

Dive Deep with James and Arlene Pellicane

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Jill Savage: Well, we want to welcome you to this edition of Dive Deep Interview with James and Arlene Pellicane. Hello, James and Arlene.

Mark Savage: Hi.

Arlene Pellicane: Hello, good to be with you guys.

JS: Good to be with you! So, let's see, you live in California.

AP: We are in San Diego. We're suffering!

JS: In San Diego, okay. So, tell us a little bit about yourself, how long you've been married, how many kids you have, and you've written a couple of books on marriage, tell us what those are as well, Arlene.

AP: We are coming up on 20 years of marriage and we have three children. Ethan is our oldest, he's 13. Noel is 11 and Lucy is eight. I have a few marriage books and they're written for the woman; one is called "31 Days to a Happy Husband", so people ask me, "Is that for my husband to read so he will get happier?" [chuckle] But it's actually the idea, for us as women, a lot of times after we work and after we have children, we kind of forget that we have a husband and we figure he can take care of himself. And it's that idea of dreaming about him and considering him again. So, it's "31 Days to a Happy Husband". And then "31 Days to Becoming a Happy Wife" is about, "How can I, regardless of my situation, bring joy into the marriage?"

JS: I love that. I think that's probably one of the biggest things that, particularly as women, we do. Especially when kids come along, we kind of look at him and go, "You can feed yourself, you can bathe yourself, you can take yourself to the bathroom, so you are on your own."

MS: You're good. [laughter]

AP: It's true.

JS: And it's so dangerous, because a marriage has to be nurtured. A relationship has to be nurtured. And so, I really appreciate that you're addressing that.

MS: Yeah. So, in our Dive Deep interviews, we really like to just dig in and pull back the curtains in our lives. Part of that is that we want to help people realize that marriage isn't perfect, and it takes hard work. So, when was the first time that your imperfect collided with each other?

AP: You want to go? You go first. [laughter]

James Pellicane: Oh boy. Later than sooner, we kept the honeymoon going for a long time.

JS: Really?

JP: Really. I really think so. I'd like to hear what her answer is.

AP: Good job, dear. Good answer.

JP: I think it was after we had kids. It's exactly what you guys are talking about. Every text has a context. So, like the Declaration of Independence has a context, the revolutionary war. All these texts have contexts. Our text would be "31 Days to A Happy Husband", and the context was, the kids now were the center of things. And, I had to have the conversation with Arlene, "Just because I don't bleed doesn't mean I don't need."

JS: Ooh.

JP: Because I find that for women, excuse me for stereotyping, but many times the bleeds leads. They have to feel it, and they get all manipulated, if you will, by needs. When it's louder it gets more attention. A squeaky wheel. I don't squeak that much, but I still need.

MS: Yeah.

JP: We just did a little time out and out of that came the book "31 Days to a Happy Husband".

JS: Well, I don't know about you Arlene, but I write books out of my own personal experience. So, it's usually because at some place God has grown me or shown me something that I needed to understand. So, when James had that conversation with you, "I don't bleed, but I still need," tell me what your initial thought was with that. How did that conversation go? I'm sure it wasn't just one conversation, but this was *being* addressed. What was your initial thoughts?

AP: We always want to defend ourselves. So, when words are said to us, I'm thinking like, "But wait. I do stuff, we go out to dinner, we have sex, I should be doing okay in this area." So, those first moments you're in your mind defending, you're thinking, you're trying to think through, "Is this true?" And what I have found to be really helpful is just that quick prayer in the bathroom, as I might be crying or something, [chuckle] like let's say I got this realization and realize, "Oh my goodness, I'm not this perfect wife. I thought I was doing so good in this area, and maybe I'm not doing as good in this area. Because usually when we feel the ouch, it's because there is that truth in there. You know it's true inside that, "Okay, I'm devoting too much time with the kids. I am not listening to your needs." So yeah, there's that ouch.

AP: And so, I find when I can just ask God like, "God, soften my heart. God, help me to hear what I'm supposed to hear, and help me to change as a wife," that has helped me a lot, instead of erecting the walls and saying, "I am a good wife, how dare you say those things about me? You should see what the other ladies do. They're much less caring than I am," or whatever. [chuckle] So instead of going down that route, just to stay soft, and sometimes to play that game of, "Okay, if I were to approach him with 'Honey, I need you to do this,' well, how would I want him to respond to me? I wouldn't want him to say, 'I do that all the time.'" I'd want him to be willing and able to listen, which he does really well. So, at first, it's the self-defense, "I don't do those things," and then it's the, "Oh God, please soften my heart," and then you feel so sad because you're just disappointed in yourself and disappointed you couldn't do it all right, and then the little hope comes in of, "Okay, so

what's the next thing I need to do to build this bridge back up? What's the next thing I need to do to make my husband feel important?" Because he is important! And so, then you start on that more hopeful scale of, "Okay, here's a way we could connect," and then all of a sudden, you're getting back on track.

MS: Right.

AP: Those are the stages that I went through. And I really am "blessed" to have a husband who will tell me things, like he'll get to a certain point and then we'll have a talk and he'll tell me. And I know for many women, their husbands won't tell them, and you're going to have to figure that out more. I'm not really sure which is better, to be honest with you. [laughter] Because you'll either have a husband who will tell you or a husband who won't say anything and you're gonna need to figure this out and draw it out of him. But either way, a lot of times these conversations need to be talked about.

JS: Well, and I think that sometimes we can make the difference, and I say we, either spouse can make the difference in whether their spouse can address things and can give them feedback based upon, "Are you safe? Are you emotionally safe? If I'm gonna give you feedback, are you gonna explode at me?"

AP: "Will we not talk for seven days [chuckle] after we have this conversation?"

JP: It's so important we create the atmosphere that's open to correction. We instill that in our kids, we instill it in ourselves. I know for myself, whenever I have an opportunity to get feedback, someone's about to give me a lot of money. I had one time, I'm in sales, I had a client and I made an offer on a house, and I didn't call him that evening. I was gonna call him the next day, and I told him, I said, "It's very unlikely we'll hear anything tonight." But he was a first-time home buyer. He called me up at 10 o'clock at night and just chewed me out.

AP: "Why didn't you call me? Why didn't you call me?"

JP: He was nervous Nellie, he can't even go to sleep, and I realized that I need to, number one, be very open to correction. And when those people give me that gift, I mean, this guy has made me thousands upon thousands of dollars. Now I called everybody. And they're all nervous. They're all like on pins and needles.

JS: Right.

JP: You create that atmosphere that when someone corrects you, of course there's an ouch first, but the truth of the matter is, that it's a blessing. A blessing from her, because she loves me, and vice-versa. Like what you were saying earlier Jill, it's safe.

JS: But I think that is rare. I wish we thought of that, offering of each other feedback as being a gift. But part of it is also in the way you deliver that feedback. Don't you think?

JP: Well, there's two things along those lines. Absolutely, the tone is very, very important, and for us laying down is important when we communicate. But sometimes, you can have the best tone in the world, but it doesn't make a difference.

AP: There's no right way to say it. [chuckle]

JP: There's no right way to say "Sweetheart, I need you to lose some weight right now." [laughter]

AP: A love note wrapped in celery. [chuckle]

JS: But I think it can come across as critical or it can come across as, "Hey, we've got a problem and we need to solve this together". Or, like I'm thinking about James, when you had that conversation with Arlene, "you may not realize that you have put the kids before our marriage". And most of us don't, because particularly as women, we are natural nurturers, and this little child *needs* me. And so, I think we easily get sucked into that. But the way in which we deliver that feedback, I do think makes a difference.

JP: It's huge. The tone is huge. And for us, laying down is a big deal.

AP: It's hard to yell at each other and be really mad when you're laying down side by side in the bed.

JS: You're talking about literally laying down in your bed?

AP: Laying down in bed and having a talk, because you don't escalate as much. You're not yelling, you're just talking. When you come at a correction point like, "I need help with this, it makes me sad when you do this," that's a lot easier to talk about. Like, I don't *want* you to be sad. Rather than, "Why don't you do this? And I expect you to do this." You're all riled up. So that point of realizing, "My spouse is sad about this, I should try to help them in this area," instead of, "Oh my goodness, my spouse is harping on me. I can't do anything right".

JP: Yeah, anger's a secondary emotion. So, we can communicate out of that sadness first, and we think about, "Okay, why am I angry? Well, I'm angry because you're disappointed." If you can communicate out of that, it's a lot easier for the person to receive. Not that I'm good at this. [chuckle]

AP: He's getting a lot better. [laughter]

JS: You know what, that's fascinating. We have been doing interviews like these for a year and not a single person has ever mentioned lying down when you have to have hard conversations.

MS: Yeah.

JS: We're gonna have to give this a try!

AP: You're gonna see us, we're like sleeping all the time. [laughter]

JP: I'm sure it could be done, but you usually don't have an argument laying down. You usually have an argument standing. It's more of a defensive posture.

AP: And even though you're mad at each other and you're going at it, if you both listen to this

conversation and you go, "Okay, let's hit the mats," and you just get flat, I mean just doing that will kind of make you laugh and it just changes the atmosphere. So even just physically doing that takes the spark out of everything.

JP: This is one side of the coin of communicating. The other side of the coin is the other person who doesn't communicate, that leads very quickly to toxic behavior. For instance, if I go on a diet, every so often I'm losing a few pounds, I say to myself, "I'm entitled. I can do the cheesecake, I can do the ice cream, because I've been eating two apples a day for the last two weeks," or whatever it is. But you get my point?

MS: Yeah.

JP: What happens is that when needs go unmet in the guy's life or in the girl's life and they don't communicate it, they do other things, i.e., click click, because they feel entitled.

MS: I can see that.

JP: We're not communicating in an appropriate way. It becomes dysfunctional. So, when people don't communicate, that's usually a scary sign that something deeper is going on and they get that entitlement spirit, and it's bad.

JS: We talk about it in our "No More Perfect Marriages" book, "The Seven Slow Fades", and this is where things might look good on the outside of marriage, but underneath your hearts are actually getting separated. And so, one of the things that we talk about is the slow fade of minimizing, which is when our spouse brings a concern to us and we minimize that concern. So, I think that's probably a piece of it. Even avoiding emotion, those that shut down and avoid emotion, that slow fade also draws us apart. So yeah, I totally hear what you're saying.

JS: So, let's talk practical for a little bit here, Arlene, thinking to your "31 Days to a Happy Husband". Can you just pick two or three tips that you can give us? And then, I know you haven't written a book on this James, but it's obvious that you have plenty of opinion and thoughts. So, how about you even throw in some things that you've learned as a husband, some real practical steps that make a difference?

AP: You might even say I am James's ghost writer, right? [laughter] He provides that material and I translate it to the human female world. [laughter]

JS: I love that.

AP: In "31 Days to a Happy Husband", it goes through the acronym DREAM, and I'm just gonna pick out two practical things: One is the respect piece, so the R in DREAM is respect. How can we respect our husband? And of course, "Love and Respect" by Emerson Eggerichs, that's your gold standard, so go to that if you're not familiar with it. But the idea of when your husband has this conversation like, "I would like to have sex more often," which is a very common conversation, especially if you have kids, then many times we as females will just be like, "Well, that's not possible," or, "I'm doing all that I can already," instead of realizing this is an issue of respect. "Do you respect me enough to not minimize my need, to listen to me and to do something?" So, my practical tip comes from Dr. David Clark, a psychologist that we both like, and he says that,

“married people who have children who do not schedule sex do not have sex.” [laughter] And so our very practical thing is we will literally go through the calendar at the beginning of the month and we will send each other dates of, "These are the dates where we will have sex during this month." And it is on the calendar. And it's pretty much, I think like 85% of the time, we are true to those dates, and then there'll be times where it's like, "Okay, we're too tired," or "We're okay, let's wait 'til tomorrow," or whatever. But scheduling it, don't you think, has really helped?

JP: Absolutely.

AP: So that's really practical, 'cause it's the kind of thing where if you just wait for the feeling to come or we're both not tired at night, it just doesn't happen. Like for men it's like, "Woo-hoo!" For the most part. And for me, what's helped is just to realize, "This is good for him, this is good for me, and if I can invest time in my marriage, wouldn't I want to invest time in my marriage?" This is a really good place to invest the time in the marriage. So, one is: schedule your intimacy and put it actually on the calendar. And then the second tip I would say is mutual activities. So, in the word DREAM, the M is mutual activities. Find things that you like to do together. And this will be trial and error. He's got me roller blades for Christmas. He's taken me skiing for Christmas. He's bought me a Jiu-Jitsu outfit for Christmas. Do you see these themes? [chuckle] And so some of them are hits and some of them are misses, but we are trying to do mutual activities together. And it's nice because he doesn't care if I do them well or not, he just cares that I do them. So, for me it's just like, go do them to have fun together. But it's really important for couples to do stuff together, it can be chess, it can be cards, it can be antique shopping, whatever. But just an activity that the couple can do together, *that* really helps the marriage.

JP: Let me give a little clarity, that it's not just the couple, I believe the idea came from Gary Smalley, I bet I heard him speak years and years ago, and if it's not Gary Smalley, I'm sorry. Basically, he studied hundreds and hundreds and hundreds of couples from all walks of life, rich, poor, all the religions, and came to the conclusion that what they had in common were common activities they did as a family. So not just us as a couple, but we do things as a family. So, for example, it could be hiking, it could be cards, it could be bowling. 'Cause I don't see that much in families. They go to events, they go to dance, they go to baseball...

AP: Soccer, and they watch the game...

JP: You understand? But doing events as a family, I think is really huge.

JS: Yeah, that makes total sense. Well, it strengthens your identity as a family. "This is who we are. This is what we do." And that's important for kids, but then it gives you those mutual activities that you also do as a couple. See, you guys are in the season of raising kids, ours are all grown and gone.

MS: Right.

JS: And so, I would add to this mutual activity. I mean, fine, spend all your years trying to figure out which one of those things it's gonna be. Every Christmas, you do something different. [laughter] Something you know is like, "Ding, ding, ding, ding, ding, we got it." But you need that, because then after the kids are gone, which is the season of life we're in, you need to have those things that you enjoy doing together. And so, I think that that's really, really important. And I would go back also to scheduling sex.

MS: We've been doing that for years.

JS: We don't have to as much now that the kids are gone, we find that there's just a little bit more leeway and freedom and we're not as exhausted.

AP: We're alone! You're alone! You're not tired. I'm not doing anything!

JS: We can try all the rooms in the house. [laughter]

JS: But anyway, we've found that to be huge. And here's another reason why that was huge: particularly for the person who has a lesser desire. And we know that in probably 80% of marriages, it's usually the husband, but there are marriages where the wife has the higher desire. But when you actually schedule intimacy, what it does is, they've done research to identify that people who have a higher sex drive think about sex more often, and people who have a lower sex drive just don't think about it. When you put sex on the calendar, it makes you think about it. And so, then that person with the lesser sex drive, I mean, you know, the biggest sex organ in the body is the brain.

AP: At least it's on the horizon. [laughter]

JS: Exactly! You need that, because you're just not thinking about it, and you don't naturally default to thinking about it. But when it's on the calendar, you are, you see it.

MS: Yeah.

JS: Good. What about you James? You've got a couple of practical tips.

JP: I do. It's not necessarily from her book, I haven't read her book in a while, we probably should reread them. But we get so busy and it's easy to get busy in life. I learned this a long time ago when I asked a girl out and she told me she was busy. I didn't quite realize she was too busy for me, you understand? [laughter]

JP: It took me a long time to realize. I actually saw her that evening at a party. And I was like, "Oh, that's funny."

AP: This was about 25 years ago, just so that you know. [laughter]

JS: That's hilarious.

JP: When your values are clear, your decisions are easy. And in the busy-ness of life, when you have those really clear values, like us being connected and emotionally connected is a really high value for us. And that value makes our decisions easier in terms of our travel schedule, in terms of what we do with the kids, and what we allow. It's a lot easier to say no because we realize when we're saying no to others, we're saying yes to ourselves. And again, this goes back to our values. This was very, very important for us to have that clearly defined value system.

JS: Gotcha. And how do you do that? Is that a conversation?

JP: Great question. So, our values, I got this from...

AP: Lou Holtz.

JP: Lou Holtz. He has like three questions in his book Lessons, Losses and something else. But basically, the three questions are, "Do you care about me?"

AP: "Are you good at what you do?"

JP: And, "Can I trust you?"

JS: Okay.

JP: So, our values are...ROBS. Do what's right, do unto others, do your best and smile. So Right, Others, Best, Smile. Those are our values and we have those values with our kids. Anytime I reward my child, anytime I discipline them, I go through those values. "I don't like what you just did." "Why?" "What are daddy's values? What are our values as a family?" But it also helps us as a family. Arlene and I realized that when things are going adrift, it's easier to say no, that's the best way I can say it.

JS: Yeah. That makes sense. So, let's turn the corner a minute and talk about your book "31 Days to a Happy Wife." No matter what's going on in life, we all have the opportunity to create our own joy, or to bring joy into our circumstances. And so, talk about that for a little bit. Take the gender piece out of it, but more our journey as a believer, because sometimes life is hard. Sometimes marriage is hard. Sometimes we're going through difficult circumstances, and so what can we do practically to keep that joy meter up towards the top?

AP: Yeah. The word is HAPPY, that I use as an acronym. So, the H is hope, and I just want to touch on this briefly, that the hope is not in the marriage, it's not in the paycheck, it's not in the kid getting an award or you making it to an anniversary, but the hope is in God. So, it's first that joy is gonna come in the presence of God. In His right hand is fullness of joy. So, if you're lacking joy in your marriage, you're lacking happiness, that's your first place to go. It's, "God, I need to be more in your presence, 'cause the more I'm in your presence, the more I'm gonna be able to have joy." So how do you do that? That's praying, that's getting yourself to church, that's filling your life with worship music, that's being quiet if you wanna be quiet or shouting, if that's you. Depending on your personality, how you're gonna talk to God.

AP: But in His presence, that's where that fullness of joy comes. And then the idea of being positive and grateful. There's that Elizabeth Elliot quote, if you have a shirt and you have a little ink stain, but what do people look at? They look at the ink stain. Even though 99% of the shirt is clean. They look, "Oh, you've got an ink stain right there." And it's this idea of going through life saying, "Wait a minute. I will literally choose not to...of course, you need to get your shirts laundered, [chuckles] but you're not gonna look through all the problems, but you're gonna say, "What's right in this situation? What's right in my marriage? What's right in my job? What's right in my current circumstances? Wow, I can breathe, my body works really well." It just takes a moment for you to look at someone who's in worse health than you to realize, "I have it really good." And so, it is perspective to find that joy. It is getting God's presence and then have that 99% white shirt perspective. That I will literally look for what is right, and I will thank God for what is right. And I

think if you make that a habit, then you'll find, "Well, it's much easier to smile throughout the day because I'm thinking about what is good, positive," which is just what Philippians 4 says. "I'm thinking about the good, right, lovely things in my life." And a lot of times that means turning off your social media, turning off your TV, because the stuff you're looking at is not good, just and right. It's all of the injustice. It's all the things you don't measure up to and all these things that are false. And so, get that out and instead think more positively. And I think you'll find a lot more joy in your life.

JS: I love that.

JP: Arlene is practicing what she preaches. She is a very content woman. She really is. Not that she doesn't strive to be better. She's always thinking to improve herself. She's always thinking to grow. But when it comes to the curve balls in life, she's just exceptionally content. So, it's a blessing. Especially for me. I have to sleep with her. [laughter]

JS: I bet.

AP: This is why I'm so content. How could I not? [laughter]

JS: Oh, there you go. So, I didn't prepare you guys for this question, but it has struck me as we have been talking. So, Arlene, you and I were to speak at a conference, and it was probably about what, six months ago. And you had lost your voice completely.

AP: Yeah.

JS: You were at the conference, but you were unable to speak. So, they ended up showing a video and you were carrying around a white board. And of course, all of us at that point in time, this had just happened to you, and all of us at that point in time are thinking, "You're gonna get your voice back in a week or two," like everybody does, but you didn't. I don't remember, was it about two months?

AP: About two months. Yeah.

JS: That you had no voice. This had to be difficult.

AP: A dream for a husband, right? [laughter] No voice for two months.

JP: Not true.

JS: Right. Talk about that from both of your perspectives of what that was like. How did that challenge your marriage? What did you learn during that season? Can you talk about that just a little bit?

AP: You know what is so interesting, and this is so good for any hardship you go through. Even now that it's just a few months behind me, I kinda feel like, "Oh yeah, that happened and it's over." You get over things. So, sometimes we can ruminate about things over and over again like, "It was so hard. It was so awful. Can you believe I went through this?" And it lives with you forever. But I realized, well, that even as you asked this question, I'm thinking, "What was that like?" So, just

accept God's grace when you go through the hard times to realize, "This hard time will end, and you will continue, and it will be just a memory soon after that." But I remember it was very frustrating because I just took my Chromebook everywhere, and if I needed to say something, I just typed it out. And I realized that most of my communication was instruction-driven, like, "Please pick this up," or "Please go set the table," or, "So and so needs to get picked up." So, it's all these instructions and it was so boring because there was no time to type out my feelings or observations. [chuckle]

JP: Keep in mind her love language is words.

AP: Yeah. And I like words. So, it was like starving. Then I realized, I'm typing these instructions, I need to type out encouragement. So, then I would type out to my daughter like, "I really like how you did this for me today". And it was very frustrating having the limitation of not being able to say everything I wanted to say. And then it was also good, I think, to just to get in someone else's shoes. I had a lot of anxiety to go places because I felt like when I go to church, people think they're gonna talk to me, and then I have to show my little white board like, "I've lost my voice." So, it became like, "I just wanna hide. I don't wanna see anybody." And I did realize, "Well, I bet for a lot of people, they probably feel this way when they go into social situations like, 'I'm not comfortable.'" So, it helped me empathize with people who are not as comfortable speaking.

AP: Once I was mistaken at a restaurant, 'cause we had our dog with us. He was a big goldendoodle and he was sitting at my feet, and someone totally thought he was an assistance dog and that I couldn't talk, so like one of them came up to me, you could tell she thought I couldn't respond back and I thought it was so funny. She gave me compassion and made me think that there are people who cannot communicate and how hard that would be.

MS: Right.

AP: Well, that was hard.

JP: It was difficult. Well, she shares that side. The other side of the coin is when you see your wife crying because she can't do what she feels God is calling her to do and she's disappointed. It's just a downer. And I've been injured numerous times for one reason or another, and you do get through these things. So just a matter of perspective, realizing that there's a season and this season was a winter in our life. It wasn't fun, but it was what it was.

AP: And I totally can talk now, as you can hear, but I have a little bit of lingering. So, I just have to drink a lot of water, all the time. So sometimes your trials stay with you for a season, a longer time. And James's words were really helpful like, "You know what? Just like any injury, sometimes it just takes time to get completely over it. And I'm sure that's true in a marriage, that there are injuries and you need the right behaviors, not only time, but the right behaviors *and* time.

JP: And one added thing that needs to be said here, when you get injured sometimes or when you get sick, you need time, it's a healer. But sometimes time isn't enough, you need antibiotics. So many times, and I say this when there's hurts and wounds in our lives, yes, time's a healer, but we also need the Holy Spirit. And the Holy Spirit is gonna do far beyond the scope of time that you could ever imagine.

JS: Yeah. I bet you had a sense of helplessness, James, because you wanted to fix it for your wife.

JP: Very much so, very much so. [chuckle]

JS: I mean, I'm sure there were days you didn't wanna fix it. [laughter] But I think that is the hardest thing, when our spouse is down in some way, is wanting to be able to help them. I had cancer five years ago, and I lost my hair and I was sick from the chemo and all of that. And Mark has often said that the hardest part was just watching me go through that and not being able to fix it.

MS: Yeah, yeah. Not being able to do enough, it felt like. And you're so right. You look back and go, "Gosh."

JS: Gosh, that was just a winter season. 'Cause I've been five years cancer-free.

JP: And then when I do wanna fix it, just to realize I just need to button it. Because it's not gonna help, it's just not gonna help.

MS: Yeah.

JS: Well, we have one question that we try to ask for most of our Dive Deep interviews. And this is called No More Perfect Date Night. So, our question is, when you have a date night, what's your favorite kind of date night? What's your favorite thing to do on a date night?

AP: You wanna go first? This is good. Let's see, he's taking notes for next time. So, I really like going out to dinner. And I like going to new places, some place I've never been, and then getting to order and not doing dishes. So, I do like that traditional going out to dinner. But one of my favorite dates was when we went to a foot massage place, and it's kind of in the Chinese part of San Diego. So, there's lots of these massage places. So, to go in there to Happy Feet with my husband and us sit next to each other while people massage our feet. And they like hit you at the end, and right with him next to me they're just slapping all this stuff, it was so funny. So, I like stuff like that.

JS: That's funny. I love that. One time, we went and got pedicures together.

MS: Yeah, that was a stretch.

JS: He actually had a friend of his that said that he and his wife did it at least once a month. And I was like, "Really?" And they told us where they go. There were other couples in there. So, it was not abnormal.

AP: That is so funny.

JP: The only way I'm getting a pedicure is if I lose a bet. [laughter] Sorry, Mark.

MS: Well, it was great. I mean, you're getting the foot massage and all this.

AP: Right, I like that.

MS: I think the craziest thing was your pores are all opened up from getting cleaned and you walk around, it's like, "Wow, my feet are tingling. Is that okay?" They did offer to paint my nails. And I

said, "No. I'm good."

AP: That's right, that's good. [laughter]

JS: So, James, what about you? Favorite date night.

JP: Well, I like variety. I think all guys like variety. So, one of the things I would like would be the activities we did when we were dating, like making out. [laughter]

JP: That is a great go-to.

AP: Like, let's make out in the car.

JP: Why is it that only the teenagers, the adulterers, the fornicators can make out? Why can't us married people make out?

MS: Yeah. [laughter]

JS: I love it. I think you're gonna have to make that dream come true, Arlene. [laughter] Well you guys, this has been a great conversation. Thank you.

MS: It's been fun.

AP: We love talking to you guys.

JS: So, this is Mark and Jill Savage and we're signing off with a reminder that a real marriage isn't perfect, a real marriage is two people being perfected. Thanks for joining us.