

SURVIVING VALENTINE'S DAY

By [RANEE ALISON SPINA](#)

Just when New Year's Eve has passed, another major "date" holiday is around the corner. For many women, the thought of spending Valentine's Day without a man is depressing.

Single women tend to obsess on the fact they do not have that *special someone* to buy them \$75 roses or take them out to a romantic dinner. (As if going out to a restaurant on an extremely crowded night is romantic!) Women need to focus more on *who* is in their life, instead of having *any* male in their life simply to elevate themselves to couple status.

Do YOU give way too much importance to the 45th day of the calendar year?

If you don't have a date for Valentine's night—it doesn't mean that you are not pretty, special, smart, or simply fabulous. That is the one day I personally do not want to buy flowers or eat dinner out. The outrageous prices and crowds are anything but romantic or intimate (and definitely not smart shopping).

So, what can you if you are single?

- Send a card to someone who has lost a loved one.
- Intrigue someone you have admired from afar with a secret valentine.
- Plan a night out with other single friends just before or after the 14th – bowling, karaoke ... anything that gets you laughing. Tell each friend to bring someone new to join in on the fun.

And, if you are part of a couple?

- Rethink going out on the night of the 14th. Celebrating on a different day will save you money and be less crowded.

- Be sure to acknowledge the day in some way. Romance is about the gesture not the fact that someone bought you an overpriced \$17 rose.

Remember, love is not expressed in one day; there are 364 other days to be a sweetheart!



Rane Alison Spina, M.A. is an Award-Winning Author & Speaker who has appeared on TV, radio and college campuses across the country.