

MATURITY

LIFETIME

FROM PAGE 6A

eyes wide open — and their fishing poles close at hand.

"We met on a blind date, dated for three years, and have been married for 61," they wrote.

"After all of these years, we are still madly in love with each other," the couple added.

Their advice for a long and happy marriage? It's quite simple really.

- Love and trust each other.
- Learn when to speak and when not to.
- Go to church.

"We have gone to church since our children were young and our shared faith has helped us through a lot of hard times," they said.

• Have a hobby or sport that both of you enjoy, and do it together as a family.

"We love to fish and go every chance we get," they said.

The Robinsons added that they have been "blessed with a wonderful family," which includes two children: Johnny Robinson and his wife, Susie, and Vicky Robinson, and two grandchildren and their spouses: Tyler and Emily Robinson and Summer and Ryan Woodzell.

'ENJOY LIFE TOGETHER'

One Greeneville couple definitely knows about love — because they have the name and the years of marriage to prove it.

On Monday, G. Thomas Love and his wife, Louise, celebrated their 70th wedding anniversary.

During their seven decades of marriage, the Loves say they have strived to serve not only their God and one another — but also their community as well.

The couple were married on Feb. 12, 1948, at Asbury United Methodist Church in Greeneville.

Tom served as the mayor of Greeneville for 28 years and Louise retired as deputy clerk in the Chancery Court of Greene County.

He also retired as the general manager of the former Interstate Supply Company many years ago.

"We have had many good years together," Louise said. "We were active and enjoyed life together. We have met a lot of interesting people and have seen many interesting places."

As they have grown older, like most older couples, illness has become a part of their lives, Louise said.

However, she encouraged people to "take a day at a time and hope for the best."

'SHOW KINDNESS'

Don and Pat Merzlak celebrated their 66th wedding anniversary on Jan. 21.

Don is a retired electrical contractor and Pat is a retired nurse. They are now both volunteers with the Greene County Juvenile Court through the CASA (Court Appointed Special Advocates) program.

For them, they said showing kindness to each other is "a big part of a successful marriage."

"If you are kind, you do not yell at your partner or call them names, say hurtful things, and continue with simmering bad feelings.

"Sure, in all these years we have been mad, upset and disappointed," Pat said. "But we have always given things time to calm down, hugged and said, 'I love you anyway,' and then talked it out calmly.

"We realize there are two sides to every situation, and usually a middle 'side' that can be worked out. It also makes life easier if you deeply respect one another," she added.

"Remember that you chose one another because you wanted to share your life, and that should be honored," Pat continued.

"Believe me, a good marriage is the greatest thing that can happen to two people — and that deserves the best that you can give."

TIPS

FROM PAGE 6A

about 17 percent of married adults have been married for at least 40 years, according to the National Center for Family and Marriage Research at Bowling Green State University, the release notes.

Here are 10 of their lessons on love:

• **Opposites may attract in the movies, but they don't make great marriage partners** — The elders told Pillemer that you should choose a mate who is a lot like you. That means sharing core values and interests and having a similar outlook on life. So even though opposites can make for an exciting relationship, a lasting union often involves people who have similar personalities and backgrounds.

Science backs them up: A study published in the journal Proceedings of the National Academy of Sciences found that when people choose a partner, they prefer someone of a similar level of attractiveness, wealth and status, and commitment to family and monogamy.

• **Pay attention to what your friends and family say** — Consider that if nobody likes your partner, there may be good reasons for it. So if your loved ones have lots of reservations, don't get defensive but listen to why they feel that way.

• **Physical attraction is important** — "I began this project with the illusion that the elders would be all about inner beauty, but the opposite was true," Pillemer said. "Everybody across all walks of life said the relationship begins with a physical attraction of some kind."

That doesn't mean you have to be movie-star handsome or turn to cosmetic surgery. Rather, it means staying a healthy weight and looking as good as you can. That's especially helpful if you want to keep the sexual spark alive in a relationship.

• **Beware of the strong, silent type** — This kind of personality may be initially appealing, but you may not want to spend a lifetime with someone who doesn't communicate easily. The elders sum their lesson up this way: Talk, talk, talk.

"Even the toughest old guys said you have to be able to convey your feelings and talk about important experiences, especially when there are difficulties in the relationship," Pillemer said. "As one old fellow said colorfully, 'Keep yapping at one another.'"

You also have to be able to talk for fun. Can you go out for dinner for two hours and keep up a good conversation? If not, think twice about continuing the relationship.

• **Step outside your comfort**

zone — When you're getting serious about someone, propose an activity that challenges both of you more than usual. Instead of watching TV, go camping, take a long car trip, or paint a room together because that's when you get to know the real person.

The same formula applies if you want to keep the spark alive in a long-term marriage. "Their view is that couples get into these grey periods after they're married, where nothing interesting or exciting is going on and shaking it up with something adventurous is a good idea," Pillemer said.

A study published in the Journal of Personality and Social Psychology found similar results, with couples more happy with their relationship after taking part in "exciting" activities.

• **Be a little old-fashioned** — Once you are in love, ask questions like: Is this person likely to be a good provider? Can they manage money? Are they likely to be a good parent? "Because marriage is a financial arrangement in addition to a love one and one in which your economic future is entwined with somebody else's," Pillemer said. "Their view for mate selection is you have to be in love, but after that, don't park your reason at the door."

• **Observe your partner while playing a game** — The elders told Pillemer that watching someone play a game is "extremely diagnostic." You get a chance to observe how someone behaves under stress, whether they're honest and how they handle defeat. "Small things can tell you very big things about a couple's suitability," Pillemer said.

• **Do a sense of humor check** — Observe what makes your partner laugh. If he thinks a whoopee cushion is funny and you don't, it certainly won't get funnier for you 30 years from now. It's a simple test of whether your world views align.

• **Watch for the big warning signs** — One act of violence means you should get help and get out of the relationship, the elders told Pillemer.

Beware of contempt, where a partner is communicating in a way that is degrading, sarcastic or excessively teasing, and uses "the vulnerability of marriage to be hurtful."

Watch for overly controlling behavior, like extreme jealousy.

• **The "in-love feeling" is important** — You have to have an overpowering, gut-level sense that this relationship is right for you and that your partner is the person you want to be with, the elders told Pillemer.

"They say, look deep into yourself and see if you have this in-love feeling," he noted. "If they had it, the relationships progressed pretty well. If they didn't, looking back it was the key to a relationship being wrong."

This New Bladder Control Pill May Replace Adult Diapers

Clinical studies show new pill may be effective enough to replace adult diapers for bladder control; initial users show dramatic reduction in trips to the bathroom, embarrassing leaking, and nighttime urgency.

Robert Ward,
Associated Health Press

AHP — Adult diaper sales are expected to plummet as results from a clinical trial on a new, patented bladder control pill have finally been released.

Sold under the brand name *UriVarx™*, the new pill contains key ingredients that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx™* user in clinical trials experiences a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

NEW DISCOVERY IN BLADDER CONTROL

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with the non-prescription *UriVarx™* pill.

"As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate" explains Dr. Bassam Damaj of Innovus Pharmaceuticals.

"*UriVarx™* targets the bladder muscles and help restores vital kidney health, reducing urgency and frequency. It also helps you "hold it" for hours so you never have to worry about embarrassing accidents ever again!"

FREEDOM FROM SUDDEN URGES AND LEAKS

Since hitting the market, sales for the patented *UriVarx™* pill have soared and there are some very good reasons why.

To begin with, the double blind large clinical studies published in the *clinicaltrials.gov* have been impressive. Participants taking *UriVarx™* saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a **dramatic decrease** in incontinence episodes, such as leaking and bed wetting.

The active ingredients in *UriVarx™* comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use.

Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become lose. This is what causes the bladder to be over active and the resulting urine accidents and why *UriVarx™* seems to be so effective in the published clinical trials.

EXCITING RESULTS FROM URIVARX USERS

Many *UriVarx™* users say their bladders have never

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NEW PILL MAY REPLACE DIAPERS FOR BLADDER CONTROL: This new patented clinically proven pill solution is now available nationwide

been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

"After my third child, I couldn't control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day" explained Marie L. of Danbury, CT.

"I was embarrassed so before going to my doctor I decided to try *UriVarx* and I'm so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also "hold it" when I need to so I'm no longer living in constant fear of finding a bathroom."

IMPRESSIVE CLINICAL RESULTS

The exciting clinical results published on the government clinical website *clinicaltrials.gov* show that *UriVarx™* can strengthen your bladder fast, significantly reducing the urine urgency and leaks.

In a new double-blind, placebo-controlled clinical study, 142 men and women with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx™*.

The results were **incredible**. The participants who received *UriVarx™* saw major improvements in leaking, pressure, and the urgency to go — all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Overall, the *UriVarx™* group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips

Additionally, at the end of clinical trial and after seeing the results, **84% of the participants taking *UriVarx™* said it significantly improved their quality of life.**

"The clinical findings are incredible, but people still wonder if it will really work" explains Dr. Bassam

Damaj. "It's normal to be skeptical, but we've seen thousands of *UriVarx™* users get results exactly like the participants in the study. It's an amazing product."

HOW IT WORKS

UriVarx™ is a pill that's taken just once daily. It does not require a prescription.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

UriVarx's™ active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx™* support kidney function and overall urinary health.

BLADDER PROBLEMS GONE

With daily use, *UriVarx™* can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

HOW TO GET URIVARX IN TENNESSEE

This is the official release of *UriVarx™* in Tennessee. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Tennessee residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-732-0405 and will only be open for the next 48 hours. Only a limited discounted supply of *UriVarx™* is currently available in your region.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. RESULTS MAY VARY. CONSULT YOUR PHYSICIAN BEFORE TAKING THIS SUPPLEMENT. URIVARX IS NOT A DRUG.

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