

# FRIDAY FOLLIES

*February 7, 2003*

Hey!

It's almost Valentine's Day! Have you been a good boy or girl this year? There is still time!

Well, there are small signs everywhere that *globally* things are heating up. But Monday morning I was made keenly aware of that fact when I received this email from my buddy who is the principal of the American School of Kuwait. (Remember, she is the one who taught Evan Marriott, Joe Millionaire, here in Virginia Beach.)

It seems they are now "bugging-out" of Kuwait. . . truly not a good sign at all. . .



*Interesting news here... As of Saturday, February 1 at 3:00 P.M., the superintendent announced that the ex-pat teachers (including me) will be flying back to our homes of origin from Feb. 10 -12 until March 22 and the school*



*will be temporarily close due to the Middle East mess! We are hoping to*

*come back, if things are safe, and finish out our school year with an extra week added in June, plus going to school on some Thursdays (our weekend). Interesting times, huh? Barring any unforeseen circumstances, the Administrators will be back on campus March 15, teach-*

*ers on March 20, and the students on March 22...insullah! Personally, I really feel Kuwait is very safe and we would be fine, but you never really want to take that chance. Our neighbor, American International School, will also be following the same plan."*

I think we can read between the lines here. They would not be taking such drastic measures unless the use of force was eminent. They didn't even shut down when the U.S. soldiers were killed there recently. All I know is that I am glad Susan and all of the students will be leaving for a while.

I had another interesting email from a friend this week. Byron is a former student of mine, and very dear friend. Last I heard, he was playing in Cleveland, so it was nice to hear from him and get caught up. Here is a small portion of his email.



*Judi, Hello, it is Byron Mitchell. I am now in Atlanta going into my second season with the Atlanta Silverbacks (pro outdoor). I also have started selling my artwork just around town, and soon hope to start showing in a local gallery. When we travel to Virginia Beach to play The Hampton Roads Mariners, you'll have to come out to the game. Talk with you soon,  
Byron*

Byron has spent most of his professional career in the Major Indoor Soccer League, most recently with the Cleveland Crunch. He has also had stints with the St. Louis Ambush and the Harrisonburg Heat. He played the 1999 season with the Hampton Roads Mariners under Coach Mosen. The hard nosed defender is a graduate of Old Dominion University in Virginia.



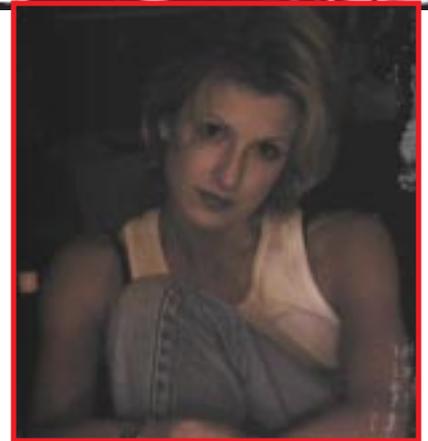
**Those of you in Atlanta, please go see my Byron play and give him a cheer!**



And this from Courtney! Courtney Totushek is another former student and friend who is also experiencing new “frontiers,” and quite success-

COURTNEY TOTUSHEK

fully, I might add. She has discovered her love of singing and song writing and has earned a huge following among the “college crowd” as well as many others in the Washington D.C. area. She also works frequently in New York City. You can look up her website at <http://www.totushek.com/> and you can read her reviews and download her music from the *Washington*



*Post* website [http://mp3.washingtonpost.com/bands/courtney\\_totushek.shtml](http://mp3.washingtonpost.com/bands/courtney_totushek.shtml) When you listen, I think you will agree that she has something very soulful and satisfying in her voice and in her lyrics. If you are in the D.C. area, I hope you will check her agenda, go hear her sing, and help promote her new CD.

### **One last tidbit on friends this week - - This is Chip.**

Chip grew up down the street and was like a member of the family. To the shock and surprise of us all, he is a senior at the University of Hawaii majoring in Marine Science/Environmental Protection AND also works full-time as the captain of the “Starlet II”, a 110 foot, 250 passenger tourist vessel berthed in Honolulu, owned by Paradise



Cruises. He is the youngest person to earn his US Coast Guard 100-ton captain’s license, AND in addition to surfing last summer, he graduated from the U.S.M.C. O.C.S. and is eligible to accept a commission as a 2nd Lt.!!

This from a young man who only a few short years ago, got himself on the G. Gordon Liddy show and was the topic of very heated discussions for two days, and later that same year, was the cause of Secret Service Agents surprising the School with a visit because of certain inquisitive emails Chip had sent to the White House! I guess they do eventually grow up, huh? Amazing! Isn’t he adorable?

I also discovered many of you did not realize I was deaf until last week's Follies! I was surprised that several of you are as well, and that several more of you think you need hearing aids! It truly is more common than people think...and getting more so with this generation. Actually, my brother lost his hearing around thirty, me mid-thirties, and my sister in her forties. There is no evidence that anyone else in our ancestry was deaf (sort of like speckled puppies, if you catch my drift...possibly skips generations.) I have often thought about writing a book about the experience or at least an article. When your hearing goes, so do so many other things. I used to be very extroverted, but not anymore. Now, I often find myself avoiding conversation because it takes so much concentration to understand all that is being said. Two other very prominent observations are (1) often people think you are a snob until they find out, because they will say something to you and you do not hear them, so they think you are ignoring them and (2) you would be surprised how many people think your I.Q. drops precipitously along with your ability to hear! Ha! That one makes me angry!

## Hearing Loss Didn't Slow Her Down!



Judi and J.P. Godsey March 1999

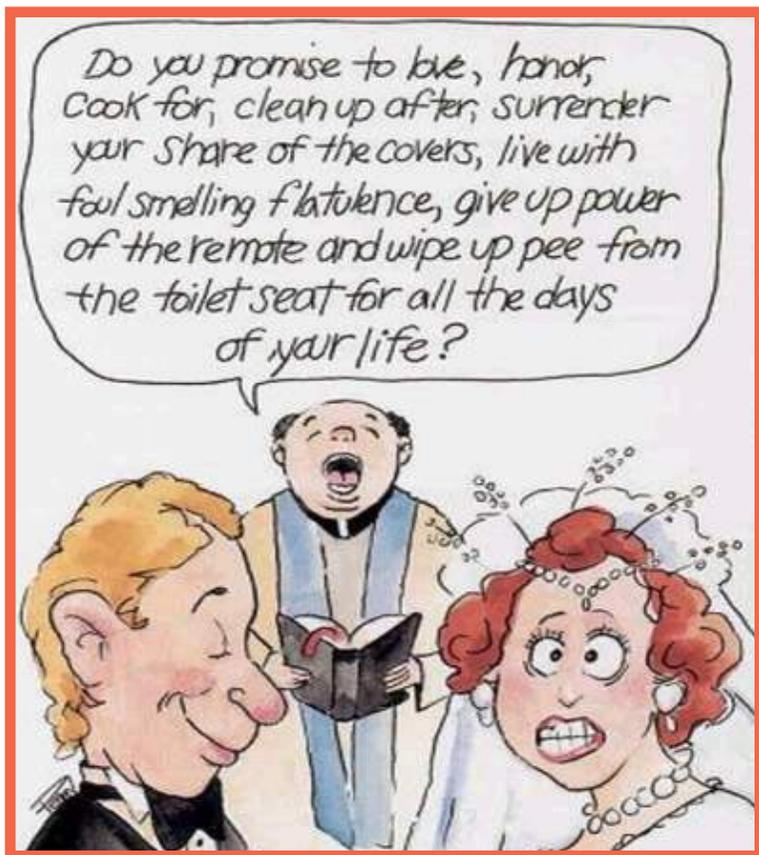
Judi was diagnosed with her hearing impairment ten years ago, and had concerns about how this impairment was going to affect every aspect of her life, from her children and fiancée to her career as a school administrator.

Fortunately, she is going strong ten years later. Her family is doing well. Her career is in full swing. And, Judi's fiancée is now her husband of two and half years.

"Throughout this period of adjustment, the highly trained experts at Beach Hearing Healthcare have been with me every step of the way. They have cried with me, celebrated with me, coached me, scolded me, encouraged me, and truly have become my friends. Thanks to their above-the-call-of duty support, this sometimes "invisible" handicap has been more manageable and tolerable."

Judi is currently using her third set of hearing instruments and seems to be as energetic as ever.

*In honor of Valentine's Day, here is an article a friend send me from Redbook Magazine. Hope you enjoy it and that it helps in any and all relationships you have this year.*



## The 9 Secrets of Happy Couples

Loving couples: In a world where 40 percent of marriages end in divorce, you can't help but notice them. There they are, finishing each other's sentences or laughing in some dusky corner of a Chinese restaurant. They seem so wonderfully in sync, and they make the work of being a couple seem effortless. Of course, no intimate relationship ever is, especially once you factor in life's built-in pressures, like work deadlines, laundry, and your daughter's orthodontist appointments. But, says Jane Greer, Ph.D., Redbook Online's resident sex-and-relationships expert, there are certain core values that make some marriages more intimate and resilient than others. You could probably predict the list: trust, mutual respect, commitment, and a strong sense of "we" in the relationship. What is surprising, experts point out, is that when you ask loving husbands and wives about the key to their devotion, over and over you'll hear the same

things, specific habits that mirror these values. Learning these secrets can make your marriage closer too.

### 1. They use terms of endearment

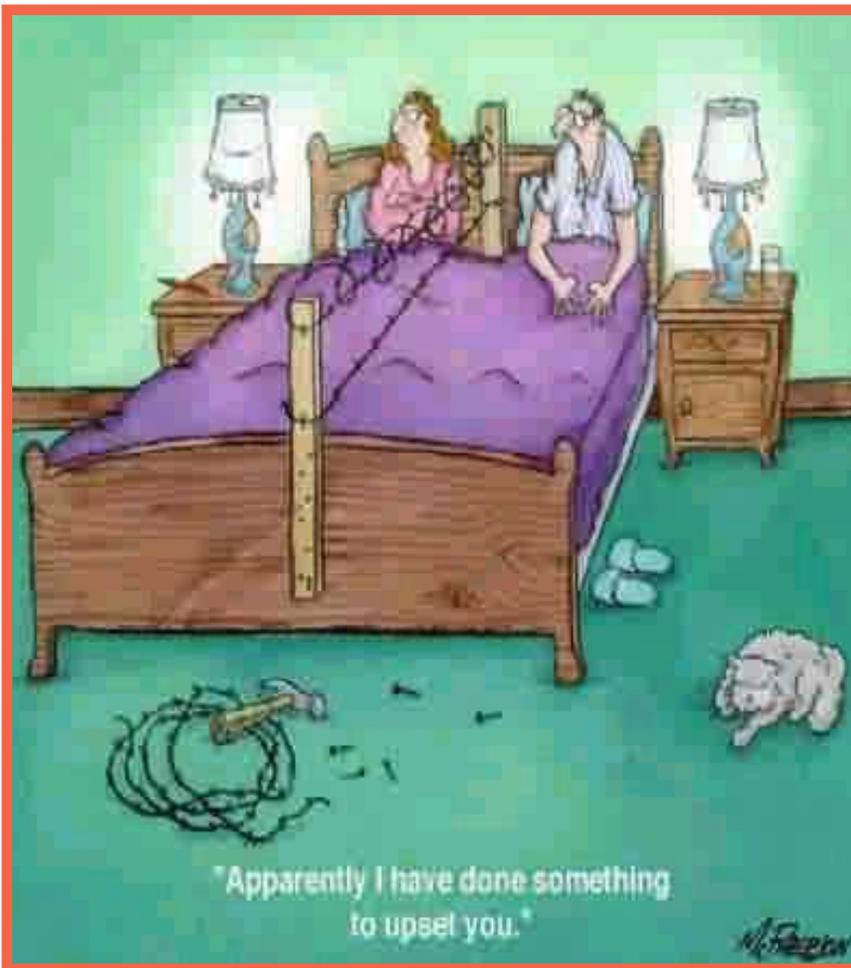
Sure, you may find it cloyingly sweet when you overhear other couples talking like 2-year-olds, but endearments are actually a sign of a healthy rapport. "Pet names take you back either to the happy childhood you had or the one you wish you had," says Manhattan-based family therapist Carolyn Perla, Ph.D. "They signal a safe, supportive environment." Also, these days, when we're stretched to the limit trying to juggle jobs and kids, "pet names give us the chance to let down our guard, to be vulnerable and childlike. And they bring us close to one another." These same feelings of intimacy can also come from

using a special tone of voice with each other, sharing silly "inside jokes," or pet-naming your spouse's intimate body parts. The point is to connect with some private message system that's meaningful to you alone, as a couple — not to the outside world. "This type of playfulness is a statement that you're feeling comfortable with each other and with the relationship," says Dr. Perla.

### 2. They do stuff together

When that pheromone-crazy feeling of falling in love passes and happy couples no longer spend all day in bed, they look outward. They start businesses, refinish the attic, or take up cooking together. Of all the variables in a relationship — from commitment to communication — the amount of fun couples have together is the strongest factor in determining their overall marital happiness, according to a landmark study by Howard Markman, Ph.D., codirector of the Center for Marital and Family Stud-





ies at the University of Denver. Time spent playing together, says Dr. Markman, is an “investment in the relationship”; it provides a relaxed intimacy that strengthens the bond between two people. So even if your life is impossibly frantic, make the time for play. And do all you can to eliminate distractions. Leave the kids with a sitter, ditch the beeper and cell phone. The activity doesn’t have to be anything elaborate or costly. Exercising together, browsing in antiques stores, or renting a classic movie can help bring the two of you closer.

### 3. When the going gets tough, they don’t call Mom or Dad

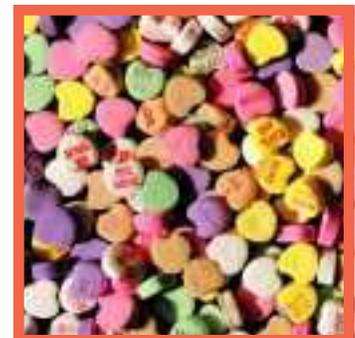
The first task facing all young couples is separating from their families of origin, points out San Francisco-area-based family researcher Judith Wallerstein, Ph.D. This doesn’t mean you shouldn’t go home for

the holidays. But if there’s a crisis over whether to have a second child or relocate for a new job, or even if there’s good news about a big raise or the results of a medical test, the couple should talk about it together first before dialing Mom. “You wouldn’t believe how many people who are getting divorced say to me, ‘She was never mine,’ or ‘His mother always came first,’” Dr. Wallerstein observes.

**4. They stay connected to their parents** This doesn’t contradict No. 3: You can talk with your mom every day and still be clear about where your attachment to her ends and your love for your mate begins. “Staying connected to parents, siblings, cousins, and the like can be excellent for a marriage because it gives a sense of family continuity,” says Dr. Greer. “It generates positive feelings, especially when you incorporate your spouse into that family. You’re sharing that part of you with each other.”

**5. They don’t nickel-and-dime about chores** It’s no secret that most wives continue to do more in the housekeeping and child-rearing departments than their husbands. Still, when partners become double-entry bookkeepers, adding up every dish washed and every diaper changed, they may be headed for trouble. “Most couples think they should strive for a relationship that’s 50-50,” observes Dr. Perla, “but the fact is, they should each give 150 percent. In good relationships, couples give everything they can. They don’t nickel-and-dime each other, and they respect that each person gives different things.”

**6. They fight constructively** There’s fighting and then there’s fighting. When couples start yelling and throwing things, when they dredge up every single complaint they’ve ever had (or “kitchen-



sinking,” as marital experts typically call it), you can be sure that they won’t be celebrating their silver anniversary together. “Studies show that the way couples handle conflict is the most important factor in determining whether or not they stay together,” observes Polly Young-Eisendrath,

Ph.D., a clinical associate professor of psychiatry at the University of Vermont. “Happy couples have learned the art of constructive arguing,” says Dr. Markman, whose research has demonstrated that it’s possible to predict whether or not a couple will divorce after watching them argue for 10 or 15 minutes. In strong marriages, he says, the partners take control of their disagreements by establishing ground rules. They may, for example, call a mutually agreed-upon time-out if the conflict is escalating and unproductive, agreeing to continue the discussion after a cooling-off period. They also truly listen to each other and won’t prematurely try to solve the problem before they’ve heard each other out. Above all, no matter how angry they get, they don’t resort to name-calling and insults — key danger signs, says Dr. Markman.

## 7. They give each other gifts

Couples who are deeply connected often give each other presents or write little notes, says Thomas Moore, Ph.D., best-selling author of *Care of the Soul*. What they’re doing is preserving the rituals, and the magic, of their courtship. The gift should carry no strings. Sarah sometimes comes home from work to

find that her husband has prepared a candlelight dinner. “But it’s not set up to be a prelude to sex,” Sarah says laughingly. “John does it because he wants me to feel loved.”

**8. They never lose their sense of humor** Humor, as many psychotherapists have observed, is the Krazy Glue that keeps a couple together. When a couple can no longer laugh together, Dr. Moore says, it’s a signal that the soul has gone out of their marriage and they are headed for trouble. But Dr. Moore is quick to point out that lighthearted couples never mock each other. They instinctively know what is — and isn’t — fair game. “Sam would never dream of making fun of my big butt,” notes Catherine.

## 9. They take “for better or for worse” seriously

Contented couples encounter their share of life’s miseries — whether it’s the car breaking down, a nasty cold, or a missed promotion — but they help each other get through. You don’t, for example, hear them say, “How could you let that happen?” when a spouse loses a job. “Couples who do well together tend not to do anything that increases their partner’s suffering, like become resentful or criticize,” notes Dr. Young-Eisendrath. In good marriages, people feel safe from the outside world. Each spouse, stresses Dr. Greer, has the feeling, “I can count on you, our world is all right.”





*God bless.*

*Remember, life is short...we need to make it a good one.*

*Grow in peace and wisdom.*

*Your Friday Friend,*

**JUDI GODSEY**

*P.S. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent e-mails. (To my knowledge, none of the 20 were on our list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday list.*

*PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way.*

*Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!*