

THE ART OF *Romance*

CREATIVE EXPERIENCES
FOR ANY BUDGET



KEN CHRISTENSEN

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DEDICATION

Dedicated to Nancy Sommer

My friend of almost 40 years who knew
me when I was just a printer,
with Big Dreams!

In Memory of:

*Bill Garman, who watched my book series
grow from one to twenty five books and who gave
me wonderful tours of Laguna Beach, CA.*

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INTRODUCTION

by Ken Christensen

Author of the Romantic America Travel Series

Romance? Really?

Many moons ago I ran across a book titled The Art Of Romance. Without question, it left an indelible impression on me and changed my life!

In this era of “Friends With Benefits” (BAD IDEA!), quick dates that lead to unsatisfying fulfillment, and relationships won and lost through e-mails (?), I have been a bit baffled at how social media and current technology is affecting relationships!

As I listened to Millennials complaining about how unsatisfying it is to be in a relationship nowadays, I tell them about The Art Of Romance.

Has Romance Died?

In the 90s, my art studio was next to a silk screen shop geared to skateboarders, surfers and GenX’rs (even a few Goths). At the time, I questioned whether romance was even popular then.

When I gave these young people my books I received responses like: “Ken, I used the tips in your book with my girlfriend over the weekend and MAN, did I score some points!” “Romance has made a difference in our lives.” and my favourite: “Dude! Now I get it!”

Like myself at an early age, they just hadn’t been exposed to the “Concept of Romance”; but once understood, responded with open arms.

With inspirations such as this, I continued my Romantic America Travel Series (25 books) which featured a host of information on “How To Be Romantic On A Daily Basis” with a strong focus on having unique experiences on a limited budget.

Well the 90s weren't that long ago and although the world has changed, I still believe that there are people in relationships who want an aspect of Romance in their lives. To me, The Art of Romance is timeless...

Romance, YES! I still believe in it!

What's your opinion? Let me know. Your responses are welcome.

Contact Ken

THE SIX DEGREES OF LOVE: THE BASICS

How does Romance and Falling In Love begin? It's not as simple as you'd think!

Without question, it is a process, but a LOT depends on self-control and waiting until things feel right! Not an easy thing to do nowadays with social media and modern technology.

Ignoring statistics, studies and on-line “How do you know they care?” quizzes, it all comes down to this:

*“You know, something feels good here
and I want to make it happen!”*

With that in mind, by studying *The Six Degrees Of Love*, you are sure to find excitement and inspiration as you watch your relationship grow. Here is the initial summary which leads to more concise information:

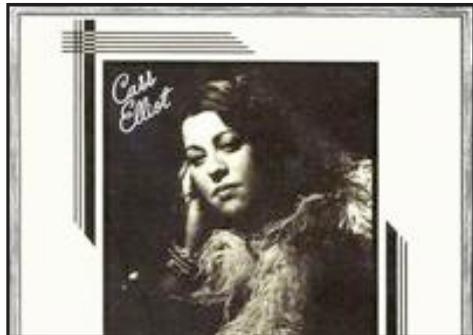
“1st Degree ~ Getting To Know You”



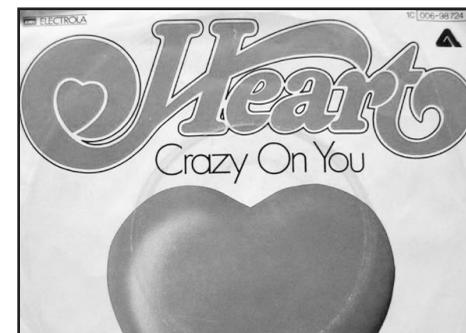
The initial stages of the relationship that involve dating and getting to know each other. Do you feel an animal attraction and want to rush? STOP! By learning to control your inner feelings – and holding back – you are building excitement and desire.

“2nd Degree ~ The Best Is Yet To Come”

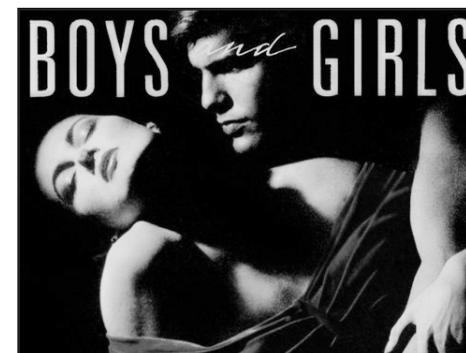
If you think this person is “The One”, let’s not blow it! Learn about each other at intimate restaurants and bars, exploring romantic settings, buying flowers and watching sunsets / moonrises. Romance is blooming at just the right pace.

“3rd Degree ~ It’s Getting Better”

Now were talking! You know this is going to lead somewhere. Let’s take “Spending Quality Time Together” to a new level with picnics, daytime adventures and searching out Kissing Spots. When you’re kissing, you’re still holding yourself back but... *“It ain’t easy!”*

“4th Degree ~ Crazy On You”

It started off with a Romantic Dinner At Home and lead to what you were waiting for when you first “Felt It”. Your intimate setting is perfect with romantic music, candles, quiet talk and longing stares. Time to perfect the Art of Kissing... and more!

“5th Degree ~ Slave To Love”

Yes, it was worth the wait! How can you top your first night together? Simple! Now it’s time to perfect the area(s) you’ll be spending a lot of time at. Bubble baths, Breakfast in Bed and doing sexy things together take the relationship to a new level.

THE SIX DEGREES OF LOVE

#1 GETTING TO KNOW YOU

“6th Degree ~ The Rhythm Divine”



Time to create memories that will last a lifetime. Plan romantic getaways, memorable driving adventures and just enjoy time spent together. Chapters 7 – 13 now take you gently to “The Rhythm Divine.”

Dedicated to those who practice, strive for, unselfishly share, and who will always believe in...

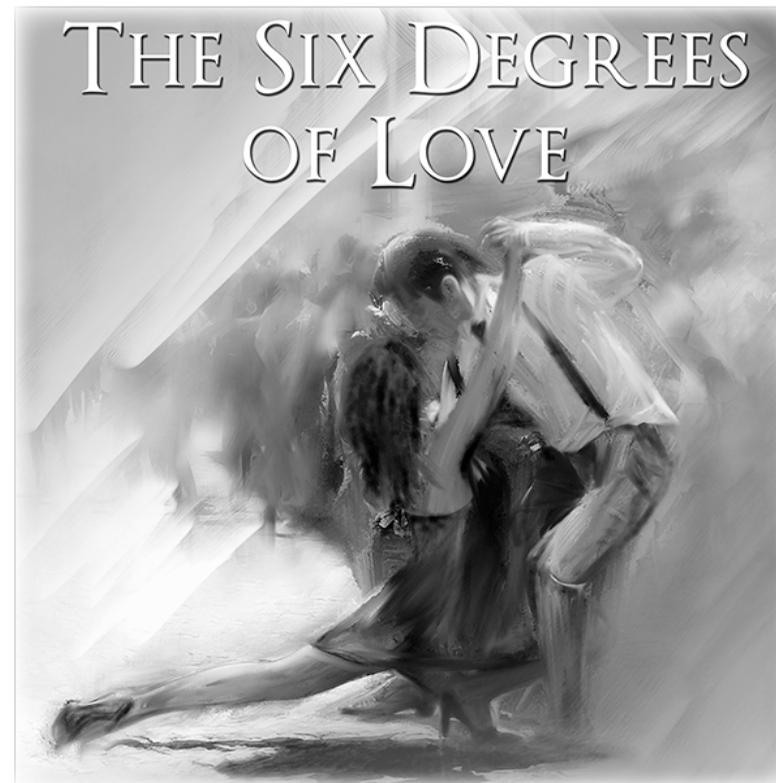
The Art of Romance



THE SIX DEGREES OF LOVE

The Breakdown

FIRST DEGREE:
GETTING TO KNOW YOU

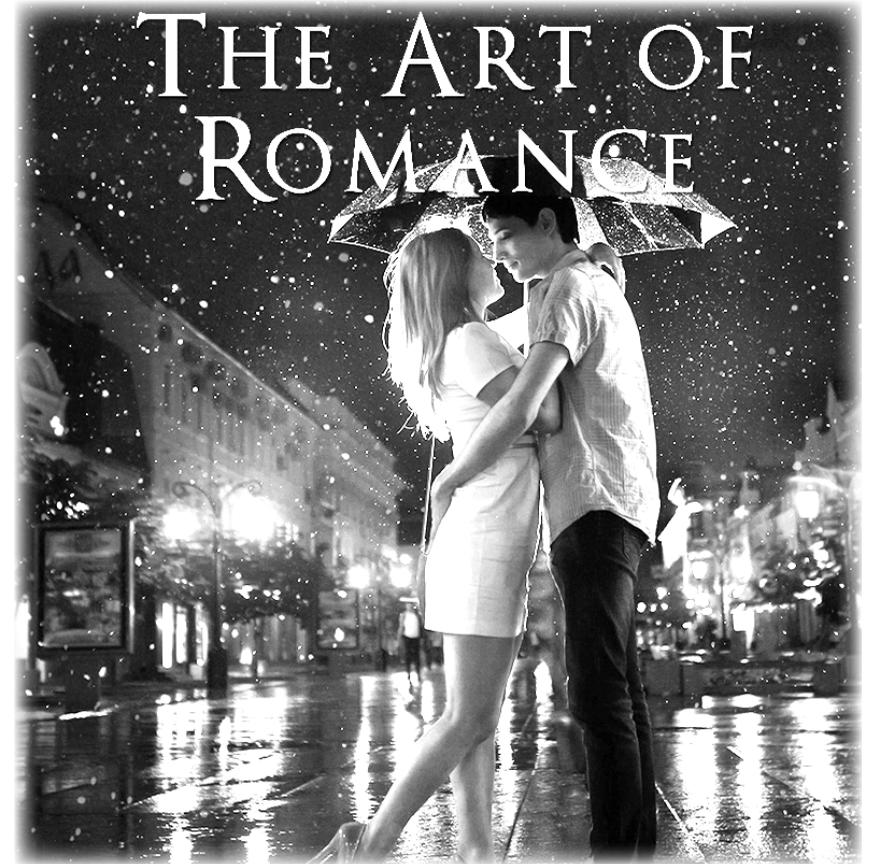


The initial stages of the relationship that involve dating and getting to know each other. Do you feel an animal attraction and want to rush? STOP! By learning to control your inner feelings – and holding back – you are building excitement and desire.

*Love rules the earth,
The grove,
The men below
And the saints above
For love is heaven
And heaven is love...*

~Sir Walter Scott

THE ART OF ROMANCE



by Michelle-Paige Malone

Romance means many things to many people. The true “Art of Romance” – for romance IS an ART – can flourish at different levels and stages of a relationship if you pay attention to your partner’s individual likes and dislikes.

The Art Of Being Romantic, even seductive, involves personal creativity. This book can help with suggestions but you have to do the research. Refining your instincts about the “Art of Romance” requires work and imagination. Once understood

and mastered, you can enjoy the ever-ongoing satisfaction of a successful relationship.

One of the key factors of romanticism is the ability to establish your own style, a style that becomes second nature once you become comfortable with it. This gives you a personalized signature, a “gift” that is lovingly bestowed upon any new or continuing relationship.

Your own style of romance is a special quality which sets you apart from the crowd — a quality that can bring pleasure and joy into your life and that of others. Believe me, it’s worth the time, effort and love you put into any relationship.

Is It Really Romantic?

Romance can be subtle or taken to extremes. The choice is yours. What may work for one person or a couple may not work for others. Look for happy mediums (rather than compromising), without overdoing it, especially while getting to know someone. Experiment, be open, and find your own limits.

I encourage couples to recognize and savor a comfortable mood or atmosphere while establishing a relationship. Keep things low-key, without expectations, and you will get the chance to know someone better, even if you’ve been together for some time.

Because I believe that everyone is destined in life to experience True Love, if no one is in your life at this particular moment, don’t fret. Keep an eye open for potentially good experiences. Then, when you do find that special someone, you will be ready (if you’ve done your homework).

EYES & WHISPERS

By Mike Delaney



Honestly, creating romance is up to you. All of the info in this publication will greatly enhance any effort to be romantic, but you must supply the catalyst for the fire. By reading this book you’ve taken one step toward giving your Romantic Rendezvous a special signature, your signature. Now use the same ingenuity and become seductive. Eye contact and strategic whispers can certainly surround your partner with a warm, comfortable feeling.

Eye contact establishes intimacy. When your eyes meet another's, resist the urge to quickly glance away. Let the contact linger; Heart Rates will climb and adrenaline will flow. The urge you'll feel to look away is your instinct to run. This is caused by the fight / flight response that you've heard about when people become frightened, but it can also be channeled for romantic energy. Turn it on, tune it in, be brave, hold that look.

Freeze time with sexy eye contact, and while you hold the glance, make sure you don't glare at your partner with the look of a predator ready to pounce. Stare just enough to set a nice impression. Relax your eyes, and let your partner have a good look. Supermodels practice this "Doe eyed" gaze because when eyes are relaxed, they appear bigger and more seductive. Now can't you think of better ways to use faster heartbeats and a little adrenaline instead of looking away?

If you want your partner suddenly "tuned in" to you, try whispering something. Normally, your partner will lean closer to you, not wanting to miss something said. This closeness can be fun and rewarding because whispering invokes intrigue, and the person you whisper to will feel like your exclusive audience, a nice connection with someone you like. Once you've received your partner's attention, you can still use a whispers potent impact. It doesn't have to be used only to focus someone's attention toward yourself. When talking to your partner, whisper again, perhaps in their ear this time. The sexual overtones will surely warm the conversation. When talking to her, men, whispering is a gentle gesture. It demonstrates to a woman that she is important to you (Why else would you confide in her?). Enjoy your time together and nurture your conversations. Have fun!

THE ART OF DATING



In the beginning of any relationship, many people look for reasons why "it can't work" before they consider why it can. Everybody has commendable qualities and if you spot some on the first or second date, consider yourself fortunate and try to find out more about that person. A positive outlook is a good sign, looking for the bad is disheartening. Consider a potential relationship with an open mind, look for the best in people with the belief that their lessons in life, right or wrong, have created a sensitive person worth knowing.

FIRST DATES & INEXPENSIVE DATING TIPS

Many people aren't sure how they feel about someone until the second or third date. Here are a few low-budget options that enable two people to discover if they have something in common.

Sunday brunches are ideal settings for a pleasant and neutral beginning. On first dates, seriously consider coffee, cappuccino, espresso or juice, opposed to liquor (if the chemistry is there, you won't need liquor). Going out for dinner does not mean spending a lot on a complete meal, drinks and entertainment. Just about all restaurants have nice lounges where you can enjoy a variety of reasonably priced appetizers and a selection of inexpensive wine. Appetizers and a basket of bread can take an introduction a long way.

Many women on first dates offer to help pay for the tab. Although most gentlemen will politely decline (especially if they have asked the lady out), some women are insistent. In those instances you can say, "It really isn't necessary, but if you'd like to treat me to a drink later on that would be fine." (Be sure to buy the next round though). Or, suggest; "If it makes you feel more comfortable, you can leave the tip."

The perfect or near-perfect date can be enhanced by doing a little research. Check out the places ahead of time to see if it's the atmosphere you are looking for and if it fits in your price range. Look for hidden, unique and unusual places, and if possible, be prepared to have a few other options tucked away in your mind.

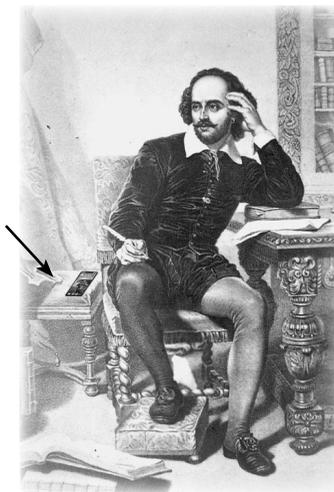
TO TEXT OR NOT TO TEXT?

Years ago, when all we had was a telephone (it wasn't that long ago), I learned not to spend a lot of the time on the phone with someone I had just met. It was disheartening to finally get together and realize you had little to talk about because you've revealed so much on the phone.

Suddenly you realize you don't have anything to talk about. Uncomfortable silences are in the air and all you think about is "When will the check come?" or crawling out bathroom window (let's hope not).

It all some comes down to this: It's easy to talk and divulge information when you aren't talking face to face.

That still holds true today, especially with texting, Facebook and other social media. Keep it simple and uncomplicated with quick phone calls planning your next get together and texting to confirm. This adds a little mystery too!



If you start to ramble, catch yourself and end the conversation with "I can't wait to see again" and set the day and time.

P.S. Don't let your feelings and emotions get in the way on the phone or while texting. If you think – even in the slightest – that you've said too much, you probably have. Just Say NO! and see paragraph above!

GETTING TO KNOW YOU



INSPIRED BY THE MUSICAL THE KING AND I



Getting to know someone is half the fun of a new-found romance. One way to cut through some of the perfunctory barriers, is to come up with a way to make communication between you and your prospective partner, just a little bit easier.

Open ended questions give both parties an opportunity to vent thoughts and feelings that otherwise might not be brought up. Questions like...What do you think? How do you feel about it? or Why don't you talk to me about it, are all great conversation motivators.

A personal favourite is..."Tell me a secret"... Keep in mind however, if you get a secret, be prepared for a request to divulge one in return.

- Find a lake or pond where you can feed the ducks or geese. Bring at least three loaves of inexpensive bread and enjoy the afternoon.
- Enjoy lunch at a sidewalk cafe. Savour the opportunity to be alone together in a crowd.
- Make plans to watch an early morning sunrise at the lake or from a mountaintop. Bring plenty of blankets, hot cocoa or cider and romantic music to listen to when driving in your car. Afterwards, search out a coffee shop for an early morning Cappuccino.
- Find a lake or pond where you can feed the ducks or geese. Bring at least three loaves of inexpensive bread and while away the afternoon.
- Shop for antique jewelry in thrift or antique store. Buying is not as important as looking. Sometimes it is less threatening to look at jewelry in an antique store than in a modern store of diamond wedding rings.
- Find a small amusement park and ride a roller coaster, merry-go-round or other kiddie rides. Then go to a playground at a park and push each other on the swings or have "Swing Races" and see who can do a loop first. A great trip to the days of your youth.
- Make a unique impression on someone you would like to date, or send a message to your sweetheart that will not soon be forgotten. Purchase a large uninflated balloon, write a message on a small strip of papers i.e., "Meet me tonight at Moonlight Cafe for cocktails and romance!" Roll up the paper (fasten it closed with tape or red ribbon) and put it into the balloon.

Now take it to a shop that will fill it with helium, attach an envelope with a pearl hatpin inside and instructions to pop the balloon to receive a special message. Have a friend deliver

your surprise when least expected and plan for an interesting rendezvous.

- Low Tide Walks: A stroll at low tide along the sands of the ocean make this an ideal sunset walk, or moonlight stroll. Of course, this works along lakes and rivers also.

INEXPENSIVE ADVENTURES

- Romantic adventures need not be costly. There are many things that can be done for free, day or night, in safe areas. Many of the nicer hotels have beautifully landscaped properties suitable for a night time stroll, the grounds are patrolled by security and you can usually find a quiet bar for a drink and at least one or two memorable “Kissing Spots”
- Doing Saturday morning yard sales can be a fun adventure and a great way to get to know your partner. Get an early start around 9:00 and bring small bills. Shopping at thrift stores can be a fun adventure. Personally, I was never into it until my wife turned me on to it. You never know what you may find!

INEXPENSIVE RENDEZVOUS

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SECOND DEGREE THE BEST IS YET TO COME

If you think this person is “The One”, let’s not blow it! Learn about each other at intimate restaurants and bars, exploring romantic settings, buying flowers and watching sunsets / moonrises. Romance is blooming at just the right pace.

The Mystique Of Romanticism by Sue Hecht



With the widespread popularity of romance novels, steamy movies and television shows, society tends to have an overblown view of Romance. Chivalrous knights on white horses and tall dark strangers saving damsels in distress border on nothing more than tall stories and mythology. Modern and realistic “Romanticism” is nothing of the sort. Nowadays, subtlety is the key.

It is easy to overwhelm (or be overwhelmed) in the beginning stages of a relationship. A modern romance requires a slow and progressive pace as you learn more about a significant other. Here also, Friendship is the key word.

Many couples begin a relationship hot and heavy in the belief

that “This could be the one”. As time takes its course and feelings tone down, they discover inconsistencies and faults with their “New Flame”. Consequently, a mental intimacy that was never established becomes increasingly difficult to find.

“True Romanticism” means savouring the moments and memories of experiences shared together. The most successful relationships are the ones where not much more than friendship was expected at the outset. Without the pressures of immediate intimacy hanging overhead, it is now conducive to discover a rewarding and fulfilling sensation; “Romance”.

There is a lot of truth to the familiar adage; “*The best things in life are free.*”

Drinking: On a Personal Note

When articles refer to drinking, one should not necessarily assume it is an alcoholic beverage. In changing times when numerous people consume little or no alcoholic beverages, or for that matter, may not be of proper age, there are a number of substitutes available to please the palate. Non alcoholic Champagne and wines are also available.

Sparkling Cider, fruit juice, plain or flavoured mineral waters are readily available in grocery stores. Coffee, tea, Cappuccino and Espresso as well as the aforementioned drinks are good liquor replacements in just about any restaurants. P.S.: A mixture of Champagne and orange juice (Mimosa) can also go a long way.

FINDING THE PERFECT RESTAURANT

Check out restaurants or bars with potentially romantic settings during the day. Note if they have a fireplace or intimate corner

and familiarize yourself with the area. Come back at night and be sure the atmosphere doesn't change. Find out the table numbers closest to that setting and if you can make a reservation, do so for one of the tables.

Puttin' On The Ritz

Going Out On the Town need not be a costly experience for those on a tight budget. Check out the menus at cozy and intimate restaurants prior to going out and then choose one as a destination point after watching a sunset by the ocean, along a lake, or on a nearby hilltop.

For under \$50.00, you can sample a couple of appetizers, share a salad and enjoy a glass (or a decanter) of wine... And still have money for a tip! Many fine restaurants have "Early Bird Dinners", every city has some sort of discount / coupon book, or share an entree, (there's usually too much for one person anyway). Afterwards, enjoy a casual walk in a scenic area, on the manicured grounds of a nearby hotel, or find a cozy bar with a small band playing dance music.

You Don't Want To Sit There!

There are times that on the spur of the moment, you may decide to go out to a restaurant and can't get a reservation. When giving your name to the host / hostess check out the restaurant quickly.

Tables near the kitchen, bathroom or cash register supply an endless stream of staff and people walking back and forth. Keep an eye out for couples with young children. I'll sometimes ask for a table in the "Non-screaming child section" jokingly but with

a semi-serious look on my face. These are real mood spoilers and can turn an innocent suggestion for dinner into a potential nightmare.

Ask for a table in a quiet part of the establishment. If they want to seat you in one of the afore mentioned areas, ask if you can wait. That extra 10 minutes could make the difference between a disaster or a memorable evening.

Personally, If the place is that busy, I wouldn't go in there on that night. Have a few other options tucked away in your mind.

Romantic Dining Tip

Here is a secret to enjoying a truly romantic and relaxing dinner at a restaurant: Make reservations for 7:30 or 8:00. This gives you plenty of time to get ready without rushing home after work, or from your lodgings. Put on some romantic music, relax, talk, and enjoy a glass of Champagne or sparkling cider in the comfort of your surroundings. Once you arrive at the restaurants and are seated for dinner, order a cocktail and appetizer. By the time your main course arrives, you'll find that a good percentage of the restaurant has cleared out, allowing the opportunity to enjoy and savour the rest of your evening in a quiet and subdued atmosphere. Of course, find out in advance what time the restaurant closes. Some might consider that a late serving time.

THE ART OF BUYING FLOWERS

Yes, there is an art to buying flowers without spending a fortune for something you aren't sure is right for the occasion. Lately,

women and men alike not only seem to enjoy the spontaneity of flowers, but the fact that you know what is involved in putting together a nice arrangement without being ostentatious. Try something other than the basics, like carnations or roses. For instance, a strand or two of mini-orchids or Peruvian lily with a sprig of baby's breath and one or two fern leaves, make for a memorable and reasonably priced arrangement. A sunflower will always brighten somebody's day.

Discuss with the florist that you would like something different for around \$10.00 or \$15.00 and you may be surprised at the selection available to you. Pick a couple of favourite flowers and then leave it up to the florist to make an enticing bouquet. Watch carefully as to how it is put together for future reference.

Despite what some might think about the stigma of buying flowers for guys, many men like flowers, too! Presented in a vase he can call his own, any flower choices are sure to delight.

Note: Be careful about buying roses on a warm or hot day if you plan on walking around a lot. Even though you can buy them with the end of the stems in small vials of water, they are a delicate and easily damaged flower that if bruised would disappoint your friend. Instead, select a more durable flower that can be enjoyed for a couple of days.



BUYING THE RIGHT ROSE FOR THE RIGHT OCCASION

Roses represent many thoughts and occasions. Here is a list to ensure a befitting presentation.

- RED ROSES
Say "I Love You!" They also stand for respect and courage.
- WHITE ROSES
Are given to those you adore. They convey reverence, humility, innocence and purity.
- YELLOW ROSES
Are celebrations of life and reflect joy. Appropriate for new mothers.
- CORAL & ORANGE ROSES
Expresses enthusiasm and desire.
- PINK ROSES
Embody grace and gentility.
Use Medium Pink to say "You're Lovely"
Deep Pink to say "Thank you" and Light Pink to convey admiration.
All pale colored roses stand for friendship.
- RED AND YELLOW ROSES
Together symbolize unity.
- YELLOW AND ORANGE ROSES
Mixed, stand for passionate thoughts.
- PINK AND WHITE ROSES
Arranged together are a sign of enduring love.
- THREE RED ROSES
Say "I Love You!"

THE BEST IS YET TO COME LOVE NOTES

INSPIRED BY FRANK SINATRA

- Dinner in the Park. Prepare a dinner and set it up on a portable table and chairs in a park, or along a lake or the ocean at sunset. Selections from HOW TO PACK A PICNIC BASKET are best as it's hard to keep things hot. Be sure to check if you can drink Champagne or wine in the park. If not, substitute sparkling cider or non-alcoholic wines.
- Make a romantic "Going out to dinner" especially wonderful, call the restaurant ahead of time and tell them it's your partner's birthday (make sure it is)
- Go for a drive in the country, tour local wineries and search out a great bottle of wine. Pack a picnic, sit under a tree and savour the best that life has to offer.

- Look for hotels that have "High Teas", dress up and discover something new.
- Enjoy lunch at a sidewalk cafe. Savour the opportunity to be alone together in a crowd.
- Go to a pet shop. This is a warm and cozy setting full of cuddly and frisky kittens and puppies. You can entertain yourselves for hours ~ guaranteed!
- Watch a romantic or funny movie at a movie theatre and then go to an ice cream parlor and share a banana split or Ice Cream Sundae together.
- Score Some Big Points...Send some chocolate chip cookies to his or her office. Your sweetie will love the attention and everybody else will be envious!
- Leave an envelope in your lover's dresser drawer and enclose a large feather from a local craft store and a message that says, "You Tickle My Fancy".
- Do the Sunday newspaper cross-word puzzle in front of the fireplace, on the living room couch, in the garden, or at a park. It really doesn't matter if you complete it, it's the quality time you spend together. Be sure to bring the funnies.
- Have your photo taken in a photo booth then buy a fancy frame for it. This is a memory of happy times which will mean as much as photos from a professional photographer.
- Try a new restaurant once or twice every week. The memories will be priceless and when you find your favourite romantic restaurant, visit it at least once a month.
- Picnics and Wine ~ There is no better way to spend a romantic day than touring wineries with your sweetheart. Pack a picnic basket, bring a nice tablecloth and search out picnic spots at a variety

of wineries. Purchase a bottle of your favourite wine and take in the beautiful scenery (be sure to bring a camera). Unforgettable memories are guaranteed.

THE ART OF WATCHING A MOON RISE

Quite frankly, there is nothing more romantic than watching a full moon rise on the horizon edging its way through mountaintops, trees or open skies. A full moon adds a magical touch to any evening and is the perfect excuse for romance. If you have a special evening planned, try to coincide it with a full moon or sunset by checking the weather section of the newspaper for times and dates of moon rises, sunsets and sunrises. *Here are some tips:*



- 1) The night before the full moon, watch the sun set and moon rise within a fifteen minute time span ~ perfect if you're on top of a large hill or mountain top.
- 2) Check out a Lunar Cycles website and plan a trip or event around the day prior to and after the full moon.
- 3) Always bring one or two blankets to wrap yourselves up in if you are in a cool area.
- 4) Bring a bottle of Champagne or sparkling cider for "*Champagne Kisses.*"
- 5) Make plans to watch an early morning sunrise at the lake or from a mountaintop. Bring plenty of blankets, hot cocoa or cider and romantic music to listen to when driving in your car. Afterwards, search out a coffee shop for an early morning Cappuccino.

THIRD DEGREE IT'S GETTING BETTER

Now were talking'! You know this is going to lead somewhere. Let's take "Spending Quality Time Together" to a new level with picnics, daytime adventures and searching out Kissing Spots. When you're kissing, you're still holding yourself back but... *"It ain't easy!"*



PRACTICE RANDOM ARTS OF FLIRTING

By Sue Hecht

Lauren Bacall and Bogie knew how to do it in their movie *"To Have and Have Not."* Bacall told Bogie that if he wanted her all he had to do was *"Whistle"*. She said,

"You know how to do that don't you, Steve, just put your lips together... and blow!"

Mae West said, *"Come up and see me some time."*

Rodney Dangerfield said to Sally Kellerman *"Why don't you call me when you have no class."* OK, that's just funny!

(Watch them on you Tube)



From Cleopatra to modern day stars, they all knew how to flirt. But, for starters, what exactly is flirting?

Flirting is an honest expression of your interest in another person. It is also a skill that you can develop. Being friendly is a risk. The safest and most successful flirtatious risk is to SMILE at someone! Practice random acts of smiling. Everyone wants to be loved, and to love. Flirting can be one of the first steps to creating rapport and the magic that happens when we bond with another human being.

It is believed that everyone is a born flirt, but we're programmed out of it. It takes practice to relearn this ancient art, but if you "don't talk to strangers", think about all the potential new friends you're missing out on getting to know.

Did you know that surveys have actually found that flirting is good for your health? Experts agree that flirting reduces stress, tension, boredom and loneliness. You can use props in order to meet people. "Bring that cute little dog or parrot with you wherever you go. It's amazing how many people you will meet," suggests one coquette. "Go to the park and feed the pigeons or ducks. Bring a lot of bread to share."

Body language is of utmost importance when you are flirting. Develop a casual, yet open stance and look directly into people's eyes when talking to them. Use your hands to express yourself and maintain the mood you want to create, to entice, or flirt with a potential partner. A well-placed glance, an open and approachable body posture are all part of the dance called flirting.

Dress in eye catching clothes. Wear an outrageous hat or flower in your hair, anything that will attract attention. Fabrics such as silk, suede, cashmere make you look approachable and touchable. There are even flirtatious handshakes, looking directly into the

other person's eyes and keeping physical contact through the hands. Saying something complimentary and personal to another person is also considered flirtatious behavior.

People like perfume, aromatherapy and cologne. Find a scent that can be uniquely associated with you. Have you ever noticed how an odor can remind you of a person? How about that time the smell of an apple pie cooking reminded you of your grandmother. Such is the pow

While you dance, or expert, sh: everyone wants to get to know and perhaps the life of the party to boot!



isory experience.

arn how to belly ters. Become an you are a person

• Gents: Bring her a rose or flower once a week, and then surprise her with a large bouquet or a dozen roses. Ladies: Buy him a plant or... a flower to show how much you care. When presented with flowers, always reciprocate with a hug.



To Have And Have Not

Lauren Bacall makes her debut with Bogie. Wow!

French Kiss ~ Great soundtrack also

INEXPENSIVE ADVENTURES

Romantic Adventures need not be costly. There are many things that can be done for free, day or night, in safe areas. Many of the nicer hotels have beautifully landscaped properties suitable for a nighttime stroll, the grounds are patrolled by security and you can usually find a quiet bar for a drink and at least one or two memorable "Kissing Spots"

Doing Saturday morning yard sales can be a fun adventure and a great way to get to know your partner. Get an early start around 9:00 and bring small bills. Shopping at thrift stores can be a fun alternative. Personally, I was never into it until my wife turned me on to it. You never know what you may find! You may talk about your "Treasure" for years.

A Kiss Is...

A kiss is a noun because it is both common and proper.

A kiss is a verb because it is either active or passive.

A kiss is an adverb because it motivates the art.

A kiss is a pronoun because it stands for her.

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Always a fun excursion, especially when getting to know someone. Many towns have an assortment of antique shops worth exploring for a truly unforgettable adventure.

Look for charity outlet / Thrift Shops where you can go Junkin', and you may be surprised at what you find! Make a game of your excursion by starting in the morning in search of something that costs \$1.00 or less. Then, have a fine lunch and spend the afternoon seeking out an expensive treasure. Man, you never know what treasures you may find!

IN SEARCH OF THE ANTIQUALOPE

As you become increasingly familiar with the fine art of antiques, you may discover a curious form of creature called an Antiquelope. Exhibiting a peculiar type of behavior patterns, they migrate throughout the countryside in search of the best buys around. You may overhear them saying things like; "I'm looking for a bung hole drill and a Chippendale, I have to have a steamer trunk to hold my junk, or, AAAAAaaaaghhhh! I can't take it anymore! There's too much stuff! How can a person decide? I'm looosing my mind!

(Special thanks to Christopher K. Travis editor of the Round Top Gazette in Round Top, Texas, for his discovery, and, research of the Antiquelope.)

MOTHER NATURES' RECIPES FOR ROMANCE:

Sizzlin' in the Rain

Here are some favourite suggestions to add a touch of excitement to any relationship on rainy or stormy days.

- Search out cozy restaurants with fireplaces and large windows that have views of the ocean, mountains or just nice scenery. Keep that info stored in the back of your mind so that when the day comes, you know where to go to enjoy a lazy afternoon over a bottle of wine.
- A favourite excursion is to drive into the mountains or along the ocean, look for a nice pull-over spot, play a favourite romantic CD, cuddle under a blanket, and then steam up the windows. An occasional sweep of your windshield wipers allow breathtaking views of cloud formations and stunning countryside.
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* Sadly, Submarine Races is a term that has faded with the 50s and early 60s. The reference (or joke) was this: If a guy wanted to make out with his girl, he would tell her there were submarine races at the local body of water. An unsuspecting ~ or gullible ~ partner might not know what that meant. *hmmmmmm It'*

PACKING A PICNIC BASKET

The essentials: A nice picnic basket. 2 large and 4 small plates, forks and knives to eat with (semi-elegant utensils are preferable to plastic and are a nice touch), a sharp knife to cut fruit and cheese with, cloth napkins, wine or Champagne glasses and of course, a nice blanket to sit on. Don't forget gum or mints and a small pack of handy-wipes.



Now for the fun part...

Find a grocery store with a well-stocked deli and peruse the selections. Be daring and experiment if you're so inclined. A quarter pound each of five or six cheeses and meats will tantalize the taste buds while seafood, pasta or fruit salads, fresh shrimp or add variety. Apples, pears, bananas, strawberries or any other non-messy fruit give a touch of colour to your spread. Request a small container of ice to keep perishables fresh and be sure to remember crackers, French bread and condiments like Grey Poupon to accent your deli selections. ...And lest I forget, Champagne, Wine or Sparkling Cider for that "Romantic" toast.

Don't spill the wine

One of the hardest things to do is to keep wine or Champagne glasses from tipping over while at your picnic. Here's a great tip: Use 2 of the small plates you brought with you and place them firmly flat on the ground, then place your glasses on the plate. Simple and easy!

THE IMPECCABLE PICNIC

A nice blanket to sit on is essential. If it's windy, use some of the items from your basket to hold the corners down until you get settled. Lay out the cloth napkins with the silverware on it and your set. Spread out all the fixin's on the two large plates and use the smaller plates to eat from.

Keep in mind that if you do picnic, it's important to know which parks allow glass containers and / or alcohol. Although you probably won't be bothered if you're discreet and in an out of the way area, it's always a good idea to have an enclosed container to hold your bottle. If you really have to, pour your drinks into a plastic bottle beforehand.

If you're going to extend the picnic into the evening hours, bring two blankets so that when the evening turns chilly you can sit on top of one and cuddle up under the other. A small vase with flowers is a nice touch. A candle can also add a balanced and polished look, however, if you do use a candle, be sure it's an enclosed candle.

That's it! Simple and easy, and bound to please that special someone. Follow the above recommendations and you'll be sure to have an impressive spread that just might win the heart of your date. If what you've put together isn't enough to impress, you may be with the wrong person!

If time allows, search out your picnic spots beforehand for the best views and privacy. Bon Appétit!

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INSPIRED BY MAMA CASS ELLIOT

- Butterfly Kisses To The Cheek. What is a Butterfly Kiss? It's when you lean, reeeaaaalll close to your partner, put your eye to their cheek, and blink them quickly up and down. Corny but sexy!
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and two glasses would come in handy about now). Breathe in the cool night air, pick out the Little and Big Dippers, watch for falling stars, make outrageous wishes and savour the moment. There are many campfire spots along the lakes and rivers in Texas and it is not uncommon to see a romantic couple cozying up to the warmth of a bonfire under the starry skies.

- Brighten Up A Rainy Day ~ Inside a ziplock baggie, enclose a sweet card or handwritten note. Or, a flower and a brief love message. Seal tightly, drive out to your sweeties workplace and put the baggie under the cars windshield wiper. When your sweetheart starts home from a 'long day at the office', you can bet you'll come to mind.

Buy a few extra cards when you're at the greeting card shop and keep a variety of those special romance cards handy. You never know when you might need one! The response from a sweet, impromptu message left in the fridge propped up against the milk carton, could really surprise you.

- Just talk one evening in front of the fireplace and turn off the television. An easy puzzle can be a fun diversion on a lazy night.
- Find an open-air amphitheater in a park, bring a CD player, turn the music on low and dance together.
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- Want to really get to know someone? Hang out on any of the beach boardwalks or shopping malls and people watch together. You may be surprised how quickly you can learn about a person by their observations and comments. When you agree on the same thing, all the better. You are now establishing a subtle intimacy by

discovering each others likes and dislikes. If you come away from your excursion refreshed and laughing about experiences shared, you just may be on to something.

- Write down 12 romantic activities or fantasies (six per person) wrap them up, tie them in ribbons and open one a month; and then do them!
- Make Valentine's Day/New Years resolutions together any time of year.
- A fireplace, a good book, and good company can create a very romantic evening. Bring out a bottle of Champagne or sparkling cider, cheese and crackers, throw pillows, and, a few candles. You now have the setting for a potentially stimulating evening as you read to each other.
- Rent an air (helium or regular) tank and fill up 100+ balloons and then put them in your closet. When your sweetheart comes home, surprise he/she with a big kiss and tell them to open the closet door for a surprise. This is great for a proposal or special occasion also.
- One of the best ways to shower affection on someone you love is to give a special gift. Be clever when giving and avoid a slide from grace. Carelessly slipping your sweetheart an insincere token of devotion may cripple the fragile harmony found with your lover. Give the following a try for inspiration Introduce your partner to friends or new acquaintances as "The man / woman of my dreams". You are guaranteed to get a smile from everyone with hearing distance. discovering each others likes and dislikes. If you come away from your excursion refreshed and laughing about experiences shared, you just may be on to something.

FOURTH DEGREE CRAZY ON YOU



It started off with a Romantic Dinner At Home and lead to what you were waiting for when you first "Felt It". Your intimate setting is perfect with romantic music, candles, quiet talk and longing stares. Time to perfect the Art of Kissing... and more!

THE MYSTIQUE OF ROMANTICISM

by Sue Hecht



With the w...vels, steamy movies and television shows, society tends to have an overblown view of Romance. Chivalrous knights on white horses and tall dark strangers saving damsels in distress border on nothing more than tall stories and mythology. Modern and realistic “Romanticism” is nothing of the sort. Nowadays, subtlety is the key.

It is easy to overwhelm (or be overwhelmed) in the beginning stages of a relationship. A modern romance requires a slow and progressive pace as you learn more about a significant other. Here also, Friendship is the key word. Many couples begin a

relationship hot and heavy in the belief that “This could be the one”. As time takes its course and feelings tone down, they discover inconsistencies and faults with their “New Flame”. Consequently, a mental intimacy that was never established becomes increasingly difficult to find.

“True Romanticism” means savouring the moments and memories of experiences shared together. The most successful relationships are the ones where not much more than friendship was expected at the outset. Without the pressures of immediate intimacy hanging overhead, it is now conducive to discover a rewarding and fulfilling sensation; “Romance”.

There is a lot of truth to the familiar adage; “*The best things in life are free.*”

Drinking: On a Personal Note

When articles refer to drinking, one should not necessarily assume it is an alcoholic beverage. In changing times when numerous people consume little or no alcoholic beverages, or for that matter, may not be of proper age, there are a number of substitutes available to please the palate. Non alcoholic Champagne and wines are also available.

Sparkling Cider, fruit juice, plain or flavoured mineral waters are readily available in grocery stores. Coffee, tea, Cappuccino and Espresso as well as the aforementioned drinks are good liquor replacements in just about any restaurants. P.S.: A mixture of Champagne and orange juice (Mimosa) can also go a long way.

FINDING THE PERFECT RESTAURANT

Check out restaurants or bars with potentially romantic settings

during the day. Note if they have a fireplace or intimate corner and familiarize yourself with the area. Come back at night and be sure the atmosphere doesn't change. Find out the table numbers closest to that setting and if you can make a reservation, do so for one of the tables.

Puttin' On The Ritz

Going Out On the Town need not be a costly experience for those on a tight budget. Check out the menus at cozy and intimate restaurants prior to going out and then choose one as a destination point after watching a sunset by the ocean, along a lake, or on a nearby hilltop.

For under \$50.00, you can sample a couple of appetizers, share a salad and enjoy a glass (or a decanter) of wine... And still have money for a tip! Many fine restaurants have "Early Bird Dinners", every city has some sort of discount / coupon book, or share an entree, (there's usually too much for one person anyway). Afterwards, enjoy a casual walk in a scenic area, on the manicured grounds of a nearby hotel, or find a cozy bar with a small band playing dance music.

You Don't Want To Sit There!

There are times that on the spur of the moment, you may decide to go out to a restaurant and can't get a reservation. When giving your name to the host / hostess check out the restaurant quickly.

Tables near the kitchen, bathroom or cash register supply an endless stream of staff and people walking back and forth. Keep an eye out for couples with young children. I'll sometimes ask for

a table in the "Non-screaming child section" jokingly but with a semi-serious look on my face. These are real mood spoilers

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Personally, If the place is that busy, I wouldn't go in there on that night. Have a few other options tucked away in your mind.

Romantic Dining Tip

Here is a secret to enjoying a truly romantic and relaxing dinner at a restaurant: Make reservations for 7:30 or 8:00. This gives you plenty of time to get ready without rushing home after work, or from your lodgings. Put on some romantic music, relax, talk, and enjoy a glass of Champagne or sparkling cider in the comfort of your surroundings. Once you arrive at the restaurants and are seated for dinner, order a cocktail and appetizer. By the time your main course arrives, you'll find that a good percentage of the restaurant has cleared out, allowing the opportunity to enjoy and savour the rest of your evening in a quiet and subdued atmosphere. Of course, find out in advance what time the restaurant closes. Some might consider that a late serving time.

THE ART OF BUYING FLOWERS

Yes, there is an art to buying flowers without spending a fortune for something you aren't sure is right for the occasion. Lately, women and men alike not only seem to enjoy the spontaneity of flowers, but the fact that you know what is involved in putting together a nice arrangement without being ostentatious. Try something other than the basics, like carnations or roses. For instance, a strand or two of mini-orchids or Peruvian lily with a sprig of baby's breath and one or two fern leaves, make for a memorable and reasonably priced arrangement. A sunflower will always brighten somebody's day.

Discuss with the florist that you would like something different for around \$10.00 or \$15.00 and you may be surprised at the selection available to you. Pick a couple of favourite flowers and then leave it up to the florist to make an enticing bouquet. Watch carefully as to how it is put together for future reference.

Despite what some might think about the stigma of buying flowers for guys, many men like flowers, too! Presented in a vase he can call his own, any flower choices are sure to delight.

Note: Be careful about buying roses on a warm or hot day if you plan on walking around a lot. Even though you can buy them with the end of the stems in small vials of water, they are a delicate and easily damaged flower that if bruised would disappoint your friend. Instead, select a more durable flower that can be enjoyed for a couple of days.

BUYING THE RIGHT ROSE FOR THE RIGHT OCCASION

Roses represent many thoughts and occasions. Here is a list to ensure a befitting presentation.

- RED ROSES
Say "I Love You!" They also stand for respect and courage.
- WHITE ROSES
Are given to those you adore. They convey reverence, humility, innocence and purity.
- YELLOW ROSES
Are celebrations of life and reflect joy. Appropriate for new mothers.
- CORAL & ORANGE ROSES
Expresses enthusiasm and desire.
- PINK ROSES
Embody grace and gentility.
Use Medium Pink to say "You're Lovely"
Deep Pink to say "Thank you" and Light Pink to convey admiration.
All pale colored roses stand for friendship.
- RED AND YELLOW ROSES
Together symbolize unity.
- YELLOW AND ORANGE ROSES
Mixed, stand for passionate thoughts.
- PINK AND WHITE ROSES
Arranged together are a sign of enduring love.
- THREE RED ROSES
Say "I Love You!"

THE BEST IS YET TO COME

LOVE NOTES



Love Notes



- Dinner in the park on a portable picnic blanket at sunset. Selections from the picnic basket are best as it's hard to keep things hot. Be sure to check if you can drink Champagne or wine in the park. If not, substitute sparkling cider or non-alcoholic wines.
- Make a romantic "Going out to dinner" especially wonderful, call the restaurant ahead of time and tell them it's your partner's birthday (make sure it is)
- Go for a drive in the country, tour local wineries and search out a great bottle of wine. Pack a picnic, sit under a tree and savour the best that life has to offer.

- Look for hotels that have "High Teas", dress up and discover something new.
- Enjoy lunch at a sidewalk cafe. Savour the opportunity to be alone together in a crowd.
- Go to a pet shop. This is a warm and cozy setting full of cuddly and frisky kittens and puppies. You can entertain yourselves for hours ~ guaranteed!
- Watch a romantic or funny movie at a movie theatre and then go to an ice cream parlor and share a banana split or Ice Cream Sundae together.
- Score Some Big Points...Send some chocolate chip cookies to his or her office. Your sweetie will love the attention and everybody else will be envious!
- Leave an envelope in your lover's dresser drawer and enclose a large feather from a local craft store and a message that says, "You Tickle My Fancy".
- Do the Sunday newspaper cross-word puzzle in front of the fireplace, on the living room couch, in the garden, or at a park. It really doesn't matter if you complete it, it's the quality time you spend together. Be sure to bring the funnies.
- Have your photo taken in a photo booth then buy a fancy frame for it. This is a memory of happy times which will mean as much as photos from a professional photographer.
- Try a new restaurant once or twice every week. The memories will be priceless and when you find your favourite romantic restaurant, visit it at least once a month.
- Picnics and Wine ~ There is no better way to spend a romantic day than touring wineries with your sweetheart. Pack a picnic basket, bring a nice tablecloth and search out picnic spots at a variety

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Romantic Music



THE ART OF WATCHING A MOON RISE

Quite frankly, there is nothing more romantic than watching a full moon rise on the horizon edging its way through mountaintops, trees or open skies. A full moon adds a magical touch to any evening and is the perfect excuse for romance. If you have a special evening planned, try to coincide it with a full moon or sunset by checking the weather section of the newspaper for times and dates of moon rises, sunsets and sunrises. *Here are some tips:*

- 1) The night before the full moon, watch the sun set and moon rise within a fifteen minute time span ~ perfect if you're on top of a large hill or mountain top.
- 2) Check out a Lunar Cycles website and plan a trip or event around the day prior to and after the full moon.
- 3) Always bring one or two blankets to wrap yourselves up in if you are in a cool area.
- 4) Bring a bottle of Champagne or sparkling cider for "*Champagne Kisses.*"
- 5) Make plans to watch an early morning sunrise at the lake or from a mountaintop. Bring plenty of blankets, hot cocoa or cider and romantic music to listen to when driving in your car. Afterwards, search out a coffee shop for an early morning Cappuccino.

PRACTICE RANDOM ARTS OF FLIRTING

By Sue Hecht

L Lauren Bacall and Bogie knew how to do it in their movie "*To Have and Have Not.*" Bacall told Bogie that if he wanted her all he had to do was "*Whistle.*" She said,

"You know how to do that don't you, Steve, just put your lips together... and blow!"

Mae West said, "*Come up and see me some time.*"

Rodney Dangerfield said to Sally Kellerman "*Why don't you call me when you have no class.*" OK, that's just funny!

(Watch them on you Tube)

From Cleopatra to modern day stars, they all knew how to flirt. But, for starters, what exactly is flirting?

Flirting is an honest expression of your interest in another person. It is also a skill that you can develop. Being friendly is a risk. The safest and most successful flirtatious risk is to SMILE at someone! Practice random acts of smiling. Everyone wants to be loved, and to love. Flirting can be one of the first steps to creating rapport and the magic that happens when we bond with another human being.

It is believed that everyone is a born flirt, but we're programmed out of it. It takes practice to relearn this ancient art, but if you "don't talk to strangers", think about all the potential new friends you're missing out on getting to know.

Did you know that surveys have actually found that flirting is good for your health? Experts agree that flirting reduces stress, tension, boredom and loneliness. You can use props in order to meet people. "Bring that cute little dog or parrot with you wherever you go. It's amazing how many people you will meet," suggests one coquette. "Go to the park and feed the pigeons or ducks. Bring a lot of bread to share."

Body language is of utmost importance when you are flirting. Develop a casual, yet open stance and look directly into people's eyes when talking to them. Use your hands to express yourself and maintain the mood you want to create, to entice, or flirt with a potential partner. A well-placed glance, an open and approachable



body posture are all part of the dance called flirting.

Dress in eye catching clothes. Wear an outrageous hat or flower in your hair, anything that will attract attention. Fabrics such as silk, suede, cashmere make you look approachable and touchable. There are even flirtatious handshakes, looking directly into the other person's eyes and keeping physical contact through the hands. Saying something complimentary and personal to another person is also considered flirtatious behavior.

People like perfume, aromatherapy and cologne. Find a scent that can be uniquely associated with you. Have you ever noticed how an odor can remind you of a person? How about that time the smell of an apple pie cooking reminded you of your grandmother. Such is the power of Fragrances. Flirting is a multi-sensory experience.

While you are practicing the art of the flirt, learn how to belly dance. Become an expert in every thing you do. Be the center of attention. Be the life of the party.



Get a gift for your partner, and then surprise her with a large bouquet or a dozen roses. Ladies: Buy him a plant or... a flower to show how much you care. When presented with flowers, always reciprocate with a hug.

♥ Romantic Movies ♥

To Have An
 Lauren Bacal
 French Kiss



Great soundtrack also

♥ Romantic Music & Movies ♥

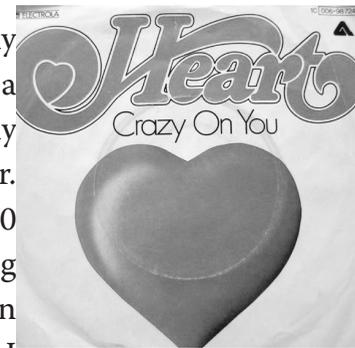
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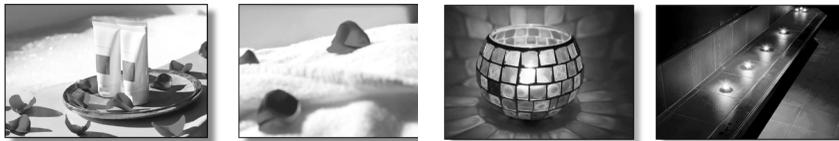
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- Write down your thoughts and feelings; (six per person) wrap them in a small box; give one to your partner; and then do them!

- Make Valentine's Day/New Years resolutions together any time of year.
- A fireplace, a good book, and good company can create a very romantic evening. Bring out a bottle of Champagne or sparkling cider, cheese and crackers, throw pillows, and, a few candles. You now have the setting for a potentially stimulating evening as you

read to each other.

- Rent an air (helium or regular) tank and fill up 100+ balloons and then put them in your closet. When your sweetheart comes home, surprise he/she with a big kiss and tell them to open the closet door for a surprise. This is great for a proposal or special occasion also.
- One of the best ways to shower affection on someone you love is to give a special gift. Be clever when giving and avoid a slide from grace. Carelessly slipping your sweetheart an insincere token of devotion may cripple the fragile harmony found with your lover. Give the following a try for inspiration Introduce your partner to friends or new acquaintances as "The man / woman of my dreams". You are guaranteed to get a smile from everyone with hearing distance.



It started off with a Romantic Dinner At Home and lead to what you were waiting for when you first "Felt It". Your intimate setting is perfect with romantic music, candles, quiet talk and longing stares. Time to perfect the Art of Kissing... and more!

T *Love Notes* OVE



At last you find this to be a completely different perspective than what you first envisioned. What can I, “Sex Sells”, and now that I have your undivided attention...

The Art of Making Love is a concept that many people instinctively believe means “Sex ASAP” and that once intimate, the relationship is truly true! The real  *Romantic Movies*  me only after you have taken time to get to know one another in a personal, and emotionally stimulating manner, months, (or years) before intimacy is even a factor.

The true pleasure of falling in love begins when you can share quiet conversations discussing your hopes, fears, dreams and ambitions. When you spend hours (or days) devising ways to please and complement your partner, when you can sit inside on a rainy day playing games and doing puzzles without a care in the world, then, and only then will a true romantic relationship begin to blossom. When at last that special moment happens, relish it as you would a vintage wine that you have waited years to taste.

Hug each other at the door, toast with a glass of Champagne and enjoy a romantic dinner in the privacy of your home. Play romantic music, light a fireplace and / or candles, sip wine and whisper sweet nothings in each others ears. Pressures of performance can easily be set aside as you touch each other softly, give each other butterfly kisses on the cheek, and practice

the Art of Massage while discovering each others pleasures points.

To make love is to feel that every square inch of each others body is a piece of heaven insuring that you ultimately enjoy, RESPECT, and LOVE each other. Intimate moments and wonderful love making can, (and should) consume hours from beginning to end, to be followed cuddled in each other arms as blissful dreams dance through your head.

And at last, when you find yourself falling head over heels, introduce your partner to your friends and acquaintances using phrases such as “This is my best friend!”, “This is the love of my life!”, or... both! These introductions immediately command respect and the best part is... it keeps everyone guessing! And after years of being together, you still feel the same pitter-patter in your heart as you did when you first met, you know you have refined, and perfected, the true Art of Making Love.

ROMANCE AT HOME

A candlelight dinner in the privacy of your own home is probably one of the nicest experiences a couple can share together. Soft background music, Champagne, wine or sparkling cider and an easily prepared meal are all part of this relaxing evening. Follow your dinner with a candlelit bubble bath, soft fluffy towels and a tender massage in front of a fireplace. Your mood is now set for unforgettable memories.

ROMANTIC DINNERS AT HOME

A book like this would be far from complete without information on this subject. A romantic dinner at home with that special someone is an experience not soon forgotten if done right. The advantage of course is that you are in the privacy of your own home without any distractions. These are tried and true techniques that, if followed close will provide an unforgettable evening.

Romantic music in the background helps to set the mood. A low key, minimal commercial, radio station works well, or make your own personal romantic CDs.

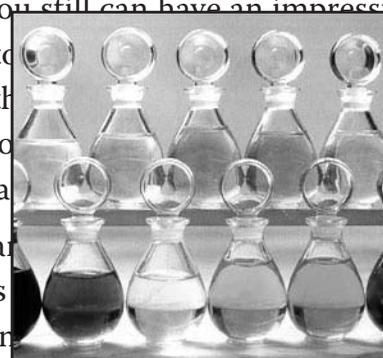
If you have a fireplace, take advantage of it! Nothing sets a mood better than a fire burning in the background. After dinner, mosey over to the sofa, or place large, comfy cushions by the hearth. If you were never a boy scout and have trouble keeping the fire lit, buy one of those fake logs, get it going, and pile real wood around it. No problem!



Matching table settings are a nice touch. Many elegant utensils and flatware can be purchased at large department stores individually priced. If you keep an eye out for sales, sometimes you can make a score on single place settings, silverware and stemware. Candles, a tablecloth or placemats are a must in order to set the proper atmosphere. For some reason, a romantic dinner without dim lights isn't easy to pull off.

Try to avoid complicated recipes you've never cooked before unless you feel sure you can pull it off. There are many cookbooks in bookstores that offer simple and easy recipes. Some grocery stores also offer a variety of prepared main courses that only need to be placed in an oven. Highlighted with vegetables and fresh bread, you still can have an impressive meal. Should worse come to pass, don't go as planned, just go with the flow, the lights low, the Champagne cooling, the mood will already be set for a magical romantic interlude.

In the "Romantic Great Recipes" section you will find a host of recipes to make at home. The beginning features uncomplicated and everything you need to complete it. This is followed by more great recipes from nationally recognized bed and breakfast inns featuring recipes for that may require a bit more time. Plus, there is a great Raspberry Royalé themed dinner created by myself and Chef Ray Alto.



ROMANTIC OUTDOOR DINING

Let's face it, outdoor dining under the stars is just romantic! Follow the instructions in the next article about Romantic Dinners At Home but set it up outside. If you plan it when a full moon is above, it just doesn't get any better. Check the Link for a great sun and moon phase calendar.

Be sure that your candle holders on the table are covered on the sides so the flame doesn't blow out. Put dimmer switches on any outdoor lighting, dim it down just right and you are almost there. Are your twinkle lights working? How about the floating candles in the pool? Are they lit? Is your romantic music ready so you don't have to worry about changing it later? Well, if you've made it this far, you're just about ready to go.

THE PERFECT PROPOSAL

The stars glistened brightly the night I proposed to the love of my life. It was a special night, as we had met exactly three years earlier to the day.

A romantic candlelit table was set on our outdoor patio, the menu; Roast Duck L' Orange, the same meal we had the night we first fell in love. The swimming pool was illuminated lightly in the background, a blue filter over the pool light was dimmed



followed by a delightful wine. We toasted the night away and without question, Love Was In The Air!

As the full moon rose above us and Frank Sinatra crooned; "*The Best Is Yet To Come*," I proposed...

and without hesitation she said... "Yes!"

ROMANTIC CHAMPAGNE COCKTAILS



The Bellini ~ Here is a real romantic treat that originated in Harry's bar in New York: Find two or three white peaches, cut out the seeds, and blend with Champagne.



Kir Royalé ~ Royalé takes the experience a step further. Pour a small amount of Chambord (a raspberry liqueur) into the bottom of the Champagne glass, follow with Champagne, (or, reverse the order) and a twist of lemon.

Mimosa ~ A combination of champagne and Orange Juice. Perfect with an inexpensive champagne while allowing you to pace the evening.

Note about Chambord: A large bottle of Chambord can run around \$30.00+ and unless you use it a lot (Good for you if you do!) it may just sit around gathering dust. However, you can purchase a smaller bottle for considerably less. Ask your friendly liquor store clerk.

Be sure to toast to:



LIFE IS A PAJAMA PARTY

There is a lot of value in doing nothing when at home. Comfy "Jammies", a silk robe, and a desire to forget the rest of the world exists, are all you need to savour very special moments in time.

Go to bed early and sleep late. Turn off the phone, rent romantic movies, buy bubble bath and massage oil, Champagne, wine, or sparkling cider and groceries. Close the curtains, light the candles, and leave the world behind!

with the very tip of your tongue, then plant a soft, sexy, heart-felt kiss on those ruby reds.



6) Set up your living room in front of the fireplace like you were at the beach. Spread a blanket out, plants or palms, sprinkle glitter on them and the surrounding area and set out a picnic with Champagne. A record of the ocean or even the Beach Boys for background music will do nicely. Strategically place stuffed birds or animals around the room can add some additional fun.

7) CONSERVE WATER ~ Join your sweetie in the shower, but try a different twist to this romantic interlude. Put on a washable teddy (gals) sexy underwear (guys) and then step into the steam ~ guaranteed to fog up the bathroom mirror!

8) Gents: Bring her a rose or flower once a week, and then surprise her with a large bouquet or a dozen roses. Ladies: Buy him a plant or... a flower to show how much you care. When presented with flowers, always reciprocate with a hug.

9) When going out for the evening, give each other a hug at the door. GENTS: If you live together, leave the house once you are ready, then come back to pick up your lady with a knock on the door and a flower in hand.

10) Take massage lessons together or buy the book on Kindle: The Art of Sensual Massage.

SLAVE TO LOVE LOVE NOTES



INSPIRIRED BY BRIAN FERRY



- Call your sweetie's work number and ask the person answering the phone to page your lover and say something to the effect of "Johnny, Debbie's on the phone and she says she loves you!"

This is guaranteed to get a rise from everybody within hearing distance (and send them home a little envious) and give your partner a nice little perk in the middle of his or her day. If there isn't a paging system, call and ask to have a written message left saying "I love you!"

- Text or e~mail messages to your sweetie during the course of a busy day. This can be a teasing flirtation and promises the possibility of a reward when coupled with the (potentially) more enticing personal contact to follow. This is the perfect time to suggest a romantic walk or dinner.

- Using a neon or brightly coloured piece of paper write a steamy message (tearing the paper into a heart shape is a nice touch) and then put this little love note into his or hers wallet, golf bag or in a spot where it is sure to be discovered the following day. Then sit back and wait for the phone to ring.

- Special Treats For A Special Lady ~ Leave Hershey kisses on her pillow, brush her hair at night before going to bed, warm her bathroom towel in the dryer, or send a card ‘just because.’

- Going Out On The Town

Gents: If you live together, leave the house once you are ready, then come back to pick up your lady with a knock on the door and a flower in hand.

Ladies: Just as you are ready to answer the door, spray a touch of your favourite perfume just below your neck. Guaranteed to drive him wild!

- Go to a local airport, pick a gate, then kiss good-bye. Then, find another gate and do it again! Be prepared to explain yourself to the NSA just in case (it’s not as fun as it used to be!)

P.S. for Gents: Whenever you pick up that special lady from the airport, always bring flowers or a balloon. You may be surprised at all the smiles and attention from complete strangers.

- A special touch for a Romantic evening ~ Put white Christmas lights around your bed or throughout your bedroom

- Get out your Elmer’s glue, find some old magazines and use your creative imagination to put together an anonymous suggestive, fun, sexy “I WANT YOU BADLY” message using the letters and words you clip from the pages. Sign the letter in magazine print...

“In My Dreams, You Are The Wildest Lover”

As Always, YOUR SECRET ADMIRER

MOTHER NATURES’ RECIPES FOR ROMANCE:

Sizzlin’ in the Rain ~ When Traveling

When you travel and the weather forecasts lots of rain, don’t let it ruin a perfectly romantic vacation. Rain can be very depressing or it can be very Refreshing... Consider trying out some fun ideas to turn stormy weather into a unique and romantic experience:

Take a walk together without an umbrella and stomp in the puddles. Make a cup of hot tea, hot chocolate, or coffee and drink it with some cookies. Play scrabble or some other board game. Make up new rules and giggle. Turn out all the lights, light candles and listen to some soft music. If there’s a fireplace, light it and sip some brandy or wine. If there’s a kitchen, bake some cookies together and share the bowl licking, raw dough eating chores. The important thing is you are spending quality time together.

Life Is A Pajama Party

When traveling, lounge around in a comfy sofa or chair at you inn or hotel, watch an old movie on the DVD player or your computer, and then walk hand in hand while discovering the area you are visiting. Play cards, do a puzzle, read a story out loud and change some of the words

THE SIX DEGREES OF LOVE

SIXTH DEGREE
THE RHYTHM DIVINE



Time to create memories that will last a lifetime. Plan romantic getaways, memorable driving adventures and just enjoy time spent together. Chapters 7 – 13 now take you gently to “The Rhythm Divine.”

ROMANTIC GETAWAYS



There are times when a romantic getaway far from the city or home is an absolute must! Keep the lines of communication open and make plans to go away for a weekend together. If you have a tight budget, a suburban motel is fine and while in the area, check out the local B&Bs for a future date. Find a map of the area and ask the locals about memorable country drives. Mention that you are in search of unforgettable picnic destinations, and you may see a twinkle in their eye and a smile

on their lips. Don't forget to keep an eye out for a potential sunset spot.

If you can work on weekends and take a day off during the week, do so whenever possible. You would be surprised at how few people travel during the week, or in the off season. Call different establishments and you may find discount rates or mid-week romance packages. Now you have an excuse to spending quality time together.

VACATIONS & REALITY

The hardest thing about a romantic getaway is coming home to real life. There is no question in this author's mind that a minimum of a three day vacation / break allows you the opportunity to truly unwind. Rest assured that by the third day, you are in the niche of letting go of your problems and forgetting the rest of the world. When you return from your trip, try to plan your schedule so you don't have to work the next day. This allows you to compose yourself, and slowly get back into the groove while putting around the house finishing easy projects. Before going to bed, continue your Romantic Rendezvous with a candlelit dinner while sharing pleasant memories about the experiences you have just shared.

ROMANTIC LODGINGS

Bed and Breakfast Inns are a delightful way to spend a day, weekend or week when an escape from everyday life is desperately needed. Honeymoons, anniversaries and special events are the perfect avenues for using B&B's as an excuse to enjoy life to the fullest. Proprietors at these establishments assure that you are comfortable and relaxed, so enjoy the extra attention.

Many people believe that all B&B's are decorated in a Victorian motif and have shared baths. Not always so! Most offer a wide variety of decor and styles that will please even the most critical traveler. Very few B&B's have a shared bath, and on the average, have private bathroom with a charming decor. An excellent place to begin a romantic adventure!

Note: Although Victorian decor may not be your thing, it is a true step back in time to see how well-off people once lived and made do with the technology of the day.

Because B&B's are not always everyone's cup of tea, Hotels and Resorts are nice diversions also. Some prefer the extra amenities a fine property can provide, while others prefer to save money by using a reasonably priced inn / hotel. This way, travel monies can focus on dining experiences and local attractions and your escape need not be a burden to your pocketbook. So have no fear...you don't have to have a lot of money to have a great time!

CHILDREN & ROMANTIC GETAWAYS

Although children are allowed at some B&B's and most hotels, keep in mind that the purpose of your visit is to enhance your relationship and give you the chance to be alone together. Just about every couple knows someone who won't mind taking care of their children for a day or two, especially if you explain to them the desire of spending quality time together

SPEED LIMITS AND DRIVING

Watch out! Driving nicely maintained roads with can be misleading, especially in today's cars when driving 60+mph might only seem like 40 mph. The days of oncoming traffic flashing their lights when they see a speed trap seem to be over (it's true, people used to do that in that through the 90s!).

Nothing ruins a drive than a speeding ticket so allow a lot of extra traveling time, plug in your favourite CD, set your cruise control and enjoy the scenery. If someone's on your tail, pull over if possible and let them pass. alone.

THE ART OF A CLAW FOOT TUB BATH

What Is A Claw Foot Tub?



In the mid 1800s, the newly developed cast iron bathtub with claw shaped feet were prominent in households of the wealthy, or above average incomes.

During this era, heated water capabilities were limited (or non-existent) in which case water was heated on a stove in a large pot and poured into the tub. The cast iron tub was very unique in design as the metal absorbed the heat of the water, keeping it warm and comfortable for a considerably longer duration than the fiberglass tubs of today.

The Experience

Personally, I prefer a relaxing bath in a claw foot tub over a Jacuzzi tub and feel that anyone who appreciates a good soak, should try a cast iron tub at least once.

Fortunately, many Bed and Breakfast inns ~ especially those

built in the 1800s or early 1900s ~ have claw foot tubs in at least one of their guest rooms, making this an experience still pursuable in modern society.

The trick to a wonderful soak is simple..

Fill the tub halfway with hot water and let it sit for a few minutes, allowing the cast iron to absorb the heat. After that, run cold or luke warm water until the temperature is to your liking. The beauty of these tubs is the ergonomically design which seems to envelope the contour of your body, allowing you to relax in a comfortable position.

Now that you have the tub set just right, [click here](#) for information on The Art Of The Perfect Bubble bath.

TIPS FOR ROMANTIC TRAVELERS

Pilot To Copilot

When exploring new horizons in your car, your partner should be a good navigator who is well versed in using your cars GPS. Allow yourself plenty of time to get to your destination so you aren't rushed. Have CDs on hand that will complement the drive. Be prepared to explore and take an occasional detour. There's nothing worse than rushing in a lot of traffic and getting all stressed out.

In the old days, we would get a good map and a highlight marker, plan out our route and then search out new adventures. The beauty of not having GPS then was that if we missed the street,

we could turn around and go back. While doing so, some of the best places we found where by accident or down roads with signs that say No Outlet or Dead End (when in the country that could mean 5 - 10 miles down the road).

See an interesting road or landmark while you're driving to your destination? Check it out, you never know what you may find.

For the adventurous with no destination in mind, you would be surprised at the discoveries you make when you just drive down a scenic country road (look for signs with neat names). Keep notes on which roads you turn on in case you get lost, or don't be shy about asking for directions, especially in the country where people are a lot friendlier. You are generally able to raise a smile from a stranger when you openly admit "Not only am I lost, but I'm really lost!", or "I don't have a clue as to where I am!, Can you help me out?"

Gents: Nothing tees off a woman more than when you are stressed when driving and doing dangerous moves or cursing at other drivers. You'd be surprised at how much a little patience pays off with your partner. Be Cool!

ROMANTIC CAMPING



A romantic camping excursion need not cost a lot of money, especially if you already have camping gear. If you only camp on occasion, purchase the necessities at a discount chain store. Here are the essentials:

- A tent large enough to stand in.
- A blow up mattress and / or a minimum of +” padding to sleep on. Sleeping bags are optional since you can bring a pile of blankets and comforters to cuddle up under.
- Flashlight/Lantern with extra batteries
- Portable gas stove, pots, pans and eating utensils from your kitchen
- Unless you were a Scout, buy a few of those fake logs that are easy to light, stack regular firewood around it, and you’ll look like a pro!
- Candles in an enclosed container (bug repellent candles are the best)



- Matches, cooler filled with ice, and a box of Baby Wipes are essential!
- Bring your pillows and sheets to make a bed in your tent. This is very romantic at night when you open the tent flaps and look onto towering trees above. Or, be daring and sleep outside under the stars.
- Stock you cooler with goodies for lunch and dinner, and for breakfast, prepare Denver Omelets with green peppers, onions, tomatoes and cheese.

Note: I prefer camp sites with shower facilities, so consider this option when making reservations (which should always be made in advance). If opportunity allows, scope out potential campsites and campgrounds for future reference.

- I know this sounds like a lot of work but there’s a lot to be said about being comfortable. If you’ve ever slept on hard ground in a sleeping bag you’ll see the wisdom in this line of thought. Once you’re all settled in under starry skies with a campfire going, you’ll realize it was all worth it!

DRIVING ADVENTURES

Autumn Driving

There is a lot to be said for driving in many parts of the country in the Autumn months when the leaves of trees paint the landscapes with rich vibrant colours. In fact, it is amazing the amount of people who plan vacations and getaways around the expected colour changes in specific areas. Unfortunately, because the seasons are as not as consistent as they used to be (that big ol' hole in the sky is getting bigger!), and sometimes, months, or years, of planning disappoint travelers. Throw on top of that an endless stream of cars that take your concentration away and suddenly it's not so fun. If that's the case, pullover and enjoy the scenery or have a picnic.

*Springtime Driving ~ An Alternative*

Have you ever considered a Springtime driving adventure into the country? With little or no planning, a country drive on back roads and byways offers a glimpse into a magical world that is oft as not, taken for granted. As the trees, fields, flowers, and rolling hills come back to life after Winter, yellow / green hues accented by countless variations of light, medium, and dark greens, paint a picture never to be forgotten. Throw in a field of flowers and rolling meadows dotted with grazing cows or horses, and it just doesn't get much better than this!



The real secret to these explorations is timing. If you explore during the early part of the week, you just may be the only car on a country road! Photo and pullover opportunities abound, so pack a picnic, bring a camera, and enjoy yourself! Don't forget to explore those roads that say Dead End or Road Ends. You may find secluded spots rarely traveled on roads that go for miles.

Keep in mind that when driving back roads, there are occasionally local drivers who have forgotten the beauty around them and sit on the tail of your car. The best thing to do is pull over, let them pass, and enjoy a leisurely drive while taking in Mother Nature at her best!

CHAPTER 7 ROMANTIC GIFTS



by Michelle Garmon

Women love to receive flowers for any occasion. It is especially fun to have arrangements delivered to her workplace, certain to be the “talk of the office” and sure to be pleasing. Another way to send flowers is to leave a small bouquet or one single red

rose on your sweetheart’s car or front porch and start her day off with a smile.

Photos always make a nice gift and can be very romantic, whether they are sophisticated, boudoir, black and white or colour portraits. Family portraits, mother or father and child, all make great anniversary presents. Favourite romantic songs, old movies or poetry books also make great sentimental selections.

Hobby related gardening books on roses (with a supplied rosebush) or reading material on other hobbies or interests also make excellent choices. A different twist to “bouquet” gift giving is the balloon bouquet or the cookie bouquet. Both are fun and unusual. Wrap your gift and make it stand out in originality. Packages, stuffed animals, flowers, candy or just about anything can be wrapped inside a balloon with confetti, proving very unusual and a show stopper.

Gift certificates are always nice to receive and can be purchased for just about any product or service. Some great ideas include pedicures, manicures, facials, his or her massages, comedy clubs, clothing, dance lessons, etc. For him, certificates for golf rounds, one day cruises, sporting events, wine tasting, seminars, etc. Gift giving is always a pleasure and shows any special someone that you are thinking about them.

WEDDINGS & ANNIVERSARIES



Depending on your budget or desires, weddings can be extravagant events or as simple as a delightful ceremony in a favourite park. Often times the simple and uncomplicated ceremonies outdoors are the best.

And of course things do go wrong at times (someone once told me to expect at least three things to happen during the ceremony), so make the most of the situation and savour the memories forever.

For an ideal small wedding, make arrangements for you and your guests to reserve an entire B&B for a weekend (of course, take the honeymoon suite for yourself). People will remember

your special day for years to come!

Anniversaries are a special opportunity to do something nice for that person you love. It's your chance to let your partner know how happy you are, not only that you are together, but that you are still together. Anniversaries are a great occasion to put your creativity to work and plan a romantic outing for just the two of you. The date is already set, and special moments always seem more alive on this day. Going the extra mile will show your lover just how much you care (now if you could just remember the date!).

WEDDINGS AND ANNIVERSARIES
GIFT GIVING

The following is a list of traditional and contemporary ideas for anniversary presents:

- | | |
|-------|------------------------------------|
| 1st: | Paper ~ Clocks |
| 2nd: | Cotton ~ China |
| 3rd: | Leather ~ Leather |
| 4th: | Fruit / Flowers ~ Appliances |
| 5th: | Wood ~ Silverware |
| 6th: | Candy / Iron ~ Wood |
| 7th: | Wool / Copper ~ Desk Sets |
| 8th: | Bronze / Pottery ~ Linens / Lace |
| 9th: | Pottery / Willow ~ Crystal / Glass |
| 10th: | Tin / Aluminum ~ Diamond Jewelry |
| 11th: | Steel ~ Fashion Jewelry |
| 12th: | Silk / Linen ~ Pearls |

ASTROLOGY GIFTS BY THE PLANETS:

LOVING: THE ASTROLOGICAL ELEMENTS

by Mike Delaney

Love is one of the deepest human emotions. The specter hanging over our shoulders whispering, “no one really cares” is disturbing because instinctively, we know love IS what it’s cracked up to be, something worth fighting for, risking everything for. The truth is we are too selfish to let a chance go by.

Sharing time with your sweetheart is an important step in fostering this elusive need. How else could bonds of love turn from a thin thread into galvanized, steel-coiled cables? An interesting endeavor can be gaining insight through ancient secrets of Astrology. This intro gives insight into your partner’s best romantic qualities and how to foster them.

Aries

 Loads of energy and action mark this native. Rapidly moving romances can many times end suddenly because of the Aries need of constant change. Best advice here is to be patient, and don’t brood over inevitable quarrels (fiery, energetic nature). Encouragement and approval propels Aries to its best, and the courageous spirit spends energy tackling new projects with the loved one’s support instead of new quarrels.

Taurus

 Taurean stability is legendary. With all of the thought given to serious subjects it’s no wonder that they continue to build strength and security in their home and family. This is the person to build a no-nonsense, but powerful future with. A difficult time may be met when Taurus doesn’t give the right kind of lovin’ when needed. During these times, try to curb your need for constant reassurance; and when the Taurean slow-moving method starts to frustrate you, just let it ride.

Gemini

 Lovers of this type can be the most devoted and loyal partners in the world. When loving devotion is granted to you, bask in the best conversations known to man because of Gemini’s captivating conversation tactics that whirl minds into warm admiration. Their active minds make them appear aloof and fickle, but actually they are just making comparisons. Keep this fascinating figure by showing Gemini nothing compares to you. Be outstanding in some way, and don’t be slighted by the sometimes casual attitude.

Cancer

 Although Cancerian types are demanding in the requirements of anything loving, all that is really needed is for the native to know what is wanted in a relationship. Their variety of emotions expressed in love is outstanding as well as intriguing, don’t miss out. They are imaginative and romantic, but shy. Keep pace with their moods and whims and you’ve conquered most problems before they start- enjoy their loving loyalty.

Leo

Leos generate passion and attract others because of the strength detected within them. The generous aura of warmth is to live for. Keep this intriguing fire from turning cold by protecting Leo's ego. Let Leo feel accepted and don't take cheap shots and deflate his passionate lust for life.

Virgo

With Virgo, love comes from respect and devotion. These types do little for affection, but they desire to be needed- you would never know it. To turn the seemingly Virgo steel heart into super white hot passion share intellectual interests. This type of deep love needs nurturing from an intellectual point of view; and when your Virgo begins to analyze you too much, just remember not to react on the basis of emotion where you could become offended. Meet your partner on the plane of reason first. Deep, affectionate love unmask itself after reason.

Libra

Known for romantic charm, Librans can usually attract anyone they want. They usually turn to love craving qualities they can only find in the opposite sex- a love truly grounded in humility. This type can be hurt easily so nurture through tenderness and courtesy. If you step over a line, Libra will indicate that you're demonstrating poor taste- don't be offended, take the advice. Libra's amazing energy will always impress you, and you'll enjoy having the charm of a near immortal by your side. There is nothing like graceful love!

Scorpio

Scorpio's reputation is rather exaggerated and many times unfair. It's true that they are the most intensely passionate people when in love, but they are not the evil monsters or sexual vixens that many make them out to be. Any control that they feel they need in a relationship is actually more a defense mechanism than anything else. Stand your ground and build trust. There will be initial turmoil at the beginning, but the long periods of loving fulfillment to follow are heaven and will bring out the exquisite artist fascinating Scorpio truly is. Feel lucky, Scorpio picked you. It wasn't the other way around.

Sagittarius

Like Scorpio, Sagittarius has an undeserved reputation. A Sagittarian in love will not run astray as often as many people believe. They fall easily for "the damsel in distress" types because of their need to help someone reach their potential. Intellectual companionship is important here. The mind of the Centaur is always engaged in activity and will become stagnant if the partner does not match the archer's curiosity and love of discovery. Be bright, witty, passionate, and ready for adventure at a moments notice. This will bring out his/her most tender feelings, and the Sagittarian will be grateful for your love and proud to have you.

Capricorn

Infused with noble ambition and steeped in old world tradition, Capricorn's energies are mostly geared toward success and business. Although highly

introverted, Capricorns do desire to have fulfilling experiences in love, but don't let themselves go. A key here is to help bring Capricorn's balance between work and romance in check. Dazzle your Capricorn. Make him/her forget about work and enjoy the love you can give. As your partner becomes used to this mode of life, trust will warm the Caprinian, and you'll receive powerful romantic love and devotion for your efforts.

Aquarius



In a world governed by image and looks, how refreshing it is to have individuals peering beyond looks and presentation- an awesome Aquarian trait.

Humanistic ideals are strong here and these individuals pour out far-reaching affections. Aquarians allow a lot of independence in relationships, rarely stooping to paranoid clinging. To experience love that blooms, get involved in some humanitarian events. This is the best way to see the full glory of Aquarian compassion at work.

Pisces



Pisces has all other signs beat at romantic episodes. Their strengths are their ideals instead of their actions.

Some would say that's why they don't have much to show in their lives, but actually what is happening is that they want their inner selves to have freedom to grow uninhibited. Material and worldly matters take a back seat. Piscians prefer a strong partner who could lead in some way; and when small fears interfere in the romance, that's the partners cue to whisper sweet words of comfort. Bolster confidence in Pisces and watch your strength begin to rub off and add conviction to Piscian ideals.

THE ART OF ROMANCE