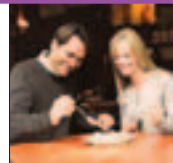




ACCORDING TO THE FastLife And Lavalife Dating Survey 2006, 44 per cent of men are looking to score on the first date while 66 per cent of women believe that the man should foot the bill for dinner. Metro Vancouver News Services



WHILE 64 PER CENT OF WOMEN preferred a career-oriented man to a family guy, the majority of men (52 per cent) preferred women who were more family focused, the survey says. Metro Vancouver News Services

New experiences build confidence

When's the last time you tried something new? Anything — from switching to a new toothpaste to playing a new sport? You'd be surprised at how much it can affect your life, even just for the moment.

How can a new toothpaste possibly affect you that much? By trying a new product, you're opening up to change, keeping contemporary, adapting and learning. Also, that new product may have a new ingredient, such as a polishing agent, that may actually do what it promises and make your teeth shinier than they were before.

Let's look at something bigger — trying a new sport can be an exhilarating experience, but it can be quite humbling, too. Take veteran snow skiers, for example. Accomplished on the hills, they feel confident attempting an advanced-level black diamond run, the toughest on the slopes. Now that same person decides to try snow-

boarding, and can barely make it from the rental hut to the bottom of the lift!

The two winter board sports are very different, requiring different forms of muscle control, stance and balance. And knowing how to do one definitely does not make you knowledgeable on the other.

Consider the effect of trying something new in your workplace. Going beyond your own job description to cover for someone or pitch in gives you insight into your colleague's skills and daily demands, plus a new perspective

on your own.

A friend of mine is in sales. The other day he was asked to be on a panel discussing the

more technical aspects of his company. Nervous at first, he opted to take on the challenge. He studied up on the parts of the company he didn't know in detail, and asked around how panel discussions usually work.

After the event, he felt he had not only learned more about his



Trying something new, such as rock climbing, can be a great challenge.

company, but he had gained pride in taking on a challenge and succeeding. His confidence increased, along with his self-esteem.

When a baby is first-born, he or she arrives with a clean slate — no likes or dislikes, no experiences. It's up to that child's parents to introduce new things all the time — from the most basic concepts such as colours, to all the available varieties of fruits and vegetables. Without trying new things, that baby won't even know that they exist.

When we try something new, we learn a little bit more about ourselves: our likes and dislikes; our areas of expertise and those that challenge us; our strengths and weaknesses. If we try it and we don't like it, we don't have to continue using the product, or playing the sport or eating the food. We can always go back to what we know.

But if we do like what we've tried, we can learn from it and incorporate it into our world, making our lives fuller and richer.

SIDS linked to brainstem, scientists say

U.S. scientists believe they have found the cause of cot deaths, or Sudden Infant Death Syndrome (SIDS), Ananova.com reports. They say they have strong evidence it's caused partly by a treatable genetic disorder.

A new study found 31 babies who died mysteriously in their sleep had brain abnormalities, which affected the brainstem's ability to sense high amounts of carbon dioxide and low oxygen levels.

This meant the babies were at risk in situations where they began breathing in their own recycled breath. The most common instances are when they are sleeping face-down or have their faces covered by bedding.

Research has already shown that putting a baby to sleep on its stomach greatly increases the risk of SIDS.

METRO VANCOUVER NEWS SERVICES

relating

LISI TESHER
relating@metronews.ca



Singles event, movie night combined

Movies are big business. So too is the singles market. Pair them together and you've struck upon Lavalife's new Click At A Flick idea.

This isn't, I promise, some cheesy spin-off film of You've Got Mail, but rather the dating site's attempt at bringing the on-line dating experience of-line and into the movie theatres on a bi-weekly basis.

"We wanted to create something where singles to a movie just seemed like a natural fit because it is something they already do," says Lori Miller, event and promotions manager for Lavalife.

Lavalife is currently testing the waters with this new program in Toronto

and will roll out the singles event in Vancouver on Nov. 22. To find out if singles and movies really do mix, I went out to Toronto for the premiere.

The night started with a mix-and-mingle as the theatre had been transformed into a lounge. Music pumped through the long narrow space, with the door at one end, the bar at the other end. The glow of the movie screen lit up the room. The crowd was typical late 20s to early 30s urban professionals, the majority dressed in work attire (the event started at 6 p.m.) with perhaps a button or two undone to gain a little extra attention.

DATING jungle

KASIA IGLINSKI
datingjungle@hotmail.com



"Whenever you put a large group of singles in one place, it takes the pressure off," says Miller.

A speed dating game helped break the ice and after about an hour-and-a-half of mixing and mingling, the lights dimmed and we began to head up into the seats — some heading back to the group of friends they came with, others finding someone new to watch the movie with.

Click At A Flick costs the same as a regular movie ticket. For more, visit www.lavalife.com/click.

City Cooks

Recipes

with Simi Sara

WATCH CITYCOOKS TODAY AT 9:30AM & 12:30PM FOR THIS RECIPE

Ingredients:

- 1 baby back ribs
- 1 L tomato paste
- 500 ml water
- 150 ml Worcestershire sauce
- 125 ml cider vinegar
- 125 ml vegetable oil
- 250 grams onion, chopped fine
- 4 tsp garlic, chopped fine
- 120 grams brown sugar
- 1 tbsp dry mustard
- 2 tsp chili powder
- 1 tsp black pepper
- salt to taste

Directions:

1. Place all ingredients (except ribs) in a heavy sauce pan and bring to a boil. Reduce heat and simmer for 20 minutes until slightly reduced and flavours are well balanced.
2. Smother ribs with sauce and barbecue or grill until fully cooked.

Ingredients:

For the Batter:

- 1 cup flour
- 2 cups buttermilk
- soda water (enough to make the right thickness)
- salt and pepper to taste

For the Onion Rings:

- onions, sliced into rings
- cooking oil for frying

Directions:

1. Start with flour and seasonings and gradually add water.
2. Once batter is ready, fully coat onion ring pieces in the batter.
3. Fry the battered onion rings in the cooking oil until lightly browned.

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