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CLUES RICHARD GRAYSON Jan 11, 2006

## Date and grind

### CONN.'S CEDAR BROOK CAFE, THE COUNTRY'S SECOND OLDEST GAY BAR, HOSTS 8MINUTEDATING FOR WOMEN

Tired of being lonely? Wondering where in the world that woman is lurking for you?

Well, if you live in Connecticut, you'll get your chance next week to join a craze that's apparently helped lots of gay guys and a slew of those crazy straight people find their mates: 8MinuteDating.

On Saturday, Jan. 21, the Cedar Brook Cafe, located at 919 Post Road in Westport, Conn., is hosting what is being dubbed the premiere lesbian 8minuteDating event in Connecticut - although that doesn't mean that ladies from all over the region aren't invited to attend - and it sounds like you might want to stick around even after the event for their Saturday night Grind.

Here's how it works: When 8minuteDating gets started, you have four eight minute one-on-one conversations with four single women, followed by a 20-minute intermission where you can mix and mingle with other singles that might have caught your eye. After the intermission, you have an additional four eight minute dates. That's eight, what you hope are great, dates in one night.

Of course, that may all sound a little daunting - getting the nerve up for just one date is hard enough. But, the folks at 8minuteDating (and you can check out their Web site at [www.8minutedating.com](http://www.8minutedating.com)) are professional at making the atmosphere inviting and non-threatening. For instance, you can even find useful tips for the most important thing of all: relaxing.

"You can learn a lot about a person in eight minutes, but it's important to approach 8minuteDating with the right attitude. Relax, smile, have fun, and consider each 8minuteDate a no-pressure opportunity to get to meet someone, learn something and potentially establish a future relationship either for dating, friendship or business," offer the pros. "Don't expect to find love at first sight. Instead, look for someone who you'd like to spend more time with. Keep in mind that it takes a few dates to really connect with someone, so if you meet someone who has potential, give them a chance!"

As one recent participant to an 8minuteDate party recently told the Portsmouth Herald, "I there are at least eight single people who you already know are looking for a fun date. There's no guessing games, no jealous girlfriend in the corner giving me the evil eye ... someone who puts themselves out there is more likely to find a successful match than someone who waits around for the perfect moment to come along."

Best yet, it's a full night out. If you've never been to the Cedar Brook Cafe, this may be a good bet. It's the second oldest gay bar in the country, it boasts a huge dance floor and Saturday nights are all women with a dance party they call Grind.

So, after the end of your eighth date, you're invited to stay and mingle at the bar to meet and chat with other women at the party hosted by Fem Factory, two very cute identical twins who have been hosting lesbian parties in Connecticut for 11 years, with DJ JD and DJ SABI spinning their beats.

SABI is something of a legend in the Westport area. Born in 1978 to Ecuadorian parents, music has always been her fuel. Her mother had an extensive record collection that varied from disco to rock, from merengue to salsa that became her fuel for life. She says there was always music in their home that gave her life a soundtrack.

While she was growing up she got to spend her summers in NYC and the melting pot of the city opened her up to so many genres. She'd sneak out to the biggest clubs and hear the music of the best.

These days, she's into the Grind. •

For more information and to register for this event, connect to [www.8minutedating.com](http://www.8minutedating.com) target = "\_blank">[www.8minutedating.com](http://www.8minutedating.com).



DJ SABI

#### STORY INTERACTION

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