

I busted a mirror
and got seven years
bad luck,
but my lawyer thinks
he can get me five.

— Steven Wright

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INSIDE PUBLICATIONS

Old Town author and women's advocate shares her marriage's lessons learned

New book on the pros, cons of owning a husband

BY PATRICK BUTLER

Old Town resident Judy Schindler became a skier at 50, an actor at 64, and an author at 75.

The author of not just any book, but a humorous guide to the care and feeding of "Husbands: An Owner's Manual" a compilation of lessons learned after 53 years of marriage.

Topics cover everything from why women should avoid professional athletes and Justin Bieber; that the phrase "I need to find myself" really means "I have a girlfriend;" the pros and cons of pre-owned husbands; and why straight women should seriously consider same-sex marriage.

For one thing, the toilet seat will always be down, said Schindler, adding that sex is sometimes overrated.



Judy Schindler

"Women should consider how much of their lives is spent on sex and how much is spent on other things. I want them to stop and figure out whether they have sex more often than doing other things like emptying the dishwasher," she explained.

The book, she says, is a must-read for "everyone from new brides and husband-seekers of any age" to "anyone who understands that a sense of humor is essential to any long term marriage."

Looking back, "the secret of my marriage is that my husband and I have never had a meaningful conversation," laughed Schindler – adding that – seriously, while a

successful marriage takes commitment and levity, "I hope readers will learn some useful strategies for staying married for life."

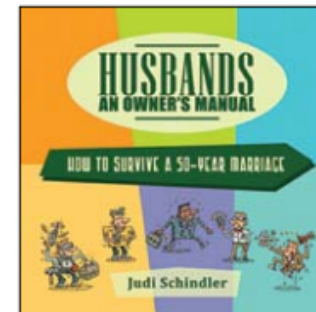
"There's enormous gratification that comes with creating a family and growing old with the same person."

The book, Schindler added, is actually an outgrowth of a multimedia show on marriage she's been performing before women's groups over the past five years. Her next show is booked for 5:30 p.m. June 21, at the Wintrust Bank, 100 W. North Ave.

The show and book are the dual result of her early interest in both theater and journalism, Schindler said. She majored in journalism at the Univ. of Illinois so she could be a newspaper reporter like her two role models, Brenda Starr and Lois Lane.

In addition to writing her book and earlier work as an actress, Schindler is creator of her weekly blog, "The Toilet Seat Must Go Down," where she shares viewpoints about dating and mating.

During her 40 years running her own public relations firm, Schindler was named 1988 Chicago Business Owner of the Year and the Small Business Administra-



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tion's 1986 national "Women in Business Advocate."

So does she plan a sequel to "Husbands: An Owner's Manual"?

While it's too early to tell, Schindler says her husband, Jack, keeps unwittingly giving her more material every day.

Her hardcover, 80-page "Husbands: An Owner's Manual," priced at \$16.50, is available at Amazon.com and www.jdischindler.com/book.