

Spring Newsletter

Stars in Your Eyes



Welcome to my first newsletter folks. I'm happy to announce that this Spring Equinox is allowing me to venture into unknown territory. I'm getting rid of my fear, and with the help of my new computer marketing class at VACE, I'm learning how to do this on my own. Oh, my stars, it's time to be creative again, as I've been dormant a long time now.

What's on the agenda for this newsletter? It's all about the dating game. The Do's and Don'ts of Dating. We sometimes need a few suggestions, or advice that others can point out, that we didn't think of ourselves. So I'll tackle that subject this first newsletter, along with some suggestions making your date fun, and my very own "Dear Abby, I mean Amber" column. So here this edition's contents:

1. The Do's and Don'ts of Dating
2. Make the Date an Adventure
3. Dear Amber Column

The Do's and Don'ts of Dating

Do you find yourself confronted with a world of shallow dates, de-humanizing apps, fleeting connections and endless detours that lead you away from intimacy? Well I've made a list of things that might help get you through that first date, and onto the second.

- **Be considerate** of your date. What's accommodations can you make, that's convenient for the other person's needs? If there are scheduling problems, children issues, family in town, going out of town, just be flexible; don't take these things too personal. Just keep trying.
- **Dress appropriately.** Too casual is a turn-off, so be well-groomed. Have your hair styled, have a manicure (men too) and don't wear clothes that look frumpy. If you have to, iron that shirt, and make sure it has no stains or holes. First impressions matter, but so does the second, the third...and so on.
- **Not minding your manners** – It's pretty basic, people. Gentlemen, open the door for the lady and allow her to walk in first, pay for the dinner and, please, do not forget her valet. Ladies, be appreciative and say "Thank you" for the date, for him picking you up, whatever. To all daters: table manners are key, as are personal hygiene
- **You may mention children, or grandchildren, but don't go on and on about them.** This is your time to shine. Honor and express your innate gifts, however, no one likes a braggart, so be a little modest, and interested in the other person. Make a list of questions that you want to ask.
- **Don't talk about past lovers...**no one wants to hear about them! (Unless, of

course, you're a widow, and have to answer those inevitable questions.)

- **Bring magic and aliveness** to the date. Don't complain about your life, money issues, illness, etc., but that doesn't mean you can't be authentic and soulful. Too shallow conversations are boring and a turn-off. Just be positive, and don't dwell on the negative.
- **Don't set your expectations** too high, or limiting. Men, if you don't have lots of money and power, you won't be getting a date with a person twenty years younger than yourself. If you're not willing to settle for a person in your acceptable age range, then you might have to settle for being alone. Women, you might have height and money requirements that may exclude the love of your life. Truth is you long for a loving relationship, but have set unreasonable standards for a mate.
- **The real key to finding a soulmate** isn't in your looks, or even your age, but in your authenticity. So don't lie, or try to con the other person. Be truthful always, it can come back and bite you in the behind later.
- **Open up your heart and** be ready to find the good in the other person. Remember first dates can be stressful. If you don't find the chemistry on that date, it doesn't mean it isn't forthcoming. Take more time to know what's special about that person – their soul. Make a friend! Expand your circle; you may even meet your soul-mate through them. Be open-minded and thrust there is a reason you met.

Make the Date an Adventure

Life is much more complicated these days. Juggling work and personal life may feel like a three ring circus. Finding the time to date – let alone develop a relationship can prove challenging. Below is a list of entertainment that

makes for great bonding time with your date. Or think of your own unique ways to spend your time, but screen your environment. Is it a good place to talk? Do you need special clothing?

- **The Getty Center** (on Sepulveda Blvd off 405) and the Getty Villa (on PCH near Santa Monica) are wonderful places to visit (Center closed Mondays, and Villa closed



Tuesdays. Both are I believe open 10-5:30m. Both have free admission, but you have to make reservations for the time you're coming, and pay a \$15 parking fee. You can go to both places on Saturday because the Center is open until 9pm. These museums have the oldest antiquities and famous paintings and statues. My favorite day is

spent in a museum. Take a picnic lunch, and or eat at their cafes. Beer and Wine is also available.

Visit a local festival or art fair. One at a church or other religious organization may only ask for a donation to enjoy the festivities, but there's normally a band playing where you can sit back and people watch or peruse the booths loaded with bric-a-brac. A good example is the Strawberry Festival, Garlic, Olive, Avocado, etc.

- **It's a bit cliché**, but have a picnic; be creative. Pack sophisticated treats such as brie and grapes, prosciutto, sparkling cider and dark chocolate, sandwiches and salad. Don't skim, or bring cheap wine. It's better to splurge a little, and look generous, than to appear a cheapskate.
- **Wednesday night** is "Date Night" at the Regency Theater (Buena Ventura 6) after 6pm. Two tickets, 2 popcorns, and 2 drinks for \$10. How can you beat that? Movies are just shortly after released. You can see all the ones you missed. Also, if you have your own big screen TV and have Netflix, you can have your own date night, complete with popcorn, soda and hot dogs!

- **Make brunch** together on your date. Meet on the weekend at Ventura Fish Company and pick out your own fish! Go home and cook together, while drinking champagne, or Bloody Mary's made from scratch.
- **Go to** the Ventura Flea Market (on the VC campus) or the Farmers Market, (especially the one in Channel Islands Harbor, or Ojai) on Sunday. Buy all you need for a picnic, and go to the beach. (Don't forget to pack your swim suits, and bring towels and sunscreen.)
- **I'm a big fan** of Happy Hours, and there are some great ones in this town. I love *Brophy's*, and *Margaritaville*, at the Ventura Harbor, as well as *Lure*, and *Prime* downtown. Also good is *The Deck* on the Ventura pier, watching the sunset. (Only Tue and Friday nights) If you wanted to drive a bit farther, *Rusty's* on the Santa Monica Pier has a good happy hour as well.
- **Comedy has come** to Ventura. *The Comedy Hideaway* (inside *Peiranos*) *Ventura Improv* and *Ventura Harbor Comedy*, are a great way to break the ice, following dinner. Laughter is the best.
- **Don't forget** that concerts and theatre productions are very entertaining. I used to go to *Solvang Theaterfest* with a picnic dinner in the summer, and we'd wrap up in blankets and drink wine in plastic cups. Under the stars was so very romantic.
- **A walk together** can be a wonderful date as well. Go to Ballard road in Carpinteria, and walk the bluffs. Stop and see the seals playing and lounging on the ocean side, and walk through the State Park. It's so lovely. Go and cook your own dinner at *The Palms* Restaurant. Best drinks in town.

Dear Amber Column

Dear Amber,

I'm a medical student and I would like to know what parts of the body are ruled by astrology? I heard that they're signs connected to different areas of our biological makeup. Can you tell me what they are?

Kathy Y.

Dear Kathy,

Yes, different signs do, in fact, rule areas of our body. Medical astrology is an ancient medical system that associates various parts of the body, diseases, and drugs as under the influence of the sun, moon and planets, along with the twelve astrological signs. Each of the astrological signs (along with the sun, moon, and planets) is associated with different parts of the human body. Here is a list of the signs and what parts they rule.

Aries - (Mars) the head, brain eyes, and the facial features

Taurus - (Venus) the neck and the throat, thyroid and vocal chords

Gemini - (Mercury) the shoulders, arms and hands, lungs and nervous system

Cancer - (Moon) the breasts, stomach and alimentary canal.

Leo - (Sun) upper back, spine and spinal column, and heart

Virgo - (Earth) Abdomen and intestines, digestive system and spleen

Libra - (Venus) small of the back (lumbar region) and kidneys

Scorpio - (Pluto) reproductive system, genitals, bowels and sex glands

Sagittarius - (Jupiter) buttocks, hips and thighs, and sciatic nerve.

Capricorn - (Saturn) knees, skin, joints, bones and teeth

Aquarius - (Uranus) ankles, calves, electrical forces of the nerves,

Pisces - (Neptune) rules the feet, toes, lymphatic system and body fluids

