

# Love, Skiing and Valentines

I met my husband 14 years ago, just a couple of days before Valentine's Day.

We were skiing. Not together. He was at the bottom of the mountain, I was at the top. I heard a bellow from the mountain below that someone had lost their skis. I did my best to grab them, skied down to the bottom and that's when I met my prince charming. He was cute; I like to say "he fell for me." We have been skiing together ever since.

In my mind, love is a lot like downhill skiing, that free, wind in your hair, cold air in your face, heart pounding adrenaline rush. For some though, that exhilarating feeling of new found love fades over the years and the adrenaline rush turns into the rush of every day life. I'm here to tell you it doesn't have to happen. A recent study out of Stony Brook University in New York, found that passion, the new love kind, really can last for years, even decades. The researchers gave brain scans to couples who had been together 20 years. Ten percent of those tested had the same chemical reactions when they saw a picture



Courtesy DamonTucci.com



By Heidi Hatch

She can be seen weekday mornings on FOX-35 News from 7:00-9:00 a.m.

of their spouse as they did a younger crazy-in-love couple. Previous research suggested the excitement of new love couldn't last more than 15 months. They could have saved a lot of time and money if they would have just asked me.

The one thing the study didn't say was why that ten percent were still head over heels in love. My educated guess is they still like to spend time together.

Time is really a precious commodity when you're a busy mom. Sometimes, just taking time for a shower is a precious treat -- let alone having the time to slap on some lip gloss and go on a date. My husband and I joke that we only go out semi-annually. It's not quite that bad, but close. While we spend a lot of time together being parents, alone time is another story. I'm sure you know what I'm talking about.

This is where my Valentine's Day challenge comes in -- It's time to go on a date. It doesn't have to be on Valentine's Day, but it does have to be this month.

I personally have a love/hate relationship with Valentine's Day. I love that it reminds me of when I met my husband; I hate that the day comes with so much pressure. Don't get me wrong, I love chocolate, flowers and a hot date -- just not the part where if you don't get them on February 14th you feel like you're not loved. When you're dating, it's great if some guy wants to throw around a couple hundred bucks on roses and dinner. When you're married and have kids, the thought loses its luster when the money for that dinner comes out of the same checking account as the groceries. But, I digress. Back to the challenge.

February is good for reminding us to put love first and, yes -- that means dating. A marriage counselor I interviewed on 'FOX 35 News in the Morning'

suggested if you want to stay married, you need to go out alone -- without the kids -- at least once a month.

It doesn't have to be expensive, just fun. If you miss time just talking, pick up sandwiches, go for a drive and talk. Don't be afraid to use coupons. I like to use the discount book you buy from your kids at school, the one with buy one get one free coupons for dinner, movies, even the symphony. If you are really low on cash, enjoy the benefits of living in Florida and take a long walk on the beach.

Now to the hard part, baby sitters. Good ones are hard to come by and expensive. I try to tell myself the money going to the baby sitter is an investment in my sanity. If you simply don't have the cash for a baby sitter, you can always trade with a girlfriend. Have her watch your kids while you go out, and the next month you can return the favor. When all else fails, get creative. I go to work at 2:00 a.m., which makes for a boring night after about 7:00 p.m. That means we take advantage of the kids' naptimes and have been known to watch a movie while they're asleep. I count that as a date.

This Valentine's Day, I hope I get a card with a poem ... like this one from 1995.


Roses are Red  
Violets are Blue

Somehow I can't stop thinking of you.

Seriously! How lucky am I? In return, my husband will get a hot date with the girl he sees on TV every morning -- the one who does her hair and wears makeup, as opposed to the mom with a ponytail and yoga pants that he hangs out with at home.

OVER 100 INTERACTIVE EXHIBITS • LAZER-TAG • AND MUCH MORE!

# CELEBRATE YOUR BIRTHDAY AT



# Wonder Works



SEVERAL BIRTHDAY PACKAGES TO CHOOSE FROM FOR AGES 4-12.

**THE OUTTA CONTROL MAGIC COMEDY DINNER SHOW**  
LOCATED INSIDE WONDERWORKS

Mention this ad when booking and your birthday child is free plus receive 50 arcade tokens  
Call (407) 351-8800 x3316

VOTED BEST DINNER SHOW ON THE WESH 2 A-LIST

INCLUDES UNLIMITED PIZZA, SALAD, SODA, POPCORN & DESSERT!



9067 INTERNATIONAL DR. • ORLANDO, FL • WWW.WONDERWORKSONLINE.COM

www.momslikeme.com



# FLORIDA SPEECH

We offer therapy in our office as well as in your home, daycare or school. You'll receive the highest quality, professional speech and language therapy services in an individualized and family-centered manner.

Services range from *childhood speech and language therapy, to Augmentative and Alternative Communication, to adolescent speech and language therapy.*

[www.FloridaSpeech.com](http://www.FloridaSpeech.com)  
407-580-8500

Offices in East Orlando, Metro West, and Winter Springs

momsl like me

february 2009 27