

DATING CHRONICLES



Sarah Rowland

How to cork your fears

There are a few things more elating than the rush of a new crush. You giggle at nothing when you're spooning together. You walk around with a big beaming smile on your face. Your heart swells whenever you get a sweet text from him/her. It's a high, basically. So drink it up. Because eventually, (if you're lucky), your crush will evolve into real feelings. Which is a beautiful amazing part of the mating experience, but being the dual creatures that we are, with love, often comes fear.

There's just something about meeting someone special that seems to tap into all sorts of insecurities — especially if you've been on a dating losing streak and it's been a while since you've felt anything ... at all.

It's not a bad thing necessarily. It's merely the price we pay for living with an open heart, and as we all know at this point, that's the only way to live life. Vulnerability is sexy. Needy and anxious? Not so much.

So what's the solution? Well, you may not be able to cork your fears completely. In fact, suppressing them could lead to a messy flood or explosion of sabotaging emotions later on down the road. But you can work at being a conscious of how you react to your fears. Here's how:

Stay Busy — You can do this by going out with friends, preferably upbeat ones that make you laugh. Avoid negative nellys during this period. They'll only feed your fear.

Lay off the Sauce — When you're having an insecure moment about a new love interest, booze can only make it worse and may lead to regretful calls, texts, e-mails, etc.

Take Three Deep Breaths — If your insecurities are reaching a critical level, stop, take three deep breaths and call a friend who struggles with the same type of demons.

Move that Body — Curling up in the fetal position and dwelling on everything is going to cease you up emotionally. Get up and walk it off.

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FRUGAL ADVICE FOR COUPLES CREATING NESTS

Thrift expert balances budget, expectations

TANYA ENBERG
24 Hours

For homes that look as lovely on the inside as they do on the out, budgeting smartly can help you get there.

Designer Melissa Davis, host of HGTV's *Marriage Under Construction*, is a master at mixing old with new and sniffing out thrifty gems that can help make homes pop.

Under Davis' sharp designer eye, frugal living means creating stylish, highly livable spaces on a workable budget.

During the Fall Home Show (happening Sept. 30 - Oct. 3), Davis will be on hand at the Habitat ReStore Recycled Dwelling, featuring a knockout home display created entirely out of pieces otherwise destined for landfill.

The items were all found at one of Toronto's three Habitat Restores, an ideal shopping space for those on a budget and the environmentally conscious.

"I use the ReStore on a lot of my projects for multiple reasons," says Davis.

"I started using them because all of the vintage stores were getting more popular."

As consumers know, more popular tends to translate into more expensive.

At the ReStore, Davis often finds home decor treasures that have either been "reclaimed" or retain their "salvaged charm,"

allowing her to add unique pieces without overspending. She's walked away with designer finds, gorgeous chandeliers, French doors, entire kitchen cabinetry, area rugs, mantles and more practical must-have items, such as sinks and toilets.

One fabulous discovery was the "ultra modern" free-standing bathtub she purchased for \$150. The retail price of the tub was \$1,000.

Oftentimes these amazing steals are on the floor models from big box stores.

"I make it part of my regular regime," says Davis of perusing the ReStores.

"Every room has to be a balance of splurges and savings," she says, adding novice home decorating enthusiasts needn't be afraid to spend a lot of their budget on one item if it makes the rest of the space work. Visit independent design shops as well, such as Style Garage, Crate and Barrel and West Elm, she advises.

"Don't think you have to just go to IKEA," she says.

"Don't be afraid to go into other places and tell them your budget."

Davis says some of the easiest ways to freshen up a room without making larger purchases is through lighting, such as elegant mounted ceiling lights, or a fresh coat of paint.



Designer Melissa Davis will be at the Toronto Fall Home Show this week.

"Paint is not that big of a deal and not that big of a budget. Paint one accent wall. And, of course, it's the accessories. Leave the big items, but add a couple of candles. For a refresh, I never say change the key pieces. Leave those key pieces, the accessories make the room."

For info on the Fall Home Show, visit fallhomeshow.com.

TUESDAY NIGHT

CTV

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