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# How to Stop Men from Cheating

**Dr. Kathleen Begley, Book Author and Professional Speaker**

**Note to Readers:** *This free e-newsletter, sent only upon request, comes from Dr. Kathleen Begley, owner of Write Company Plus communications training. She writes weekly on topics connected to business and personal success. Dr. Begley also does a blog called "Meandering to a Different Drummer." Click onto the website address at the end of this article to read her musings on careers, finances, and how to streak your hair pink.*

Halle Berry's husband. Reese Witherspoon's husband. Now Sandra Bullock's husband. They all fit into a category perplexing to many women: men who cheat on beautiful, accomplished, and loving wives. In the above examples, the betrayed spouses happen to be well-known Hollywood actresses. Then, of course, there's golfer Tiger Woods, who fits into an adulterous category all his own. At last count, he bedded more than a dozen women in trysts all over the world. The question on many wives' minds: why, why, why?

Inadvertently, I discovered the answer. It has nothing to do with sex appeal. The secret to stop men from cheating was buried in the middle of a recent New York Times article about a book by Lloyd Constantine, a top political aide to former New York Governor Eliot Spitzer. Times reporter Danny Hakim presented the author's explanation for the married governor's cavorting with prostitutes while in office. As you probably recall, Spitzer resigned shortly after public disclosure of his shenanigans. Interestingly, to this day, he and wife, Silda, remain married. Go figure.

Anyway, Hakim included this paragraph in his Times piece: "Mr. Constantine offers one diagnosis for Mr. Spitzer's tempestuous behavior that perhaps only a wealthy Manhattanite could understand: acute lack of tennis. Mr. Spitzer dropped his weekly game in 2006, worried that a tender hamstring could cause him to hobble on the campaign trail. That deprived Eliot of an important physical release," Constantine writes."

If you believe in corollaries as well as generalizations, and who doesn't, you'd have to believe that if men who don't play tennis cheat, then men who do play tennis don't. Got that? This pseudo-logic is good news for me. My husband Joe Strub has played tennis for several decades, alternating between indoor courts in the winter and outdoor courts in our neighborhood outside of Philadelphia. In addition to hundreds if not thousands of yellow balls, our basement contains Joe's own tennis racquet stringing machine. Joe told me it cost several hundred dollars, which probably means at least \$5,000. The man is obsessed. Rightly or wrongly, I have long believed that tennis is Joe's main passion. After me, of course, at least according to him.

A few years ago, Joe talked the community association into resurfacing the tennis courts a short walk from our house. In the 25-plus years since they were built, they had fallen into disrepair. Partly to thank my husband for his oversight on the bidding and contracting, which included more spreadsheets than used by U.S. Treasury Secretary Timothy Geithner, his buddies last weekend played in the first-ever Joe Strub Tennis Open.

Although I barely know the difference between a tennis ball and a bowling ball, I was copied on dozens of emails circulated about the event. The correspondence taught me a few things about organizing. And that's the real subject of this article, though admittedly I got you interested in a roundabout way. Thank you, Eliot Spitzer. Here are some tips on planning events, which apply in corporate settings as much as in community ones:



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**Find a patsy.** Oops, I mean a chairperson. For the Joe Strub Tennis Open, neighbor Dave Arnold took the helm. I'd say he stepped up to the plate, but I think that's baseball. Anyway, Arnold showed more initiative and logged more time on this event than I've seen on many paid corporate projects.

**Poll participants.** Throughout the planning process, which took about two months, Arnold repeatedly asked fellow tennis buffs their opinions on dates, activities, food, and other subjects. The buy-in resulted in a great turnout.

**Use people's strengths.** Sometime in the middle of all this arranging, I happened to tell Arnold that my Joe is a master at dreaming up games and contests. Our wedding reception almost 20 years ago featured a weird but fascinating collection of such activities, right down to a true-or-false test about our childhoods. So, before he could say Andre Agassi or Pete Sampras, Joe had responded to a request to help plan his own Open.

**Buy prizes.** Well, maybe not buy them exactly. Last weekend, a friend and I went to an arts and crafts festival. I bought Joe two tiny metal sculptures with tennis themes. He liked one, but not the other. Guess which one turned into a prize for the winner of one of Joe's humorous competitions?

**Communicate often.** I think Arnold sent out a bazillion emails to every tennis player in Pennsylvania. If you didn't get one, I'd venture to say that you ride horses or knit sweaters as a hobby.

**Consider weather.** Men in skimpy white shorts prefer to play outdoors only if the weather is warm, unless they happen to be exhibitionists. But, going back to the Spitzer episode, you now know tennis players fall outside that deviant profile.

**Promise free drinks.** I offered to buy champagne for the Joe Strub Tennis Open, since it's named for my spouse. Many other participants also brought beverages of the alcohol-imbued persuasion. I suspect the drinks were a clever ploy to inebriate their opponents. But, once again, what do I know? I think love pertains not to scores in tennis, but to my husband's feelings for me. Right, Joe?

*Dr. Kathleen Begley has written seven books and gives corporate seminars on topics such as writing persuasively, presenting confidently, and managing positively. You can call her at 610-429-1562 or e-mail her at [KBegley@writecompanyplus.com](mailto:KBegley@writecompanyplus.com). She responds to everybody.*