### Product Review: My Ever Map





By <u>Mara Miller</u>

Wouldn't it be neat if you could have a memorial map of the area where you had your first kiss with your partner or where you had your wedding or the area surrounding the hospital where you chose to have your baby? Having something tangible that will remind you of the special memories in your life makes an amazing gift, too.

If you're searching for a unique gift to remember a special occasion, My Ever Map may be what

## you've been looking for. Check out our product review!

My Ever Map comes from The Night Sky star maps creators. You can create a stunning 18" by 24" map print of a place that has meaning to you. You can literally choose anywhere in the world for your map.

Related Link: <a href="Product Review">Product Review</a>: The Night Sky Star Maps

Your map will be printed on the same 190g weight paper as The Night Sky star map. You have several choices in colors and the shape of your custom map, including a night view or a day view. It's easy to put together with their user-friendly website.

Related Link: <a href="Product Review">Product Review</a>: <a href="Treat Yourself to Beauty and Comfort This Summer">Treat Yourself to Beauty and Comfort This Summer</a>

All you need is the exact location you want to put on the map! You'll type in the address or location of the area you want your map to cover, and you can choose to the longitude and latitude of your special place printed on the poster along with the name of the place.

Your custom map is priced at \$60, plus any additional add-ons (like a frame), taxes and shipping fees. It can be purchased on the My Ever Map website.

Check out more of Cupid's product reviews <a href="here">here</a>.

# Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids





By <u>Mara Miller</u>

All parents do it: You feel selfish when you put your needs above your children's. This can be even truer when your little one is under the age of five. Whether from self-imposed pressure or from a constant need to be around your child, it feels like there is little time for your passions outside of raising your child. This stems from an age in which we overparent our children. It's easy to confuse the amount of time you spend with your kid with the quality of your relationship. In fact, by not stepping away, you might be hurting yourself and your child more than you realize.

# In these <u>parenting tips</u>, we explore how taking care of yourself helps you take care of your kids.

In the <u>parenting advice</u> below, we have a list of reasons why you shouldn't be afraid to put yourself first once in a while in order to keep your sanity for yourself and your child.

1. Start Small: It can be as simple as shutting the bathroom door while your child safely naps in the other room. Starting small allows you to realize that, yes, you don't have to be with your child every second of the day. It will give you time to do what you need. It can be as simple as cleaning the house or taking a shower.

Related Link: <u>Parenting Advice: Five Reasons to Stop Yelling</u> at Your Kids

2. Recruit your partner: You don't have to feel guilty for spending time with your friends or doing things you love. Think of it as a chance for your partner to spend quality time with your kid(s) so you can develop individually. While your partner is with your child, this isn't considered babysitting either: it's parenting.

Related Link: <u>Parenting Advice: How to Cope with Your Child's</u>
Diabetes

- **3. Get help:** Hiring a babysitter while you and your partner go on a date is perfectly fine. Or maybe you've decided you want to go back to school and need help for two hours every day so you can take your class. If you can do something to better yourself for you *and* your family, why not go for it? Don't be afraid to source out help.
- **4. Do what you love:** Taking care of yourself means balancing what you love to do with being available for your children.

Whether it's a movie night once a week with your best friend or some time away at your favorite coffee shop because you need to work on your blog, make sure you can still pursue your passions as well as be a good parent to your child.

5. Happier parent equals happier kid: Even if your child is too young to understand, they'll know that you're happier when you start to put yourself first on occasion. You'll have more energy to run after your little one and you'll feel like the time you spend with them is more meaningful than if you ignore your life to be a mother or father.

What are some of the benefits of taking care of yourself before you take care of your child? Let us know in the comments below!

# Fitness Trend: Hire a Certified Professional





By Mara Miller

You might have done this: you try a new workout video, but you have no idea which dumbbell weight you should use. You aren't sure what your heart rate should be after a workout. Or, worst case scenario, you injured yourself because you overextended your muscles. The <u>fitness trend</u> of hiring a certified professional is on the rise. A personal trainer has specific training geared toward giving you <u>fitness advice</u>. People of all ages can hire a professional to help them learn to get fit and stay fit.

# Check out our reasons you should consider following the certified professional fitness trend!

There are many reasons to consider hiring a certified professional when it comes to getting an effective workout. Here are a few <u>fitness tips</u>!

1. Accountability: It's easy to say you're going to start working out, but then not go through with it. Hiring a certified professional will help you stay motivated. They can call you out when you try to back out of the workout and prevent you from making excuses.

Related Link: Fitness Tips: Dumbbell Training for Total Body Toning

- 2. Expert Fitness Advice: A personal trainer can help you attain achievable goals that will motivate you to continue your fitness journey. They'll be able to design your workouts around your current fitness ability and health condition.
- **3. Avoid injury:** A certified professional will teach you the correct form when working out. They will also be able to gauge how much weight you can lift. Your workouts will be catered to maximize the benefits and to avoid over-training.

Related Link: Fitness Trend: Isometric Strength Training

- **4. It's fun:** Working out by yourself can get boring fast when you aren't sure what you're doing. Boredom and insecurity can prevent you from attaining your fitness goals. Your certified trainer will help you stay on track!
- **5. Motivation:** Your certified trainer will help you stay motivated to stick with your workout. If your trainer feels you can do it, they'll push you to do just one more rep, and then another, and then another… as long as they feel it's safe. They'll cheer you on and celebrate your fitness milestones with you, too!

Do you have other ways that hiring a certified trainer can help you attain your fitness goals? Let us know in the comments below!

# Product Review: Harlow's Harvest





By <u>Mara Miller</u>

Do you have little chefs in your kitchen? Harlow knew it was important to learn how to cook nutritious, wholesome meals because most schools aren't teaching kids how to cook, and it is often a life skill they lack by the time they go to college. Together with her mom, Ashley, they put together a subscription box, called Harlow's Harvest.

Harlow and single mom Ashley put together Harlow's Harvest to help teach kids how to cook in this fun subscription box. Learn more about it in our product review.

It's important to note that at this time, Harlow's Harvest does not include actual food in their meal kits, unlike other food subscription boxes. You'll be signing your child(ren) up for the Harlow's Harvest Cooking Academy, and each month they will get a kit that includes three recipes, a budgeting card, a cooking tool (such as a cookie cutter), and a pin of the month.

Related Link: <a href="Product Review">Product Review</a>: Cinco De Mayo with Prepara Taco
Accessories!

The recipes are laminated so your kid(s) won't need to worry about ruining them. You can save it for later if they love the recipe! They'll learn to make things like pizzas, cookies, biscotti, and rainbow veggie pasta. The same box will never be sent twice.

Related Link: <a href="Product Review">Product Review</a>: The Night Sky Star Maps

Each Harlow's Harvest box puts a strong emphasis on history, geography, and budgeting. Your kids can learn about the food they're cooking, and you can teach them to budget while buying groceries at the same time, something they will definitely need to know how to do when they are older.

If you want to try this great, educational subscription box for your kids, you can sign them up at the Harlow's Harvest website. If you want it on a monthly basis, one box starts at \$23. The six-month subscription is \$126. And, if your kids

really love Harlow's Harvest, you can get them a yearly subscription for \$228. The subscription is meant for kids between 4 to 15.

Check out more of Cupid's product reviews <a href="here">here</a>.

### Beauty Trend: Shades of Gray





By <u>Mara Miller</u>

Having shades of gray in your wardrobe makes sense, as it gives you a chance to look professional and sophisticated. This is why it's actually a good color to wear for a job interview. Makeup on the other hand? Say what? Gray makeup has

been around for a while, although it hasn't been an actual beauty trend until now. Beyoncé herself has worn gray lipstick, and we're going crazy over this celebrity makeup. Even better: there are multiple shades of gray you can find on the market.

If this beauty trend caught your attention, check out a few of the ways we found you can incorporate shades of gray in your makeup look for your next date night!

Follow this <u>beauty advice</u> if you want to test out this smokey look:

1. Lipstick: Gray lipstick is best worn with neutral shades such as more gray or white as Beyoncé modeled in her Instagram photo. Light pastel pinks and light blues may work as well. It looks great with all skin tones, but it's important to pair this lipstick with neutral shades so you don't end up looking sick.

Related Link: Beauty Trend: Metallic Lip

2. Lip Liner: Don't forget the lip liner! Use this to outline your lips before you apply your lipstick. You can use it like normal lip liner.

Related Link: Beauty Trend: Red Lipstick

**3. Contouring:** Gray contouring powder has been around a while. It's better for fair skin and can be used to add shadows to your cheeks for more definition on your face. Just be careful with some of the powders out there, because they are deeply pigmented.

- **4. Nail Polish:** You can find an array of gray nail polish if you want to test this beauty trend. Unlike gray lipstick, shades of gray nail polish will pair with just about any color you choose to wear (it looks stunning on nails against any shade of red fabric!).
- **5. Eyeshadow:** Chances are, you have a good amount of grays if you're an eyeshadow addict. Eyeshadow is versatile like nail polish in that it looks great with just about anything. Smoke your eye out with some deep gray/black for an alluring eye look for your date!
- **6. Eyeliner:** You can find eyeliners with different shades of gray. Some might have purple, others might have hints of blue. It's a great color to try if you're bored of plain old black or brown.

Do you think you'll try wearing different shades of gray? Let us know in the comments below!

### Movie Review: Hampstead





By <u>Mara Miller</u>

If you're craving a good romance starring Diane Keaton, this romance about an American widow in Hampstead falling for a grumpy Irish loner may be for you! Inspired by a true story, Emily gets more than she bargained for when she takes up a cause after Donald's home is threatened by real estate developers. They fall in love while she tries to convince him to fight against those threatening his home. Check out our movie review.

## In this movie review, *Hampstead* is a great date night movie!

**Should you see it:** Yes! This is a feel-good romance about fighting for what you believe and supporting your partner.

Who to take: Take your partner for a date night! Snuggle up with some nacho cheese and pretzels and enjoy.

### Cupid's Advice:

Seeing Emily support Donald through his tough times while they fall in love is inspiring. Cupid has some ideas on how you can be supportive of your partner through difficult times in a new relationship:

1. Be strong: Showing your partner that you can be strong for them when they need you will give them strength. It will show them that you have their back when no one else does.

Related Link: Movie Review: After

2. Try not to make it about you: No matter what it is that is making your partner face difficult times, try not to focus on your needs or wants. Doing so can make your partner feel unimportant and unloved.

Related Link: Movie Review: A Star is Born

**3. Encourage them:** Encouraging your partner and trying to help them to face their issues will reinforce the fact that you are supportive and care about what they are going through. This is true no matter if it's a new relationship or one that has lasted over ten years.

What are some other ways you can support your partner through difficult times? Cupid wants to know!

# Celebrity News: Jana Kramer Reacts to Husband Mike Caussin Saying Cheating Would

### Be a Dealbreaker





By Mara Miller

Celebrity couple Mike Caussin and Jana Kramer had a miscommunication when Caussin claimed he would call it quits on their celebrity marriage if his wife was unfaithful, according to UsMagazine.com in the latest celebrity news. While at the iHeart Radio Wango Tango Podcast Suit sponsored by Sugarbear Hair in LA on June 1 with Us, Kramer said, "I am still scratching my head about that, too, because it feels very one-sided to me, and honestly it kind of hurts my feelings that he wouldn't stand by me if I did that." Kramer and Caussin split briefly in 2016 after he cheated on her with multiple women. They later reconciled and renewed their vows in 2017.

In celebrity news, Jana Kramer is scratching her head after a comment from her husband. What are some ways to clear up miscommunication with your partner?

#### Cupid's Advice:

Miscommunications between you and your partner like the one Kramer and Caussin had can happen between couples occasionally. Cupid has some advice on how to clear up any misunderstandings:

1. Avoid always having to be "right": In a situation where you've had a misunderstanding with your partner, things can escalate quickly if you try to stand your ground and say you're right. The "always right" mentality stonewalls any farther communication. Be willing to admit that you might not have understood your partner so the situation does not get worse.

Related Link: <u>Celebrity News: 'Bachelor' Alum Ashley Spivey</u> Reveals She Suffered a Miscarriage

2. Listen: Listening to your partner not only shows them you are willing to work together but it will also that you value their opinion. It's easy to misword something when you speak so if one of you misunderstands what the other says, don't immediately get angry with your partner.

Related Link: <u>Celebrity Wedding: Scarlett Johansson & 'SNL'</u>
<u>Star Colin Jost Are Engaged</u>

3. Take a break if the situation escalates: Sometimes it's better to just walk away and cool down. Take this time to reflect on what was said between you and your partner. Once

you've both calmed down, give each other both a chance to speak so both sides have a chance to explain what happened.

What are some other ways to clear up miscommunication between you and your partner? Let us know in the comments below!

# Date Idea: Light Up Each Other's World





By Emma L. Wells and <u>Mara Miller</u>

The Jewish New Year, Rosh Hashanah occurs in early autumn of

the Northern Hemisphere. Even if you aren't Jewish, there are many <u>date idea</u> activities that you and your partner can do with this special holiday in mind.

## Here's how you can celebrate Rosh Hashanah with this date idea!

Since many of your Jewish friends will be attending religious services during Rosh Hashanah, you can put together a thoughtful New Years gift basket for them. Your friends will appreciate this gift that says "Shana Tova" or "Happy New Year." There are many Rosh Hashanah symbols and traditions you can include in your basket. On Rosh Hashanah, Jews dip apples into honey to signify a sweet new year, so make sure you include some yummy apples and delicious locally sourced honey in your basket. Other food items you can include are pomegranates, nuts, chocolates, and dried fruits. You can make chocolate-covered strawberries too!

### Related Link: Dating Advice: Plan a City Scavenger Hunt

Be sure your basket includes candles as well. On this date idea, you can even get crafty with your beau by making them together! Check to see if any specialty candle shops in your neighborhood offer candle making classes. You can also purchase candle making kits from a nearby craft store, or go the DIY route by looking up a tutorial online and buying the supplies yourself.

Candles are pretty simple to make. Once you two get the hang of it, try making different colors, patterns, and sizes with the wax. Make a bunch — some for your own home and others to give as gifts. Your friends will be excited and touched that you made the candles yourself. Plus, you can use these homemade candles for a candlelit dinner and make your next date night even more romantic.

#### Related Links: Date Idea: Get in the Game

Don't worry if you've just met someone: This weekend date idea is perfect for the start of a new relationship and love! Doing something creative with your significant other will allow you to glimpse a side of them you might not have seen before. Follow this love advice to get to know each other better.

How will you celebrate Rosh Hashanah this weekend? Tell us in the comments below!

### Date Idea: Hometown Tourism





By Emma L. Wells and Mara Miller

Who says you have to get out of town to be a tourist? This date idea is perfect for couples who can't take a vacation, but who want to spend some quality time improving their relationship.

## With this date idea, let your city surprise you this weekend!

There are many ways to make this date idea a success. First, experience the sights, tastes, and sounds that your city is known for. Make a list of the biggest tourist attractions in your hometown and complete as many on the list as you and your beau can do in one day. If you live in a big city, pick a new neighborhood to explore. Does this area have a walking tour, a museum, or any historical or famous spots to visit? Afterward, head to a popular spot for lunch. If you're lucky, maybe a local band will be playing. You'll be surprised by how much goes on right under your nose!

### Related Link: Date Idea: Stroll Through a Museum

If you want to venture beyond just one neighborhood, make this date idea a themed day. Decide to walk around to all the best museums, historical sights, or specialty eats in your city. At the end of the day, rank them from your favorite to least favorite. That way, you can revisit your top picks!

You can also consider doing activities you may have done before but not in a long time, like going to the zoo or aquarium. It will be special to experience them again with your significant other. Plus, this <u>dating advice</u> will allow you to see old things in a new light.

### Related Link: Date Idea: Garage Sale

Don't forget your tennis shoes! This date idea requires a lot of walking, so make sure you wear comfortable clothing and

sensible footwear. You can still be stylish and sexy. For instance, wear skinny jeans, a black silky top, and red sneakers. After all, you don't want aching feet to interrupt the fun!

Follow this <u>dating advice</u> and add some sweet shots and selfies to your photo album. Take a snap together at every stop you make. Consider filming parts of the day and make a montage of your date. You'll create memories that you and your partner can cherish for years to come.

Have you ever been a tourist in your own city? Tell us below!

### Weekend Date Idea: Get Crafty





By Emma L. Wells and Mara Miller

As kids, we spend much of our free time drawing or creating some unique works of art (even if no one knows what they are), but as adults, we often let our creativity take a backseat to our many responsibilities. With that thought in mind, it's time to get crafty with this date idea! On your next night out, take your honey to the local pottery store where you two lovebirds can create your own clay pieces or paint ones already made.

## Let love be your muse this weekend with this date idea!

Channel your inner <u>Demi Moore</u> and Patrick Swayze and create your own clay pieces with this <u>relationship advice</u>. Many pottery stores, artists' studios, and community colleges offer workshops in pottery-making where you can create anything from vases to bowls and plates. Maybe your beau has a secret artsy side just waiting to shine! If you two enjoy yourselves, you might consider joining a weekly or monthly pottery class

together to really focus on improving your creative abilities. You'll probably meet other couples too and have the opportunity to expand your social circle.

#### Related Link: Date Idea: Build a Fort

If you can't find a place to craft your own or just don't feel up to the challenge — or the mess! — try to find a craft store like Michael's, Hobby Lobby, or Joann's where you can purchase all sorts of fun pottery pieces and decorate them yourselves. Find that perfect vase to house your next bouquet of wildflowers and see how in sync you are by working on a single project together. In a quiet pottery studio, there will be plenty of time to talk while you work. If you're a new couple, this is a great opportunity to get to know one another, and if you've been together for a while, it'll give you a chance to reconnect. Painting is also a great activity if you are looking for group weekend date ideas to enjoy with your favorite couple friends.

#### Related Link: Redecorate

If you are in need of some inspiration, let your partner be your muse. Use their favorite color or shape to guide you. To make things more fun, decide to make something for each other and then swap your handmade gifts at the end of the date. That way, you'll both have something to help you remember the day.

Have you ever gone on a crafty date? Share your story below!

### Date Idea: Pop the Cork!





By Emma L. Wells and Mara Miller

While wine tasting at a vineyard is an excellent and romantic date idea, it can also be costly and hard to arrange if you don't live near a winery or the savings for a trip. Even better: you don't need to head to Napa to enjoy a romantic and fun night with your beau for your next date night!

## Let the wine and conversation flow this weekend with this date idea!

Wine tasting can actually be an easy and cheap date idea in this <u>dating advice</u>. Try visiting different restaurants and bars in your area. At each location, ask for a glass of your

server's favorite wine. If you want to stick within a certain price point or have a preference of red versus white, it's totally acceptable to share when you order. Just say something like, "We'd really like to try a glass of your favorite white wine, preferably in the 10-20 dollar range."

#### Related Link: Date Idea: Rain, Rain, Come Out and Play

Ask your server why this particular wine is their favorite or where the grapes were grown; that way, you can learn a little bit about each wine you taste. Test your palate and see if you can taste what they're talking about. You might even consider bringing along a wine tasting guide. A simple Google search will bring up many options to get you started. Take notes on your phone to help you remember what wines you liked best (either the name of the wine or even just the region of the vineyard).

This date idea can be as flexible or planned as you want. You may prefer to scope out restaurants or bars ahead of time and make an itinerary for the evening. If you want to be a bit more spontaneous, just pick a starting point, enjoy your first glass of wine, and then stroll around the block until you find your next spot.

To make the most of this dating advice, think about heading out earlier in the evening so you snag the happy hour deals. After a few stops, find a good spot for a nice dinner. Consider switching it up by ordering your favorite wine for your partner to try. If they don't like it, you know it won't go to waste!

### Related Link: Date Idea: One, Two, Walk in My Shoes

Making this date idea a success is easy; just be open to trying new things and having fun. As the wine flows, so will the conversation. Location hopping will help you get to know your hometown better, and you may even find a new favorite place to hang out.

Tell us about your favorite wine tasting adventure with your partner!

## Celebrity Parents: Duchess Meghan Plans to Take Baby Archie to NYC Over the Summer





By <u>Mara Miller</u>

The royal <u>celebrity couple</u> has been adjusting to life as celebrity parents well: Prince Harry is on diaper duty! In the latest <u>celebrity news</u>, Duchess Meghan and Prince Harry plan to

take royal <u>celebrity baby</u> Archie to New York City this summer, according to *UsMagazine.com*. They have plans to visit with the Duchess' mother, Doria Ragland, and friends in America.

### These celebrity parents are brave to travel internationally with an infant. What are some tips for traveling with a baby?

#### Cupid's Advice:

The standard recommendation is to wait until your baby is at least one month old before traveling, although some doctors recommend waiting until your little one is four to six months old so his or her immune system has enough time to become strong. Cupid has gathered some tips that might help if you do decide to travel:

1. Breastfeed if you can: Breastfeed your baby when he or she gets hungry. You don't need to be shy about where you breastfeed and you won't need to lug around any extra gear.

Related Link: Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy

2. Wear the baby: Instead of pushing around a clunky stroller, using a wrap to keep them close is an easier option. Your baby will love being near you and will likely go right to sleep!

Related Link: Celebrity News: Duchess Kate & Duchess Meghan Are 'Bonding Over Motherhood'

3. Forget the "nap schedule": Don't stress yourself out too much about having your baby on a schedule while you're traveling. You don't have to rush back to the hotel to make sure the baby will get rest: having him/her sleep in a

stroller while you're at a restaurant or exploring the area will be fine.

Do you have any more travel tips to share for parents traveling with their baby? Let us know in the comments below!

### Fashion Trend: Print Mashups





By <u>Mara Miller</u>

It's no secret that animal, floral, and geometric patterns have been popular for ages. In <u>celebrity fashion</u>, Anne Hathaway embraced mixing up patterns for a unique look with this <u>fashion trend</u>. You no longer need to give in to the

pressure to match prints with solids. Embrace these <u>fashion</u> <u>tips</u> for some wildly fun ideas!

# Print mashups are a fun new fashion trend for 2019. Here's how you can incorporate it into your everyday style!

Even if you just want to dip your toes into print mashups to test out this fashion trend or you want to go all out, we've gathered some tips on how to make mixing patterns work for you:

1. Start small: Starting small with a shoe that has two different patterns might be the way to go. This way you don't need to worry about spending too much on new crazy prints only to feel like you look ridiculous.

Related Link: Beauty Trend: Pearl Accents

2. Find a solid piece: Polka dots, chains, and alphabet lettering. With a new fashion trend comes new releases in department stores. Search for a dress or top with mixed patterns that strikes your fancy and can act as a statement piece on a night out on the town.

Related Link: <u>Fashion Trend: Bamboo Handbags</u>

- 3. Accessorize: If you don't feel comfortable dousing yourself in contradicting patterns, think about finding a purse or clutch to match with a patterned shirt or leggings. That way you will get the look of multiple patterns, but you won't have to commit to it if you aren't feeling too sassy that day.
- **4. Play with size:** Try throwing on an oversized cardigan or shawl with color blocks over a pinstripe or polka dot dress

when you get more comfortable with this fashion trend. Mixing and matching will give you a unique look when you want to stand out in a crowd!

**5. Pair two types of the same print:** If you don't like the idea of mixing animal prints or stripes with florals, think about mixing different colored clothing with the same print on the fabric. This will come off as more professional if you decide to wear it to work, but you'll be able to have fun at the same time!

Is there anything else you think we should know about mixing up prints? Let us know in the comments below!

# Travel Destinations: Visit the Great Smoky Mountains & Pigeon Forge





By <u>Mara Miller</u>

Summertime is here! That means it's a fantastic time to choose a <u>travel destination</u> like Pigeon Forge and to explore The Great Smoky Mountains in Tennessee. The area is rich in Appalachian history, especially up in the Smokies where you can still find old cabins, such as the Tipton Place homestead, settled in the 1820s by Revolutionary War veteran William "Fighting Billy" Tipton. After you're done exploring the Smokies, you can spend a few nights in Pigeon Forge, where there are a variety of fun things to do and explore.

Searching for great travel tips and travel advice? Make the Great Smoky Mountains and Pigeon Forge your next travel destination!

### **Great Smoky Mountains:**

Part of the precious Appalachian Mountain Trail, the Great

Smoky Mountain National Park in Tennessee is a part of the chain that expands through 18 states. The mountains have been around for thousands of years, dating back to Paleo Indians to European settlers. Established as a national park in 1934, more than 1,200 people had to leave their land once it was established. The park is important in preserving the thriving forest and wildlife.

1. Cades Cove: Cades Cove is an 11-mile road that is great to explore early in the mornings if you want to sight wildlife. Animals you'll see are turkeys, white-tailed deer, black bears, coyotes, and rabbits. It still has three churches, a working grist mill, barns, log houses, and many other restored 18th and 19th century buildings. You can hike or bike the back-country, too! Just keep in mind that the road opens to motor vehicles at 10:00 am.

Related Link: <u>Travel Tips: Three Historical Colonial Towns You Need to Visit</u>

2. Horseback riding: If you love horses, then you may want to ride one of the trails in the Smokies. You can book a guided horse ride, hay ride, or take a carriage or wagon ride. There are even five drive-in horse camps so you can explore with your own horse. Riding a horse is a great way to experience nature in the mountains. Just keep in mind that horses are restricted to areas designated only for horse use.

Related Link: <u>Travel Tips: Top Five Romantic Spots in the Bluegrass State</u>

3. Picnicking: Are you looking for an excuse to have a romantic getaway? Grab your partner and go for a picnic in the Smokies! Just be sure to prepare for your picnic before you head into the park. There are specific areas designated for picnics and you should always be sure to never feed the wildlife.

Related Link: <u>Travel Tips: Pocket Friendly U.S. Travel</u>

#### **Destinations**

4. Camping: Camping is another great way to experience the Smokies this summer. Whether you're bringing camping gear or an RV, spending a few nights in the mountains will give you a chance to unwind from everyday life. The campgrounds have running water and flushing toilets in the front-country, but back-country may not offer these amenities and you must have a permit and must call ahead of time if you are planning on hiking to your camp destination.

#### Pigeon Forge:

Surrounded by the Smoky Mountains with a history dating back before the Revolutionary War, Pigeon Forge was once a small farming community before it became a mountain city.

- 1. Dollywood: Need we say more? With the Smoky Mountains as a backdrop to this theme park, Dollywood is home to some of the South's largest festivals. It has more than 40 rides and attractions such as Wild Eagle, FireChaser Express, and Lightning Rod (the world's fastest roller coaster). They even have a water park!
- 2. Go-karts and mini-golf: Pigeon Forge is surrounded by go-karts and mini-golf. It has more than 10 different tracks to choose from, including one that is Nascar themed. Mini-golf is another fun option for your family, especially if your children are little and don't want to go to the go-karts.
- **3. Shows:** Don't leave Pigeon Forge without checking one of their shows out! You can experience live music and country dancing at Country Tonight Theatre and The Smoky Mountain Opry, comedy at The Comedy Theatre Barn or you can find some family-friendly dinner shows like Pirates Voyage Dinner and Show.

There are a lot of great things to do in Pigeon Forge and the Smokies. Have we missed anything you love to do when you

# Celebrity Wedding News: Zoe Kravitz & Karl Glusman Secretly Married





By <u>Mara Miller</u>

In the latest <u>celebrity wedding</u> news, <u>celebrity couple</u> Zoe Kravitz & Karl Glusman have secretly married, according

to *UsMagazine.com*. Kravitz is notoriously secretive about her personal life, but she still plans to have a bigger wedding ceremony with Glusman in France in June. The happy couple were introduced by mutual friends in 2016 and started dating soon after. Glusman proposed in October 2018. Congrats to them!

# In celebrity wedding news, Zoe Kravitz and Karl Glusman secretly married. What are the benefits of a small or secretive wedding?

#### Cupid's Advice:

There are benefits to a small or secretive wedding you may not have considered before. So, if you and your partner are feeling overwhelmed with wedding plans, Cupid has some reasons why ditching those plans might be a good idea:

1. You and your partner are private: The idea of a big wedding irks you. Your wedding day is about you. Why not have a smaller ceremony in the courthouse with you, your partner, and two of your closest friends?

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Star Colin Jost Are Engaged

2. The ceremony later: Maybe you and your partner just need time to adjust as a married couple before you go through a traditional wedding ceremony. You'll have less to worry about and everyone can relax!

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3. Tighter budget: You won't need to worry about spending money on a ridiculously expensive wedding. If it makes more

sense to you and your partner to spend the extra money on a romantic getaway for your honeymoon rather than to wait a full year for your wedding venue, getting married in a small or secretive wedding might be ideal. This way, you'll be able to focus more on your love for each other rather than stressing out about the cost of your wedding dress or tux.

What are some other benefits to a small or secretive wedding? Let us know in the comments below!

## Product Review: Treat Yourself to Beauty and Comfort This Summer





By <u>Mara Miller</u>

If you're looking to treat yourself to beauty and comfort, you're in luck! We have put together a <u>product review</u> full of items that will help you achieve your summer goals. In fact, two of the products will help you achieve healthy, glowing skin that winter may have dried out, while the other will help you improve your overall posture and reduce stress!

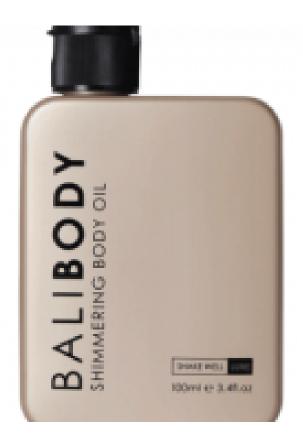
## Check out this product review if you want to treat yourself to beauty and comfort!



Lumene Hydration Recovery Aerating Gel Mask, \$15

This innovative mask has an airy water gel formula that promotes healthy looking skin! It contains pure Arctic Spring Water, Organic Nordic Birch Sap, and Hydra Technology designed to instantly boost the skin's moisture level. This product is especially great for skin that dries during the winter months and is sure to give it a hydrating boost. Depending on the needs of your skin, all you need to do is apply it on clean skin, then leave it for 5-10 minutes. You can also apply a thin layer and leave it on overnight for an intense treatment.

Related Link: <a href="Product Review">Product Review</a>: Cannabis Beauty Defined



Bali Body Shimmering Body Oil, \$29.95

This is a luxurious hydrating body oil with a hint of bronze that will give your skin a sun-kissed glow. It has shimmery dust particles in the formula to help your skin shimmer, so be sure to shake it before you apply the product. You can apply it all over your arms, legs, neck, decolletage, and can even be used as a highlighter on your face! While it has no suntanning effects, your skin will still have a beautiful glowing sheen.

Related Link: <a href="Product Review">Product Review</a>: The Night Sky Star Maps



The Neck Smith, \$39.90

Do you get frequent headaches that accompany neck and back pain? The Neck Smith is the only FDA approved neck pain device that helps reduce stress, headaches, and migraines. It also helps to improve posture. It's lightweight and portable. It's a chiropractic pillow that you attach underneath your chin that you then inflate. It's doctor and chiropractic recommended, so it's great if you want to improve your posture.

You can find additional products perfect for beauty and comfort this summer here.

#### Fashion Trend: Beige Is Making a Comeback





By <u>Mara Miller</u>

It has been an interesting year so far for <u>fashion trends</u>. With everything from ostrich feather skirts to circus fashion and pastel eye shadows, 2019 seems to be the year for an abundance of color. In short, the more eccentric, the better. No one probably expected beige, a plain old color you usually might envision on khakis, to start making a comeback. This is great if you aren't into the more eccentric trends that have been popping up in the fashion world.

This fashion trend calls for beige, beige, beige. If you've been searching for a more refined alternative, incorporating this neutral color into your wardrobe will do the trick!

Wearing beige to embrace this <u>fashion advice</u> goes beyond a cute beige skirt or a sweater. You can use other items and accessories to make yourself stand out. Here's how beige is making a comeback:

1. Jumpsuits: A jumpsuit is one of those items you can bathe yourself in beige head to toe with. Jumpsuits have come back recently in fashion as a super trendy must-have, so why not get it in beige and spice it up with a black metal bracelet? A jumpsuit is an item you can try out the color with and put very little effort into looking fabulous. Cinch it with a belt and you'll look super chic.

Related Link: Fashion Trend: Bamboo Handbags

2. Accessories: Shoes, purses, hair accessories: If you don't want to go full-on beige, we recommend finding the perfect accent. Beige goes well with blacks and blues, and whites. Pick your favorite colored top and match it with a beige purse and pair of shoes. If you want something subtle, try a hair clip with a half up/half down hairdo. And if you err on the side of liking the bolder fashion, don't be afraid to experiment with beige and bolder colors. The important part is that you have fun!

Related Link: Fashion Trend: Take Page from the Circus

3. Beige trench coat: Originally used during World War I by

soldiers in the trenches, a trench coat is one of the iconic clothing items everyone should have in their wardrobe. Traditionally beige or khaki, a trench coat can help carry you through all seasons since there is usually a removable liner inside. They have deep pockets, are double-breasted, and have a belt you can tie in front or allow to hang loose, depending on your mood and the day's weather. Be sure to try on a few different shades to find something to match your skin tone!

What are some other ways you've found beige making a comeback? Let us know in the comments below!

#### Product Review: Cannabis Beauty Defined





By Mara Miller

The use of CBD oil has been on rise for some time now, primarily because of its health benefits. It is most widely known for its ability to control and manage pain. There are other ways to use cannabidiol oil outside of ingesting it in pill form. One of the newer ways to use it is by applying it directly to your skin!

#### In this product review, check out the benefits of Cannabis Beauty Defined, a unique product that utilizes CBD hemp oil.

Traditional skin care products may have questionable ingredients, but Cannabis Beauty Defined has a natural formula of CBD hemp oil and a mixture of Bi-Bong herbs for protected, nourished skin.

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The revolutionary Cannabis Beauty Defined will keep your skin safe from skin-damaging free radicals we as humans are naturally exposed to whenever we lay out for a tan or go hiking in the wilderness during the warm summer months.

Related Link: Product Review: Beauty Essentials for Spring

This Night and Day Serum will protect your skin from wrinkles, uneven skin tone, and even sagging skin. If you're on the search something new to add to your skincare routine, this product may be what you've been looking for!

The Cannabis Beauty Defined Day and Night Serum can be purchased on their <u>website</u>. It is usually \$110, but it can be purchased right now for \$82.50.

What are some benefits of CBD-infused beauty products? Share your knowledge below.

## Celebrity News: Duchess Kate & Duchess Meghan Are 'Bonding Over Motherhood'





By Mara Miller

In the latest <u>celebrity news</u>, the arrival of the royal <u>celebrity couple</u> Duchess Meghan and Prince Harry's royal <u>celebrity baby</u>, Archie Harrison Mountbatten-Winsor, means the Duchess will be spending more time with her celebrity royal sister-in-law, <u>Duchess Kate</u>. According to *UsMagazine.com*, an insider received this information from the palace, saying, "Meghan and Kate will be spending a lot more time together. Now that they're bonding over motherhood, they've become closer than ever." Aw! It's great to see that these royal sisters-in-law are putting aside their differences to bond as mothers of the next generation of the royal family.

In celebrity news, the alleged rivalry may be over between the two Duchesses, in favor of bonding over motherhood. What are some ways

### being parents can bring you and your partner closer together?

#### Cupid's Advice:

A new baby in the family is an exciting time for you and your partner. Here are a few ways that being new parents can bring you closer together:

1. You'll learn to lean on each other more: Sleepless nights with a crying baby, frustration over breastfeeding, learning to cope with new feelings that come along with having a new baby... All of these things will lead to you and your partner learning to lean on each other in ways you didn't before. You have a new little person who needs you and it won't work if you don't learn how to lean on each other.

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2. Sleep deprivation: Sleep deprivation has a tendency to bring out our true selves. You won't realize how true your love for your partner is when the baby is screaming and you're both sleep deprived. Or how wonderful your partner is until they tell you to get rest when they tend the baby after nearly biting their head off.

Related Link: <u>Celebrity News: Britney Spears' Boyfriend</u>
<u>Dedicates Sweet Mother's Day Tribute to Her</u>

**3. You'll savor moments alone together:** The first few months after the birth of your baby will give you both little time to be together. When you are finally comfortable with baby spending time with your parents/in-laws, you and your partner will enjoy the small date at the movies or extra time to sleep in together.

Can you think of any other ways you and your partner can bond

# Celebrity Couple Jennifer Lawrence & Cooke Maroney Host Intimate Engagement Party





By <u>Mara Miller</u>

In the latest <u>celebrity news</u>, <u>celebrity couple</u> <u>Jennifer</u> <u>Lawrence</u> and Cook Maroney celebrated their <u>celebrity</u> <u>engagement</u> in New York City on Sunday, May 12, according to *UsMagazine.com*. The party was an intimate occasion attended

by their close friends and family members. They started dating in the spring of 2018 and are now in their relationship for the long haul.

This celebrity couple is preparing for their nuptials with an engagement party. What are three types of engagement parties to consider?

#### Cupid's Advice:

There's a lot to consider when planning your nuptials, and the engagement party is one of them! Cupid has a few ideas that may help:

1. A formal lunch: If you're having a large wedding with a lot of guests, consider having your engagement party at a restaurant that will cater to your needs. For instance, consider a family style Italian restaurant as opposed to a hole-in-the-wall gourmet French restaurant. Ordering individual meals in a small space probably isn't the best plan.

Related Link: Celebrity Wedding: Celebrity Guests Party at 'DWTS' Pros Val Chmerkovskiy & Jenna Johnson's Wedding

2. Barbeque: A barbeque is always a great time whenever family and friends get together. You can have a small or large gathering of family and friends... and who doesn't love BBQ chicken?

Related Link: <u>Celebrity Marriage</u>: <u>Why Harry Hamlin's Marriage</u>
<u>to Lisa Rinna Works</u>

3. A themed party: Why not have an engagement party that is

themed along with your wedding? Whether you're breaking out light sabers or fairy lights, a themed engagement party is sure to be something everyone will remember.

What are some other types of engagement parties you're considering? Let us know in the comments below!

Celebrity News: Britney Spears' Boyfriend Dedicates Sweet Mother's Day Tribute to Her





By <u>Mara Miller</u>

In the latest <u>celebrity news</u>, <u>celebrity couple Britney Spears</u> and Sam Asghari cuddled up for an Instagram photo on Mother's Day, according to *People.com*. Asghari wrote a sweet message for all mothers, including his celebrity girlfriend, saying, "Happy Mother's Day to all the beautiful mothers out there doing the toughest job in the world! #tbt". Aww!!!

In celebrity news, Britney Spears' had something to celebrate on Sunday. What are some ways to pay tribute to your partner's parenting skills on Mother's and Father's Days?

#### Cupid's Advice:

Mother's and Father's Days are meant to celebrate parents and

the amazing, but sometimes tough, job of raising kids. Cupid has some advice on how to pay tribute to your partner:

1. Take your partner and kids out to dinner: Use this special day as a way to treat your partner to a meal the entire family can enjoy.

Related Link: Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy

2. Say something encouraging about your kids: Compliments such as, "If our son/daughter grows up to be exactly as you are, they'll be an amazing person," will go a long way in making them feel special.

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<u>Instagram Pics of Fiance Randall Emmett</u>

**3. Thank them:** Thanking your partner for being a good parent do your kids is a great way to pay tribute to their parenting skills.

What are some other ways you can make a tribute to your partner on Mother's or Father's day? Share your thoughts below.

#### Celebrity Exes: Nikki Bella Prays for John Cena to Find

#### Happiness





By <u>Mara Miller</u>

In <u>celebrity news</u>, Nikki Bella revealed at the 3rd Annual Best Buddies Mother's Day Celebration in Malibu that she wishes nothing, but the best for John Cena. According to People.com, the <u>celebrity exes</u> were in a <u>celebrity</u> relationship for six years before she called off their engagement. "I loved [seeing him moving on]," she said of Cena at the event. "I've been so happy for him because I think of the decisions I've made...walking away and just needing to find myself because I felt like I lost it." Cena has moved on with a new flame, Shay Shariatzadeh, while Bella has been dating Artem Chigvintsev. She does not yet want to label their relationship.

#### Nikki Bella wishes her celebrity ex John Cena nothing but the best. What are some ways to stay positive after a split?

#### Cupid's Advice:

Staying positive after a split is the best way to keep yourself motivated to move on. Cupid has some ideas on how to keep your head up:

1. Find yourself again: If you've been in a relationship for a long time, you might find that you are able to have more freedom than you did when you were with your ex. Now is the perfect time to explore who you are as a person!

Related Link: Celebrity Break-Up: Adele & Simon Koneckis Call It Ouits

2. Stay strong: Break-ups suck for everyone. Stay strong by getting rid of anything that reminds you of him too much. Don't seek revenge because you'll only get hurt further if it was a bad break-up.

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3. Don't blame anyone: Break-ups happen. It's not necessarily your fault or your ex's fault that your relationship didn't work. You'll grow and change as you get older. Don't blame them for this because it can take you down a long path of negativity.

What are some ways you can remain positive after a split? Let us know in the comments below!

# Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy





By <u>Mara Miller</u>

In <u>celebrity news</u>, <u>celebrity couple</u> Duchess Meghan and Prince Harry welcomed their new baby boy on May 6th. According to an exclusive source from *UsMagazine.com*, Duchess Meghan has been very emotional since welcoming her new bundle of joy! "This is definitely my first birth," Prince Harry said. "I am so

incredibly proud of my wife and as every father and parent would ever say, your baby is absolutely amazing, but this little thing is absolutely to die for, so I'm just over the moon."

In royal celebrity baby news, Duchess Meghan was 'very emotional' after welcoming her son into the world. What are some ways to support your partner's emotions after the birth of your child?

#### Cupid's Advice:

Emotions can be all over the place after you go through the birth of a child, and it's important that your partner supports you. Cupid has some tips:

1. Let her cry or get emotional: Don't try to fix it. If she needs to cry, let her cry. Comforting her is the most important thing you can do. She needs time to process what happened during the birth and her feelings over becoming a Mom.

Related Link: Royal Celebrity Baby News: Meghan Markle & Prince Harry Welcome First Child

2. If she's breastfeeding: Make sure she's getting enough water while the baby nurses. Not enough water can leave her dehydrated and exhausted.

Related Link: Celebrity Baby News: Blake Lively & Ryan Reynolds Are Expecting Baby No. 3

3. Praise her: New mothers sometimes doubt themselves so give

her encouragement if she starts showing signs of being overwhelmed. And don't forget to tell her how much you love her!

What are some more ways you can support your partner's after the birth of your baby? Let us know in the comments below!

# Parenting Tips: Apply Research to the Practice of Parenting





By Mara Miller

Let's be honest: it's easy to second guess yourself after you have your first baby...or your second...or even your third (if you decide you want that many kids!). This is totally normal! Your parents may have parenting styles that you didn't agree with as kids, so now you want to do better for your own children. If you feel this way, it's why you might consider applying research to the practice of parenting in these parenting tips. We are now in an age where information is literally a tap away on a phone screen or a computer keyboard, so it's easier than ever to access the information you need.

## Here are some parenting tips for applying research to help you become a better mother or father!

You can use a search engine on the internet to find just about any information you need, but don't discount parenting books for <u>parenting advice</u>! They can have a wealth of information as well.

1. Figure out the kind of parent you are: Doing a quick Google search on "the four kinds of parents" can give you a wealth of information on parenting types. Whether authoritarian, permissive, uninvolved, or authoritative, you will be able to figure out areas where your parenting skills are working just fine or where you need to improve for your kids.

Related Link: <a href="Parenting Tips">Parenting Tips</a>: 4 Types of Parenting Styles

2. Find new ways to entertain your kids: Are you the type of parent who doesn't want your child to spend hours playing video games? Running out of things to do to entertain them? Research new ways to play with your kids will take only a few minutes. It doesn't mean that you're a bad parent just because you have run out of things to do, it just means that you need help!

Related Link: <u>Parenting Advice: How to Cope with Your Child's</u>
Diabetes

- 3. Find new ways to bond with your child: Bonding with your child should be obvious, but figuring out new ways to do it so your child doesn't get bored or show disinterest is another beast altogether. What might work for one parent when it comes to bonding with their child may not work for another. It depends on how old the child is but using research to help you find new things to bond with your kids might help you find something you didn't think about before.
- **4. Keep up to date with the latest research:** Research centered around child development continually changes and evolves. Keeping up to date so you can make the best decisions, like that children actually need to *play* in order to learn, for your child. That way you'll have the power to say "no" if someone—like a teacher—tries to tell you otherwise.
- 5. Find support groups: Parenting little ones is a difficult task that can become overwhelming if you don't have the right type of support. If you find the right group of people, you can not only make lifelong friends but might be able to find future playmates for your children if it's an online group for your local community. Groups like this also tend to share a lot of research that you can use in order to adjust your parenting style!

What are some other ways you can apply research to the practice of parenting? Let us know in the comments below!