

ACCORDING TO A RECENT SURVEY, women rated a date's sense of humour over intelligence, physical attractiveness, self-confidence and social skills.

SOURCE: FastLife And Lavalife Dating Survey 2006



MEN, ON THE OTHER HAND, are most impressed by intelligence, with physical attractiveness coming in a close second. Financial security is last on the list for both men and women.

SOURCE: FastLife And Lavalife Dating Survey 2006



MIND & BODY

Breakup e-mail cowardly

Text message received: It's over. I want a divorce. How's that for getting dumped???

With technology rampant, even in relationships, the topic of breaking up by e-mail, fax or text message is controversial enough that I was asked for my opinion on CBC-TV's Sunday morning Newsroom.

Frankly, I feel strongly that it's the coward's way out.

No doubt many of you have either been the one doing the dumping, or been dumped. It's normal, and part of the process of finding a true life-long partner. Most people have had several relationships before they find the person with whom they wish to marry.

But breaking up is hard to do. No matter how long the relationship has been going, or how deeply you're entrenched, dumping and being dumped are tough emotional hurdles to pass through.

I asked a couple of teenagers

and adolescents how they do the breakup, and they said, over the phone, which, at that stage, is acceptable.

It's much better than doing what many adults do, which is to avoid the situation, or disappear, or simply start to act increasingly mean, forcing the other person to take matters into their own hands.

Years ago, I heard that Phil Collins, the singer/songwriter, divorced his second wife via fax. I thought that was incredibly callous and cold-hearted of him. I don't know what their situation was, whether they had an iron-clad prenuptial agreement that left no room for discussion anyway, but I just couldn't believe a person would be able to cut ties with someone whom they once

loved in such a heartless and impersonal fashion.

Recently, rumours have run rampant that Britney Spears requested a divorce from her husband, and father of her two children, Kevin Federline, by text message. That brings up the question: What is proper e-mail/text eti-

quette? And can it be used in this type of situation?

My answer is absolutely not.

Both e-mail and text messaging are fantastic immediate-gratification tools for people to communicate with each other. They're great for inter-office communication; for setting up meetings and conferences; for quick back and forth questions; for keeping in touch with long-distance friends; and for planning get-togethers.

But what it's not good for is



DANNY MOLOSHOK/ASSOCIATED PRESS

Recent rumours have suggested Britney Spears dumped hubby Kevin Federline by text message.

expressing emotion. Sure, you can add emoticons, or dots and dashes to represent happy faces or sad ones, but that's merely decoration.

If you have something important that you need to get across to someone, and if you care even the slightest about their feelings, the best way to communicate is in person. If that's not possible,

then pick up the phone.

If you're afraid of flying off the handle, or breaking into hysterical sobs, take the time to write a letter — a proper hand-written one.

But when it comes to ending a relationship, don't be a coward — don't rely on your computer or text messaging to do your dirty work and relay your message.

Millionaires turn to matchmaker to find true love

While Richard Gere in *Pretty Woman* had to cruise Hollywood Boulevard to find the woman of his dreams, modern-day millionaires simply turn to Patti Stanger.

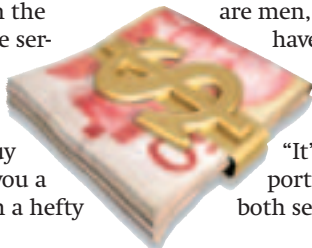
Seven years ago, Stanger, a third-generation matchmaker, started the Millionaires Club in California for all those lonely single millionaires out there. Now there are offices all over the U.S., and one in the U.K.; Toronto is soon to join the ranks as the Canadian office, although millionaires from anywhere in the world can join the service.

Based on its success, it seems money doesn't buy you love: It buys you a matchmaker with a hefty

price tag and the promise of finding you love.

The membership fees start at \$10,000 US and only go up from there. "My service caters to successful, high-profile men," says Stanger. "It has me working seven days a week on a very hectic schedule. For that (service), they better pay for it."

Stanger adds that while the majority of her clients are men, she does have a few female millionaires as well. "It's equal opportunity for both sexes."



DATING *jungle*

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So what does a \$10,000 membership get you? Access to a professional relationship coach, image consultant, and as many dates from Stanger's roster as you wish.

But the membership fees alone aren't enough to prove their wealthy status. Stanger has to make sure each member is a certified millionaire. "They must have \$1 million in business, equity, or homes," says Stanger.

Stanger insists the service isn't discriminatory or prej-

udiced in any way. "This service simply targets a special niche market — men who are millionaires. It doesn't discriminate against race, colour, age or anything else."

Yet earlier in our interview, she described the kind of women that make up her roster of more than 10,000 potential dating candidates. Women, by the way, can sign up for free, but unlike the millionaires, they aren't guaranteed any dates. "There are all kinds of women on my roster; they are looking for monogamy ... and they have to be in shape."

Stanger insists that the women who make up her roster aren't gold diggers — although I bet Kanye West would disagree. To ward

against those types of people, the service has a four-to-one rule: For every four dates the millionaire pays for, the woman has to pay for one. This columnist isn't convinced that's enough to keep the Anna Nicole Smiths of this world at bay.

So is this really just a gold digger's haven or a chance at a real relationship? You tell me. Millionaires Club is holding open auditions at the Carlu on Friday from 3 p.m. to 10 p.m. Judges are looking for women with intelligence, class, poise, sociability, and women that take care of themselves.

Visit www.millionairesclub123.ca and e-mail me at datingjungle@hotmail.com to let me know what you think.

Heart risk, low-carb diet not linked

HEALTH Eating a low-carb, high-fat diet doesn't raise the risk of heart disease, a long-term study suggests, easing fears that the popular Atkins diet and similar regimens might set people up for eventual heart attacks.

The study of thousands of women over two decades found that those who got lots of their carbohydrates from refined sugars and highly processed foods nearly doubled their risk of heart disease. At the same time, those who ate a low-carb diet but got more of their protein and fat from vegetables rather than animal sources cut their heart disease risk by 30 per cent on average, compared with those who ate more animal fats.

The findings were reported in the *New England Journal Of Medicine*. ASSOCIATED PRESS

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