

How Did You Meet Your Husband Or Wife?

BY VAL FARMER

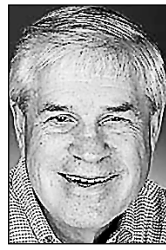
How did you meet your husband or wife? What do you remember about that initial meeting and what happened between you? If you are single and unattached, how do you know if someone new is interested in you?

Timothy Perper, a Ph.D. biologist from Philadelphia and author of the book, "Sex Signals: The Biology of Love," has scientifically observed and studied the courtship process at church socials, singles bars, singles clubs, etc. He and his associates - anthropologist David Givens and psychologist Monica Moore - observed for more than 2,000 hours each. They also interviewed participants and analyzed their written materials as they described the courtship exchange.

So what happens?

Boy sees girl. He gazes at her. Girl sees boy. She returns his gaze. Person A bravely approaches and makes an overture of greeting. Receiving this interest and attention makes person B feel liked, rewarded and happier. Person B responds to person A's greeting in a positive fashion, making person A feel liked, rewarded and happier. Person A then responds to person B's response and makes a response of his or her own.

They are showing each other interest and attention that cre-



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ates an inward emotional response. The sequence goes through many important escalations - approach, talk, turn, touch and synchronize their body movements.

There is more continuous and unbroken gazing. They fully face each other. They talk some more. If not immediately aroused by the prospect of the relationship, they choose to be susceptible to arousal by allowing the sequence to go forward.

Intimacy is built by an exchange of increasingly intimate signals. Their mutual signals produce increased arousal and involvement. The couple mirrors each other's growing erotic and emotional involvement. This desirable sequence unfolds over time and leads to an entranced fascination and infatuation and a feeling of "falling in love." At some point sexual intimacy completes the sequence.

Women and courtship.

Monica Moore details the role of women in actively initiating, maintaining and escalating these encounters. Armed with rejection strategies, a woman's response decides the pace of the relationship. By deciding

whether to initiate the next step in the sequence, she can actively select which man she wants in her life and which she will reject. Women are full partners in the courtship process. They make the hard choices about the future of the relationship by calibrating their responses.

Women are usually well aware of their role in how to encourage or reject overtures and their intended and actual effects on men. Men are usually oblivious to this process.

Wives whose husbands have had affairs are ferociously angry with the "other woman." They are equally upset with their husband when he downplays or tries to minimize the other woman's role in the affair. Wives fully understand the power of the other women to influence or escalate the courtship sequence by seductive behavior.

However, even if a man isn't fully aware of the process, he can still be good at it. If a man is good at courtship, he will understand that the relationship needs to evolve with a mutually acceptable and "negotiated" rhythm. By reading a woman's signals accurately, a man can synchronize emotionally with her and not push for more intimacy than she wants. Both want to know and understand each other and attend to each other intently.

How intimate? What determines how fast the relationship will lead to sexual intimacy?

Often it relates to what a woman expects and wants from sex. If a woman believes that sex and love are necessary for each other, she will slow the sequence by calming him down or themselves down. She may choose not to become sexually intimate until a public declaration of commitment, an engagement or until marriage.

Perper feels - contrary to what some sociobiologists believe - that couples do not choose each other on the basis of an assessment of reproductive capability, wealth or parenting potential so that their future children will thrive. For those of 16 to 21 years, he feels courtship is a case of, "neat, cool, pretty, drool, yum." They enjoy how the courtship sequence makes them feel as they emotionally bond.

Why mate? Perper feels the evolutionary logic that two hormonally-driven young people are, "two people are better than one," and, "together we are likely to survive."

Perper believes that some courtships are misguided because of the emotional needs and/or loneliness of the couple. Their emotional bonding is based on an expectation that their partner will meet all of their needs. The unpleasant reality is that the courtship intensity wears off. Partners find out that they don't really know each other, are mismatched or don't know how to respond emotionally to each other's needs.

Success in courtship depends on powerful emotions engendered by mutuality and responsiveness to each other's needs. Emotional support and belonging are powerful human needs. When a couple sees future prospects of love and support as likely, they want to stay with each other. Erotic attraction brings them together and love keeps them together.

For more information on love and courtship, visit Val Farmer's website at www.valfarmer.com.

Val Farmer is a clinical psychologist with MeriCare in Fargo, North Dakota. He specializes in rural mental health and family business consultation.

This column is sponsored by Lewis & Clark Behavioral Health.

VISITING HOURS:

Paving The Road To A Healthy Heart

BY AMANDA LOUWAGIE

ASHH Dietetic Intern

The heart is the core organ that is responsible for life. Diseases of the cardiovascular system are the leading cause of death in the United States. Therefore, one of the most important things to do to maintain a healthy body is to choose foods that will nourish and keep your heart and cardiovascular system healthy. The road to a healthy heart starts by making a few simple changes in one's diet. Simple heart-healthy choices in fiber, fats and sodium lead to a healthier heart.

FAT

Fat is an important factor in a healthy diet. Choosing monounsaturated fats in adequate amounts is key. Monounsaturated fats are beneficial in a heart-healthy diet because they help lower the bad cholesterol (LDL) and raise good cholesterol (HDL).

Canola oil, olive oil and nuts are good sources of monounsaturated fats. Polyunsaturated fats are also preferred over saturated fats because they lower bad cholesterol (LDL) but they can also lower the good cholesterol (HDL). Saturated fats are considered to be the bad fat because they can clog your arteries. It is wise to limit foods high in saturated fats. Foods that contain saturated fats include meat fat, butter, high-fat dairy, and coconut or palm oil.

Omega-3 fatty acids may reduce the risk for heart disease. Alpha linolenic acid, EPA and DHA are three different types of omega-3 fatty acids. Consuming two tablespoons a day of flax seed meal and fish twice a week will provide the recommended amount of omega-3 fatty acids.

FIBER

Eating 20-35 grams of fiber per day will help lower cholesterol levels and help maintain blood sugar levels. Fiber is not digested and will help with weight management. Eating three servings of vegetables, three servings of fruit and three servings of whole grains should provide the recommended amount of fiber in one's diet. Research has shown that soluble fiber correlates with lowering bad cholesterol levels.

SODIUM

A diet high in sodium can make the heart pump harder than it should. Sodium causes fluid buildup. The heart has to

work harder in order to pump the extra fluid. In order to decrease the amount of sodium, one should limit the intake of salt, soup, pickles and processed foods. Only 2,300 mg of sodium are recommended per day.

Consuming a heart healthy diet has a great impact on the disease process. It takes more than one dietary component to have an impact on a healthy heart. By concentrating on a heart healthy diet along with lifestyle changes of daily exercise and stress reduction, one will be on their way to healthy heart.

This weekly column is produced by the public relations office at Avera Sacred Heart Hospital to promote healthy lifestyles and provide useful medical information to our community.

SCHOLASTICS

LOCAL STUDENT ON UI DEAN'S LIST FOR FALL 2009

IOWA CITY, Iowa — The University of Iowa has released its fall Dean's list.

Among 3,700 undergraduate students at the University of Iowa named to the UI Dean's List for the 2009 fall semester are area students Lindsay Marie Morecraft, Liberal Arts and Sciences, Burbank; and, Christopher David Moen, Business Administration, Vermillion.

All students named to the dean's list carried at least 12 graded hours during the semester. A minimum 3.5 grade-point average (based on a 4.0 scale) for

current work is required for inclusion on the dean's list in the Colleges of Liberal Arts and Sciences, Nursing, Business Administration and Engineering. College of Pharmacy students on the dean's list carried at least 12 graded semester hours and maintained a minimum 3.25 grade point average (based on a 4.0 scale).

YANKTON MIDDLE SCHOOL ROLL OF EXCELLENCE

Due to incorrect information provided to the *Press and Dakotan*, Liam Wright, an 8th grader at Yankton Middle School, was inadvertently left off of the Roll of Excellence list.

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No matter how busy you are taking care of your family, don't ever ignore the signs of a heart attack. Drop everything, dial 911 and go straight to the Avera Sacred Heart emergency department. Women experience different symptoms than men. Visit Minervas during February to learn more, see the Avera Sacred Heart display and register for prizes. No purchase necessary.

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