

Zoe Kravitz Dating Noah Becker Spotted Hand-in-Hand in NYC



By Louisa Gonzales

It seems like Zoe Kravitz has a new man in her life. According to [People](#), **Zoe Kravitz dating Noah Becker**, 20, was spotted in New York City on Thursday afternoon hand-in-hand. The newly formed couple, may in fact be new, but already have history thanks to the *Divergent* actress's dad, Lenny Kravitz, who served as best man when Becker's mom, Barbara Feltus, tied the knot with Belgian artist Arne Quinze. Kravitz last relationship was with the former *Gossip Girl* actor Penn Badgley and the two haven't been linked together since 2013 at a New York party.

How do you know when you're ready to move on after a breakup?

Cupid's Advice:

Everyone moves on from a breakup at their own pace, like Zoe Kravitz, and most of the time it depends on how it ended. Moving on can be hard, especially if the split really devastated you, but it's something we must all do. Cupid has some advice on how to know when you're ready to move on after a breakup:

1. You've stopped thinking about it: You usually have already moved on once you stopped thinking about the person and breakup. Once you have done this your heart has a better chance of being open to finding new love. Sometimes people start dating and move on without realizing it,

Related: [Are Penn Badgley and Zoe Kravitz Back Together?](#)

2. You're ready to let go: Letting go is one of the biggest steps in being ready to move on. It's good to let go and not let the ghost of relationship past haunt you in your new relationships. Yes, it's okay to keep some memories or things, but if you want to give your new relationship a chance you have to let your ex go and not hold onto the past, otherwise you're never truly be able to move on and start dating .

Related: [Zoe Kravitz and Penn Badgley Engage in Poolside PDA](#)

3. You find yourself falling in love again: If someone new is making your heart flutter, is catching your attention and the mere thought of them is making you smile, you're probably ready to move from your ex. Love is complicated, it can change, evolve, or disappear, but it's always good to give it a chance and let your heart decide what's best for you. When you're ready to move on with someone new, you'll feel it.

How do you know if you're ready to move on after a breakup? Share in the comments below.

Robin Thicke Pleads to Win Back Paula Patton at Billboard Music Awards



By Shannon Seibert

At the Billboard Music Awards, singer Robin Thicke made two sentimental pleas to win back his estranged wife, Paula Patton. Thicke, 37, first gave thanks for his wife's love and support when he received 'Best R&B Single'. Thicke later performed his new single "Get Her Back" written explicitly for Patton, according to UsMagazine.com.

What are some grand gestures you can make to win back your ex?

Cupid's Advice:

If you are absolutely certain that your ex is the one who you are supposed to be with, don't let anything stop you from your happiness. Whether it is circumstance, past mistakes, or a simple misunderstanding, if the two of you are truly compatible for each other, there is no reason that can't be possible:

1. A sincere apology can go a long way: When in doubt, start with baby steps. Words can tear people apart, but they can also bring people back together. Give your heart strings a strong tug, and tell your man how you really feel. The phrase "I'm sorry" is a good place to start, and let the rest flow. Don't feel the need to justify every action you've made. Be attentive and listen to what is hurting him, and see what you can do to fix it.

Related: [Exes Jessica Simpson and Tony Romo Don't Speak at Correspondents' Dinner](#)

2. Show that you've paid attention: Sometimes a big gesture is comprised of the little things. What has he been telling you all of this time that you may have overlooked? Put together a bunch of his favorite things to show that you care. Whether it's a mash-up of his favorite music, that chocolate cake from the bakery that he can't resist or the movie you watched together on your first date. Go out of your way to show that you're attentive to his needs and you can give him what he is looking for.

Related: [Did Paul Patton and Robin Thicke's Body Language Indicate a Split Was Coming?](#)

3. Take a trip down memory lane: Sure there may have been some reasons why your relationship looked like it wouldn't work out, but there are so many reasons that it should. Every couple has their strengths, so use yours to win back your love. Try recreating your first date, or a few tender moments

you've been through together. Remind him of how great your were together and the feelings that you share. If you're both adventurous, explain how this rough patch is just part of the bigger journey. If he's more introverted, appeal to his kind and quiet qualities with a love letter.

What have you done to get an ex back? Share with us below!

Kristi Yamaguchi “Surprised” by Parenthood



By Shannon Seibert

Prize-winning Olympic figure skater Kristi Yamaguchi has established herself as a well-rounded business woman and is

now championing the art of parenthood. A mother to two daughters, Keara, 10, and Emma, 8, she marvels at the pleasant surprises of being a parent. She recently caught up with Celebrity Baby Scoop to talk about The Always Dream Foundation and her experiences being a mom.

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CBS: The Always Dream Foundation has been effective in helping kids to look beyond their circumstances and embrace their dreams. How many kids have you helped so far?

KY: “Wow. I have no idea. We’re in our 18th year of existence. I don’t know if I can even guess how many kids have been helped over the past 18 years. I know our current reading program is finishing its second year, and we are in 12 schools and affecting about 1,200 kids. That is just the schools we’ve been in over the past three years.”

CBS: Do you have any new programs for the summer?

KY: “We have our 2nd Annual Children’s Literacy Festival coming up in on May 17th in San Jose called Kristi Yamaguchi’s Reading Adventures at Happy Hallow. We will bring in some guest authors to read, some local celebrities, and the popular Disney Jr. group Choo Choo Soul will be a part of our entertainment as well. That’s our immediate one, and then we have our Annual Gala that helps raise funds for our literacy efforts.”

CBS: How much influence did your mom have on the kind of mom you have become?

KY: “Very much. She has always been my ultimate role model. She was an amazing mom and had time for all of us, my siblings and me. She sacrificed a lot and did a lot. I definitely admire the way she raised us, and I’m looking forward to following her footsteps.”

CBS: How has motherhood changed you?

KY: “I think I’ve become more tentative to dangers in life as far as taking care of myself – because I might get sick, and who would take care of my kids? Obviously, looking after them and thinking of all of the things moms want to do to keep their kids safe, busy, task-happy, and active too.”

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CBS: What experiences have surprised you the most?

KY: “I guess how proud you can be as a parent when your child accomplishes something or when I see my two daughters interacting with each other. Seeing the affection they have for each other is so heartwarming. I never thought I could feel so emotional about seeing that sibling love.”

For the rest of the interview, visit www.celebritybabyscoop.com/2014/05/09/kristin-yamaguchi-ultimate/

Mila Kunis and Ashton Kutcher Go On Movie Date





By Louisa Gonzales

Mila Kunis and Ashton Kutcher were spotted holding hands as they head to the movies at the Universal City Walk in Los Angeles on Saturday, May 17, according to UsMagazine.com. Kutcher, 36, and Kunis, 30, both went casual with the actor in a t-shirt and sneakers, while his pregnant fiancée went with a black top and sandals. The gorgeous duo recently bought a new Beverly Hills mansion, a “perfect” family home, according to a source.

What are some ways to support your partner during pregnancy?

Cupid’s Advice:

Yes, pregnancy brings a lot of new challenges and obstacles for your relationship, but it can also be an exciting new adventure for you and your partner. When your significant other gets pregnant it will bring many lifestyle changes, which is why you’ll need to lend your support. Cupid has some advice on ways to support your partner during pregnancy:

1. Be there: One of the best ways to support your partner during pregnancy is to simply be there for them. It is important for you to make yourself available to your partner

when they need you, whether it's for comfort, someone to talk to or whatever else they need. During pregnancy your lover can experience a lot of different emotions, ups and down, and changes that is why they need someone to be at their side.

Related: [Mila Kunis and Ashton Kutcher Are Expecting!](#)

2. Help around the house: A woman's body goes through many changes during pregnancy and some things they use to be able to do, eat, or drink they won't be able to do anymore. She is the mother of your child, show your support by helping them out with some of their daily activities, chores around the house or other errands. Not only is it admirable, but your other half will appreciate all the help.

Related: [Find Out About Ashton Kutcher and Mila Kunis' Engagement](#)

3. Prepare: A number of adjustments and changes will have to be made in the both of your lives for when the baby comes. So, help your sweetheart out by getting things ready for when the baby does arrive, by setting up the baby's room, picking up supplies, baby proofing the house, or anything else that will be required. Making all the proper preparations will help you both feel and be ready for the new exciting life to come.

What do you think are some ways to support your partner during pregnancy? Share in the comments below.

New Couple: Cameron Diaz Is Dating Benji Madden



By Shannon Seibert

After weeks of keeping their relationship under wraps, Cameron Diaz and Benji Madden are finally out in the open. Diaz, 41, and Madden, 35 are considered “new” and “just hanging out” but the Good Charlotte singer is considered the first high-profile relationship for Diaz since her split from Alex Rodriguez in 2011. The pair have Madden’s sister in-law, Nicole Richie to thank for their introduction, according to UsMagazine.com.

How do you keep your new relationship on the down-low?

Cupid’s Advice:

When your relationship is just blossoming, it can be difficult to figure out your own feelings about that person if your relationship is highly publicized. With everyone giving you their input, and pestering you about the latest details of your love life, you may get caught up in the attention and neglect the fact that it may not even be working. By initially keeping your new relationship on the down-low, you’ll be able

to discover your feelings for your new beau, and find out whether or not you could really gal for this person:

1. Hold off on updating your social media status: Until you get out of the murky waters of “What direction is this going in?” you don’t need to make your relationship Facebook Official. These days defining your relationship is harder than it looks, so at first you don’t want to jump to conclusions about your relationship status with your man. Just keep cool, calm and collective, and once you both have your feet on the ground you can upload those adorable selfies you have on your camera roll.

Related: [Ed Sheeran Reveals a Greek Girlfriend](#)

2. Do a trial run: Get out of town for the day. Go to a place where there’s no pressure because you won’t run into anyone you know. This way you don’t have to worry about awkward introductions such as wondering whether to refer to your guy as your friend, boyfriend, or anything else. Now the two of you can test the waters of what it’s like to be out in public together, while still getting to know each other on a deeper level.

Related: [New Couple: Lucy Hale Is Dating Country Singer Joel Crouse](#)

3. Don’t make it a big deal until it’s a big deal: When your friends and family inquire about your love-life, keep your answer vague. You don’t want to let them in the know until there is actual information to give. It may send the wrong signals to your guy by including loved ones in your dating life. He may think you’re trying to get serious too quick, and you don’t want your family to get confused if things don’t work out.

How have you kept your new relationship a secret? Tell us in the comments below!

Avril Lavigne's Ex Deryck Whibley Hospitalized Due to 'Hard Boozing'



By Louisa Gonzales

Deryck Whibley, former husband of Avril Lavigne, went on a life changing trip to the hospital. According to [UsMagazine.com](https://www.usmagazine.com), the Sum 41 frontman, 34, was recently rushed to the hospital after collapsing in his home. The rocker spoke out about experience on his website and revealed the reason behind his trip to the hospital was because of "all the hard boozing" he'd done over the years had finally caught up with him. The musician said he learned from the frightening experience and will stop drinking for good, which is something

former wife, pop star Lavigne is “proud” of him for.

What do you do if your partner is abusing a substance?

Cupid’s Advice:

Harmful substances can come in many shapes and forms, but one thing is for sure they all can be dangerous. It can be scary to witness someone you love and care about experiencing a substance abuse problem, especially when you have no idea how to help. Cupid has some advice on what you can do if your partner is abusing a substance:

1. Lend your support: Giving your support to someone in need is one of the best things you can do for them. There are many ways to show your support, you can talk to them, encourage them, help them out, and simply just be there for them. It’s important from your loved one to know you will stick by them even during difficult times.

Related: [Avril Lavigne Parties With Boyfriend AND Ex](#)

2. Help them get help: It can be hard to admit to yourself that you need help, which is why sometimes you need it from others. Do some research and see what can help or what has worked for others. You can also look up drug side affects and what can happen if you abuse them, it can help with getting them to understand the dangers and what could happen to them if they don’t receive help.

Related: [Chad Kroeger Says Wife Avril Lavigne Is an ‘Amazing Cook’](#)

3. Get them to realize they have a problem: If your partner is having a hard time admitting they have a problem, the best way you can help them is by getting them to realize that they do. They are a number of ways to go about it, you can get help from their family or other people close to them and stage an intervention or you can talk to them on your own, just do what

you feel is best for the both of you.

What would you do if your partner is abusing a substance?
Share in the comments below.

Rihanna and Drake Are Off-Again



By Sanetra Richards

AubRih is over, once again. According to [UsMagazine.com](https://www.usmagazine.com), after working out their differences a few months ago, Rihanna and Drake decided to give the dating thing another try – only for it to lead to a breakup. “Rihanna and Drake had another fight,” says a source. “He is too in love with her, which has

always been the problem. They have been fighting, but that could all change any day now. It is how it always is with them.” The two stars were first spotted as a re-emerging couple in Paris back in February and by March the couple seemed to be hitting it off pretty hard again. However, at Rihanna’s Met Gala after party, her actor turned rapper [ex] boyfriend was not in attendance. A source added that the artists are “currently on yet another break.”

How do you know whether to get back together with an ex?

Cupid’s Advice:

There comes a time when the post-breakup emotions start to roll in and you find yourself contemplating whether or not you and your ex belong together. Cupid has a few things for you to keep in mind while considering:

1. The factors: Think about the reason why you and your ex parted ways. Was it because of infidelity? Was it because you could not agree on anything? Chances are, these problems will not go away if you decide to go another round – they are the reason why you all are not together today. Remember the saying, if you want different results, do something differently.

Related: [Rihanna and Drake Party Post-Concert in Paris](#)

2. The feelings: A lot of times, people allow their hearts overpower their intelligence. If you know for certain your ex is absolutely terrible for you, do not put in the effort trying to reconcile. Replay the good versus bad instances throughout your relationship. Question whether the good outweighs the bad. This could possibly lead you to the answer on if you and your former lover should work things out.

Related: [Rihanna Says the ‘Slightest Things’ Remind Her of Chris Brown](#)

3. The change: One of the most important conversations to have with your ex before reuniting is how will the relationship change? If you two have not grown enough individually, then you should not want to risk it again. It will be a repeating cycle: same differences, same arguments, and same outcomes. Think about the failed relationship's faults and create methods to better them for the next time.

What are some things to consider when getting back with an ex? Share your thoughts below.

'Pretty Little Liars' Actress Lucy Hale Dating Joel Crouse



By Sanetra Richards

In actuality, she's no "pretty little liar." According to UsMagazine.com, Lucy Hale is dating country singer Joel Crouse and is not afraid to tell all. "They are seeing each other. He is in L.A. right now to visit," a source reveals.

"It isn't anything serious just yet." The 24-year-old actress and her 21-year-old lover were recently spotted courtside at a Lakers game, in which Hale Instagram'd: "First lakers game. Was really great teaching this one the rules of the game. And seeing him looking like a kid in a candy store @joelcrouse." The two were photographed again on May 8th at LA's restaurant Crave Café.

The *Pretty Little Liars* star has also dated actors David Henrie, Chris Zylka, Graham Rogers, and The Cab keyboardist Alex Marshall.

In an interview with *NYLON* in December 2012, Hale made it know that she has "learned something good and positive" throughout all of her relationships. "I'm a woman, but I'm not fully the person that I think I will be. We're all just trying to figure it out. Some of us just have to do it publicly."

What are some ways to take your new relationship slow?

Cupid's Advice:

You are excited about your new relationship and want to shout it out to the world, on top of Mount Everest. You have all of these plans lined up and cannot wait to execute each one of them. However, you have learned from past relationships that this is not always the best idea. Cupid has a few tips to help you take this one slow:

- 1. First comes love:** Then comes marriage. It is perfectly OK to fantasize about a dream future with your significant other—who knows, it could possibly come true! However, do not be so quick to start making wedding plans. Give yourself (and your partner) time to actually be in the relationship before jumping the broom.

Related: [Kesha Has a New Man](#)

2. Hold off the family & friends: You can never be too sure on how long a relationship will last, but you can be careful on what is done throughout that period. Introducing your partner to your family and friends is not always the best idea. Yes, feel free to tell them about the person who has your interest, but save the meeting until a later date.

Related: [Khloe Kardashian and French Montana Go Public with New Relationship](#)

3. Actually date: A major part of a new relationship is dating. This is the time used to go on dates and getting to know each other while having fun. Take full advantage of these moments and let the relationship take its course, instead of planning everything out.

How do you take a new relationship slow? Share your suggestions below.

‘Cake Boss’ Star Buddy Valastro on His Celebrity Marriage: “I’m a Lucky Man Because the Reality TV Show Hasn’t Changed Us”





By Liz Kim

Buddy Valastro isn't called the *Cake Boss* for no reason. Born and raised in Hoboken, New Jersey, he is a fourth generation baker. His childhood was spent in his family's old-fashioned Italian bakery run by his father, Buddy Sr. Father and son dreamed of making Carlo's Bakery a household name, and five restaurants (in New York City, New Jersey, and Las Vegas) and four TLC realty TV shows later, Valastro is bringing their vision to life. Now, he's helping to make the cake dreams of one lucky couple come true in *Brides Live Wedding*, an unprecedented wedding competition by *BRIDES*. Read on for more of our [exclusive celebrity interview](#) with the star!

Exclusive Celebrity Interview with Buddy Valastro

Brides Live Wedding gives one couple the chance to star in their own celebrity wedding while also supporting their favorite charity. The catch? Once the public votes which pair will get the A-list treatment, they will also be able to vote on every detail of the wedding, from the dress to the decor. For the cake, there were four options to choose from, and

Valastro is excited to get started. “This is the second year I’m participating in the contest,” he says. “I think it’s a cool concept; it’s fun to be a part of it; and it’s really great for the couple who ends up getting this amazing, huge wedding! I’m happy that I can provide the cake that they’ll enjoy on their special day.”

Related Link: [Fend Off the Post-Wedding Blues](#)

Baking for weddings is nothing new for the reality TV star, and after creating cakes for countless events, he knows a thing or two about what’s trending in the wedding cake world. He explains, “You know, the cupcake cakes were getting big for awhile, but now I’m seeing brides looking for cakes with a rustic, natural, almost unfinished look to them.” He adds that “dessert tables are very popular. They just add more variety for guests to enjoy at the reception.”

Regardless of the couple’s final choice, Valastro makes sure that everyone walks away happy. “I always ask my brides and grooms to give me all the wedding details – color scheme, flower choice, the dress style, the location,” he shares in our exclusive celebrity interview. “All of these details are huge inspirations when designing wedding cakes. It makes it very personal.”

Carlo’s Bakery is a Hoboken favorite, but now, the *Cake Boss* is proving to be a reality television boss as well. In the early 2000s, he competed in several cake decorating competitions on *Food Network Challenge*. He won the “Battle of the Brides” challenge in season seven, and his quick wit and tell-it-like-it-is Jersey attitude caught the attention of producers. In 2009, *Cake Boss* premiered on TLC, and now, he has three more shows under his belt: *Kitchen Boss*, *The Next Great Baker*, and *Bakery Boss*.

Reality TV Star Opens Up About Celebrity Marriage and Family

As dedicated as he is to expanding his business, he is equally dedicated to his wife Lisa and their four children. In October 2011, he surprised his wife with a second proposal. The celebrity couple wed again in a tropical vow renewal ceremony, complete with a cake that Valastro created himself. "I think it's really important for couples to reflect on why they got married in the first place and why they decided to share their lives together," he explains. "We all get so busy and distracted with our lives, but I knew I wanted to do something special for my wife, and I wanted the kids to be part of it too."

The secret to his celebrity marriage? Finding time to appreciate the simple things. "We're not too difficult. I'll either cook one of my wife's favorite meals, or I'll take her out somewhere nice," he says about a typical date night. "It's good to have that time to yourselves, and then we come home and hang out with the kids."

Related Link: [Celebrity Couples Who Have Remarried Each Other](#)

Being on television seems to tear apart marriages rather than strengthen them, but Valastro feels fortunate that Lisa understands that his schedule is hectic to say the least. "You know, I'm a lucky man because the show hasn't changed us. My wife, my kids and I are just the same on-camera as we are off-camera."

And while he loves spending time with his children in the bakery, it's up to them whether or not they want to take over the celebrity family business. "I definitely have passed along my love of baking, and my son Buddy is really coming along," he shares. "I would love for them all to take over the bakery when they get older, but I'm not going to push it on them."

They'll make that decision."

Family, he says, is the key to success, and he credits his dad with teaching him everything he knows about baking and business. His father died when he was just 17 years old, and although still young, he took on all of the responsibilities of the bakery. "My dad taught me to look at the bigger picture. He taught me at a very young age that not only did I have to learn to become a great baker, but I also had to become a businessman," he candidly reveals. "You could be the best baker in the entire world, but if you can't run a successful bakery, no one will ever know what you can do. Being business savvy is just as important as being the best at what you want to do, and for me, that was baking."

Whether he's constructing a life-size race car cake or whipping up lobster tails, his wife's favorite pastry, Valastro puts his heart and soul into everything he does. And the *Cake Boss* has no plans on stopping anytime soon. "I'm always working the next project. I've got some fun things in the works, so stay tuned!"

You can keep up with Buddy on Twitter @CakeBossBuddy.

**Celebrity Video Interview:
Chef Tim Love Talks Summer
Traditions and Reality TV
Show 'Restaurant Kickstart'**



Interview by [Whitney Johnson](#).

May happens to be National Burger Month, and with summertime fast approaching, we could all use a tip or two to avoid the dreaded dry burger during our backyard cookouts. Luckily, chef Tim Love has teamed up with Hellman's to give America a Burgervention just in time for Memorial Day weekend. "The Hellmann's is what's going to keep the burgers juicy while you're grilling them," he reveals in our celebrity video interview. With Love's [foolproof recipe](#), you'll be grilling like a pro in no time!

Celebrity Video Interview with Chef Tim Love

The reality TV star also talks about his upcoming show *Restaurant Kickstart* (think *Top Chef* meets *Shark Tank*). "You're investing in people, ultimately," he explains. "Those people have to have knowledge and skill, but at the end of the day, they also have to be great people."

Related Link: [Color Your Love in Red, White, and Blue](#)

Apart from grilling up juicy burgers, Love says his favorite summer tradition is spending time outdoors with his family and playing some catch. When it comes to [date night](#), the chef and his wife like to keep things simple. "I always prefer to cook at home," he says. "I don't spend a whole lot of time there because I'm always working, so if I can sit outside in my backyard with a margarita, I'd choose that every time."

Check out our celebrity video interview above for more great grilling tips!

Hungry for more? You can find even more tasty recipes for the summer on Love's [website](#)!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Jessica Simpson Sets a Wedding Date





By Sanetra Richards

Sparks are going to fly between Jessica Simpson and Eric Johnson! According to UsMagazine.com, the 33-year-old singer/actress announced she will be saying “I do” to her 34-year-old fiancé over the weekend of July 4th. Despite prior reports of a wedding in Europe, a source says the couple will exchange vows in Santa Barbara, California – and Jessica is not wearing white! Plus, the bride-to-be “is having something unique made.” The pair of four years is finally tying the knot after putting their special day on hold for the birth of their two children, 2-year-old Maxwell and 10-month-old Ace: “We are very close to sending out our invites,” said the star to *USA Today* at the White House Correspondents’ Dinner at the beginning of this month. “I’ve been very picky on how I want everything to look and feel. Eric’s family alone is almost 90 people, so it’ll definitely be a big event.”

What are some factors to consider when choosing a wedding date?

Cupid’s Advice:

Possibly one of the most memorable times of your life is the big day, also known as your wedding day. Therefore, choosing

an unforgettable date plays a major part in the planning process. Cupid has some advice that will help make your selection easier:

1. Perfect timing: Try picking a month that will satisfy you and your partner, as well as accommodate the guests. If you are a fan of winter weddings, be sure to inform guests months in advance to avoid any scheduling conflicts due to the holiday season – the same goes for summer months.

Related: [Exes Jessica Simpson and Tony Romo Don't Speak at Correspondents' Dinner](#)

2. Perfect weather: Although you cannot control or predict the weather, you do however have control over if it will be at an indoor or outdoor venue. Consider the likelihood of having beautiful sunny weather during the months of May-August if you plan to have an outdoor ceremony versus the December snow and April showers. Whatever date you may choose, be prepared for any unexpected weather changes and your guests' comfort.

Related: [Nick Lachey Wishes Jessica Simpson 'the Best' After Birth of Baby Ace](#)

3. Perfect place: Keep in mind your venue's availability. If you know ahead of time that the space goes pretty quickly year-round, try to book your reservation as early as possible. This can definitely affect your wedding date and any changes that may have to be made, especially if you are longing to have a specific location and willing to change the date.

What are other factors to consider while picking a wedding date? Share your suggestions below.

'American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going



By Liz Kim

Even before making it to the top three on *American Idol*, 21-year-old Alex Preston had a pretty impressive background in music. He can play up to 12 instruments (none of which he took lessons for) and has opened for Of Monsters and Men, Gavin DeGraw, and the Backstreet Boys. Music must be in his blood because he's also cousins with country music star Jo Dee Messina, who he's even written songs for.

Related Link: ['American Idol' Contestant Jess Meuse Says Show Affected Her Relationship](#)

Week after week, the judges praised him for this artistry, and

he managed to avoid being in the bottom up until the end. A common criticism *Idol* contestants hear is about making each performance seem like an original, but this musician never struggled with that. "When I hear a song, I think of how I would do it, and then I usually take an hour or so and run through the song and run through alternative chords and chordal structures," he says of his process. "I had the most fun arranging songs and making them my own."

This week, the singer broke out of his comfort zone, and during his performance of Bastille's "Pompeii," he played both the drums and the guitar. "This competition has really taken me out of my shell, and I've learned a lot of myself as a performer. I've become more confident."

Although covering popular songs can be a fun challenge, Preston truly enjoys performing his own music and believes allowing more original content will improve *American Idol*. "Playing original music on the show was definitely an amazing opportunity because it's in front of millions of people," he shares. "It's your own lyrics and composition, and playing your own music on a show like *Idol* pushes it to the next level because it shows artistry."

Preston was especially excited to show off his talents when he and his fellow competitors were welcomed back to their hometowns. He went home to Mount Vernon, New Hampshire and gave an "incredible" concert for over 6,000 fans. "I got to show people who I really am outside the show, and that was probably the coolest experience for me."

Despite all of his achievements, the rising star remains humble. "I was expecting to be eliminated this week because Jena and Caleb are so good and their performances are so big," he explains. "I knew deep down that it was going to be them in the finale, but I'm proud to have been in the top three." His strategy during the competition was to take it week by week. "But once I hit top three, I did start thinking about the

months ahead, where I want to be, and long term goals outside of the show.”

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Beyond improving his musical skills, *Idol* is also where Preston met his girlfriend Jillian Jensen, who fans might remember from season two of *The X Factor*. The couple met during Hollywood Week, and while being apart has been difficult, the couple are making it work. “It’s tough because we live on opposite sides of the country, but it works out because we can always talk and Skype. She came to the shows a lot too,” he shares. “It sucks because we can’t see each other as much as we’d like to, but since we’re both musicians, we understand each other’s schedules.”

Being a reality television veteran herself, Jensen was a great source of advice. “She always kept me positive. She was completely honest with me whether it was good or bad and told me what she thought. She helped me through a lot in that aspect and kept me going.”

Preston’s time on the *Idol* stage may be up, but he knows that this is just the beginning. “I’m already starting to try to figure out a way to plan my record. I have a couple co-writes lined up that I do want to get on the album as well,” he says. “If I could release a single, that would be awesome. I want to release something as soon as I can and kind of take advantage of the wave of publicity that the show has given me.”

Want more of Preston? You can catch him on the American Idol summer tour, but until then, follow him on his Twitter [@RealAlexPreston!](#)

Ed Sheeran's New Girlfriend is Taylor Swift-Approved!



By Sanetra Richards

Ed Sheeran's new girlfriend is Taylor Swift-approved. According to UsMagazine.com, the 24-year-old country turned pop singer has already been introduced to Sheeran's new love interest. Although he has managed to be very discreet about disclosing too much information on his latest partner, Sheeran did tell *Us* that she "works for a food company – well not a food company, she works for a chef." So, how exactly did Swift get to meet Ms. Anonymous? "We went for dinner in London," said Sheeran. "She likes her." He added that the secret girlfriend is indeed Greek and can whip up "anything Greek."

What are some ways to keep your relationship under wraps?

Cupid's Advice:

Whilst some choose to announce their new relationship right away, others choose to maintain that bit of mystery for a little while. But exactly how do you manage to keep it under wraps until you are ready to spill the beans? Cupid has some advice:

1. Lips are sealed: Before any other step, you and your new partner must agree to keep it a secret (unless you want to tell a limited number of close family and friends). However, if you really want to keep it all undisclosed, telling absolutely no one is the way to go. It is completely understandable because you and new love are fresh and wanting to see how things go before jinxing the relationship.

Related Link: [Taylor Swift Says She Doesn't Write Songs About Every Guy She Dates](#)

2. Avoid PDA: Holding hands and kissing is certainly the way to blow your cover. Everyone knows “just friends” are not *that* affectionate with each other. Save it for the private areas if you want to keep the whole secrecy mission going.

Related Link: [Taylor Swift Cuts Off Selena Gomez Post-Reunion With Justin Bieber](#)

3. Play it cool: Try not to become too wrapped up in your partner, otherwise, people will notice. Your family and friends will begin to tell if you are becoming distant . . . and that is when the questions will begin. Balance your time with each until you are ready to announce the big news.

What are some ways you can keep your relationship under wraps in the beginning stages? Share your thoughts below.

Drew Barrymore Says She 'Couldn't Be Better' After Second Child



By Louisa Gonzales

Drew Barrymore gave birth to her second daughter, Frankie, on April 22 and the transition period of bringing her home has been “great” according to UsMagazine.com. At a recent press conference for Barrymore’s latest film, *Blended*, a comedy she stars in with fellow actor Adam Sandler, she couldn’t hide how “happy” she is as everything is “really good” in her life at the moment. The star actress, 39, also recently celebrated a casual mother’s day with her husband, art advisor Will Kopelman, 36, and 19-month-old daughter Olive with, “Sweatpants, *Games of Thrones*, takeout”.

How do you strengthen your relationship after having a second child?

Cupid's Advice:

Your life and relationships can go through a lot of changes once you start having kids. For a lot of couples having children can be a wonderful time in their lives, but it can also be challenging and difficult at times. Cupid has some advice on how to strengthen your relationship after having a second child:

1. Do family time together: To celebrate your new growing family try doing family activities together. It can be fun to do more things as a family, like go on a family vacation, go to an amusement park or go to the park together, there are many options for families to spend fun, quality time together. The word family is more than just a word to really qualify as family you need to be willing to put in effort, time and energy, but that doesn't mean it can't be fun.

Related: [Drew Barrymore Is Engaged To Will Kopelman](#)

2. Schedule time for just the two of you: Make sure that you make time just between the both of you. Having two kids can be handful and requirer you to spend a lot of time and energy with them, which can be a fun and enjoyable thing, but that doesn't mean you shouldn't still have "alone" time. To help with not getting or feeling overwhelmed, quality time between the two of you is essential not only for a breath of fresh air but, to help keep your romance alive.

Related: [Will Kopelman to Drew Barrymore: 'I'm Excited!' to Meet Our Baby](#)

3. Communicate: Communication is key for every good relationship, that includes the one between you and your partner, but also the one between you and your kids. With your growing family things are bound to get more hectic, so it's good to be on the same page on things. Don't assume your lovebird or child is a mindreader, talk to each other and make sure you both understand what you want in your relationship

and for your children.

What do you recommend doing to strengthen your relationship after having a second child? Share your tips below.

Mary-Kate Olsen Talks Designing Her Wedding Dress



By Louisa Gonzales

Mary-Kate Olsen has a few ideas in mind of what she wants her wedding dress to be, but one thing for sure is it will be extra special. According to UsMagazine.com, the actress and fashion designer, 27, is planning her wedding with Olivier Sarkozy “one step at time,” and that includes finding or designing the perfect gown. Reportedly the former child star thinks it’s “a matter of getting five or six or making two or

three” when it comes to her wedding dress, but says she has a lot of time before she stresses herself out about that and instead is focusing on designing a friend’s gown with twin sister Ashley Olsen. Olsen and Sarkozy have dated since 2012 and news of their engagement first came out in February of 2014.

What are some ways to personalize your wedding?

Cupid’s Advice:

Weddings are a special occasion, which is why a lot of people like to make it as festive and memorable as possible. There are a lot of ways to make your big day one for the record books, but it’s all about making it the perfect wedding for you and your special someone, after all it’s a day dedicated just to the two of you. Cupid has some advice on some ways to personalize your wedding:

1. Personalize your wedding program: Wedding programs have the power to create the tone of the wedding by letting people know what’s in store for them at the event. Make your wedding program extra special by personalizing to fit both of you, you can add pictures of the two of you from your engagement photos, baby photos, or even some fun selfless, or other creative things. Create a program that displays both your personalities and at the same time let guests get the theme of the wedding.

Related: [Mary-Kate Olsen Is Engaged to Olivier Sarkozy](#)

2. Make a toast to each other at the reception: The best man and maid of honor don’t have to be the only ones to dish out speeches on the two of your’s special day. It can be fun to make your first toast as a married couple in front of all your loved ones to see. Not to mention it will give you the chance to rave about your lovebird if you didn’t get the chance to with your vows earlier or if you forgot to say something,

there's your chance.

Related: [Celebrity Couple Predictions: Mary-Kate Olsen, Eva Mendes and Amal Alamuddin](#)

3. Do something special for the guests: It's important to show your gratitude to all the people who came out to support you as you walked down the aisle and said your "I do's". Doing something for the guests like writing them out personalized notes before they enter the reception or leaving nice gifts on their table is a great way to show your thanks. Plus, it will make the wedding more personal not just for the two of you, but for your guests as well.

What do you think are some good ways to personalize your wedding? Share in the comments below.

Jonah Hill Makes Out with New Girlfriend in L.A. Park





By Louisa Gonzales

Jonah Hill wasn't shy about showing some public displays of affection with his **new girlfriend Brooke Glazer** in Los Angeles on Mother's Day, Sunday, May 11, according to UsMagazine.com. The new couple, were spotted getting in some sun with the actor's, 30, pet dog on the grass at La Cienega Park and even indulged in some "making out" an eyewitness says. Reportedly Glazer, who is a nutritionist, and Hill, who recently split from girlfriend of 8 months Isabelle McNally, made their debut as a couple last month at Comme Ca in West Hollywood where they dined together.

What are some ways to show you care for your partner in public?

Cupid's Advice:

Being in a relationship can bring many changes to your life, good and bad. However, for relationship to truly work you need to be able to express your gratitude towards one another on your own private time and out in the world. Cupid has some advice on ways to show you care for your partner in public:

1. Show some PDA: There are many different forms of public displays of affection and every couple or person may have

different opinions or feelings on it. No matter what you feel about PDA, it is important to be able to show your affection for your partner sometimes outside of your private time together. Yes, for some people it can be scary or hard for them to be open in public, but if you aren't willing to do that at least sometimes it can be damaging to your relationship because it may give your lover the wrong ideas such as your ashamed or aren't attracted to them.

Related: [Jonah Hill and Longtime Girlfriend Split](#)

2. Go out: Being able to show you care about your significant other in public can be as simple as just going out. Being able to get out of the house sometimes can be good for the relationship because not only can it help keep things fresh and interesting it can also give you a chance to show off your special someone in public. It can be fun to be taken out sometime, to get dressed up, and visit new places, whether you go somewhere extravagant or low-key, that depends on what you want just get out and do it.

Related: [Jonah Hill Is Spotted Making Out with Ex-Girlfriend in Los Angeles](#)

3. Get to know their friends and family: One great way to show you care in public is to try getting to know their friends and family. Being open to hangout with his friends and family will not only show your sweetheart you are willing to incorporate yourself into their life, but it can get you in on good terms with their friends and family. Plus, once you get the okay from their friends and family it can only help your relationship in the long run because you can be included in other friend and family activities.

How do you show you care for your partner in public? Share in the comments below.

Sources Say Jennifer Esposito Slams Ex Bradley Cooper in New Book



By Louisa Gonzales

Jennifer Esposito doesn't let anything slide when it comes to her past relationships in her new book, *Jennifer's Way*, according to [UsMagazine.com](https://www.usmagazine.com). The *Crash* actress, 41, talks about her healthy eating habits and reveals personal narrative in her memoir book released last month and that includes cutting information about her ex—seemingly her ex husband Bradley Cooper to be exact. In the book she wrote about how hard it is to find love living in LA and how she met and “accepted a date” from someone who was “funny, smart, cocky, arrogant, and a master manipulator.” Many believe she was

describing Cooper, 39. The ex lovebirds divorced back in 2007 after being married for a mere four years.

How do you keep your anger about a breakup in check?

Cupid's Advice:

Breakups are hard, whether they end on bad or good terms. The end of a relationship can leave you with a lot of mixed emotions, but if the breakup ended badly it can leave you feeling bitter or angry, which isn't a healthy state to remain long in. Cupid has some advice on how to keep your anger in check after a breakup:

1. Release your anger in healthy ways: Nothing good can come of expressing your anger onto your ex, it can only make things worse and more complicated. Instead try doing other physical activities to release your frustrations, such as try taking kick box classes, or running or dancing to burn off your anger. It doesn't matter as long as you do whatever will help you vent in a healthy way.

Related: [Bradley Cooper and Suki Waterhouse Go Public at Sundance](#)

2. Focus on other things: To help keep your anger at bay after a break up, try putting your time and effort onto other things. Realize the only one creating your anger is you and being angry or letting your anger build can be unhealthy. Prove that the other person didn't control your life and remember you have the power to be happy on your own or with someone new, so try and keep track on the positive like now that your single you'll have tons of free time to try new things or stuff you always wanted to.

Related: [Bradley Cooper Reunites with Exes Jen Aniston and Jennifer Lopez at Golden Globes](#)

3. Talk it out with someone close to you: Being able to talk

out your anger can be healthy alternative to letting your anger build up inside you. It's nice to be able to freely express how you are feeling to someone you know will understand, who will not judge, and can even maybe give you some advice or perspective. Talking it out with someone you are close with and trust will also make it easier for you to be raw and vulnerable which will give them opportunity to console you.

What do you do to keep your anger about a breakup in check? Share in the comments below.

Beyonce's Sister Solange Attacks Jay-Z



By [Courtney Omernick](#)

Over the past 24 hours, the internet has been blowing up with news that the sister of Beyonce Knowles, Solange Knowles, physically attacked Beyonce's husband, Jay-Z, in an elevator at the Met Gala after party, according to UsMagazine.com. With Beyonce's calm demeanor and persistence in keeping a low profile, this incident has come as a shock to many and left us wondering if there's trouble in paradise.

What do you do if your family has concerns about your partner?

Cupid's Advice:

Unfortunately, we can't be compatible with everyone. But, it can be even more frustrating when you think you've found the perfect partner and your closest family members don't agree. So, to help with the struggle, Cupid has come up with a few things you can do if your family has concerns about your partner:

1. Find common ground: Do your boyfriend and father share a passion for the NBA? Does your girlfriend share the same alma mater as your sister? It truly is a small world, and bringing up those common niches when your partner is around specific family members can get them talking and on the road to positive rapport and relationship building.

Related: [Jay-Z Stages Mock Proposal to Beyoncé at Met Gala](#)

2. Present their latest accomplishments: Did your partner recently complete a tough project at work? Did they make a sale? What about an A on their Chemistry exam? Bringing up multiple and diverse accomplishments can show your family that your partner is successful and hard working in more than one aspect of his/her life. It can even send the signal that your partner has a bright future ahead of them.

Related: [Top 5 Most Traveled Celebrity Couples](#)

3. Always leave on a good note: Make sure that the last

impression your family has before you say “goodbye” for the evening is a good one. It’s important to have your family members thinking long after you left that you’ve made a great choice in a companion. So, think about bringing up your partner’s latest accomplishments a half hour before you reach for your coat.

What have you done to ease your family’s concerns about your partner? Share your stories in the comments!

Kelly Rowland Marries Tim Witherspoon in Costa Rica



By [Courtney Omernick](#)

Wedding bells were in the air last week for Destiny’s Child singer, **Kelly Rowland**, according to [UsMagazine.com](#). Rowland

and her boyfriend/manager, **Tim Witherspoon**, wed on May 9 in beautiful **Costa Rica**. The couple's guest list rounded out to about 30 people, including Beyonce and her sister Solange, according to UsMagazine.com.

Where are three tropical paradises that make a good wedding venue?

Cupid's Advice:

With a lot of celebrities getting married in remote, tropical locations as opposed to churches and courthouses, your interest in an outdoor, luxurious wedding may have been piqued. Don't worry, we've got you covered! Below are three tropical paradises that make great wedding venues:

1. Aruba: One of the main reasons why this island makes for a great wedding venue is because of its predictable weather. Aruba presents a dry climate and it's outside of the hurricane belt, so you can expect sunshine all year round! Once on the island, specific destinations to consider are the Divi group, which is all-inclusive for families and budget conscious, or the Bucuti and Tara beach resorts for its "adults only" spin.

Related: [Kelly Rowland Accidentally Reveals Sex of Beyoncé's Baby](#)

2. Cancun/Riviera Maya: Because of the ecological diversity in this Mexican region, there are multiple, beautiful locations for weddings beyond the beaches. The historic Mayan ruins and lush rainforests can also create a picturesque ceremony. But, if you're looking for specifics, Dreams Puerto Aventuras is perfect for families, while Secrets Capri Riviera Cancun works wonders for an adult-only, all-inclusive event.

Related: [Creating a Celebrity-Style Wedding](#)

3. The Bahamas: If you're looking for that scenic, tropical spot to exchange nuptials, The Bahamas certainly has enough of

those. However, the most popular wedding destination in the Bahamas is on Paradise Island where you can find the famous Atlantis Resort. The Atlantis Resort is known to be the ideal venue for groups and families.

What other tropical paradises do you think would make great wedding destinations? Leave your answers in the comments section!

Paul Adelstein Marvels About the Experience of Parenthood



By Shannon Seibert

Private Practice and *Scandal* star Paul Adelstein will be starring as Aaron in the new movie *Return to Zero*, premiering on Saturday, May 17th at 8 p.m. EST on Lifetime. The movie

explores the devastating experiences of a couple who loses a baby in the womb and also features Minnie Driver, Alfred Molina, Kathy Baker, and Connie Nielsen in other starring roles. Adelstein opened up to Celebrity Baby Scoop to talk about his experiences with the film and being a dad to his four-year-old daughter Josephine.

Related Link: [Samantha Harris Stays Strong for Family After Breast Cancer Diagnosis](#)

CBS: You star as Aaron in the Lifetime movie *Return To Zero*. Please tell us about your role and how you prepared for it.

PA: “The film follows a couple and some of their extended family through the trauma of losing a child to stillbirth. I read the script and was struck by how subtly the relationship between Aaron and Maggie (Minnie Driver’s character) was rendered. Obviously, the subject matter is emotional and difficult, but it was really this relationship that is the center of the movie. With Sean Hanish’s (the writer/director) help, I tried to find out as much I could about Aaron before they lose the baby – his relationship with his father/business partner (Alfred Molina) and his wife – and then just let the rest happen.”

CBS: Did you pull from any of your experiences as a real-life dad to play the part?

PA: “I did. As an actor, I try to tap into whatever is going to help me understand a character and that character’s relationships.”

CBS: Please tell us about your daughter? How old is she and what is she into?

PA: “She is four, and she is smart and an absolute joy.”

CBS: How has fatherhood changed you? What has surprised you the most about being a parent?

PA: “I’m surprised by what parenthood does to time. I’m not sure who said it, but ‘the days are long and the years are short’ is spot on, in my experience.”

Related Link: [Tila Tequila Says ‘My Baby Has Saved My Life’](#)

CBS: What else is up next for you?

PA: “I’ve been playing a role on *Scandal*, which is ridiculously fun. In June, I’ll start shooting a new series for Bravo called *The Girlfriend’s Guide To Divorce* with Lisa Edelstein and Janeane Garofalo. I’m also writing an episode of that show, so I’m basically excited and terrified. It’s a blast.”

For the full interview, click [here!](#)

Kris Jenner Warms Up to Khloe Kardashian’s New Boyfriend French Montana





By Sanetra Richards

French Montana has made quite the impression! The rapper seems to have won over girlfriend Khloe Kardashian's mom, Kris Jenner. According to UsMagazine.com, the Kardashian family matriarch posted a picture on Instagram of her and French with the caption: "I love you papi," in dedication to Jennifer Lopez's song "I Luh Ya Papi" featuring the 29-year-old artist. In return, French posted his screenshot of her photo and added the message, "I love you Mami @KrisJenner." Jenner's included the hashtag "#nobunight," giving a hint that her and French were taking a few selfies before dinner at Malibu's Nobu restaurant.

What are some ways to introduce your new partner to your parents?

Cupid's Advice:

Introducing your parents to your partner is on the list of nerve-racking experiences that you dread. But it can also be quite rewarding. After all, it's a milestone in your relationship – things are actually becoming serious between the two of you! Plus, your parents are able to meet the person who is a part of your happiness. Their acceptance will definitely make the relationship ten times easier. The main

problem revolves around the questions *how* and *where* you will conduct the introduction. Cupid has a few spots that will make the big reveal less stressful:

1. Restaurant: If your parents are well aware of your new partner, don't be afraid to ask them out for a bite to eat. Pick an environment that has a nice atmosphere and is intimate (but not *too* intimate – complete silence will be awkward!). You will also have access to alcoholic beverages to help ease the anxiety. Allow the conversation to flow over a nice meal and bottle of wine!

Related Link: [Khloe Kardashian and French Montana Go Public with New Relationship](#)

2. Sporting event: What better way to meet the parents than over a game of basketball? The sociable vibe will only better the moods. Plus, everyone can connect over the game, which means less uncomfortable moments and more easy chatting.

Related Link: [New Couple? Khloe Kardashian Parties with French Montana](#)

3. Coffee house: If you are looking for a swift and simple introduction, a coffee shop is one of the best places to go to. Your partner can give a quick background on themselves, while your parents observe and ask a few questions about their life and intentions.

What are a couple of ways to introduce your partner to your parents? Share your thoughts below.

Reality TV Star Christina Milian Talks About Her New Partnership and Being a Celebrity Mom



By Brittany Stubbs

Christina Milian is more than just an actress, television host, singer-songwriter, and pretty face. She is a driven woman, balancing her celebrity family and her relationship and love life along with new projects and career opportunities, like breaking into the electronic hookah and electronic cigarette business.

Milian recently partnered with Platinum E Hookah. "I saw the craze beginning for hookahs and e-cigs," she shares in our celebrity interview. "I always enjoyed hookah lounges, and I thought, 'Why not create our own product that is nicotine

free?’’ Along with coming up with something that is safer than traditional cigarettes, Platinum E Hookah took it one step further and added some delicious flavors to curb your sweet tooth – from strawberry lemonade to blueberry cotton candy to banana cream.

“We also just added our nicotine free e-juice, which has sold out so many times already,” she adds. “We have it in so many great flavors, like cake batter and peanut butter and jelly. It keeps it interesting, fun, and tasty.”

Related Link: [Christina Milian is Engaged](#)

Although there has been some negative buzz about electronic hookah and electronic cigarettes encouraging smoking habits to younger crowds with their tasty flavors and celebrity users, Milian makes it clear that Platinum E Hookah strictly enforces that buyers must be 18 and over to purchase the products. She also points out that from what they’ve seen thus far, the flavored vapor business has helped people stop or slow down on smoking actual tobacco and real hookah that contain all the harsh carcinogens that are proven to cause cancer. “The option to smoke vapors is a safer option and does not carry the addiction that products that contain tobacco and nicotine do,” the reality TV star explains.

Christina Milian on Being a Celebrity Mom

While the starlet’s career is important to her, her number one focus is her sweet daughter, Violet Madison. “Violet makes me a better person and makes me want to accomplish more in my life,” the celebrity mom gushes. “Every decision I make is because of and for Violet.”

As a single mother, Milian has learned to work hard each day to make a better life for her and her daughter. She encourages

other single moms looking for a love to “always stay true to who you are and what you want in your life, and the right person will always come along. It’s not about looking for the right one; it’s about making your life great for you and the right one fitting right in.”

Related Link: [Girl’s Night Movie Pick of the Week: ‘The Single Moms Club’](#)

Reality TV Star Opens Up About Relationship and Love Life

The singer took this advice when it came to her own relationship and love life. After separating from Violet’s father, R&B singer/songwriter The-Dream, she refused to give up on finding someone special. As she explains, “If I learned anything, it’s to be strong, believe in yourself, and keep going. A failed relationship hurts, but I believe when things fall apart, they do so better things can come together.”

Luckily for her, she found something better in someone who had been in her life all along. She describes her now-fiance Jas Prince as her best friend. “We have so much in common. At a certain point, it just clicked for us,” she says. The couple got engaged last May. With everything that the two of them have going on, they’ve yet to set a date for their celebrity wedding, but she assures us she is looking forward to getting started on their plans for the big day.

Related Link: [Documenting Your Love Story](#)

Speaking of things to look forward to, we can’t wait to learn more about Milian and her celebrity family in her upcoming reality TV show on E!. “I am excited to be working on a docu-series! Fans can expect to see our family, our businesses, and our day-to-day lives.”

For more information about Milian, check out her

website, www.christinamilian.com/. Follow her on Twitter @ChristinaMilian.

Brooke Burke-Charvet Encourages Mothers Everywhere To Get Fit



By Shannon Seibert

Caelum is Brooke Burke-Charvet's new line of workout apparel, and it comes with the appealing guarantee to help you reach your fitness goals while staying stylish, all for under \$100. Her line will be available at Nordstrom within the next week, and she will be teaching a Booty Burn class at the Nordstrom

store in The Grove on May 17th. Celebrity Baby Scoop caught up with the fitness-fanatic mother of four to talk about Caelum, her inspiration for the line, and how she stays in shape.

Related Link: [Brooke Burke-Charvet Says 'Dancing With the Stars' Is Unpredictable and Evenly Matched](#)

CBS: Tell us all about the brand. It looks colorful and cozy. What inspired the various designs?

BBC: "My goal for Caelum is to inspire women to get fit and dress the part. I always say, if you are going to sweat to do it in style. I created Caelum, derived from the acronym that defines the brand: "core, active, evolve, live, uplift and motivate," for women with active, on-the-go lifestyles. I also believe that fitness is fashion! This line was inspired by seasonal colors and current fashion trends so women can have fun when they are pulling their fitness wardrobe out of their closet!"

CBS: How do you stay in check regarding body image and staying healthy? How do you bring a healthy message home to your daughters? To your son?

BBC: "It is very tricky. Right now, my older girls are totally into fitness, which I think is great. I try to never use words like "fat" or "skinny," and instead, I talk about being healthy, strong and getting fit. I try to lead by example, because working out is so much more than just the body. It is about mind, body, and soul as well as the benefits of choosing to be active go so much deeper than the surface."

CBS: What's with Hollywood's obsession to lose the baby weight fast? What's your best advice to new moms in the postpartum period?

BBC: "I totally believe in belly binding! I wrapped my post pregnancy belly in a belly binding sleeve I developed, Tauts, for forty days and forty nights. This totally helped support

the baggy baby skin and forced me to keep my core engaged. I really truly believe this is the best natural approach to getting back in shape. I will say it takes a miracle to make and grow a baby. All women need to embrace the time and anything that happens to their bodies is so worth it, but it should not be used as an excuse. Stay healthy, stay strong and be positive... remember the pregnancy belly does not have to be forever.”

CBS: Tell us your best tips for moms wanting to get started in a regular fitness routine. What’s the key to success?

BBC: “I firmly believe you have to be stronger than your excuses. There are a lot of tips and tricks, but no real secrets. Making a commitment with a friend, signing up for a gym membership, purchasing a DVD, signing up for a workout class are all really helping and keep you honest. I also think women need to mix up their workouts, set reasonable goals and make the commitment to start. If you are not sweating, you are not working out hard enough. So push yourself to your limits, write it down and make a schedule which allows you to be as equally important as everyone else is in your life. Make fitness a priority.”

Related Link: [Brooke Burke Shares Love Life Secrets](#)

CBS: What’s your favorite way to spend Mother’s Day?

BBC: “We have a huge family with lots of mothers in it, so I do not always get the selfish me time. This year, I will be on a plane heading home from hosting a charity event, but I am hoping to have a quiet and thoughtful lunch with my mother and children that I do not have to prepare! That is my dream.

For the rest of the interview, visit www.celebritybabyscoop.com/2014/05/08/brooke-charvet-example/

Paula Patton Says She Will Always Have ‘Deep Love’ for Robin Thicke



By Sanetra Richards

Can this damaged marriage be repaired? Despite the rumors, not much has changed between Paula Patton and ex-husband Robin Thicke. The couple parted ways in February and said in a statement, “We will always love each other and be best friends.” According to UsMagazine.com, the 38-year-old actress told *Vanity Fair* that the two will always share a “deep love” with one another. In the recent issue, the *Baggage Claim* star went on to say, “We’ve known each other since we were teenagers. All I can tell you is there’s a deep love there –

always was and always will be.” She continued: “He wasn’t my first kiss, but he was my first lots of other things.”

What are some ways to remain friends with your ex after a breakup?

Cupid’s Advice:

Remaining friends with your ex seems virtually impossible, especially when you are dealing with the post-breakup blues and lingering resentment. Cupid has some questions for you to consider:

1. Were you friends before the relationship? If the answer is yes, a breakup can lead to one of two things: you despise each other and completely ruin your friendship OR you go back to being strictly platonic friends. Most couples who were friends before entering a romantic relationship find it less difficult to transition back to that. If you and your ex-partner were pals before lovers, try reverting.

Related Link: [Did Robin Thicke and Paula Patton’s Body Language Indicate A Split Was Coming?](#)

2. Was the split a mutual decision? Being friends after a breakup is most likely to happen if the separation was a mutual agreement. If things ended on not-so-bad terms, you both will be more willing to just be friends instead. However, if you weren’t able to agree on anything in the relationship (which may be a reason why it ended), then you possibly won’t even agree on having a friendship afterwards.

Related Link: [Robin Thicke Takes Son to Disneyland Before Split with Wife](#)

3. Do your loved ones like your ex? If your family and friends absolutely love and adore your ex, you will probably be more persuaded to befriend them. The constant questions on why you are talking or hanging out with your ex will be slim to none

because you already have their approval.

How do you remain friends post-breakup? Share your thoughts below.