

Reggie Bush's New GF: A Kim Replacement?



NFL player Reggie

Bush may have recently broken things off with Kim Kardashian, but he didn't spend much time mourning. Bush has recently been spotted in New Orleans with *Maxim* model and singer Mayra Veronica, a Cuban beauty reminiscent of Kardashian. "Mayra doesn't want to be Kim's replacement. She wants to make sure there's a special place in [Reggie's] heart just for her," said an insider, according to [RadarOnline](#). Bush and Veronica's relationship started as a summer fling, and the relationship has only grown since then. Though Veronica has been busy promoting her new single, "If You Wanna Fly," she made sure to clear her schedule when Bush was in California. Those close to the couple say, "They really can't wait to see each other. They just love spending time together."

How can you avoid replacing your ex with the same type of guy?

Cupid's Advice:

Kim Kardashian has been accused of chasing after the same type of beau, and now her ex Reggie Bush is doing the same thing.

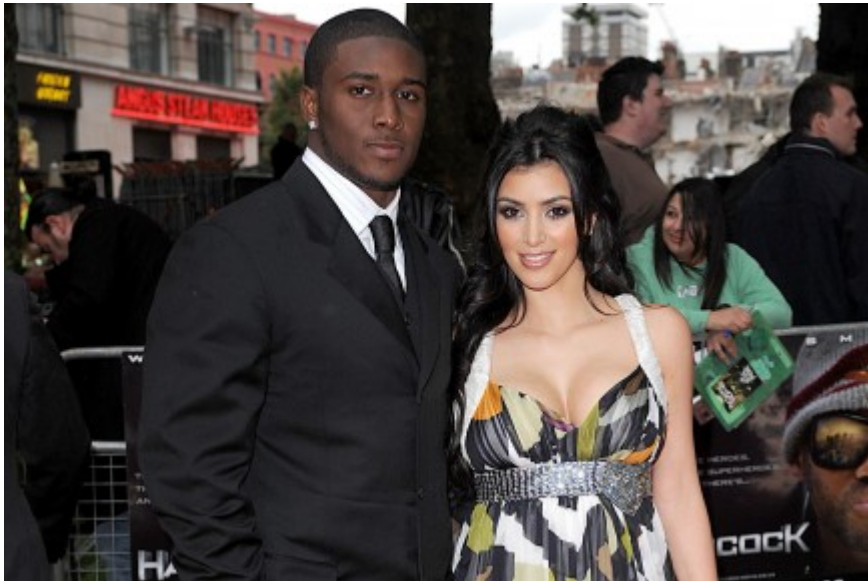
It can be hard to branch out, but there's a reason you're single and looking – because your past relationships haven't worked out. Here are a few tips to help you change things up:

1. Stop, drop and think: It happens. You're at a bar and there's a guy across the room that you can picture yourself dating. But before you pursue the attraction any further, be sure to take a quick inventory of the guy. If you can tell he's no different than your exes, even from first glance, then forget it.

2. Look at yourself: While you play a large part in picking your beaus, certain types of men flock to you for a reason. If you continually attract a certain type of guy, try making small changes to your look or the way you act. You may be able to attract Mr. Right.

3. Walk away: When you know a guy is no good for you, don't stick around. There's no reason to waste your time in a relationship that will only end in disappointment. Be sure to listen to the warning bells going off in your head.

Balthazar	Getty	Gets
Understanding	From	Wife
Rosetta		



After a scandalous affair with actress Sienna Miller in 2008, Balthazar Getty is slowly getting back on track with his wife, Rosetta, according to [Huffington Post](#). “Here’s the bottom line: It was a very challenging time for everybody involved,” said Balthazar to *Harper’s Bazaar* via Page Six, “but I loved and missed my family too much not to make it work. Rosetta is understanding enough and spiritual enough to let us try.” Rosetta continued explaining by saying, “I’m going to have to explain this to my daughters one day. I chose not to act from ego because I just felt like it would be too crushing for my children.”

Are there ways to make forgiving a partner easier?

Cupid’s Advice:

Forgiving your partner can be a tough task, especially when they’ve tested your trust. Cupid has some tips for easing the process:

1. Remember the kids: If it’s your spouse that has been disloyal, sometimes you should consider taking the road Rosetta has taken and stay together for your family. It can

be more important to stay strong for the sake of children involved than to allow your hurt emotions to take control.

2. Think about the commitment: When it comes time to forgive, it's important to assess how committed you are to your beau.

If in the end you are truly still in love with him, then working it out might be worth a shot.

3. Be selfish: When deciding whether to forgive someone who has betrayed your trust, it's important to still put yourself first. Decide what's best for you, and what will make you happiest. If forgiving your mate will take away from your happiness, maybe it's time to move on.

Mira Sorvino & Family 'Get Up and Go'





Balancing your personal life, family and job can be tricky, especially if you're in Hollywood. But even in the midst of shooting a movie, actress Mira Sorvino makes sure her family knows they come first. The actress told [People](#) that she only works on films with short shooting schedules, and often brings her children to set with "quilts and colored Christmas lights and art supplies and books to help make it a home away from home."

Sorvino's three children and husband Christopher Backus not only kept her company on the set of her most recent film, *Like Dandelion Dust*, but became her inspiration for it. The film tells the story of a woman trying to reclaim the child she gave up for adoption. "I have three beautiful children who I love more than anything else in the whole world, so anything having to do with your children and potentially losing them is very, very personal to me," said Sorvino. "I didn't have to do much to get to the emotional place [of my character]."

How can you keep your spouse and kids happy at the same time?

Cupid's Advice:

Keeping all your relationships healthy can be tricky, but Cupid has some ideas on how to keep everyone, including yourself, happy:

1. Make the time: It sounds simple, but between finances,

chores, personal projects and work, it's easy to forget to take the time to show your loved ones you care. Set aside at least 30 minutes per day for each person, and worry about other distractions later.

2. Focus on your bond: Do something with each family member that's important to both of you. Whether it's as simple as watching a show you both like, or chatting together about a shared interest, activities done together will strengthen what makes your relationship unique.

3. Plan group time: Your connection with you family is just as important as your individual relationships with each family member. Take the time to plan weekly events, no matter how simple – it will bring the whole family together doing something you all love.

George Clooney's Rep Shoots Down Engagement Rumors





George Clooney's on the defense again! The actor's rep has come to his rescue by shooting down a fresh batch of rumors that he has proposed to his Italian model girlfriend, Elisabetta Canalis. The engagement rumors took flight after Canalis was spotted with a ring on a very telling finger, according to [Starpulse](#). Clooney's rep said, "There's nothing to comment on. She likes to wear rings. No more, no less." Although Cupid previously reported that the couple were getting serious, they are apparently still just enjoying each other's company – sans marriage. **Is there a tactful way to get people to stop pressuring you about marriage?**

Cupid's Advice:

1. Point out the divorce rate: A great way to get your friends and family to lay off about the future of your relationship is to give them some valuable information – the divorce rate.

With the statistic at a healthy 40 percent, point out that you'd rather be sure of what you want than end up in splitsville.

2. Remind them it's your life: The bottom line is that the people you are close to only want what's best for you.

Tactfully remind them that you're capable of making your own decisions ... and mistakes. Let them know that you're happy and that you'll do what you feel is right for you.

3. Ask them if they trust you: When friends and family are pressuring you into marriage, you may feel like they don't trust you to make the right choices for yourself. Let them know that their distrust is hurting you, and they may think again before forcing their views onto you.

Jesse James' Ex Says He Turned Their Daughter Against Her



Jesse James' awful summer got even worse recently when his ex-wife Janine Lindemulder filed a motion against him over their daughter, 6-year-old Sunny. Lindemulder, a former porn star, lost custody of her daughter last year after being jailed for tax evasion.

Now, she claims that James, host of *Monster Garage* and ex-husband of Sandra Bullock, is trying to turn Sunny against her. In the filing obtained by [Us Weekly](#), Lindemulder claimed that since James moved himself and Sunny to Austin, Texas, she hasn't spoken to her daughter in seventeen days. She claims that before the move, her daughter "was distant, confrontational, disrespectful and accusatory." James has disputed his ex's claims, saying that he has not interfered with Sunny and her mother's relationship. "[Janine] is not stable, and acts impulsively and contradictory," said James in his response. "[She] sounds ...as if she is drinking or taking drugs again."

How do you keep children out of a messy breakup?

Cupid's Advice:

Breakups are hard on everyone, especially those closest to the pair involved. Keeping the rest of your relationships healthy is essential after a messy breakup. Cupid has some tips on how to keep children out of the heartbreak:

- 1. Find an outlet:** Choose a close friend whom you can confide in, rather than saying something you'll regret to your children. You can also try a stress-relieving hobby or activity to take out your negative emotions on, so that you can avoid dumping negativity on your kids.
- 2. Be honest:** Once you have gotten your negative feelings out elsewhere and are in a thoughtful place, keep your kids informed. Don't say anything you might regret, and be mindful of their ages. That way, they will be able to make their own informed decisions and opinions on the matter without feeling trapped in between you and your ex.
- 3. Be watchful:** If it's still safe and healthy for your child to be around your ex, let their relationship continue. If there are any signs that your ex has become unstable or the

relationship is souring, as with Lindemulder's erratic behavior, seek professional counsel and slowly transition your child out of your former flame's life.

Nicole Porter Discusses 'The Break-Up Cookbook'



By Vicky Sullivan

In honor of National Singles Week, Cupid interviewed Nicole Porter, the self-published author of *The Break-Up Cookbook*. This witty collection of recipes, stories, and quotes, is a must-read for singles everywhere. Though it is said that the way to a man's heart is through his stomach, the way to a woman's broken heart seems to have always been through the

same vital organ. Being from Minnesota where the temperature can hit 40 degrees below 0, comfort food is in Porter's blood. Don't be fooled, however, because this book puts the "party" back into the phrase "pity party." In spite of dealing with issues such as the tragedy of a broken heart, *The Break-Up Cookbook* is nothing, but funny and optimistic.

Though Porter will never lose faith in love, she celebrates singles everywhere by recognizing their many achievements. "Now is the time to recognize what you wouldn't have done if you were busy worrying about someone else. For example, when I broke up with a guy a while back, I finally had the time to take salsa lessons. So I did. I ended up meeting the next guy there." Porter also suggests that singles take action by never waiting around for the next person to find them. "Everyday you have four missed opportunities. Try to take at least one of them. If you see a cute guy on the subway, go for it. What do you have lose? You will probably never even see him again," advises Porter. Be sure to pick up a copy of *The Break-Up Cookbook* as soon as possible because this is something every woman should have either on her nightstand or in her kitchen.

Cupid's Advice:

Sometimes it's hard to get back on your feet after a brutal break-up, but Cupid caught up with Nicole Porter to get some advice. See what the author had to say:

After a break-up, what is the best chick flick to watch while eating your fabulous recipes?

300 because you realize your boyfriend never had abs like that. So why were you with him in the first place? It's even great with the sound off.

Why do you think the way to a woman's broken heart is through her stomach?

Girls always want to eat and talk, but I have never had a girlfriend want to come over [after a break-up] for a salad. If it's chocolate cake, then they will be over in 10.

What are you looking for in a man?

A guy who can make me laugh. Looks fade and money goes away, but the guy who can make me giggle is the one to look for.

What break-up occasions go best with sweet treats? What about salty?

The ones where you throw things – sweet. The ones where you cry – salty. If it's both, I recommend caramel corn.

What is your personal favorite break-up recipe?

It's a toss up between Lip Smack'n Mac n' Cheese and Flourless Chocolate Cake. I try to do just one or the other, but if it's really that kind of night, it's both. Invite friends. It's fewer calories that way.

What would you say is the secret to a successful relationship?

Something that is honest. You are only going to find that one person you are supposed to be with. The others just show you who you are, and it's with the last person that you can truly be yourself.

Where is the best place to meet men?

The grocery store, because there you can really tell if a guy is single or not. If he is buying meat, potatoes, and beer, he is single. If it's yogurt and chicken cutlets, he is taken.

J.Lo's Ex Seeks Revenge on 'American Idol'



In an apparent attempt to lengthen his 15 minutes of fame, Jennifer Lopez's ex-husband, Ojani Noa, has just announced that he plans to audition for *American Idol*. Ironically, this revelation came immediately after J.Lo was named an *Idol* judge on the hit show. According to [E! Online](#), Noa is intent on singing one of Lopez's songs in front of the judges after hours of standing in line with the other contestants at the Forum on Sept. 22. Awkward is probably the best word to describe this post-split meeting between the former couple.

How should you handle a vengeful ex?

Cupid's Advice:

Seeking revenge on an ex is never the best course of action and rarely brings closure to either party. However, if you are victim of an ex's constant harassment, you need to protect

yourself without making the situation worse.

1. Try to work it out: If you hear anything about your ex feeling vengeful, this may be the time to meet in a neutral location and talk things over. Tell your ex that he has every right to be angry, but that hurting you as a result is taking things too far.

2. Ignore it: If you can't get to your ex in time, and he starts sending you cruel text messages or spreading rumors, ignoring his actions can put a quick stop to them. Remember the old adage "misery loves company." If he sees that he's not getting to you, he'll have no motivation to continue.

3. Legal action: Most of the time it doesn't come to this. However, if you are being stalked, threatened, or physically hurt, you need to seek legal action, perhaps in the form of a restraining order.

Revenge may be the wrong course of action, but celebrities aren't innocent to taking part.

'Real Housewives' Men Enlist Help From 'Millionaire Matchmaker'





Two men of the *Real Housewives of New Jersey* are enlisting the help of *The Millionaire Matchmaker*'s Patti Stanger in an effort to find love, reported [Us Weekly](#). *Real Housewives* matriarch Caroline Manzo will watch as her two sons, Christopher and Albie, look for their perfect matches with expert assistance. Albie Manzo, 24, is a law school student and policeman, while his brother Christopher Manzo, 21, is an entrepreneur. Stanger and her team relocate to California for the fourth season of their hit show.

Can matchmakers help you find true love?

Cupid's Advice:

There's no denying it – it can sometimes be difficult to find the right partner. If you're feeling burnt out from the search, think about asking for help. Cupid has some things to consider about enlisting the assistance of a matchmaker:

1. It's expensive: There are certainly cheaper ways to go about finding a mate. Matchmakers can often times charge a hefty fee. On the other hand, if it does lead you to your perfect partner, isn't it worth it?

2. Enlist e-assistance: E-matchmaking has become commonplace in today's society. Services like Match.com and eHarmony are

well-known by singles and couples alike, and they can be a great place to start. But can a computer really find love for you? Cupid's point: what have you got to lose?

3. Consider its history: Matchmaking has been around for many years in differing forms. For instance, arranged marriage is still practiced in places such as South Asia and the Middle East. Although obviously an extreme type of matchmaking, the practice performs a similar function – bringing those together who would not otherwise have met.

SWR Blog Crawl-Step Outside Your Dating Comfort Zone This Fall





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Guest Post by *Melissa Braverman, Singlegalnyc.com*

Summer may be over, but there's no better time to heat up your love life than by stepping out of your dating comfort zone this fall.

Some of today's hottest celebrity couples got their start because one half of the pair made a bold move. During an

appearance on Josh Duhamel's Las Vegas, Fergie walked right up to him and said 'I read you had a dream about me' for her opening line. Desperate Housewives' Marcia Cross first saw future husband Tom Mahoney at a flower shop and asked the owner to give him her phone number.

As a woman, making the first move isn't always easy – and, in some countries it hardly happens at all, as I've discovered during my European Dating Blitz. Over the last five weeks, I have traveled far out of my own comfort zone to explore what being single is like in six European countries. One recurring theme I've heard, especially in England and Ireland is that neither gender feels comfortable initiating a flirty conversation. "In Europe, people don't really want to make the first move," according to Fabrice LeParc, CEO of SmartDate.com, an online dating site that caters to both Americans and Europeans. "Here, it's not accepted for a woman to make a move. A smile is the most you can hope to get."

Part of the challenge in Northern Europe is single men tend to be reserved. "Men here are more on their guard and shy than in Spain, France and Southern Europe," observes France-born single Charlotte, 37. "They just come and say hello and start a conversation." Something that most British single women don't feel comfortable doing. "I would never go and talk to someone in a bar and neither would any of my girlfriends," says London bachelorette Nichola, 34. "As a single girl, you would never go to a bar on your own."

When flirting does happen, sex happens more quickly without the so-called rules that are so much a part of the American dating scene. For European singles, though, breaking the ice isn't easy since small talk doesn't happen in the same way that it does in the U.S. "If you don't know someone in Paris, you don't talk," says bachelor David, 35. "In Anglo-Saxon places like the U.S., it's normal to talk. We are too closed in Paris."

Perhaps one of the greatest differences between American and European dating is in how singles approach their love lives. "People in France and Latin countries, they want to feel fate has a role to play," says Fabrice. "Americans and Nordics are more organized, they want to take control of their lives."

I'm no exception. A few nights ago, I decided to venture out on my own to a bar in Berlin. I wouldn't think twice about doing this in New York, but I had a little trepidation in unfamiliar territory where a woman out on her own is not at all the norm.

"Are you here alone?" asked the bouncer, clearly surprised to see that I was.

Once I was inside, I spotted a cute redheaded guy also alone, at a table by the window. Drink in hand, I gingerly walked in his direction and placed my glass on the table. He said, "hello" and we ended up talking the night away.

Like Fergie and Marcia Cross, I've found that your love life can be full of surprises when you step outside of your comfort zone. Here are three tips for shaking up your routine this fall.

Skip The Same Old, Same Old: Take a break from your favorite neighborhood haunts and venture to a new zip code. Whether it's exploring a watering hole you've never been to or discovering a new restaurant, act like you're visiting your hometown for the first time.

Take The Why Not Approach: If there's something you've always wanted to try, whether it's speed dating or a singles lock and key party, don't ask yourself why. Ask why not? and just do it. You've got nothing to lose and everything to gain by putting yourself out there.

Recruit A Wingman: It's no secret that getting out of your comfort zone is a lot more fun when you've got a wingman by

your side. Recruit a fellow single friend to join you as you embark on new season of adventure and romance.

Ashton Kutcher's Lawyer Slams Cheating Rumors



When *Star Magazine* recently ran an article claiming that actor Ashton Kutcher cheated on his wife of five years, Demi Moore, things got heated. Kutcher's lawyer, Marty Singer, recently released a statement to [Us Weekly](#) saying, "*Star Magazine* continuously publishes lies about Ashton Kutcher and many other celebrities. This is not the first, nor will it be the last time they engage in reckless conduct." The article in question featured a quote from a 21-year-old, who said she "made love on his living room couch while Demi was out of

town.” Kutcher had faced previous accusations from *Star Magazine*. At the beginning of the month *Star* reported that Kutcher had a brief flame with a “a sexy, young, 20-something.” Kutcher took to his Twitter page to protest the accusations. He tweeted, “I think Star magazine calling me a ‘cheater’ qualifies as defamation of character. I hope my lawyer agrees. STAR magazine – you don’t get to stand behind ‘freedom of the press’ when you are writing fiction.” **What do you do if you’re faced with rumors that your partner is cheating?**

Cupid’s Advice:

1. Get the facts: Most rumors are as superficial as the people who create them. However, the occasional rumor may have some merit. Don’t accuse your partner of cheating, but don’t completely dismiss it either. After hard thoughts and questions, if you still deem the claim completely unreliable, then simply leave it alone.

2. Laugh it off: Most rumors are not worth your time. Sometimes they’re just a sign of jealousy from an outside person who isn’t happy in their own life. If you have trust then that should be enough to hold you and your partner together. Laugh off the rumors ... sometimes they’re pretty funny!

3. Confront those responsible: While most rumors are trivial, some of them have the potential to seriously harm your relationship and create stress. If you must stop the rumors, then try confronting the source. Most people gossip for fun, and they should stop when they see that it has truly hurt you.

'Jersey Shore' Cast is Against a Celebrity Hook-Up Between Reality TV Star The Situation and 'DWTS' Partner



Reality TV star The Situation has officially laced up his dancing shoes for a stint on *Dancing With the Stars* this season, and the “lucky” professional dancer paired with him is Karina Smirnoff. The question is, is there a hook-up coming? According to [E! Online](#), fellow cast members of the reality TV show *Jersey Shore* don’t support the idea of a celebrity hook-up between the dancing duo—for Smirnoff’s sake. “She’s too good for him,” said Snooki. “She’s smart. She won’t even go there.” JWOWW agrees, adding “Karina’s a woman. She needs to stay a woman. She’s not a Jersey Shore girl.” On the other hand,

Vinny is a bit more supportive explaining, "If he gets that, I'll give props to him."

For reality TV star The Situation, his friends aren't supportive of a celebrity hook-up with Smirnoff. What do you do if your friends put you down in front of someone you like?

Cupid's Advice:

Sometimes your friends may think they know what's best for your relationship and love and will offer their opinions about who you should and shouldn't date. Often times these opinions may make you look bad. Here's Cupid advice on how to handle your friends' negative comments:

1. Stand up for yourself!: Believe it or not, it *is* possible to stand up for yourself without looking defensive. Instead of coming back with obvious anger directed at your friend, stay calm and explain to them why they are wrong. The last thing you want is for your crush to think you have no self-esteem.

Related Link: [Newest 'Jersey Shore' Family Member](#)

2. Talk to your friends: It's often times best to discuss a situation that has upset you after you're out of the public eye. When you speak in the heat of the moment, you may regret what you say. But don't hesitate to tell your friends that you don't appreciate them putting you down, especially in front of someone you're trying to impress.

Related Link: [Exclusive Celebrity Interview: Karina Smirnoff](#)

[and Lindsay Reilly Share Dating Advice in 'We're Just Not That Into To'](#)

3. Stay positive: In the moment, the damage has already been done. Salvage both the situation at hand and your future relationship with someone you really like by shrugging off what your friends are saying about you and proving to your crush that you're a positive and upbeat kind of person.

Have your friends ruined a potential relationship and love with someone you liked? Share below!

Gia Allemand and Wes Hayden's 'Bachelor Pad' Romance



They're together!

Gia Allemand and Wes Hayden confirmed that they are, in fact, a couple this week on the finale of the *Bachelor Pad*.

Although the pair were flirtatious on the show, nothing had previously happened between them because Gia had a boyfriend back home. However, the pair sealed the deal on the finale with a much-anticipated kiss. “It’s about time that that happened!” cooed co-host Melissa Rycroft, according to [US Weekly](#).

Can you emotionally cheat on someone?

Cupid’s Advice:

- 1. Secrecy:** Being open and honest with your partner is the most important thing. If you find yourself spending time with a friend of the opposite sex and keeping it a secret from your mate, that is probably the first sign of emotional infidelity.
- 2. Ex alert:** There’s nothing wrong with staying friendly with an ex-beau. However, don’t let those relationships become too involved, as emotional cheating can often spring from old flames. Live in the present, not the past.
- 3. Discussing your relationship:** It can be relieving to confide in your friends, but discussing your relationship problems with a friend of the opposite sex can make for an awkward situation. It can create intimacy, which can easily turn into emotional cheating.

Ryan Reynolds Wants a Private

Relationship



Ryan Reynolds may be happy with his marriage to Scarlett Johansson, but he isn't a fan of his relationship being dissected by the tabloids. In a recent interview with [GQ](#), Reynolds discussed his views on marriage and privacy. The actor, who married Johansson two years ago, explained, "Things change when you get married in general. But in terms of being a couple that's in a public situation and speculated about and all that nonsense, it's changed a little bit. I'm a little more guarded, I think.

I'm a little bit more wary of having my relationship turning into a soap opera. I've just unilaterally not addressed it.

That's kind of been the fail-safe for me ... I choose to remain as private as possible without being secretive." Reynolds went on to say that though he and his wife deal with many rumors, marriage is still "the best part of [his] life." **What things should be kept private in a relationship?**

Cupid's Advice:

1. Personal information: You and your loved one undoubtedly

know each other well, but this familiarity requires respect. Sharing personal secrets can hurt your partner. Don't air your dirty laundry in public, and consider not airing it at all if you think it could bring hurt feelings to your relationship.

2. Disagreements: After a fight, you may want to run to your nearest friend and share all the details. While this may relieve some of your stress, sharing unresolved conflicts can cause your friends to form negative opinions of your beau. Wait until the conflict is resolved, and then decide if you need to share it.

3. Level of seriousness: When you're in a promising relationship, you may feel the urge to tell the world that you have finally found "the one." This divulgence, if premature, may make your beau wary. Keep your intense feelings private for the time being, and he will probably feel more comfortable.

Carrie Underwood and New Hubby Challenged By Love & Business





Newlyweds Carrie

Underwood and hubby Mike Fisher recently celebrated their two-month anniversary. Perhaps prompted by the occasion, Underwood spoke to [People](#) about the way the two celebs handle their fast-paced life, saying it's "a lot like dating.

Sometimes our schedules will click, sometimes they won't.

But that's good because we're both independent." Although busy, one thing Underwood won't miss, no matter what, are her man's hockey games.

What are the best ways to keep a two-career relationship intact?

Cupid's Advice:

Balancing careers and a love life is never an easy feat and is often times a struggle. Cupid has some advise for how to handle a hectic double-career romance:

1. Take pride in your work: Being sucessful in your chosen career path is something in which to take pride. Likewise, you should be proud of your partner's accomplishments. This mutual respect and revere is a sure-fire way to bolster a relationship, even when you're missing your beau's embrace.

2. Do everything in moderation: When pulling off life's balancing acts, the important thing to remember is that

moderation is key. As passionate as you are about your job, at the end of the day it's important to leave work matters at the office. Remember that you're in a relationship with your partner and not your career. On the other hand, don't let yourself get swept up in romance that you neglect your career. It's important to strike a healthy balance between the two.

3. Come to compromises: Give and take in a relationship is key. No one person in the relationship should feel the need to sacrifice their career more than the other. Remember to discuss things in depth, and be willing to compromise.

MTV's Video Music Awards: What You Missed



By [Jessica DeRubbo](#)

Well, the MTV Video Music Awards have come and gone yet again, and the celebs in attendance this year didn't disappoint!

Some of the more notable duos walking the white carpet this year were Justin Bieber & Selena Gomez, Usher & Justin Bieber, *Jersey Shore's* Ronnie & Vinnie and Stephanie Pratt & Lo Bosworth, according to [Hollywood Life](#). And, of course, there was the much-anticipated awards show participants Taylor Swift and Kanye West. After last year's debacle where West barged on stage during Swift's acceptance speech, he was on his best behavior. The two stars separately sang two brand new songs addressing last year's event, "like a pair of dueling attorneys making closing statements in front of a jury," according to Tris McCall at the New Jersey [Star-Ledger](#).

That's not to leave out the host of this year's VMA extravaganza. E!'s popular comedienne Chelsea Handler took the podium, and the question is: how did she measure up?

Here are three reviews that seem to sum it up:

1. "As the live portion of the show began, Handler turned in a moderately funny Gaga sendup, appearing amid red-lycra-clad dancers wearing a dollhouse on her head. Though, again, it felt a little like Host the VMAs Paint-by-Numbers – Gaga's both the easiest and the lamest (not to mention the most willing) target around," said Jennifer Armstrong in *Entertainment Weekly's* PopWatch.

2. "And then there was the awkward plight of the night's host, Chelsea Handler. She was among the worst in the show's history – purposefully out-of-touch, with brief, alarming flashes of off-color racial humor," said Jon Caramanica of the [New York Times](#).

3. "But there was little smooching or feuding on Sunday, despite some nudging from the host. 'I want to encourage everyone to be on their worst behavior,' comedian Chelsea Handler declared in her opening monologue, a string of flat

punch lines that felt a few degrees below crass,” said Chris Richards in *The Washington Post*’s Click Track.

Although the VMAs usually make for some stories full of cat fights and on-stage duels, the show was pretty tame overall this year. But with the best ratings since 2002, according to Just Jared, Chelsea Handler can’t complain!

Giulia Melucci Talks ‘I Loved, I Lost, I Made Spaghetti’



By Stacey Small

Lovers, losers, and a whole lot of linguine are at the forefront of Giulia Melucci’s new memoir, *I Loved, I Lost, I*

Made Spaghetti. Whether a kindhearted alcoholic, a novelist with a Peter Pan Complex (there were two!), or the classic commitment-fearing Manhattanite, Giulia has been courted by, cried over, and has cooked for them all. But this woman's tale is far from woeful. After each romantic letdown, she recovers by indulging herself in the comforting concoction of a good cry and a bowl of pastina. Recipe—along with a heap of other delectable dishes—included. Melucci's *I Loved, I Lost, I Made Spaghetti* is a personable, at times laugh out loud adventure of a strong woman who knows the importance of nourishing her stomach, and even her soul, no matter how many times her romantic flames fizzle faster than what's cooking on the stove.

What is the number one thing you should do to attract the right partner?

Cupid's Advice:

Feel like you're looking for love in all the wrong places? Unhappy with your lack of amorous adventures? When it comes to finding that special someone, you need to begin the search closer to home: with yourself. Sure, you've heard it before, but it's true. The first step to setting yourself up for a successful relationship is learning to lead by example. Enjoy your presence, respect yourself, indulge every now and then; your confidence may very well attract someone looking to treat you in a similar fashion.

Are there similarities between your creative processes of cooking and writing? How does one influence the other?

Well, cooking is a lot easier than writing, but I suppose both of them are about making something palatable out of disparate elements. With *I Loved, I Lost, I Made Spaghetti* I tried to combine humor, sadness, and food, to bring something entertaining and nourishing to my readers. Cooking is another way of expressing how you'd like life to taste. I try to keep

it simple, because life is hard enough.

Were there ever any instances where the guy you were dating took advantage of your culinary talents?

Did you ever date someone who made you not want to cook, either for him or yourself? Every guy makes me want to cook, until he doesn't anymore. I cooked as a way to get people to love me, but also because I just really love to cook and I will do it for anyone who wants to eat with me. But yes, on occasion resentment built up around cooking in my relationships when it became clear that nothing, not even my most perfect Bolognese sauce, was going to inspire Ethan, or Lachlan, or whomever else to love me. That's my fault, not theirs. It is silly to think that cooking could change the way someone feels. I wish it could but it can't. It can't change me and it can't change them. Food is not as powerful as I hoped it would be.

You mention that your idea of comfort food never involves a pint of Häagen-Dazs. What are some of your favorite pick-me-up treats?

I don't use food to pick me up when I'm sad. Cake and ice cream are for celebrations, not pity parties. When I'm down I eat nourishing food; a bowl of pasta with broccoli and garlic or a grilled salmon fillet with a side of sauteed spinach. Just something good to keep me going.

Having spent the majority of your life in Brooklyn, what restaurants have given you the most inspiration for your cooking?

I'm inspired by Anna Klinger's wonderful cooking at Al Di La in Park Slope. Her malfatti—lovely lumps of swiss chard held together by a bit of flour and sauced with brown butter and sage—is one of the most perfect dishes I can think of. But mostly I'm inspired by the cooking my mother did for our family when I was growing up in Bay Ridge. One of her typical

dishes was a bowl of penne topped with tomatoes and fresh basil, with the delicious surprise of a few slices of fried eggplant hiding underneath. That recipe's in the book.

Your book is filled with charm and humor, but are there any foods or recipes you now avoid because they rekindle negative memories?

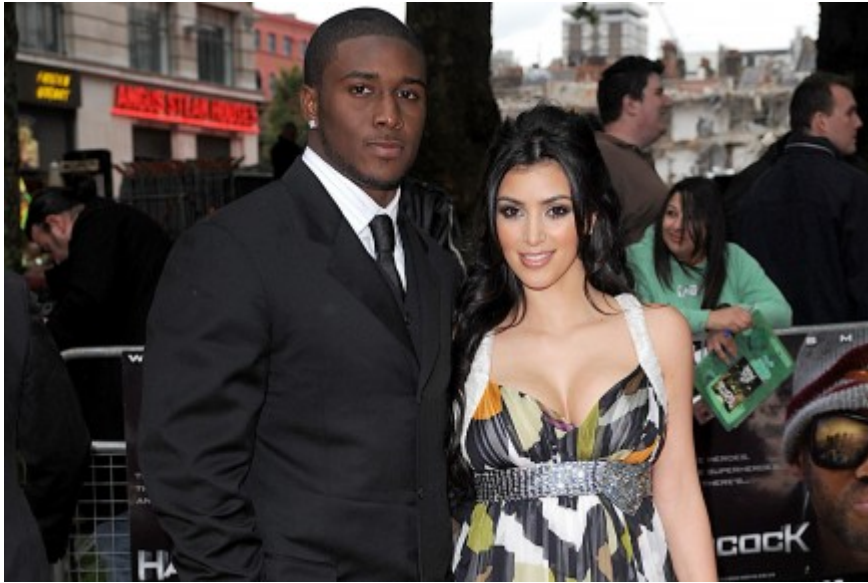
No, everything I ever cooked belongs to me and me alone. They are my creations and no bad memory can spoil that. It's one of the good things I got out of my failed relationships; I learned to be a better cook. I'm happy for every dish in my arsenal, no matter who might have been waiting at the table while I was creating it.

In your interview with The New York Times, you agree that this book is like a "Sex and the City" with wittily-titled recipes, but that it's not all about going to the hottest nightlife and dining spots. What are some 'dos and don'ts' for other single city ladies looking for romance?

Don't do anything you don't feel like doing. Don't go out if you're not in the mood just because you feel you have to because you might meet someone. Don't go on a date with someone if the idea of it makes you miserable. Do trust the universe's timing, it is spot on. Thing is, you're never going to meet the right person until you are ready to meet him. The moment you are ready, he'll be there. You may think you are ready when you're not. I know I did.

Single Ladies: Live the Life

You Love



Win a Free Ticket:

October 12th at 6:30

Want an expert opinion on how to improve your relationships, boost your career, or just make your life a little more luscious? This fall you'll have your chance to hear it all at the upcoming Second Annual "Live the Life You Love" event, sponsored by HurryDate and Single Edition.

The three-part women's-only lifestyle series begins Tuesday, Sept. 21 at the Samsung Experience Store in the Time Warner Center. Each seminar offers insight, innovative tips and creative ideas to help you thrive at work, home and in your community – not to mention a great opportunity to meet other fabulous single women just like you!

You can buy your tickets here, or for your chance to win one free ticket, shoot an arrow to Cupid's Pulse with the name of your favorite celebrity couple. One random winner will be chosen in October.

Here are the speakers for this event:

Carolyn Kelly North: "Dump the Slumps! Ways to Boost Your Mood when 'Dating Fatigue' Sets In"

Helen Kim: "A Woman's Guide to Your Money Relationship"

Kathryn Kaycoff-Manos and Lauri de Brito: "Fertility 101: Essential Tips for the Single Woman"

If you don't win this time around, don't fret. There will be another opportunity on for the last event on November 2. Stay tuned to Cupid's Pulse for your chance to win more free tickets!

Singles Events



Tired of the bar you go to every Thursday night for happy hour? Can't seem to find anyone in your local coffee shop? You need a change of pace! Check out these singles services and events. More cities

coming soon...

Atlanta

Atlanta Singles Golf: The Atlanta Singles Golf Association hosts golf events throughout the year for those who enjoy playing golf with other singles. Some of the perks a member enjoys include: traveling a few times each year to a golf resort; monthly gatherings to socialize; social events for concerts; baseball games; and other activities.

Atlanta Singles Online: Atlanta Singles Online is a dating service for local singles. The dating site helps members find singles in their city and allows them to upload pictures and personal ads.

Atlanta's Upscale Singles: Atlanta's Upscale Singles social organization is for those over the age of 40 searching for friendship or love. They provide an alternative to online dating sites through a fun atmosphere where professionals can meet like-minded individuals.

Boston

Singles Volunteer Boston: Single Volunteers Boston isn't a dating service, but is a non-profit organization that connects singles that enjoy volunteering. The organization volunteers for non-profit agencies in the Boston area while providing singles with a convenient way to meet people who share the common interest of helping others.

Chicago

Amazing Singles: Are you single and living in Chicago? Amazing Singles is an online dating site that helps singles find the one through many networking opportunities. They have organizations for Christian singles, Jewish singles and more, and this site offers a great way to meet people.

Gourmet Connections: Gourmet Connections is a Chicago-based organization that helps singles meet and socialize in a friendly environment. This isn't a dating service, but is more of a friendly group that meets in a supportive atmosphere. The site plan weekly dinner parties and social events to get to know singles that share similar interests and values.

Metrodate: Metrodate is a free dating site for Chicago singles. It offers dating advice, local events and other activities to help members find long-term relationships.

Dallas

Dallas Singles Toastmasters: Founded in 1988, Dallas Singles Toastmasters is a club consisting of 25 professional single members who range between 25 to 50 years old. The club is equally made up of both sexes and provides a learning environment where every member can develop communication and leadership skills.

Single Stuff: Single Stuff isn't a dating service. It is located in the Dallas/Fort Worth area and offers opportunities for singles to enjoy themselves in a relaxed environment. The environment is usually a dinner, wine tasting, or a party where singles might accidentally happen to "meet someone" while having a good time.

Singles On The Go: Singles On The Go is a site that consists of charity and volunteer organizations for singles that share the common interest of helping others. Although it isn't a dating service, singles might meet that special someone while volunteering.

Los Angeles

Mixer Parties: Mixer Parties is a club that holds events for singles and people who are new to L.A. Most parties have a theme and it's a great way to have fun and network.

Table for Six Total Adventures: Table for Six Total Adventures brings six well-matched people together in a dining experience, where friendship and romance will blossom. Table for Six has gained nationwide recognition as a successful dating service for professional singles and was also featured on the NBC's "Today", "60 Minutes," "48 Hours," the "CBS Morning Show," and had stories written about them in the *New York Times*, *Harper's Bazaar*, *Details* magazine and other publications.

Tasty LA: Tasty LA is a singles dining network targeted towards busy single professionals who enjoy socializing. The site schedules weekly dinners for six where singles can meet others like them. Their network consists of accomplished and fun men and women who are searching for love, friends, or anything in between.

New York

Single and the City: Single and the City caters toward New York's straight and gay singles with different backgrounds, interests, physical preferences from all ages. They hold many themed events where members are guaranteed to have fun and find someone.

Singles Parties NYC: Singles Parties NYC organizes a variety of events ranging from cruises around Manhattan to after-work happy hours where professional men and women can meet singles in one night. Singles Parties NYC has become one of the top choices for local singles looking to finding someone.

Washington D.C.

It's Just Lunch Washington: It's Just Lunch is a dating service for busy professionals. They work with members to schedule lunch, brunch, or drinks after work as a way to meet compatible single professionals. The best part about It's Just Lunch is that they do all the work so their members can relax

and have fun.

Professionals in the City: Professionals in the City is a socializing organization that brings the local professional community together to get to know one another. They organize over 1,000 events each year to bring people together. Some of the events include sporting events, tours, themed parties and more. The events are for all ages, and many individuals attend alone, with friends, or their spouse.

Multi-City

Eight at Eight: Eight at Eight is a dating service that brings four single men and four single women together for dinner at eight o'clock. They match the members based on age, interests and backgrounds. Meeting in groups increases the chances of meeting someone interesting and helps members grow their circle of friends.

Meet Market Adventures: Meet Market Adventures organizes social events that bring like-minded singles together. They help singles get past the online dating scene by filling each month with sports, events and other activities. This site also helps singles enjoy being single by giving them the opportunity to meet other singles.

Singles Travel International: Singles Travel International is a dating service for those who want to travel and meet people who share similar interests as them. They match professional singles, between the ages of 35 and 63, from around the world and then bring them together on vacation.

Kristen Bell Gets Advice From Betty White



Kristen Bell

recently got some age-old relationship advice from fellow actress Betty White, according to [RadarOnline](#). Bell, whose new movie *You Again* hits theaters September 24, said that although White is “not super maternal,” she heard the *Golden Girls* actress offer an important tip. “I did hear her say [something] at one point about keeping a relationship fresh: when she would hear her husband coming home she would go put on a clean blouse or a dab of perfume. I thought that was really sweet and a wonderful way to impress your husband.” **How can you keep your relationship fresh?**

Cupid's Advice:

1. Be spontaneous: Surprise your partner with tickets to see his favorite band, or spend a day at the beach building sand castles instead of lying under beach umbrellas. Don't be too predictable.

2. Put in the effort: When you've been with your guy for a long time, you feel comfortable around him. While your partner may think you're beautiful in sweats and a t-shirt, that shouldn't stop you from dressing up every now and then. Put some effort into your look. Wear a skirt and heels one night for a change.

3. Get some laughs: The best way to stop boredom in its tracks is with laughter. Crack a joke, or watch a funny movie. Laughing is scientifically proven to be healthy for the body, but it is also healthy for relationships. Keep some conversations light and playful. Laughter will follow.

Is Kate Gosselin Dating Her Bodyguard?





According to recent sightings, Kate Gosselin has been getting closer to her married bodyguard, Steve Neild. [Us Weekly's](#) exclusive video talks of romantic strolls along the beach in North Carolina and reports that he tucks the kids into bed at night. Gosselin and Neild continue to deny any physical relationship between them. Meanwhile, [HollywoodGossip.com](#) corroborates stories of beach strolls and even discipline assistance with the kids. **What are the complications of dating hired help?**

Cupid's Advice:

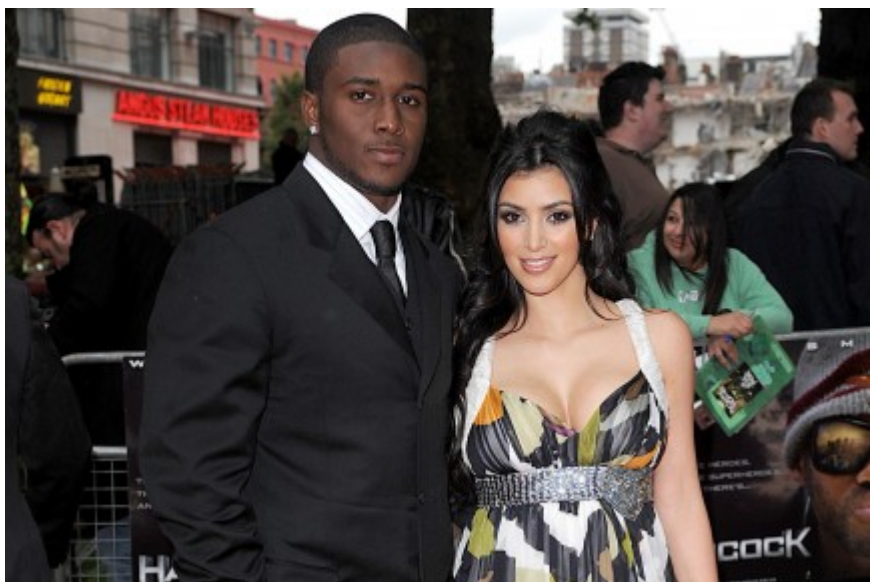
Whether you're in the spotlight like Kate Gosselin or just a single mom, finding the right guy is not as simple as walking out your front door these days. Here are some other ways to find your next mate without dating your employees:

- 1. Take a class:** The workforce has changed so much just in the last few years, taking a refresher course to improve your skills will help you land a better job with higher pay, and maybe even someone to connect with.
- 2. Get online:** Don't be afraid to dabble in internet dating. There are hundreds of sites out there that offer free trials to get your feet wet – without a long term commitment – like Match, EHarmony and Zoosk, to name a few.
- 3. Dare to change:** When you're ready to start getting out

there, make some personal changes like a new hairstyle, or, if you can afford it, a new wardrobe. This will do wonders for your confidence.

Being in a relationship with an employee or even a coworker leads to complications no matter how strong the connection is. For more ways to find a mate after divorce, follow Cupid to Woman's Divorce.com.

Jersey Shore 2: Gym, Tan, & Seaside Hookups



MTV's hit series *Jersey Shore* premiered its second season last Thursday, and it's already seen its share of hookups. The cast uses the term "creeping," which basically means picking up girls with the intention of a late night hook-up – and nothing else. In reference to his desire to leave New Jersey for the winter in

favor of sunny Miami, Pauly D said, “You can’t creep in this weather. You can’t do anything. Girls don’t come out in this weather. They stay in the house.” Later in the episode, Vinny vowed that he would hook up with 60 different girls in 60 days, telling the camera that if he misses one day, he’ll simply double up on the next. The newly single Ronnie took creeping to the next level, letting loose in a nightclub upon arriving in Miami.

The casual hookup is not for everyone. But if no one gets hurt, should people get it out of their system while they are still young?

Cupid’s Advice:

Be responsible. Enjoy it for what it is, but never forget about the possibility of true love entering your life. Here are some of Cupid’s ways to hook up safe:

1. It takes two to tango: If one party wants a relationship while the other purely wants a hookup, someone is bound to get burned. Be absolutely clear about your intentions, and those of your partner. The casual hookup only works if both of you are on the same page.

2. Be safe: If you happen to go all the way, use protection – always! Use condoms every time – no excuses – and consider taking the Pill, or other forms of contraceptive.

3. Be respectful: People with roommates like those on the *Jersey Shore* should think about their roommates before taking someone home. Be considerate!

Dr. Diana Kirshner Talks 'Love in 90 Days'



By Krissy Dolor

A deadline for love? According to Dr. Diana Kirschner, it's possible! This love expert, media psychologist, and author has helped both singles and couples on their road to love. Based on clinical research and personal experience, *Love in 90 Days* guides you along your journey to self-discovery with good advice, and of course, tough love. The author also addresses common mistaken beliefs about relationships and dating, and shares stories from women who have been successful in their own 90-day path to a great relationship.

How can *you* find love in 90 days?

Cupid's Advice:

Love in 90 Days has step-by-step instructions, checklists, and homework assignments to aid those needing a little help in the

romance department, as well as tips from women who have done it themselves. Cupid caught up with Dr. Kirschner via email last month to talk about the book. Take a look at what she had to say:

How did you come up with the ‘deadline,’ so to speak, of finding love in 90 days?

Because over the years, as I was helping more and more women find true love, they were able to do it faster and faster! Ninety days to change your love life became a real, doable possibility, and a reality for many women.

Are people skeptical of your claim that anyone can find love in 90 days?

Yes. But once I start outlining all the different steps you can use in the book to handle any dead-end-dating patterns and find lots of terrific men, they are convinced that it is possible!

There are exercises to use to stop yourself from being a “hermit,” or getting involved with guys too fast (the “Flame-Out”) so that it blows up in your face, and many more. I describe 13 of these Deadly Dating Patterns and what to do about them. And then we have dozens of ways to meet great guys, including ways to optimize your profile so that it comes up first on online dating sites when men search! Also, places to go that are loaded with great guys where there is very little competition – and much more.

I have had women go from zero guys to having 200 to choose from!

Here’s one secret: skyrocket the number of people you meet online by simply changing your profile a bit every day – you’ll go to the top of the search engine on the site, and hundreds more will see you.

While writing your book, what was the most surprising piece of research you came across that you wanted to share with your readers?

That if you don't recover from the depression of a break up by 16 weeks there is decreased brain activity in regions associated with emotion, motivation, and attention.

The paperback now has as chapter entitled 'Dating Games Men Play.' What made you decide to include a new chapter – and a chapter on this topic in particular?

So often women choose the wrong guy to give everything to! And then when the relationship explodes, they suffer and tend to analyze what they did wrong to make it go south, and it wasn't necessarily anything they did. I wanted to give a clear road map to women to help them see who they are dealing with when they are dating.

Half the people in who are in relationships shouldn't be in them. There are 16 different sabotaging games men play in relationships. Three are completely unworkable, and call for an immediate dump! The other 13 are more workable. So if you're unhappy in a relationship, what you'll learn in the *Love in 90 Days* paperback is how to figure out what the guy's dead-end patterns are, and whether to keep him or dump him.

Best news of all – if you leave him, I can help you find someone new in 90 Days.

What's the one piece of advice you want your readers to come away with after reading your book?

Know that you can find true love no matter what your age, size, or baggage from the past is! You just need to learn how to do it.

Frank Dumps 'Bachelorette' Ali Fedotowsky for Ex-Girlfriend



This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported NJ.com. Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

What do you do if *you* think you still have feelings for an ex?"

Cupid's Advice:

Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

- 1. Weigh your feelings:** Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.
 - 2. Physical vs. emotional:** Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.
 - 3. Talk to others that know you:** If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.
-

Date Idea: Cook a Romantic Dinner





Need a fun date idea for this weekend? Cupid's got you covered with some amazing [dating advice](#)! There's never been a better time to get creative in the kitchen. Cooking is a skill that can relieve stress and bring people together. Not to mention, it's a useful talent at any event, any time of year. No matter how you choose to perfect your skills, you're bound to benefit greatly; taking a class will allow you to truly master the recipe, and cooking at home will ensure plenty of leftovers. You can take classes as a couple or in a group. No matter how you decide to go about it, you're sure to turn up the heat with this weekend date idea.

Related Link: [Prince William and Kate Middleton Take Cooking Class](#)

Dating Advice for Culinary Enthusiasts

Look at local colleges or culinary institutes for classes. Some restaurants even offer them right in their own kitchens. Consider your favorite spot in town, and see if they offer what you're looking for. You'll be sure to utilize the skills in the future if you're learning to create your longtime favorite dish. If you're interested in learning how

to pair meals with drinks, you can find a class that covers it all! Need help? It's ultra-easy these days to research affordable classes online.

If you want to stay in, there are plenty of ways to work your magic around the stove. Check out the recipes for couples on Cooks.com, or just look up ideas for your favorite ingredient. Remember to go grocery shopping for everything ahead of time, and take into account any significant preparation time. You also want to be sure to create a romantic ambiance, so that all your hard work can be truly appreciated. Reality TV star [Khloe Kardashian](#) is an expert on setting a pristine kitchen scene, so be sure to check out some of her tutorials in order to make sure the night is just right.

Related Link: [‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”](#)

In the NYC area? Check out the New York City Travel Guide for neighborhood restaurants that offer cooking classes and wine tastings for couples.

Have a romantic recipe or hot spot you'd recommend? Comment below and share your dating advice with our other readers!