

BOOMERS

Western Pennsylvania's Monthly Lifestyle & Health Care Guide

It's About Attitude, Not Age

RELATIONSHIPS

Single and Searching for Mr. Right?

Etiquette Tips to Make You a Dating Doyenne

Today there are a number of "new millennium ways" for meeting the opposite sex. These range from speed dating, chat rooms, on-line services such as Match.com, and modern day match makers. While most women know where to go to look for a man, all too often how to conduct oneself on a date has been ignored.



Lourdes Figueroa

Lourdes Figueroa is the founder of **UdefineU**, a collection of videos that covers etiquette, fashion, speech, and posture. Lourdes, a single woman and entrepreneur explains that, "proper etiquette and manners does not mean ignoring our freedom as women or reverting back to a "Stepford Wife" persona. It simply means conducting oneself in a way that is appropriate and polite. Of course, women should expect men to adhere to the same standards."

What is Etiquette?

By definition etiquette is, "conventional requirements as to proper social behavior." In our culture today many of the "proper social behaviors" are changing. However, dating etiquette should still be regarded as very important in our society. We need to learn how to treat each other. More importantly learning and applying proper dating etiquette shows our true colors.

First Date Don't's

1. Be late - First impressions count and if you are late this will make them think of you as lazy, having lack of initiative, etc.

2. Talk about yourself all night - There is nothing worse than a person that loves to talk about himself or herself all the time. Be the one asking the questions!

3. Talk about past relationships all night - Maybe that's how you lost the last one. Nobody wants to hear you drone on about your ex and what he or she did or didn't do. Concentrate on your date and see if you can get to the second date.

4. Eat with your mouth open - This will not only create a negative impression of you to your date, but also to other people around you.

5. Ask too many personal questions - This is your first date and they won't want to reveal too much about themselves just yet. If you like each other and want to continue with the relationship then there will be plenty of time to ask more intimate questions.

6. Try to be something you are not - It's important to be yourself as you don't want other people to settle for anything different. Trying to act like someone you are not will only backfire in the future.

7. Forget to thank them for the date - Not only is this good manners but this is where you will get your chance to end it if you are not interested or for you to ask them out on another date if you would like to see them again.

8. Propose marriage or kids - Unless you don't want to see them again.

9. Pursue sex; especially after your partner has said no.

10. Don't get drunk - You don't want to spend half the night in the toilet vomiting and your date won't think much of you. You can also put yourself at risk of unwanted advances and will not be in the right frame of mind or body to do anything about it.

11. Don't take cell phone calls unless there is a critical situation you need to be available for such as a sick relative.

For more information or to order **UdefineU**, visit www.UdefineU.com.

