

Celebrity Divorce: Mel B Makes Fashion Statement About Her Ex At The VMA's



By [Marissa Donovan](#)

This *America's Got Talent* judge is proud to be single and divorced from her husband. According to [People.com](#), Spice Girl singer Mel B made an appearance at the 2017 MTV's Video Music Awards wearing a dress that said "You Will Never Own Me." Many have speculated that the eye catching message alludes to her ongoing divorce and a temporary restraining order against her [celebrity ex](#) Stephen Belafonte. The single celebrity will be back in court on September 25th to make arrangements.

This [celebrity divorce](#) has inspired Mel B to make a bold [fashion statement](#). How can you empower yourself through a messy divorce?

Cupid's Advice:

Don't allow your divorce to get the best of you! Although this may be a troubling process, it's best to stay strong and keep your head up. Here are some ways you can empower yourself through a messy divorce:

1. Focus on your family and career: Let the new direction of your life to steer you in the direction of your family and your career. Focusing on your career will allow you to evaluate your current job and decide what your next move might be. Your family will also be a good outlet to help you move on from pain and give you the support to move on.

Related Link: [Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse](#)

2. Refresh your look: After any divorce or break up, some people feel the need to get a new hair cut or wardrobe. Embrace the changes that you desire! Making new changes will help you think positively about starting over in your life. If that means updating your fashion or hair style, then go for it!

Related Link: [Former Spice Girl Geri Halliwell Is Engaged to Formula One Boss Christian Horner](#)

3. Start reading: Brush up on your reading with books that have encouraging plot lines or read your favorite genre for comfort. Even if you're not a big reader, try finding a book at a bookstore or Amazon you could see yourself reading.

Reading through your divorce will make you become invested in something besides the problems you may be facing.

What do you think of Mel B's dress? Let us know in the comments!

Taylor Swift Disses Harry Styles at VMA Awards



By Kerri Sheehan

Hollywood's Breakup Queen is at it again! Singer and songwriter Taylor Swift made a low blow at One Direction's

Harry Styles during MTV's Video Music Awards on Sunday night. While the Brit boy band member was on stage presenting an award, Swift was filmed in the audience mouthing, "Shut the f— up!" to BFF Selena Gomez. Haylor were an item for a couple of months before calling it quits back in January. Later in the show Swift took home a Moon Man for her hit song, "I Knew You Were Trouble," and made a dig at the high-profile guy who inspired her to write the song. Previously it was thought to be written about her 2010 fling with Jake Gyllenhall, but people are now thinking it could also be about Styles. During her speech Swift thanked her fans and then quipped, "I also want to thank the person that inspired this song, and he knows exactly who he is, because I got one of these!" according to UsMagazine.com. Writing about past relationships is how the 23-year-old made a name for herself but, maybe she is forgetting her own advice that, "No amount of vintage dresses gives you dignity."

How do you keep anger at bay after a bitter breakup?

Cupid's Advice:

Being bitter over a breakup is second nature, but sometimes you have to hold that in. Cupid has some advice about how to keep your feelings at bay:

1. Stay cool: Don't stress too much over the breakup! There are plenty of other people who are dying to date you, so getting overly angry because about one person won't do you any good. Save your emotions for something more useful, like the series premiere of Grey's Anatomy.

2. Act nonchalant: The last thing you want your ex to know is how heartbroken you were over the break up. It has always been said that success is the best revenge and this is especially applicable for breakups. You want your ex to think you're happy and healthy, even if at the end of the day you're sitting on your couch eating bon-bons and sobbing while

watching, “Up!”

3. Be the bigger person: Even if your ex is making jabs at you it's best to be the bigger person and let it slide. Stooping to their level will only make you look at childish as they are. Take a note from Harry Styles's book and play it cool.

How do you act after a bitter breakup? Share below.

Celebrity Couples We Can't Wait to See at MTV's VMAs



By Tanni Deb

From Britney Spears to Nicki Minaj, this year's MTV Video Music Award (VMA) nominees are teeming with A-list music stars. The three top contenders include Katy Perry, with nine nods (the most of any performer this year), and Adele and Kanye West, both with seven nominations each. While it will be exciting to see which stars take home a trophy for their designated categories, we're also eager to see which of our favorite celebrity couples will attend. Although we won't know for sure who will show up to the VMAs until Sunday, Aug. 28, here are five celebrity couples we hope make an appearance:

1. Beyoncé Knowles and Jay-Z: Listed as the "most powerful couple" for *TIME* magazine's "100 Most Influential People" in 2006, the duo dated for six years before secretly getting married in 2008. *OK Magazine* reported that "the couple is very supportive of one another – making sure to attend performances and appearances together." That means we can definitely count on them to arrive together, since Beyoncé is up for a nomination, right?

2. Britney Spears and Jason Trawick: Although these two love birds have made many public appearances together, the first time they stepped out as a couple was at the St. Bernard Project Event in May, 2011. Spears' relationship with Trawick seems to be getting serious, but now the question is whether he'll attend the VMAs to support his pop singer lady, or not?

3. Katy Perry and Russell Brand: In May, 2011, comedian Russell Brand visited Japan to see his wife perform, but unfortunately, he was deported due to criminal incidences that happened more than a decade ago. Distraught with the news, the *Firework* singer tweeted, "So...my husband just got deported from Japan. I am so sad." Don't worry, Katy. Since the VMAs take place in L.A. this year, your hubby should have no problem attending. After all, how could he miss the opportunity when you have the most nominations?

4. Selena Gomez and Justin Bieber: The teen heartthrob and the *Wizards of Waverly Place* beauty were set up on a date by her mother and his management team at the end of last year. In an interview with *Seventeen* magazine, the 18-year-old Disney star admitted that she is head over heels for Bieber, and the pair were even seen exchanging 'I Love You's' while shopping in New York City last month. This year, they attended many award shows together, including the Oscars, the ESPY Awards show, and the Billboard Music Awards. Let's just hope they won't miss out on this one.

5. Lady Gaga and Luc Carl: The mother monster credits her boyfriend for helping her become "successful" in the music industry. Last year, she told *Rolling Stone*, "I've really never loved anyone like I loved him. Or like I love him." Despite break-up rumors, hopefully her supportive boyfriend will be by her side to cheer her on at the VMAs.

Who did we forget? Anyone you'd like to see? Let us know in a comment below. Don't forget to tune into **MTV on Sunday, Aug. 28 at 9 p.m. ET**. For a complete list of nominations, visit [MTV](#).

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!

Kanye West Apologizes to Taylor Swift in Song





Few can forget last year's VMA theatrics starring controversial hip-hop superstar Kanye West and his outburst at country sweetheart Taylor Swift. Recently, West took to Twitter to formally apologize to the young starlette. His chosen form of expressing his sentiments – writing an apology song for Swift. “I wrote a song for Taylor Swift that’s so beautiful, and I want her to have it,” Kanye tweeted, according to [E! Online](#). “If she won’t take it then I’ll perform it for her.” It seems the rapper is attempting to clear the air and rebuild bridges with his tweet-happy apology.

What are some creative ways to say you’re sorry?

Cupid’s Advice:

Face it, everyone messes up sometimes. When apologies are in order, sometimes the more unique methods work best. Cupid gives some suggestions on how to say sorry with some flair.

1. Make a meal: Food is a quick way back into anyone’s good graces, and the time and preparation that goes into creating a

meal will show how genuine your apology is.

2. Write a letter: Sometimes it's harder to say you're sorry than you'd expect. When this happens, don't hesitate to write down your apology in letter form. Not only will you be able to explain your thoughts and feelings clearly, but there's something flatteringly heartfelt about receiving a letter that will definitely help your cause.

3. Do something personal: The thought is what counts, so a personal gesture is the best way to get back in someone's good graces. Take him to his favorite place, buy his favorite candy or write an "I'm Sorry" card full of inside jokes or memories. With nostalgic moments like that, it'll be very hard for him to resist forgiving you.