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My Travel



Say aloha to your new marriage

▶ Think honeymoon, and Hawaii springs immediately to mind. On the island of Kauai, the blend of beauty, luxury, and tranquility will make the perfect setting for letting go of all that pre-wedding stress.

My Education guide



Go global with business

▶ "Globalism" is the new buzz word in economics. — It's increasingly clear that no business is immune from the effects of world events.

Boston Music



Magnetism of another variety here

▶ Many music journalists quake at the prospect of interviewing the thorny frontman of The Magnetic Fields, Stepin Merritt. But if you ask the man himself, it's just a misconception. As his latest record, the Tin Pan Alley-inspired "Realism" hits, he muses on the one thing he hates most — touring.

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Bet they ate some shellfish. Photo: GETTY IMAGES

# Staying in and cuddling up

Staying in doesn't have to be a snooze fest. And besides, whether you're at an art show with your friend who gives you butterflies, or on date night with your partner of 30 years who still knows how to make you laugh like a schoolgirl, Valentine's Day is not about where you spend it, but who you spend it with.

**LOVE SEAT FOR ONE**

Movies that say, "I'm single, but I feel sensational":

- "Amelie"
- "Under the Tuscan Sun"

So for those of you who want to avoid the gauntlet of getting dinner reservations, we say share some alone time with your sweetheart at home. Here's how to make it extra special.

**Spice things up**  
To spice up the night, Gloria Tsang, nutritionist and founder of HealthCastle.com, advises couples to incorporate libido-boosting foods — dark chocolate, almonds, cinnamon, tumeric and shellfish — into the meal.

"If one is preparing to bake a chocolate dessert, it's great to add a sprinkle of cinnamon before baking," says Tsang. "Not only will it give your heart a boost, but it will also give your room a romantic scent."

**Move it to the couch**  
After dinner, grab a blanket, dim the lights and watch a romantic flick together.

"No matter the stage of the relationship, there is a movie that can set the right tone and send the appropriate message," says Fenot Tekle from Netflix.com.

For people who wish to say, "After all these years, you're still the one," Tekle recommends watching "The Notebook," "The Curious Case of Benjamin Button" or "Peggy Sue Got Married." Those who want to be more than friends should check out "Slumdog Millionaire" or "My Best

Friend's Wedding." As for movies that scream, "I'm in love with you!", Tekle suggests "Twilight" or "Jerry Maguire."

**NOTHING SAYS 'I LOVE YOU' LIKE A MASSAGE**

Licensed massage therapist Gwen Guarino lets us in on some of her techniques: Knead the muscles of your partner's shoulders and neck as he or she lies face up. Ask him or her to take a deep breath and during the exhale, gently pull on your partner's neck by holding the cranium with both of your hands.

"Throughout this, folks should remember to keep strokes slow, close their eyes and relax," she says.

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**YOUR TURN:** (0 comments)

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Music

**metro monthly music podcast**

**MMMpod**  
▶ The February MMMpod features conversation from Ozzy Osbourne. Michael Emerson from "Lost" tells us about his days enjoying punk rock in Boston. We also dig up an old interview from the late great Howard Zinn. We have a song from Delta Spirit and The Soft Pack, who tell us where they got their name.

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