Happily Married Couples Are Different

My friend Dr. Robert Browning, pastor of Smokerise Baptist Church in Atlanta, shared with me the following list from an article by Nathaniel Branden. Dr. Browning added to and edited the list.

Branden was attempting to answer the question, "Are there specific ways in which couples who are happily in love behave differently from couples who are not?" Branden discovered that happily married couples:

Say the words, "I love you." Happy couples express their love in words.

Saying the words is one way of touching.

Touch each other to show affection. An infant first experiences love through touching. We never outgrow that need. Loving couples hold hands, hug and cuddle. Sex is integrated with feelings of love and compassion.

Talk to each other. They share thoughts, feelings, hopes, hurts, frustrations and memories of good, painful or embarrassing experiences. Communication flows freely. They are best friends.

Express appreciation and admiration. They talk about what they like in each other. They compliment each other often. Pride and delight are no strangers to the relationship.

Offer each other emotional support. Happy couples are there for each other in time of illness, difficulty or crisis. They know they can lean upon one another when necessary.

Express love materially. They give gifts to each other, often as surprises. Gifts are expressions of joy for the relationship.

Learn to live with each other's shortcomings. They choose to highlight the positive rather than dwell on the negative. They do not torment themselves or each other over imperfections. They never try to control or change the other person.

Create time to be alone together. Happily married couples continue to date. They understand that love requires attention and time, and they are willing to give them. As a matter of fact, they make dating a priority.

Are faithful to each other. There is a high level of freedom and trust in their relationship. They know that infidelity poisons love and erodes trust.

Do not expect the other person to make them happy. Marriages that begin because someone is escaping a bad situation or trying to climb out of depression rarely last.

Forgive each other. All couples hurt and disappoint each other at times. Happy couples do not ignore these problems, make excuses for bad behavior, cover up mistakes or accumulate resentment. They confront problems, deal with them, learn from them and move on. Lasting love means saying, "I'm sorry" and "I forgive."

Do not give this list to your spouse and tell him or her to change. Instead, look at the list with yourself in mind. Which of these actions are a part of your marriage? Which ones are lacking? Which one of these actions are you willing to try with your spouse?

The best way to change a marriage is to change yourself. If you begin acting differently, your spouse may join you in that change. The resulting snowball effect can improve your marriage more than you ever thought possible.

ANNUAL DRINKING WATER QUALITY REPORT

Quality On Tap!

MT VERNON WATER WORKS

We are very pleased to provide you with this year's Annual Water Quality Report. We want to keep you informed about the quality of our water and services we have delivered to you over the past year. Our goal is and always has been, to provide a safe and dependable supply of drinking water. We want you to understand the efforts we make continually to improve the water treatment process and protect our water resources. We are committed to ensuring the quality of our water remains at the highest level and the lowest price as we meet the needs of our community.

Our water supply comes from Lake Linville located at Renfro Valley. Mt Vernon Water Works routinely monitors for contaminants in your drinking water according to Federal and State laws. The table enclosed within shows the results of our monitoring for the period of January 1st to December 31, 2001.

Sources of drinking water (both tap and bottled water) include rivers, lakes, streams ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or human activity. Contaminants that may be present in source water include microbial contaminants, inorganic contaminants, pesticides and herbicides, organic chemical contaminants, and radioactive contaminants. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems.

The final source water assessment plan has not been completed but is scheduled to be completed by May 2003. A summary of the system's susceptibility to potential sources of contaminants will be included in the plan and will be available for inspection at City Hall and the Cumberland Valley Area Office in London, Kentucky.

If you have any questions about this report or concerning your water utility, please contact Dennis McClure or Torsha Lear at (606) 256-2879 between the hours of 8:00 A.M. and 4:00 P.M. Monday through Friday. Frank Baker at (606) 256-4441 between the hours of 3:30 P.M. and 11:30 P.M. Also if you have any questions, you may attend the monthly council meeting held at City Hall the first Monday at 7:00 P.M. You may also pick up a copy of this report at City hall located at 125 Richmond Street in Mt. Vernon.

MT. VERNON WATER WORKS ANNUAL WATER QUALITY REPORT PWSID # 1020299

Definitions

This report may contain many terms and abbreviations you might not be familiar with. To help you understand these terms, we providing the following definitions:

Maximum Contaminant Level (MCLG) – the level of a contamjnant in drinking water below which there is no known or expected risk to health. *MCLGs* allow for a margin of safety.

Maximum Contaminant Level (MCL) - the highest level of contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available technology.

Below Defection Levels (BDL)-laboratory analysis indicates that the constituent is not present.

Million Fibers per liter (MFL) – a measure of the presence of asbestos fibers that are longer than 10 micrometers.

Parts per million (PPM) – one part per million corresponds to one minute in two years or single penny in $10,000.

Avion Level (AL) – the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Nephelometric Turbidity Unit (NTU) – a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Parts per billion (PPB) – one part per billion corresponds to one minute in 2,000 years, or a single penny in $10,000,000.

Treatment Technique (TT)-a treatment technique is a required intent to reduce the level of contaminant in drinking water.

Picocuries per liter (pCi/L) – a measure of the radioactivity of water.

Drinking water, including bottled water, may be reasonably expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA Safe Drinking Water Hotline (800-426-4791).

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health car providers. EPA/CD guidelines on appropriate means to lessen the risk of infection by cryptosporidiuin and other microbiological contaminants are available from infections. These people should seek advice about drinking water from their health car providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Water Hotline (800-326-4791).

Maximum Contaminant Levels (MCL):

MCLs are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

Most water systems in Kentucky must test for the contaminants listed below. Some water systems are not required to conduct all of these tests. Some tests are not required every year. Only those contaminants that were detected are included in the test results table. For a complete listing of the tests actually conducted you may contact the water system office.

Turbidity	**Synthetic Organic Contaminants:**	**Volatile Organic Contaminants:**	**Unregulated Contaminants:**
Microbiological Contaminants:	2,4-D	Benzene	Aldrin
Total Coliform	2,4,5-TP (Silvex)	Bromate	Bromobenzene
Fecal Coliform	Acrylamide	Carbon tetrachloride	Bromodichloromethane
Total Organic Carbon	Alachlor	Chloramines	Bromoform
	Atrazine	Chlorine	Bromomethane
Radioactive Contaminants:	Benzo(a)pyrene(PAH)	Chloride	Butachlor (Machete)
Beta/photon emitters	Carbofuran	Chlorine dioxide	Carbaryl
Alpha emitters	Chlordane	Chlorobenzene	Chloroethane
Combined radium	Dalapon	o-Dichlorobenzene	Chloroform
	Di(2-ethylhexyl)adipate	p-Dichlorobenzene	Dibromochloromethane
	Di(2-ethylhexyl)phthalate	1,2-Dichloroethane	Dibromomethane
	Dibromochloropropane	1,1-Dichloroethylene	Dicamba
Inorganic Contaminants:	Dinoseb	cis-1,2-Dichloroethylene	Dieldrin
Antimony	Diquat	trans-1,2-Dichloroethylene	m-Dichlorobenzene(1,3-)
Arsenic	Dioxin	Dichloromethane	Methomyl
	Endothall	1,2-Dichloropropane	Methylchloride (Chloromethard)
Asbestos	Endrin	Ethylbenzene	Metolachlor
Barium	Epichlorohydrin	Haloacetic acids	Metribuzin (Sencor)
Beryllium	Ethylene dibromide	Styrene	o-Chlorotoluene
Cadmium	Glyphosate	Tetrachloroethylene	p-Chlorotoluene (1,4-)
Chromium	Heptachlor	1,2,4-Trichlorobenzene	Propachlor (Ramrod)
Copper	Heptachlor epoxide	1,1,1-Trichloroethane	1,1-Dichloroethane
Cyanide	Hexachlorobenzene	1,1,2-Trichloroethane	1,1-Dichloropropene
Fluoride	Hexachlorocyclopentadiene	Trichloroethylene	1,1,1,2-Tetrachloroethane
Lead	Lindane	TTHM (total trihalomethanes)	1,1,2,2-Tetrachloroethane
Mercury	Methoxychlor	Toluene	1,2,3-Trichloropropane
Nitrate	Oxamyl (Vydate)	Vinyl chloride	1,3-Dichloropropane
Nitrite	PCB's	Xylenes	1,3-Dichloropropane
Selenium	Pentachlorophenol		2,2-Dichloropropane
Thallium	Picloram		2-Hydroxyacetofenan
	Simazine		
	Toxaphene		

This report is being published in the local newspaper and will not be mailed to customers unless requested. If you would like a copy of this report contact City Hall.

The data presented in this report are from the most recent testing done in accordance with subsmissions regulations in 401 KAR Chapter 8. As authorized and approved by EPA, the State has reduced monitoring requirements for certain contaminants to less often than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some of the data in this table, though representative, may be more than one year old.

	Allowable Levels	Highest Single Measurement	Lowest Monthly %	Violation Y/N	Likely Source
Turbidity (NTU) TT	Never more than 5 NTU Less than 0.5 NTU 95% of samples each month	0.27	100%	N	Soil runoff

REGULATED CONTAMINANT TEST RESULTS

Contaminant [code] (units)	MCL	MCLG	Level Found	Range	Date of Sample	Violation Y/N	Likely Source of Contamination
Total Coliform Bacteria [3100] (% positive samples)	5%	0	1	N/A	9-5-01	N	Naturally present in the environment
Alpha emitters [4000] (pCi/l)	15	0	1.3	BDL-1.3	9-13-99	N	Erosion of natural deposits
Asbestos [1094]	7	7	0.195	BDL-0.195	7-31-95	N	Decay of asbestos cement water mains; erosion of natural deposits
Copper [1022] (ppm)	AL 1.3	1.3	0.13 (90th percentile)	(0 sites exceeded the AL) BDL-.45	7-25-01	N	Corrosion of household plumbing systems; erosion of natural deposits
Fluoride [1025] (ppm)	4	4	1.3	0.85-1.3	3-12-01	N	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Lead [1030] (ppb)	AL 15	0	8 (90th percentile)	(0 sites the AL) BDL-10	7-25-01	N	Corrosion of household plumbing systems; erosion of natural deposits
Nitrate (as Nitrogen) [1040] (ppm)	10	10	0.31	BDL-0.31	1-30-01	N	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
TTHM [total trihalomethanes] (ppb)	100 80 *	0	81 (annual average)	20-144	3rd Quarter 2001	N	By-product of drinking water chlorination

UNREGULATED CONTAMINANTS TEST RESULTS

Contaminant [code]	Unit	Average	Range
Bromodichloromethane [2013]	ppb	6.7	4.5-9.4
Chloroform [2941]	ppb	57.5	27-85
Dibromochloromethane (Chlorodibromo) [2944]	ppb	0.35	BDL-0.5
Dibromoform [2895]	ppb	0.7	BDL-4.7

Unregulated contaminants are those for which EPA has not established drinking water standards. There are no MCLs and therefore no violations if found. The purpose of unregulated contaminant monitoring is to assist EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

* The current MCL for total trihalomethanes (TTHM) is 100 ppb but will soon change to 80 ppb. Although the TTHM level in our water is below the current MCL, it has been detected above the future MCL and we are including the following health effects language.

Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.