

'Real Housewives of Orange County' Vicki Gunvalson Tries to Fix Shannon Beador's Marriage



By Laura Seaman

Vicki Gunvalson and the Beadors of the *Real Housewives of Orange County* are taking a trip to Mexico in order to try to rekindle the love between Shannon Beador and her husband David. "Our relationship needs this trip more than ever," Beador told [People](#). "I'm going to Puerto Vallarta with my eyes wide open." The couple and their *Real Wives* friend have been focusing on fun, though tensions are still present. During one of the couples' fights, Gunvalson said, "You need to figure

this out or you're going to end up divorced."

What are some ways to work on your troubled marriage?

Cupid's Advice:

It's a sad thing when a marriage starts falling apart. When you said those vows, you planned on the relationship lasting a lifetime, and it may seem hard now, but it's not too late! If you want your marriage to work, you need to put in the effort. You loved each other once, and you can learn to do it again:

1. Spend some time alone together. Take time off work, turn off your phones, and go somewhere relatively peaceful. Maybe that's just staying home, or maybe it's going away on vacation. Either way, you need to put off other sources of stress and spend some relaxing, peaceful time as a couple.

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2. Take some time to work on yourself. Marriage and time might have changed you, and you're no longer the person you were when you first met your partner. Find out if this change is the reason you're now unhappy in the relationship and whether or not you've changed for the better. Your partner should do the same, but that's their own choice to make.

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3. Just talk about it. You've probably heard this a million times before, but it's probably the most important part of any relationship. Talk about what you want out of life, what you want out of your partner, and what you're not getting out of the marriage that you would like to have. There's a reason it's called 'awkward' silence. Nothing gets fixed if you just ignore it.

How have you gotten through the rough patches in your

marriage? Tell us in the comments!

RH00C: Fernanda Rocha Speaks Out About Fitness, Love and Being the First Lesbian Housewife



By Whitney Baker

Many reality television viewers know Fernanda Rocha as a new addition to season six of The Real Housewives of Orange County (RH00C) – and the first lesbian housewife to boot. But

Rocha's story begins far away from the O.C. and long before her television debut. Before moving to Los Angeles, Rocha received her degree in kinesiology and worked as a personal trainer and gym manager in Brazil.

"I grew up in Brazil in a small and simple family filled with love. They always supported my crazy mind," she says. "And the freedom that they gave me to follow what I wanted to do was very important – it made me who I am."

That type of support led Rocha to a land a spot on Bravo's wildly popular reality television show. It all began after a photo shoot for a line of fitness clothing when Rocha went to a restaurant in Laguna Beach, where Bravo happened to be filming. The "Housewives" began talking to her about her clothing line, and shortly after, Tamra Barney, and two friends came to one of her Brazilian Booty classes at a local gym. Last year, when Bravo called to see if she wanted to join the show, she was ready to take a risk and try a new experience. And, based on the response from her fans, it appears that the risk has paid off.

"I get a positive answer from people – very nice and very loving. The show put a good message out there about me," she says.

Related Link: [RHOBH Life Coach Talks About Working with Taylor Armstrong Before Her Husband's Death](#)

As for her status as the first lesbian housewife, for Rocha, the message is simple: equality. She strives to show that there is no difference between her and the other girls, saying "I'm not this way. I'm like you! It's so important to stop labeling."

When asked what she's looking for in a partner, it's no surprise that Rocha knows exactly what she wants. "I want someone who is sexy and fun. I look for chemistry,

attraction, honesty, someone who knows what they want sexually,” she says. “I want someone who is happy with herself and with what she does. I want someone who is positive about life and believes that we are here to dream big and be happy.”

Rocha adds, “There are a lot of bisexual people out there, but I don’t want that for me. I had to go through my own process of knowing the difference between being with a woman and a man, and I know who I am.”

With that thought in mind, Rocha has certainly done her part in the fight for gay rights. She supports the NOH8 Campaign as well as It Gets Better Project (TM), a project to give hope to LGBT youth. Most recently, she served as the grand marshal of Chicago’s Gay Pride Parade 2011. “It was so exciting, just being there and being Fernanda. Any opportunity that I have to go and support [LGBT causes], I’m 100% there.”

Of course, it wasn’t always an easy road of self-discovery.

Keeping her own experiences in mind, she encourages young people to be honest with themselves. “Don’t expect people to accept your choice; be happy with yourself and embrace it.

Focus on that, and don’t worry about acceptance,” she continues. “If you know who you are and you’re happy and proud of yourself, [acceptance from others] doesn’t matter.”

Related Link: [Date Idea: Get Fit Together](#)

Rocha uses her interest in fitness to promote her beliefs on self-assurance. In order for her workout routine to reach people outside of Orange County, she is currently working on a series of Brazilian Booty workouts, set for release at the end of the year and available on seven DVDs and also OnDemand.

Additionally, she is creating Fernanda’s Weekly Body Transformation, an online program that includes nutritional supplements. This fitness guru is also a supporter of Let’s Move, a program developed by First Lady Michelle Obama to

solve the epidemic of childhood obesity.

Rocha's positive outlook and joie de vivre shines through all aspects of her life, whether it be her role as a reality television star or her fitness empire. Even when it comes to finding the one, her energy is contagious, "I have hope. I don't want to settle; I want everything. I am open to love!"

You can follow Fernanda on Twitter or find her on Facebook.

And be sure to stay tuned for the next season of *The Real Housewives of Orange County*!

'Real Housewives of Orange County' Stars Gretchen Rossi and Slade Smiley Go to Mexico





The *Real Housewives of Beverly Hills* may be dealing with the death of Taylor Armstrong's estranged husband's suicide, but one Housewife of Orange County was happy and relaxing poolside. Gretchen Rossi and her beau Slade Smiley headed down to Mexico for a little romantic five-day getaway, according to [RadarOnline](#). The duo stayed in the Presidential Suite at the recently opened resort called Villa del Palmar at the Islands of Loreto. They snorkeled, kayaked and paddle boarded the days away. In fact, Rossi had nothing but good things to say about the mini-vacation. "It's heavenly to be off-the-grid in such a romantic, gorgeous place!"

What are the benefits to your relationship when you go on vacation with your partner?

Cupid's Advice:

Sometimes a relationship can go stale when you follow a routine and do the same things over and over again. Going on vacation is a way to spice up your relationship. Here are some specific benefits:

1. Relax: Real life can be stressful, so going away with your partner is a great opportunity to forget your worries and simply enjoy each other's company.

2. Connect: On a day-to-day basis it can be difficult to remember to carve out quality time with your significant other. When you're on vacation, it's a good time to re-connect on a deeper level again.

3. Focus: There are so many distractions when you're juggling your career, the gym, a social life and potentially children. Getting away as a couple allows you to focus on each other ... and only each other.

What are some other relationship benefits of vacationing with your honey? Share your thoughts below.

Real Housewives of O.C.'s Tamra Barney Talks New Boyfriend, Eddie





Tamra Barney has a surefire plan for getting over her breakup blues, and it involves two new b's: a boyfriend and a BMW. The *Real Housewives of the O.C.* star recently told [Us Weekly](#) that she's been seeing a man, Eddie, who bought her the new car for her birthday. Tamra Barney began her new relationship about a month after her and her husband, Simon Robert Barney, filed for divorce in January. **After an ugly divorce, what are some things you should consider before dating again?**

Cupid's Advice:

For some, the fastest way to mend a heartbreak is to fall in love again. But before you jump back into the dating pool, figure out why you left it in the first place. Cupid has some things you may want to consider:

1. Are you ready to date?: If your friendships, finances, professional life and/or emotional health are still bruised from your breakup, you should work on recovering before you bring someone else into your life.

2. What do you need to work on?: Like relationships, breakups are rarely one-sided. Consider what personality flaws or bad

habits you brought to the table in your last relationship and work on fixing them.

3. What are you really looking for?: Many people end up dating the same type of person over and over again. Decide what qualities you actually want in your next partner, and actively seek out people with those traits.