The Canadian Champion, Friday, February 7, 2003-B5





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A perfect match starts with a great first date

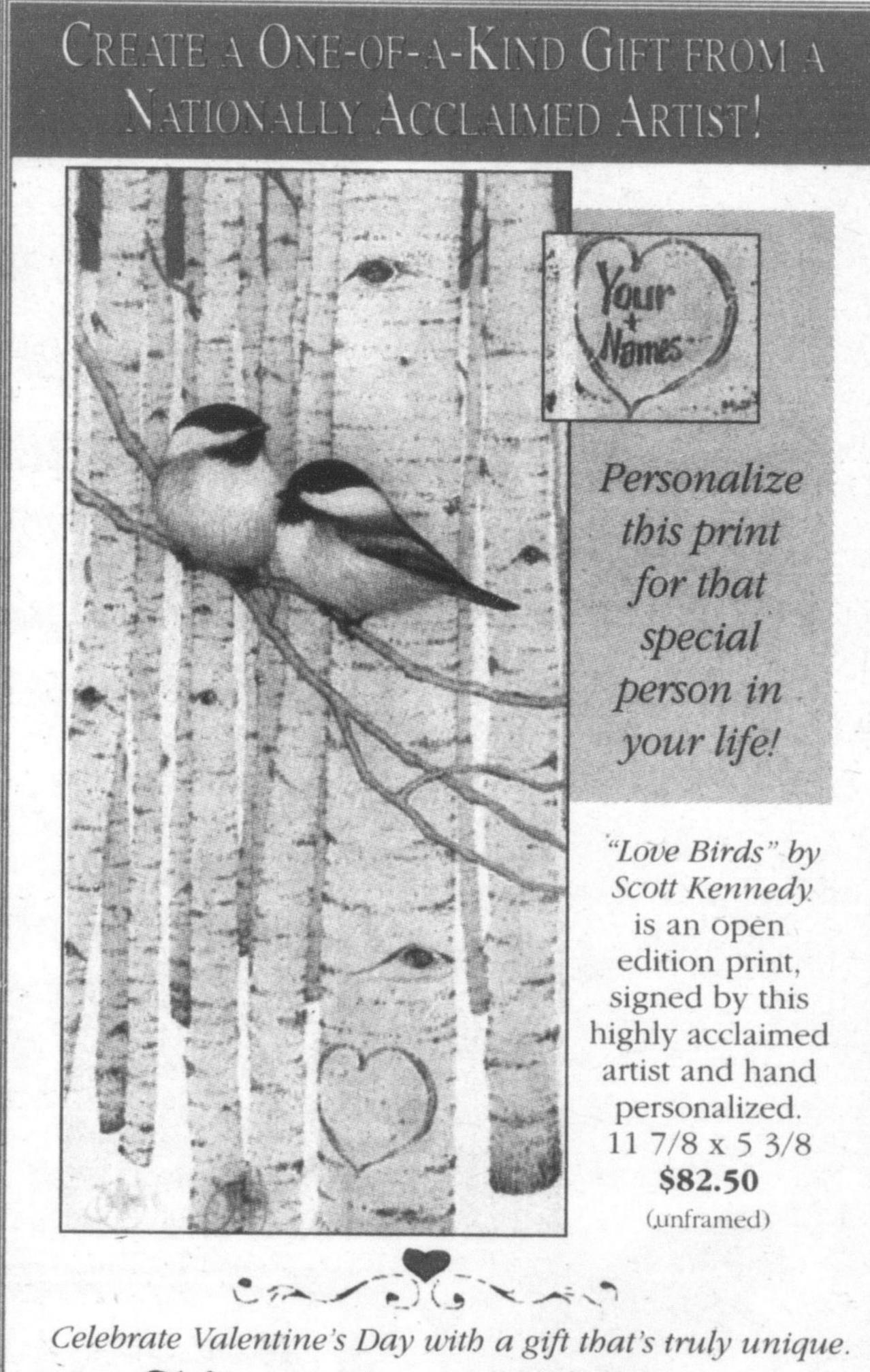
(NC)-Andrew Anthony has been on a lot of first dates and his wife doesn't mind a bit! Anthony, host of Life Network's Matchmaker, has seen the good, the bad and the ugly on the road to love and offers a few tips for great first dates.

- Relax. Daters, like ravenous coyotes, can smell fear. If you're relaxed, your date will be too.
- Be a gifted dater. Wine and flowers are popular tokens that demonstrate you've made an effort. But don't overdo it. The idea is to impress and not smother or else there may not be a second date.
- Mind your manners. Conduct yourself as if your mother were at the next table. Get the chair, the (1) door, and — if you're the "asker" — the cheque.
- Make it memorable. Demonstrate originality by taking your date somewhere different. But play it safe — meet on neutral ground.

 Speak and be heard. Figuring out if there'll be a second date requires at least a little conversation. Places that prohibit get-to-knowyou chat, such as movies or loud nightclubs, are not ideal first date choices.

Love gets a little help on Matchmaker, airing on Life Network weekdays at 8:30 p.m. ET, as friends set up their loveless pals on dates and follow the couples with cameras. For more relationship advice, visit www.lifenetwork.ca. To receive Life Network in your home, call





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