

Out & About with Lori Sunflower



"What's your advice for a happy long-term relationship?"

Kimball Wizard & Christine

The highlights of our special relationship are:

- Accepting and encouraging each other's pursuits
- Navigating and welcoming friends and family individually and together
- Adventuring together as we have moved unknowingly to Crestone!
- Daily morning cuddles



Lori and Mike Booth

Advice for a good long-lasting relationship:

- **R.E.S.P.E.C.T.:** As Aretha sings, find out what it means to YOU!
- **Trust:** Wherever we go, we have each other's back and always think first how your actions may impact your partner.
- **Communicate:** When the going gets rough, find a way to talk through it
- **Agree to disagree** without trying to change each other.
- **Forgiveness:** This is self-explanatory
- **Love hard, but be best friends first:** This is the main ingredient to a lasting relationship. You always want to be with them first.



**Author's Note:*

These are my parents, who will be celebrating their 65th Wedding Anniversary on July 9, 2025!

Carol and Frank Nagel

Make sure when you marry that you like most things about each other. Don't think you are going to change them! Doesn't happen! It's nice to start and end each day with a kiss and the words "I love you," even if it is hard to do because you are not happy about the day. One of the important things to say is, "We have to talk." Make your feelings known so problems don't fester. "Yes dear," can be a good way to end the discussion. Simply, just have fun and enjoy doing things together.



Patte and Dale Smith

Trust and respect each other by being reliable. Make time for each other by doing things you both enjoy, and that bring you closer together. Grow in your relationship. Encourage each other to pursue their dreams. Show affection and vulnerability with each other. Pick your battles, keep your sense of humor and above all, of course, love one another.



Anoush & Lily Farhangi

The secret to a long, happy marriage boils down to a few key principles:

- Communication:** Open, honest communication helps resolve issues before they escalate. Regularly check in with each other about feelings, concerns, and dreams.
- Mutual Respect:** Valuing each other's individuality, opinions, and boundaries is crucial. A healthy marriage allows both partners to grow while staying deeply connected.
- Shared Values:** Aligning on key values in parenting, finances and long-term goals creates a strong foundation.
- Adaptability:** Life changes, and so do people. Being flexible and understanding through these changes helps couples stay resilient.
- Emotional Support:** Being each other's biggest cheerleader during tough times and celebrating victories together strengthens the bond.

Quality Time: Prioritizing moments to connect, whether through hobbies, date nights, or simply being present for each other, keeps the relationship alive.
Forgiveness: No one is perfect, and learning to forgive, whether it's small annoyances or bigger mistakes, prevents resentment from building up.
 Ultimately, a happy marriage thrives on love, trust and the willingness to keep working together, even when life gets tough.

Noemi and Kristof Kosmowski

Noemi: It's forgiving a lot and closing your eyes for a lot of little things around the house. I trained Kris for 38 years, and finally he got it, not to put the dirty forks on the counter, but into the sink; or dirty clothes into the laundry. It took me 38 years. But, that's what it takes. And he never complains about anything. Whatever I do, I'm good. And I don't even understand how he can put up with this, how he can put up with my moods. He's so patient. Patient, patient, patient. We are married 43 years. You know that? Yeah. So patience is the key. Definitely. That's it.

Kris (who had not heard Noemi's interview response): A lot of patience!

