

Mrs. Marcusen is a 1982 graduate of Weber State College where she earned a bachelor's degree in English.

In 1988 she received a master's degree in techniques of writing at Utah State University. Her thesis was a book of poetry.

She has published poetry, essays and short stories 20 times in professional journals, newspapers, and poetry magazines.

She has received numerous awards from Utah State Poetry Society, the League of Utah Writers, and Young Mothers Inc.

She has taught eight years in the Davis School District and serves as the English Department head at Syracuse Junior High.



Ann Marcusen

During the last few years she has stressed the importance of student involvement in the League, and she has led the organization of three chapters of stu-

dent groups and is currently organizing others.

She has also served in several state positions in the League and as the chapter president of the League's local chapter, Kay's Creek.

Her primary goal for the League this year is to increase membership, including student participation.

She said she hopes all members will reach out to help other writers achieve success.

"I wrote alone until I was 45 years old. I don't want others to wait that long to have a support group," she said.

Other goals for the year are to strengthen the finances, to increase the number of contests, and to network with other writing groups in the state and region.

Other officers are Linda Muhlstein of Orem, president elect

and contest chairman; Lyn Austin of Tremonton; recording secretary/historian; and Peggy Ellington of Layton, treasurer and speaker's bureau coordinator.

Greadline Felt of Layton will head the committee for the League of Utah Writers Annual Roundup in September.

Additional members of the board of directors are: Janet Larsen Carroll of Logan; Bethany Chaffin of Mantua; Maxine Jennings and Wanda Blaisdell of Ogden; Brenda Bensch of Murray; and Bonnie Robinson, Ray Bergman, and Joyce Marder of Salt Lake City.

The League of Utah Writers, comprised of 19 chapters throughout the state, is a non-profit organization funded in part by the Utah Arts Council.

For further information about membership, contact Bonnie Robinson at 322-0196.

## February: It's 'heart health month'

By SANDRA LONGO  
Community Relations Director  
Humana Hospital Davis North

February is that special month to remember sweethearts, express sentiment, and send candy hearts, flowers and warm wishes to people we care about. February is also Heart Health Month — a time to remember the most important person — you.

Heart disease is at the top of the list for the leading causes of death in the U.S., with more than 1.25 million heart attacks each year. And, according to the 1988 Surgeon General's Report, five of the 10 leading causes of death are diet-related.

There's no question — we're just eating too much fat and cholesterol and carrying around too much extra weight for our hearts to handle. Consider this:

- More than 60 million Americans have blood cholesterol levels that are too high, with 79 percent of adult Americans not even knowing what their cholesterol level is!

In 1985, 34 million adults were overweight — that represents 26 percent of adult Americans, and an 18 percent increase in just 10 years! What's more, obesity is a major risk factor for all of the top five diet-related diseases.

We are showing some improvement in our recognition of the problem, however. Public awareness of the link between dietary fat and heart disease has grown 35 percent in less than five years. We're also seeing that a strong consumer advocacy can have dramatic impact on the food industry, as evidenced by the re-

placement of oils with less saturated fats in many popular products.

Your best bet for building a healthy heart is to take action.

No. 1. Know your risk factors for heart disease: Family history of heart disease, high blood pressure, high blood cholesterol, cigarette smoking, excess body fat, diabetes, lack of physical exercise.

No. 2. Check your blood cholesterol level: Moderate risk, greater than 200 mg/dl; high risk, greater than 240 mg/dl.

No. 3. Get the facts! Contact your local hospital, your private physician or a registered dietician for more information.

So, in addition to your sweetheart wishes, give yourself a very special gift — "heart health" for Heart Month!

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