

Justin Timberlake and Jessica Biel Lend a Hand Post-Hurricane Sandy



 By Nic Baird

Singer Justin Timberlake and actress Jessica Biel spent Saturday helping the victims of Hurricane Sandy in Queens, New York, [People](#) reported. After recently returning from their honeymoon, the newlyweds spent hours handing out relief backpacks and blankets. The neighborhood, Far Rockaway, was heavily damaged by flood water and local residents were grateful for the group's help as some still wait for heat and electricity.

What are some ways to give back as a couple after a natural disaster?

Cupid's Advice:

A natural disaster is a cause everyone can get behind. People like you have lost their homes, security, and other essentials in the wake of Hurricane Sandy. If this was you and your partner, you'd welcome any help in your time of need! Show the humanity of your relationship by lending your hands:

1. Understand the crisis: What happened? Figure out the effects of this disaster, and who's been affected. Learn the stories of the ground zero victims. Find out how it happened, and what emergency services are doing. Pay attentions to the actions of politicians and where their priorities are in this national dilemma. Most importantly ask yourself, what do people need?

2. Relate to the victims: These are people like you. Nobody brought a natural disaster upon themselves, except maybe the citizens of Sodom and Gomorrah. Try to understand how you would feel if your life was stripped away. As a couple, remember your pity isn't worth anything to the victims, only your help. Approach the situation as your duty, not your charity.

3. Be proactive: After you've spent time to understand this sudden calamity, move your sympathies out of that well-informed head. Bring your feelings of altruism to the broken streets and wounded families. Talk to those in charge of relief efforts and tell them how the disaster makes you feel, and how you want to pitch in. Discuss with your partner which organization is a right fit for you. You can find a list of many of the groups helping with Hurricane Sandy at www.treehugger.com.

How have you and your partner reacted to Hurricane Sandy or other natural disasters? Share your experiences below!