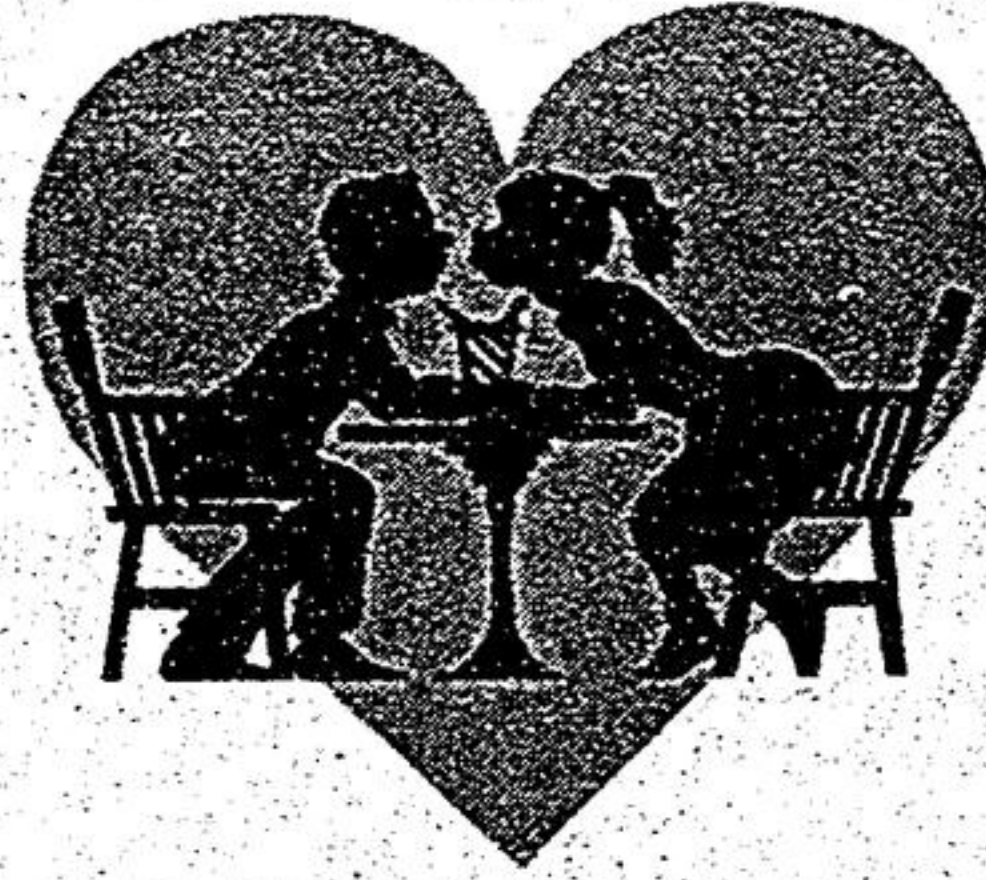


The Economist & Sun/Sun-Tribune
DIVERSIONS

Jungle Love



BY SIMONE JOSEPH
 Staff Writer

For Diane Humeniuk and her husband, Donald, the jungle added joy to their relationship.

During the couple's recent trip to the jungles of Central America, they spent time suspended hundreds of metres from the jungle floor, despite Donald's fear of heights.

"Talk about testing a marriage — he was screaming like a banshee," said Mrs. Humeniuk, former regional councillor for Newmarket.

Mrs. Humeniuk, 58, thought the trip was a very romantic 55th wedding anniversary present from Mr. Humeniuk, 59.

"It's nice to do something different to keep the spark alive," she said.

With Valentine's Day fast approaching, many couples will be thinking about and analysing the spark or chemistry in their own relationships.

While people often refer to a first date as a dud, saying there was no chemistry, defining chemistry can be difficult. But some sources are able to explain the chemical component of love using science.

Take, for example, this description from www.cyberparent.com — "When two people are attracted to each other, a virtual explosion of adrenaline-like neurochemicals gush forth. Fireworks explode and we see stars ... Also, involved in chem-

istry are dopamine and norepinephrine, chemical cousins of amphetamines. Dopamine makes us feel good and norepinephrine stimulates the production of adrenaline. It makes our heart race! These three chemicals combine to give us infatuation or chemistry. It is why new lovers feel euphoric and energized and float on air. It is also why new lovers can make love for hours and talk all night for weeks on end."

Even lust can be explained by chemistry, according to PhD Anne Marie Helmenstine.

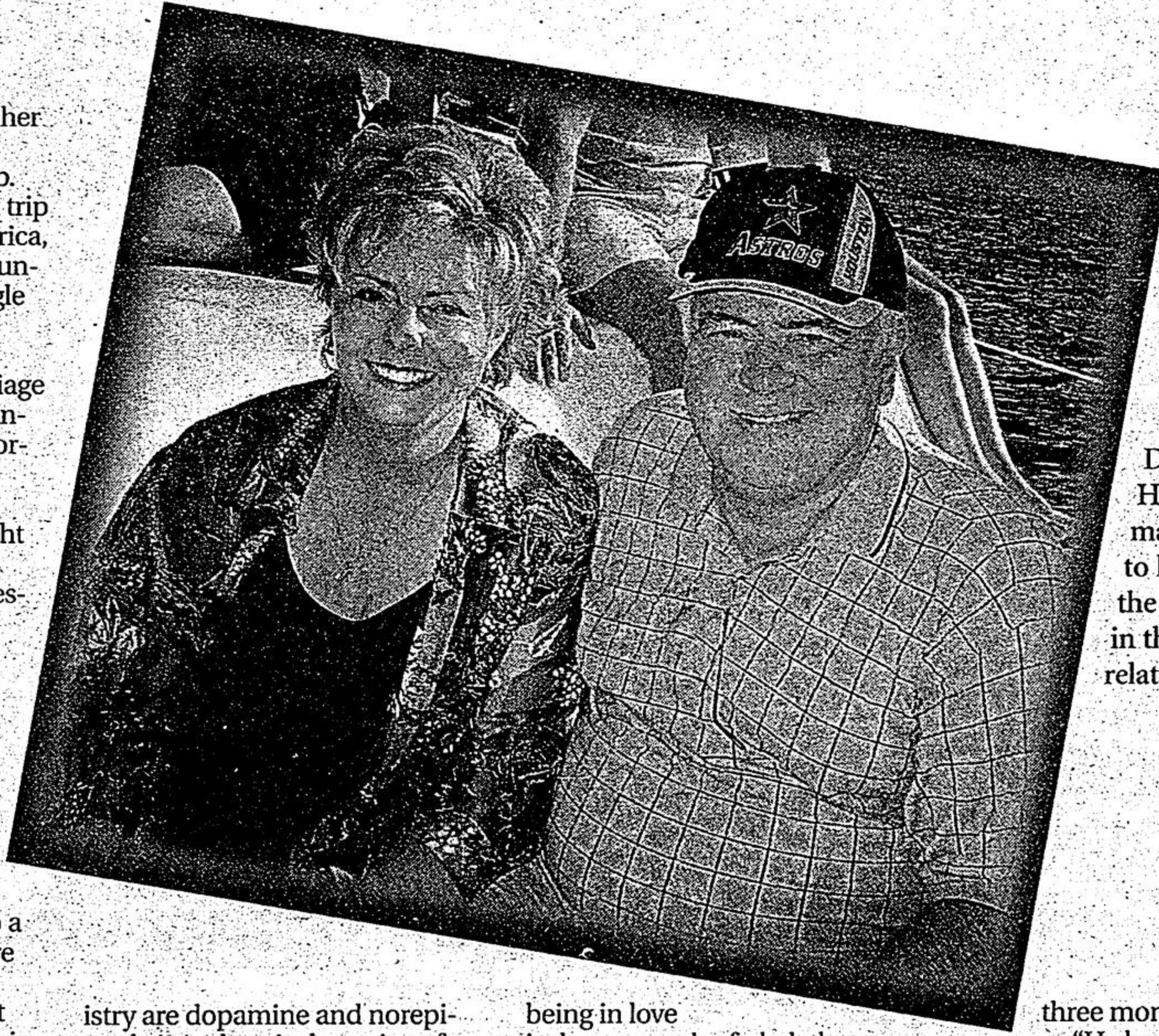
"The sweaty palms and pounding heart of infatuation are caused by higher than normal levels of norepinephrine. Meanwhile, the 'high' of

being in love is due to a rush of phylethylamine and dopamine," she said.

Ms Helmenstine has undergraduate degrees in physics and mathematics with a minor in chemistry from Hastings College in Nebraska and a doctorate of philosophy in biomedical sciences from the University of Tennessee at Knoxville. She answers the love chemistry question at <http://chemistry.about.com/cs/howthingswork/f/bllove.htm>

Mr. and Mrs. Humeniuk have faced their share of difficulties, times when the chemistry between them could have been stamped out, when they could have been wrenched apart by misfortune. In the late 1980s, Ms Humeniuk was in a severe car accident and was hospitalized for

Diane and Donald Humeniuk make the effort to keep the chemistry in their relationship alive.0



Anne Brodie

On Movies

Smith's comic gift shines through

Hitch

Starring Will Smith, Eva Mendes, Kevin James and Amber Valetta.

Directed by Andy Tennant

Now playing

This time of the year is generally reserved for the release of films with low expectations; B films, horror schlock, or those best served by broadcast on public television. But *Hitch* is a pleasant surprise, thanks mostly to Mr. Smith's considerable comic gifts and charm.

He plays Hitch, a 'dating doctor,' who earns a healthy living training romantically inept men to dive confidently into the dating pool.

His clients represent every poor loveable schlub who aspires to that far off ideal woman. They are guys who lack sophistication, but more importantly, and ironically, the means to express their true hearts and souls without fear. The kind of guy gals would really like, if they would only make themselves known.

Most loveable is TV's Kevin James as Albert, hopelessly in love with an ultrarich, Scandinavian beauty his accounting firm represents. Seems impossible, right? Well, Hitch doesn't think so. He sees something worthy and noble in Albert. Can't a mouse look at a Queen?

Eva Mendes plays Sara, a tabloid gossip columnist who has had her share of bruising relationships and is a tad bitter

See LOSS, page 19.

See DANCING, page 21.



INSIGHT INTO EYESIGHT

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