

Love and Marriage Newsletter

Spring 2009

A free service provided by Squawkbox Sound

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“The most important thing a father can do for his children is to love their mother.”
Theodore Hesburgh

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NEWS FROM US

Spring 2009



We are pleased to announce that we have been awarded the 2009 Bride's Choice Award in the categories of DJ, as well as Ceremony Music, from Wedding Wire! We were the only DJ company in Utah to receive this award! Thank you to all of our past clients that submitted reviews and emailed Wedding Wire about this award!
To view all of the winners, visit <http://www.weddingwire.com/brides-choice-awards>.

We are also pleased to announce that we have been booked for Gardner Village's "Moonlight Madness Beach Party" for the 3rd year in a row! This event will take place on Saturday, June 27th from 6pm to Midnight. This is always a fun event, so make sure to mark your calendars and plan to attend! (NOTE: We have also again been booked again for Gardner Village's Wee Witches Weekend, October 1st, 2nd, and 3rd. More information to come about this event as it gets closer, but mark your calendars!).

NEW WEDDING PLANNER SHEETS: As of January 2009, we have new Wedding Planner sheets. If you received a Wedding Planner Packet prior to January 2009, and you have a wedding coming up, make sure you have one of these new planner sheets. To download them, go to www.squawkboxsound.com, click on Wedding Services, then scroll down to Forms To Fill Out. We hope this will make planning your wedding music easier and more organized. (NOTE: If you have one of the OLD forms and already have it all filled out, don't worry about re-doing the new one. Go ahead and bring the old one with you to the meeting and we will convert it over to the new form for you.)

Thank you to all of you who have referred friends and family to us time and time again! Most of our business now comes from word of mouth and referrals, thanks to loyal clients like you! Because we try to keep our costs down by taking advantage of free and low-cost advertising, as well as word of mouth, we couldn't do it without you! If we had to pay for advertising, we would have to charge our clients more, which we don't want to do! Planning a wedding is expensive enough! Thanks again!

WE WANT TO HEAR FROM YOU!

If you have input on any of the following topics, please email us at newsletter@squawkboxsound.com :

- What are your favorite quotes about love and marriage?
- Would you like to be featured in our Wedding Spotlight section?
- Do you have a favorite website you visit frequently that has to do with love and/or marriage?
 - Trivia: Do you know of some fun trivia that you would like to see in our newsletter?
- Do you know of an event happening in the community? Let us know so we can pass the word on!

Our newsletter is also available to non-clients! Do you have a friend or family member that would enjoy reading our newsletter? It's free of charge, and available to anybody, client or non-client. Have them subscribe by going to www.squawkboxsound.com and click on Free Newsletter. You don't have to be a client to enjoy our newsletter!

We hope you are all doing well, and would love to hear how you are doing!

Russ and Michelle Powell
Squawkbox Sound – Owners

UPCOMING EVENTS:

The Smart Marriages Annual Conference

Orlando, Florida
July 8th to July 11th 2009.

For more information and to book a reservation, visit:
<http://www.smartmarriages.com/conferencedetails.html>

Marriage "Games" Date Night

Come learn ways to enhance your marriage while participating in fun and interactive games. Only \$5.00 per couple, but seating is limited and **pre-registration required!** Sign up now at 399-8207. Friday, April 24, in the Club Heights Elementary Media Center in Ogden (directions given at registration). Dinner served 6-6:30 Workshop 6:30 – 8:30.
Presented by Naomi Weeks-Utah State University Extension and the Weber County Healthy Marriage Coalition.

Prevention & Relationship Enhancement Program (PREP)

4-session class held Tuesdays from 7 to 9 p.m.
March 24, 31, April 7, 14
Indian Hills Middle School
1180 E Sanders Rd (11600 S.), Sandy
\$30/person or \$60/couple + \$10 for book and materials
Register: Phillip Stark, 801-567-8404 or 801-412-2550

WE Rock!

Enjoy an exciting teamwork experience as you climb the rock walls at I-Rock climbing wall in Ogden! Practice new rock climbing skills with your partner and learn how to make your relationship rock! Refreshments and prizes included! Only \$10 per couple! Must pre-register by April 24th by calling 399-8207. Limited slots available, call now to reserve your spot! Date: Friday, May 1st Time: 7pm-9pm

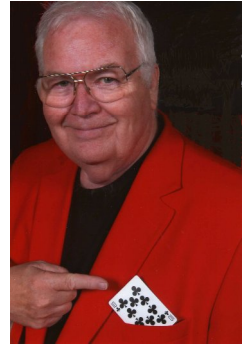
For more information on other upcoming events and workshops, visit www.utahmarriage.org and click on Classes or Events.

Support Your Local Businesses!

Local Business Spotlight:

Al Lampkin – World Famous Magician!

MAKE YOUR PARTY MAGICAL!!



Utah welcomes magician Al Lampkin to the greater Salt Lake area arriving recently from Southern California.

March finds Al performing in the main showroom at the world famous Hollywood Magic Castle and then it's back home to Salt Lake City to perform at private and corporate events bringing his comedy and knock-your-socks-off magic to your event.

Al has performed his special brand of humor in 25 countries around the world and appeared on over 100 television shows from The Tonight Show to Days of our Lives. He was named Comedy Act of the Year by the International Brotherhood of Magicians and Best Close-Up Magician of the Year by the Pacific Coast Association of Magician.

Clean comedy at an affordable price.

What could be more perfect than music by Squawkbox Sound and a show by comedy magician Al Lampkin to round out a perfect event.

For booking information contact Al at <http://www.allampkinmagic.com> or by calling 801/967-2638.

Check out these local businesses:

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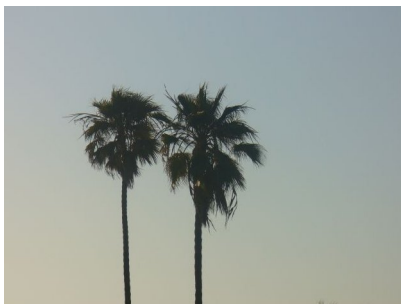
Wedding Highlight...

Logan and Kjersti

June 12th 2008



- We were officially engaged on October 3rd 2007, though we both knew a lot sooner that we would be engaged. We were pretty much always engaged, we just wanted to wait until we were actually 21+. We both felt that before then was a little too young.
- Our colors were Red, Black and Silver, but there was more of the other 2 than silver.
- Seeing my ring for the first time was my favorite part of our wedding day! It was stunning. It looked gorgeous in the little box, and it got a lot of comments later on.
- We went to our Senior Prom together and the theme was "Dancin' in the Moonlight" so naturally that song was part of our first dance song. The other half was a favorite Chili Peppers song of his. We played Bob Dylan's "Wedding Song" because every line in that song just captured how we felt about being married, and it made a wonderful recessional song. Pretty unique too!
- My advice for newly engaged couples: Guys are part of the big day too! Most guys actually want a say in the planning, and don't want shades of pink all over the place! Another tip that has always bothered me is that people tend to send out their wedding invitations kind of late sometimes! I hate it when I get an invite for a wedding that's taking place in less than 3 weeks from the time I receive the invite. It's polite to give proper notice!
- HONEYMOON: We had planned on going to Ireland but when we found out that none of our arrangements had been made by the necessary dates as promised, we planned a last minute trip to California! - Thanks Saun! California was so fun. It was sunny and warm! Logan had never been to Disneyland before, so we had to go there. We stayed aboard the "Queen Mary" in Long Beach, which was really fun, and I highly recommend staying there. We also went to other cities too! We rode the Ferris wheel on the Santa Monica pier, lied out on the beach and had lunch and shopped in Seal Beach, which was just a gorgeous little beach town! We went to the Hotel Del Coronado on Coronado island and found a bunch of colorful shells along the beach (which we keep in a little glass jar now) and saw many spots where Marilyn Monroe filmed "Some Like it Hot". We finished our Honeymoon with dinner at the "Tournament of Kings" show at the Excalibur in Las Vegas. Logan picked that one; I wasn't too keen on eating with my hands, and drinking my soup! Later that night we went shopping along the strip!
- I wanted our wedding to be Unique and not just a thrown together type thing. We definitely got unique, that's for sure! My "Kissing Ball" bouquet was really heavy (approx. 8 pounds!) and when I was standing at the altar the weight from the ball kept making the heels on my shoes keep sink into the grass! It was hard to look pretty and try not to get stuck! Logan's cousin (in spite of being told repeatedly not to) climbed up the rock face that was at our venue, and everyone kept watching him to see if he'd fall. Logan's elderly Grandfather was the king of the dance floor when he started to do his little disco dance it was a funny site to see this old, and normally very quiet gentleman, start doing kicks and fast turns while waving his hands in the air! We were all just stunned.
- I wore an antique hair comb with rhinestones that belongs to my Grandmother and it was just so sparkly and elegant and looked amazing in all the photos!
- Just because you had your wedding doesn't mean that's the end of it! Being married lasts forever (well, ideally) and you have to work at it. So I think communication is really helpful, just let the other person know what you did that day what you're planning on doing later on or even what movie you want to go see. It sounds lame but it seriously helps and it's easy to do even if you're tired and don't really want to do much of anything! I know it sounds lame like you just heard that from Oprah, but it's true and it works!



IN EVERY ISSUE...



Websites We Like:

<https://www.relate-institute.org/>

A website for couples as well as singles. A great resource to evaluate yourself and your relationships.



TRIVIA QUESTION:

How much lipstick does the *average* woman use every 5 years?

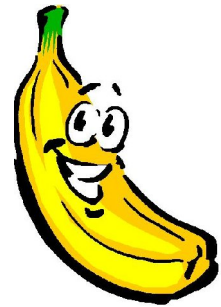
Send us your answer to trivia@squawkboxsound.com
Check your answers in the next newsletter!

Last issues answer:

The oldest known love song was written over 4,000 years ago and comes from an area between the Tigris and Euphrates Rivers.



Did you know?!
One plain milk chocolate candy bar has more protein than a banana.



Wedding Traditions and Their Origins:

It is customary, near the end of the reception, for the single female guests to gather around the bride who will throw her bouquet over her shoulder for one of them to catch. Originally, the bride would actually throw one of her shoes over her shoulder during this ritual. Tradition says that whoever catches the bouquet shall be the next to marry. She keeps the bouquet to ensure this destiny.

WHY DO BIRDS SING?

Biological response to spring's longer days and hunt for a mate plays a role.



Birds start singing in the spring because of a biological response to longer days. When birds are exposed to light for longer periods, certain brain cells trigger a series of hormonal reactions telling them to find a mating partner, which they do by singing, a team of Japanese and British researchers reported in the journal Nature.

“While we knew what area of the brain was affected by seasonal change, until now we did not know the exact mechanism involved,” said Peter Sharp, a researcher at the Roslin Institute near Edinburgh, who worked on the study.

The researchers, led by Takashi Yoshimura, of the Nagoya University in Japan, scanned 38,000 genes present in brain samples taken from Japanese quails to see which of the birds’ genes were affected by varying degrees of light.

Genes in cells on the surface of the brain switched on when the birds received more light and began releasing a thyroid-stimulating hormone.

The genes activated 14 hours after dawn on the first day of sufficient length, the researchers said.

“Such knowledge would have been impossible in the past, but advances in technology enabled us to scan thousands of genes so that we could work out which ones are affected by seasonal change,” Sharp said in a telephone interview.

This hormone, previously associated with growth and metabolism, helped to stimulate the pituitary gland to secrete other hormones. In turn this caused the birds’ testes to grow, which eventually resulted in crowing to attract a mate.

The findings could also one day lead to better treatments for infertility because humans have the same cells in the same part of the brain, Sharp added.

“It is sitting there and standing there with the same characteristics as in birds,” he said. “The big question is whether these cells are involved in the reproductive system.”

- taken from MSNBC.com





Fascinating Love Facts

- Men who kiss their wives in the morning live five years longer than those who don't.
- When it comes to doing the deed early in the relationship, 78 percent of women would decline an intimate rendezvous if they had not shaved their legs or underarms.
- Feminist women are more likely than others females to be in a romantic relationship.
- Two-thirds of people report that they fall in love with someone they've known for some time vs. just met.
- People telling their story of how they fell in love overwhelmingly believe the process is out of their control.
- Falling in love can induce a calming effect on the body and mind and raises levels of nerve growth factor for about a year, which helps to restore the nervous system and improves the lover's memory.
- Love can also exert the same stress on your body as deep fear. You see the same physiological responses—pupil dilation, sweaty palms, and increased heart rate.
- Brain scans show that people who view photos of their beloved experience an activation of the caudate—the part of the brain involving cravings.
- The women of the Tiwi tribe in the South Pacific are married at birth.
- The “Love Detector” service from Korean cell phone operator KTF uses technology that is supposed to analyze voice patterns to see if a lover is speaking honestly and with affection. Users later receive an analysis of the conversation delivered through text message that breaks down the amount of affection, surprise, concentration and honesty of the other speaker.
- Eleven percent of women have gone online and done research on a person they were dating or were about to meet, versus seven percent of men.
- Couples' personalities converge over time to make partners more and more similar.
- People are more likely to tilt their heads to the right when kissing instead of the left (65 percent of people go to the right!).
- The tradition of the diamond engagement ring comes from Archduke Maximillian of Austria who, in the 15th century, gave a diamond ring to his fiancée, Mary of Burgundy.
- People who are newly in love produce decreased levels of the hormone serotonin —as low as levels seen in people with obsessive-compulsive disorder. Perhaps that's why it's so easy to feel obsessed when you're smitten.
- Philadelphia International Airport finished as the No. 1 best airport for making a love connection, according to a recent survey.
- According to mathematical theory, we should date a dozen people before choosing a long-term partner; that provides the best chance that you'll make a love match.
- A man's beard grows fastest when he anticipates sex.
- Verona, the Italian city where Shakespeare's play Romeo and Juliet took place, receives around 1,000 letters addressed to Juliet every Valentine's Day.