

Originally published Feb. 13, 1996

100 and more ways to someone's heart

By SUSAN AGER

Free Press Columnist

Reader comments: Said Ann Lusch of Redford: "The column I will most remember you for is '100 ways to do it without doin' it,' because a rather beat-up copy of that gets pulled out whenever I teach the morality class in our school."

Peruse a rack of Valentine's Day cards and you'll see that sex has edged out love as the focus of this holiday. That's too bad, because sex is not what love's about.

I argued once with a guy who insisted sex was the most intimate thing you could do with another person. I said, "Holding a cool cloth to the back of someone's neck while they throw up in the middle of the night is far more intimate."

He thought I was joking.

In honor of old-fashioned Valentine's Days, here's a list of "100 Ways to Make Love Without Doin' It," compliments of Rosemary Spatafora, who coaches a group of teenaged AIDS Awareness peer counselors at Ferndale High School.

(I've added a few suggestions of my own at the end.)

1. Watch the sun come up.
2. Watch the sun go down.
3. Paint her toenails.
4. Massage his feet.
5. Bring flowers.
6. Bake a cake together.
7. Walk in the woods.
8. Swim in a river.

9. Send a card.
10. Plant a garden together.
11. Go camping.
12. Eat by candlelight.
13. Build a snowman.
14. Catch fireflies.
15. Whisper.
16. Wash his car.
17. Wax her car.
18. Read aloud.
19. Speak gently.
20. Brush her hair.
21. Rub his back.
22. Listen.
23. Go on a picnic.
24. Express your feelings.
25. Watch his football game.
26. Watch her love story.
27. Plant a tree.
28. Count the stars.
29. Smile.

30. Go on a bike ride.
31. Eat ice cream cones.
32. Take a drive in the country.
33. Laugh.
34. Communicate your thoughts.
35. Attend a concert in the park.
36. Share your dreams.
37. Cuddle.
38. Hold hands.
39. Listen to music.
40. Give hugs.
41. Respect each other.
42. Play Frisbee.
43. Cook a meal together.
44. Exercise together.
45. Make eye contact.
46. Pay compliments.
47. Build a fire.
48. Dance.
49. Be faithful.
50. Accept differences.

51. Watch a late show.
52. Pamper each other.
53. Use pet names.
54. Make a sacrifice.
55. Meet for lunch.
56. Give small gifts.
57. Give him the last cookie.
58. Cook for her.
59. See a comedy show.
60. Be supportive.
61. Go canoeing.
62. Stay sober.
63. Study together.
64. Be yourself.
65. Create special memories.
66. Go on a hayride.
67. Walk in the rain.
68. Play a game of checkers.
69. Go sledding.
70. Take a carriage ride.
71. Visit an island.

72. Share your fears.
73. Enjoy the moonlight.
74. Trust.
75. Set goals together.
76. Remember holidays.
77. Wear his favorite perfume.
78. Wear her favorite cologne.
79. Be best friends.
80. Stay in and rent a video.
81. Celebrate life.
82. Sing to each other.
83. Be kind.
84. Overlook small faults.
85. Share a bowl of popcorn.
86. Experience wonder.
87. Be silly.
88. Rake leaves together.
89. Be honest.
90. Discover nature.
91. Share a sundae.
92. Go to a fair.

93. Be spontaneous.
94. Pick apples in an orchard.
95. Give her a teddy bear.
96. Show affection.
97. Write a love letter.
98. Ride a carousel.
99. Read her a poem.
100. Discover what makes the other person happy, then do it!

10 more for good measure

My additions:

101. Wander, holding hands, through a graveyard.
102. Watch TV with his head in your lap.
103. Learn something new together.
104. Run your fingertips over his eyelids.
105. Go food shopping together for your Valentine's dinner.
106. Massage each other's hands.
107. List 14 things you love about her.
108. List 14 things that delight you about him.
109. Ask each other 14 interesting questions.
110. Be still together.