

And the Ruth Shall Make Ye Free!

DR. RUTH SOLVES ALL YOUR ROMANTIC PROBLEMS THIS VALENTINE'S DAY.

LIFE IN WASHINGTON IS STILL AS HARD ON romance as the Old West is said to have been on horses and women. The city has the illusion of romance and the glamour of Camelot, but in reality most Washington men would prefer to dine with a power broker rather than a beautiful woman. The outlook can seem equally bleak in our other two Shuttle cities. So many movers and shakers in New York are intent on the pursuit of money—keeping their eyes on Wall Street and their careers, rather than making intimate connections. And in buttoned-up and tweedy Boston, well, perhaps the adjectives say enough. Not to mention that a cold New England snowstorm doesn't do much to fan the flames of a budding relationship during the month of Valentine's Day.

What's an aspiring romantic to do? *The Shuttle Sheet's* Washington editor asked America's pre-eminent psychosexual therapist, Dr. Ruth Westheimer, for advice. Her top suggestion: Don't panic. "For Valentine's Day 2003, for all three cities and all ages, take a big breath," she says. "Take stock of your life. Times are not easy." In her bubbling, sweet manner, and in her signature German accent, Dr. Ruth shares six keys to overcoming obstacles to romance.

1. Singles: Go on the offensive.

"Take a moment to think where you are going to be 10 years from now. Most people want to have somebody they can rely on, a significant other. If you are not in a relationship, take time to go out and actively

find a person.

"Older people, and those who are divorced, go out and look for someone. Find the energy to do something. There are midlife opportunities. If you're on the Shuttle, look around and see who's there."

