

local news IN BRIEF

FINANCE UPDATE

B.C. Ferries released its first quarter results yesterday. During the three months ending in June, the corporation's revenues increased 9.2 per cent to \$159.8 million, while expenses increased 10.6 per cent to \$145.4 million, compared to the first quarter last year.

POLICE WARNING

The West Vancouver police department is warning businesses about a scam that involves a bogus fire-extinguisher inspector. On Aug. 22, a male suspect entered a Starbucks in the 1700 block of Marine Drive and was allowed access to an office where a purse and two wallets were stolen.

NEW SCHEDULE

B.C. Ferries will implement a new Friday night schedule from Tsawwassen to the Southern Gulf Islands starting Sept. 7. B.C. Ferries conducted a trial of a revised schedule last spring and made refinements based on feedback.

CANCER RESCUE

Members of the Chilliwack Search and Rescue team will assist in marshalling a race with 2,000 rubber ducks down Vedder River Saturday in a duck-drop fundraiser for kids and families living with cancer. The race starts at 1 p.m. and will finish at the foot of Peach Road at approximately 1:15 p.m.

TRAVEL INFO

The Canadian Education Centre Network announced the Vancouver Go Abroad Fair will take place at the Vancouver Convention and Exhibition Centre on Sept. 17 and 18. Canadian students, youth, parents and educators are welcome to attend this free event to meet with representatives from over 80 organizations. More info at www.goabroadfair.ca.

- 24 hours news services

'Honestly, this just isn't working' bye bye love



"Make a new plan, Stan."

"Hop on the bus, Gus."

"Just drop off the key, Lee."

Like the song says, there are "50 ways to leave your lover." But most relationship experts agree there's only one honourable way and that's honestly.

So if you're planning on calling it quits with your summer fling to clear the dating decks for fall, you might want to try a somewhat more enlightened approach. Which means saying goodbye to those old reliable, half-baked lies we tell each other like "It's not you, it's me," and "I'm just really focused on my career right now."

"Those are wishy-washy," says Christina Sestan, a professionally certified life coach who helps people achieve personal and professional "groundbreaking growth."

"Everyone has a built-in B.S. detector – whether they are conscious to it or not. We can tell when someone's saying one thing, but feeling something different and that often creates more discomfort with [both parties] than if you just come out and say, 'I'm just not attracted to you.'"

"I can't stand the way you chew your food, your laugh sounds like a barking hyena and quite frankly you suck in the sack."

While honesty may be the best policy in Dumpsville, it should be noted that being truthful doesn't give us carte blanche to say straight up, "I can't stand the way you chew your food, your laugh sounds like a barking hyena and quite frankly you suck in the sack."

Sestan adds: "There's a way to be honest. There's a way to be respectful and I believe it can be the same thing," she says before adding, "And it's never about the chewing noisily. I always ask people [who use that excuse] 'what's going on with you?' Because there's always something deeper going on."

Not only does Sestan champion honesty, she's also a big fan of the dreaded in-person breakup – even if you've only been together a month.

"By not running away, you're actually allowing the person to have their reaction," she says. "If all you want to do is minimize our own discomfort, do it as quickly as possible and get out of there, an e-mail breakup or phone breakup may seem reasonable. But I always say, 'we reap what we sow.'"

- Sarah Rowland, 24 hours

Dated, dumped ... now what?

Assuming you're not of the stalker variety when a loved one blindsides you with a Dear John letter, your knee-jerk reaction is to throw a self-loathing pity party. This time-honoured tradition usually involves spending all your free time rotting in front of the tube in your ugliest ginch, shades drawn, ringer off and a tub of Häagen-Dazs at arm's reach (or a case of Heineken – depending on your vice). And don't even think about shaving. According to Dr. Aaron Hait, a psychologist who specializes in relationship counselling, this is a normal part of the healing process. But if it goes on more than a month, you may want to take the following steps to get over it:

Talk it out

"Debriefing with their friends and family is a natural thing to do – it helps you try to make sense of it all."

Write it out

"Put some of your thoughts on paper – things you learned from your experience. Include the good things, not just the bad. And think, 'What am I going to do differently next time.'"

Sweat it out

"Exercise is a fantastic thing to do. It gives you a sense of control and it's good for you and burns off some of the stress hormones that develop post break-up."

Get the hell out of Dodge for a while

"You still have to come back to some of the old reminders of that person. But getting away for a little vacation also reminds you that you're an independent person."

- Sarah Rowland, 24 hours

24 HOURS ASKED PEOPLE:

What's the worst breakup line you've ever used or heard?



DANIELLE ANDERSON

Heard: "I have to break up with you because I like another man."



KEVIN HERD

Used: "It's not you, it's me."



CHARLA KRAMPS

Used: "I'm too busy with school."



AMY AITKEN

Used: "You're a joke, not a man."



SHANNON KIMBALL

Used: "You're a monkey man."



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