

Embrace the Single Summer Life!

by Kate Elliott, Divine Intervention

Are you single this summer? Do you feel jealous, anxious, irritated, and overly critical when you walk the Seawall and see all those nauseating couples kissing, holding hands, or, god forbid, running together? Does it make you want to throw yourself from the path and into the gorgeous, yet most likely frigid, waters below? Fear not friends, I am here to tell you that being single in the summer is the most lucrative time to be single- and trust me- everyone's a hunter when it comes to hot weather, minimal clothing, and glistening bodies. Summer is the time to embrace the single life, and show off your best assets.

Those few wonderful warm weeks between June and July when the beaches begin to swarm with people like worker bees to a hive- you know summer has arrived. These bees have buff bods, cold drinks, hot friends, and nothing but time to enjoy. So if you're single this summer, reap the benefits of beach life *without* the hot nights stuck to someone in bed.

There is something magical in the way we present ourselves only in the summer that attracts the opposite sex more. Our hair, skin, and clothes (or lack thereof) morph men and women into more tanned, toned, and totally hot creatures. Giovanni Amenta, owner of Pink & Grey Style and Image Consulting in Vancouver, has coined this phenomenon the Suntan Effect. The Suntan Effect is the increase in sex drive due to warm weather, gorgeous people flooding the streets, and a sex-induced style worn by all.

Here are a few ways singles can support the Suntan Effect and use this summer as your own personal playground. Make clothing work for you and know your limitations when it comes to summer clothes. If you're still pulling out the jean skirt from your first year of university, or a t-shirt that reads "Free Admission to the Gun Show," it's time to reconsider your wardrobe - and your taste for that matter. Giovanni suggests asymmetrical clothing lines for women in order to show more skin in places like shoulders and backs. Also for women, monochromatic nudes that resemble skin make a lasting, slimming impression on the female frame. Men, lose the graphics and opt for a simple t-shirt that skims your pecks and biceps; remember, the fit is most important- we don't want you to look like you've borrowed from your sister's closet. Ladies, hippie chic is very trendy this summer so let your waves be wavy, and your sundresses flow, but don't overdue it, and always dress occasion appropriate.

Summer is the perfect time to be single and fabulous! Get outside your comfort zone and do something different. Visit a new downtown neighbourhood, try a restaurant you've been meaning to go to, or change your workout regime. Parks, patios and the Seawall are all excellent places for hunting, hanging with good friends, and for enjoying our fair city. Ain't West Coast life grand?