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Quote Me!

Love seems the swiftest,
but it is the slowest of all
growths.

No man or woman really
knows what perfect love
is until they
have been married a
quarter of a century.

Mark Twain

2009 Regional Healthy Marriages, Healthy Families, and Responsible Fatherhood Conference on Best Practices

IT IS NOT TOO LATE!

Deadline has been extended with NO late fee!

Registration has been extended until the day
before the conference and the fee is still \$150.

Hotel rooms are still available at the low con-
ference rate, so make your reservations today!

Mark your calendars and join us at the

[Montgomery Renaissance Hotel and Spa at the
Convention Center](#) on February 3-5, 2009.

CEUs in Social Work, Counseling, and Regis-
tered Nursing will be offered.

Register TODAY by visiting our website:

www.alabamamarriage.org.

ASK
ACHMI!!

Q: How do I find out more about the stipends that
are available to community partners?

A: Stipends are available to anyone who has been
previously trained in one of our previous curricula
trainings. Please contact Ami at 1-800-499-6597
x276 or alanders@auburn.edu for more information.

The Best Marriage I Know

8th Grade Essay Contest

Winners from each congressional district are:

District 1:

Eric Gist; Mrs. Sequau Malone (teacher);
Calloway Smith Middle School

District 2:

Katie Clark; April Wells (teacher);
Marbury School

District 3:

Luke Holt; B. Wynn (teacher); Clay County
School

District 4:

Hunter Cunningham; Mrs. Rhonda Lindley
(teacher); Vernon Intermediate School

District 5:

Corey Collier; Ms. Talton (teacher); Madison Co.
Elementary

District 6:

Hannah Huguley; Mrs. Spivey (teacher); Clay-
Chalkville Middle School

District 7:

Candice Elliott; Mashad Kimber (teacher); Carver
Middle School

Thank you to everyone who participated and
CONGRATULATIONS winners!

February

February is Healthy Marriage Month. Many activities celebrating area couples and marriages include:

- *Circle of Care's "Celebrate Marriage"
- *Tuscaloosa ONE Place's "Legacy of Love" banquet featuring Dr. Rozario Slack
- *SAFE's "Mother and Son Brunch"
- *Madison County's Marriage Festival 2009

For more information, please contact
Ami Landers at: alanders@auburn.edu.

Research Update

Couples at High Risk for Relationship Problems: Do they Attend Relationship Education?

This is a very important question because it appears that high risk couples greatly benefit from relationship education. The disheartening reality is that couples with the highest risk for relationship difficulties are less likely to attend relationship education (Halford et al., 2006). Halford et al. (2006) conducted a study that looked at this occurrence and examined the following risk factors for later marital problems:

- Couple aggression
- Premarital cohabitation
- Low educational attainment
- Low socioeconomic status
- Marrying early
- Religious service absence
- Female parental divorce

A previous study conducted by Halford et al. (2001) found that *marketing tools that described relationship risk factors* in conjunction with *an explanation of how relationship education may reduce risk* attracted more at-risk couples to classes. So it appears that building awareness of risk factors and addressing how relationship education could be used to combat marital problems resonates well with high-risk couples and encourages them to attend relationship education.

A marketing flyer that follows this format could include "did you know" statements that address common risks and troubleshooting measures that couples could take to reduce their risk. For example, a possible tagline in a flyer could be the following: "Did you know that living together before you are married actually increases the likelihood of divorce? This is just one helpful piece of information that is provided in relationship education classes. And we want YOU to COME and JOIN the FUN and be INFORMED about HEALTHY RELATIONSHIPS." Using this practical approach to reaching at-risk couples has the potential to increase the likelihood that future relationship problems could be prevented in high-risk populations.

Cassandra Kirkland, MS