

Simon Cowell Reacts to First Baby Scan: 'It Is Just Surreal'



By Kerri Sheehan

Simon Cowell will soon have a baby on board! The *X-Factor* judge's girlfriend, Lauren Silverman, is expecting Cowell's first child and he couldn't be happier. However, he still doesn't believe that it's all for real. According to [People](#), Cowell said, "You literally see this thing which is now alive moving around," but he is feeling, "Very paternal right now." The former *American Idol* judge has previously said that having kids was not on his to-do list, but he is now looking forward to fatherhood, especially after seeing a recent baby scan of the Cowell-to-be.

How do you know if your partner will make a good parent?

Cupid's Advice:

Parenting isn't easy for anyone, but how can you tell if your partner can handle the baby bag? Cupid has some advice for you:

1. Good problem solving: There are no right or wrong answers when it comes to raising a little bundle of joy. That's why being a problem-solver is key to parenthood. If your significant other can come up with a solution to any predicament, then they'll likely be a good parent.

2. Parental instincts: Does your partner take care of you when you're under the weather? Do they hold you when you're sad? If so, then he or she is already showing some parental instincts and you can almost guarantee they will increase when the child is born.

3. Being a good partner: The same things that make him or her a good boyfriend or girlfriend will also make them a good parent. If he knows when you need a carton of ice cream and a night in or if he's able to adapt when plans change last minute then parenthood should come to him naturally.

How did you know your other half would be a good parent? Share below.

Kate Bosworth Marries Michael Polish at Ranch in Montana





By April Littleton

According to UsMagazine.com, Kate Bosworth tied the knot with film director Michael Polish in Philipsburg, Montana Saturday, August 31. The newlyweds met on the set of the 2011 film, *Big Sur*. Polish proposed to Bosworth in August 2012 during a trip to South Korea after the pair went public at a Coldplay concert just one year earlier.

How do you decide on a location for your wedding?

Cupid's Advice:

The location of the wedding is probably one of the most important aspects you'll have to carefully plan. You want your wedding to take place in a memorable environment, but there are a few key factors you should take into consideration. Cupid has some advice:

- 1. Budget:** Look at your budget and see what you can and can't afford. If you can't afford your dream location just yet, think about some things you can go without or think about cutting your guest list down. You can also decide on a different place for your wedding if you'd rather keep everything else the same.

2. Theme: Consider what kind of style you're going for before you book a wedding location. Does your ceremony and reception have more of a tropical theme? Hold your wedding outdoors by the beach. Have you always dreamed of having your own fairytale ending? Think about having your ceremony in a castle. Everything about your special day should go with the theme you've picked.

3. Compromise: What you want in a wedding might not be what your partner envisions. Take some of their ideas into consideration while you're making plans. You want them to be happy with how the event turns out too. After all, you're not the only one getting married.

How did you decide on your wedding location? Comment below.

Lance Bass is Engaged to Michael Turchin





By April Littleton

A source confirmed to [People](#) that Lance Bass is engaged to artist Michael Turchin. A week after his reunion with the other 'NSYNC bandmates for the VMAs, Bass revealed that he popped the question to his longtime boyfriend. "He said YES!! Love this man," Bass wrote on Instagram Sunday with a photo of the couple showing off the engagement ring.

How do you know when you're ready to get married?

Cupid's Advice:

You know you're in love, but you're not sure if you're ready to make such a huge commitment to your partner. Marriage is a big step and it's not something that should be taken lightly. If you're certain that your honey is the one you can't imagine spending your life without, Cupid has some tips:

1. Think about what's important: Before you start planning your dream wedding, it's crucial to know if you and your significant other will match well in the long run. What are his/her long-term goals? How will the two of you solve any future issues? Does your sweetie want kids? It's not a good idea to enter a marriage without knowing the answers to these questions. Some of the feedback you get from your partner may

change with time, but for now, you'll need a general idea of how compatible the two of you will be once you've tied the knot.

2. Your loved ones approve: You can't get married to someone your family and friends don't love just as much as you do. Well, you could, but don't count on a big turnout at your wedding. Choosing someone to spend the rest of your life with is a big deal and your loved ones should be included on your journey to find someone special. After all, your family knows you better than you know yourself. If they don't dig your partner, there might be a reason why.

3. You make each other better: You and your honey are two peas in a pod and it shows whenever you're out in public together. Does your partner give you that little extra incentive to be better as a person? Are you nicer to others? Has your patience rubbed off on your boo? Marriage might be in your near future if the two of you bring out the best in each other.

How did you know when you were ready to get married? Share your experience below.

Source Says Lamar Odom's Drug Addiction Took Over Marriage to Khloe Kardashian





By Petra Halbur

Lamar Odom and Khloe Kardashian's marriage has reached its breaking point due to Lamar's Odom's substance abuse. "The addiction had taken over their marriage," a friend confides to UsMagazine.com. "The problem is cocaine. He would be high for three or four days at a time." On August 21, the youngest Kardashian sister gave her husband an ultimatum: he could either get help or he could leave. "I feel so bad for her," the friend says. "She really loves Lamar."

How do you help a partner battling substance abuse?

Cupid's Advice:

Overcoming addiction is a struggle that non-addicts cannot fully understand. If your partner is battling substance abuse, it can be difficult to know how to help. Cupid has some ideas:

1. Let your partner know you are there: Feeling supported is a vital part of the recovery process so be sure to let your partner know that he or she is loved. Remember, though, that loving your partner does not mean putting up with substance abuse, which brings us to point #2 ...

2. Get them help: Just because your partner has a problem

doesn't mean that he or she is going to actively seek treatment. That may have to be your job. While recovery ultimately comes down to the addict's desire to get clean, you can help by providing your partner with the resources to help him or her recover.

3. Help your partner avoid temptation: Statistically, there is a very high chance that your partner will relapse. To keep your beau going strong, actively avoid environments that lend themselves to substance abuse like night clubs and casinos. It may take some adjustment, but it's a vital part of the recovery process.

How did you help your partner overcome addiction? Tell us below.

Former 'Bachelorette' DeAnna Pappas Stagliano Is Pregnant





By Petra Halbur

The former Bachelorette, DeAnna Pappas Stagliano, and her husband, Stephen Stagliano, are expecting their first child! DeAnna confided to [People](#) that she and Stagliano had been trying to get pregnant for a year now. The baby is due in February and the happy couple have decided to find out the gender. “I kind of wanted it to be a surprise,” DeAnna said, “but Stephen wants to be prepared.”

What are the advantages to finding out the baby’s gender in advance?

Cupid’s Advice:

Thanks to the wonders of technology, expecting couples have the option to learn the gender of their baby beforehand. This, like any decision, has its pros and cons. Cupid is here to present the upsides to finding out the sex in advance:

1. Baby names: Why write two lists of boy AND girl names when you can just write one? This might seem to be a trivial reason to find out the gender of your baby but if you and your partner are really struggling to agree on names, it might be a good idea to learn the gender so you only have one name to argue over rather than two.

2. Color-coordination: While your plan to clad your baby in exclusively gender neutral colors is admirable, a quick trip to Babies R Us will make you realize how many more baby clothes there are in blue and pink than yellow and green. Learning the baby's sex would certainly give you a greater variety of clothes, accessories and toys to choose from.

3. Expectations: You really, *really* want a girl and you're worried that if you have a boy your first moments with your baby will be colored by disappointment. The benefit to learning the gender in advance is that you find out you're expecting a son, you'll have time to warm up to the idea before your bundle of joy arrives.

Did you decide to learn your baby's gender in advance? Tell us why or why not below.

Kelly Rutherford On Her Divorce: "The One Thing I Know Is That My Kids Are Loved and That We're Working It Out"





By [Whitney Johnson](#)

Gossip Girl fans recognize Kelly Rutherford as prim and proper socialite Lily van der Woodsen, a character who captured our hearts despite her shortcomings. You could fault Lily for a number of things but being a protective parent wasn't one of them. When speaking about her character on the show, the actress says, "It was a lot of fun. She was a very different type of mother than we're used to seeing on television."

Now, Rutherford is tackling an even more challenging role in Lifetime's *A Sister's Nightmare*, which premieres this weekend. The blonde beauty plays Jane Rydert, a police officer whose life changes drastically when her older sister Cassidy (Natasha Henstridge) shows up after being released from a psychiatric hospital. Unable to convince anyone that her sister is still dangerous, Jane must protect her niece Emily (Peyton List), who she's been raising for the past 16 years.

Rutherford was initially attracted to the movie because it was "very different than what I had done before. It was nice to do something that was a big contrast to *Gossip Girl* and the character that I played for six years – to shake things up a little bit."

And, of course, the cast is always an important piece of any

project. For this role, she reunited with one of her love interests on *Gossip Girl*, Matthew Settle. "It was wonderful to work together again," she exclaims. "Natasha and Peyton are incredible too. They made it very believable for me. It was really a lovely experience."

Ultimately, though, the ending hooked her. "There's this huge twist that you don't see coming. It made me really like the script," the Kentucky native shares. "It was really fun to play a character who ends up being totally different than you thought."

Naturally, being a parent herself – to six-year-old son Hermés and four-year-old daughter Helena – impacts the way she approaches each project. For Rutherford, her kids are always her priority. "I do my best to work around them," she explains. "It all goes by so fast that you don't have time for guilt. When I'm with my kids, I want to be totally present. And when I'm working, I want to know that my kids are attended to and happy."

Related Link: [Celebrity Couples Who Cannot Wait to Become Parents](#)

It's no surprise that motherhood has changed the single mom. "I learn something new every day. I want to be a better example for my children. It's a different type of pressure to be a good person when you have little eyes looking up at you!" she says with a laugh.

Part of being the best mother she can be is going with the flow. "As a parent, you realize that every day brings new things." This summer brought a lot of fun for the family of three. "I asked my kids what they wanted to do, and they said, 'We just want to be with you.' So that's what we did! We went to the Hamptons for a few weekends. We did everything we love to do in New York City too: go to the museums, ride scooters in the park. They took swimming and piano lessons. My daughter

took ballet and French classes.”

Unfortunately, Rutherford has been dealing with some more serious problems. In June, she filed for bankruptcy due to financial problems stemming from her lengthy custody battle with Daniel Giersch. Her ex-husband, who resides in Monaco, was barred from returning to the United States – which means that Rutherford must travel back and forth to see her children.

“It’s not always easy, that’s for sure,” she says of her divorce. “The biggest thing is to stay positive when you talk about the other parent. You have to be honest; you don’t want to lie, but you want to say it in a way so it doesn’t have an edge. My kids really pick up on whether I’m okay emotionally. As long as I’m okay, they’re okay. If I lose it, who do they have to look to for strength?”

Related Link: [Finding Yourself Again](#)

The actress adds, “When they have questions, I sit down and answer them. I try to be as kind and respectful of them as possible. I let them know that I don’t always know either, that I’m figuring it out too. The one thing I do know is that they’re loved and that we’re working it out. I encourage them to just enjoy every moment, whether they’re with me or their dad.”

Rutherford applies this philosophy to her own life as well. After a relaxing but busy summer, she’s ready to step back into a role on primetime and is excited to be joining the cast of *Reckless*, a show premiering on CBS this fall.

Plus, she’s considering expanding her work as an activist for custody issues into a book. “A few people are encouraging me, but I don’t know if it’s the right time yet. I’m just waiting to see how things play out.” One thing’s for sure: We’ll be cheering for her every step of the way!

You can catch Rutherford on A Sister's Nightmare on Lifetime on Saturday, September 7th at 8 p.m. ET. You can also follow her on her personal site, <http://www.kellyrutherford.com/> or [Twitter](#) @KellyRutherford/ and www.facebook.com/thekellyrutherford?fref=ts!

Amanda Seyfried and Justin Long Bond Over Her Dog



By Kristyn Schwiep

Justin Long and Amanda Seyfried bonded over her dog. The new couple, who announced they were dating earlier this month, took her Australian shepherd, Finn, on a walk. According to UsMagazine.com, the new couple took her dog to a nearby park, where they relaxed on a blanket and let Finn play. "They

recently started hanging out more, going on date-like activities. They're both busy...but they're seeing where it goes," said a source.

How do you incorporate pets into your dates?

Cupid's Advice:

Taking pets on your dates is a cute way to spend time with both your pet and your partner. So what are some dates you can go on with both your partner and your pet? Cupid has some advice for you:

1. Picnic: Going on a picnic is a romantic and classic date. You can also bring your pet with you. This is the perfect simple and sweet date for both you, your partner, and your pet. While you and your partner are enjoying your picnic your pet can be playing with their favorite toy.

2. Hiking: If you and your partner like exercising, hiking is the perfect date for you. You and your partner will get your exercise in for the day, you get to spend time alone, and you can bring your pet along too. It's the perfect date.

3. The beach: Take your pet and partner to the beach. You can enjoy the sand and water with your partner and let your pet splash in the waves, fetch frisbees, and roll around in the sand.

How have you incorporated pets into your dates? Share your stories below.

Kate Gosselin Accuses Ex-Husband Jon of Computer Theft and Phone Hacking



By April Littleton

According to [People](#), Kate Gosselin filed a lawsuit accusing her ex-husband Jon Gosselin of stealing her hard drive and hacking into her computer and phone in order to get information for a tell-all book. The book in question is titled *Kate Gosselin: How She Fooled the World*. It has since been pulled from Amazon since the information was obtained illegally. The former couple starred in *Jon and Kate Plus 8* together before separating in 2009 and eventually divorcing.

How do you remain civil after a divorce for your children?

Cupid's Advice:

Going through a divorce is difficult, especially when kids are involved. Just because you and your ex are going your separate ways doesn't mean you won't be in each other's lives. You'll have to find a way to communicate well with one another for the sake of the children. Cupid has some advice:

1. Stay out of each other's private lives: The worst thing you can do is continue to meddle in your ex-husband/wife's business. What they choose to do with their free time is no longer a concern of yours. You shouldn't know who he/she is dating and the same goes for them about you. Don't ask your children for any information either. They shouldn't be put in the middle of what's going on between you and your former spouse.

2. Communicate: Talk to your ex with respect. Don't talk to him/her about anything personal. Keep the conversation focused on your kids. You'll need to be able to work out a visiting schedule without arguments or other distractions getting in the way. Of course, you'll disagree with each other, but listen to what the other has to say. At the end of the day, you're both just trying to do what's right for the little ones.

3. Space: Once you've worked out everything involving the kids, you'll want to give each other space. There's no reason for the two of you to remain in close contact right after the divorce. Both of you are angry, hurt and probably resentful. Take the time to let those negative feelings subside before you decide to talk on a regular basis.

How did you remain civil after a divorce? Share your experience below.

Michael Douglas and Catherine Zeta-Jones Separate



By Kristyn Schwiep

Catherine Zeta-Jones and Michael Douglas are taking a break. According to [People](#), the celebrity couple hasn't been photographed together since April 22 and they have been vacationing separately with their kids. The couple has not filed for divorce and they hope they can work out their differences. "They want the best for their kids no matter what happens," said a source.

What are three reasons to take a break from your relationship?

Cupid's Advice:

Deciding whether or not you need to take a break from your relationship can be difficult. So when should you take a break? Cupid has some advice for you:

1. Different goals: Being in a relationship with different goals can be tiring. Even though at one point you might have had the same goals, people change their direction. If your goals are different and it doesn't seem like you guys can agree on the same path its probably time to take a break and think about what you two really want for the future.

2. Fighting: Fighting all the time with your partner is unhealthy and tiring. Fighting every now and then is common in a relationship, but if it the only communication that you two have anymore it is time to re-asses the relationship and take time apart.

3. You're not happy: The relationship that you are in should always make you happy. Happiness means a lot and you and your partners happiness should be important. If one of you are not happy it is time to go your separate ways for a little and see if you can find happiness elsewhere.

What are some reasons you have taken a break from your relationship? Share your stories below.

Sources Say Khloe Kardashian Has Been in Touch with Troubled Lamar Odom





By April Littleton

[People](#) confirms that Khloe Kardashian has been in touch with husband Lamar Odom since his alleged disappearance. Amid all of the drug reports, rumors of infidelity are also swirling around the couple. The duo hasn't been photographed together since June 2.

What are some ways to help your partner through an addiction?

Cupid's Advice:

If you have a partner who's struggling to overcome an addiction, you may feel overwhelmed. Going through a situation like this is tough and frustrating. You're not sure what to do or how to help, but for better or for worse, you've made a commitment to your significant other and you plan on keeping it. You just need a little help. Cupid has your back:

1. Don't enable them: Your partner's addiction is not your fault. Yes, you want to take care of your honey and protect them while they're going through such a tough time, but that doesn't mean you should cater to their every needs and desires. Stop them from harming themselves any further. It doesn't matter how upset or angry they get. Eventually, they will understand that you're trying to do what's best for them.

Gain control of the situation until they are able to see how destructive their own behavior is to themselves.

2. Get involved: Believe it or not, you are the most important person in the process of their recovery. Your partner will need you now more than ever. Show that you care and you're willing to be there for them every step of the way. Get involved with their support groups, show up at his/her meetings and participate in all of the counseling sessions your honey may need to go to.

3. Talk to someone: While you're busy taking care of your significant other, you might not realize that you have no one to take care of you. Your partner's addiction will affect your life too. Find someone you trust to talk to about what's going on, or talk to a therapist. You'll need to be able to deal with the situation in a healthy manner and you won't be able to do it alone.

How did you help your partner through an addiction? Comment below.

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 Gyllenhaal, 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.

'Tough Love: Co-Ed' Star Kyle Keller Says, "Listen to Your Heart and Be Truthful to

Yourself”



By Kristin Mattern

Kyle Keller and her lovely personality are no stranger to the media circuit: progressing from a sports broadcaster to host of MAXIM radio to executive producer for MediaKillers.com, Keller's charm has brought her from into the spotlight. Her outgoing persona, stylish wardrobe, and sex appeal have even landed her two shows of her own, *Style with Kyle* and *Kyle's Ultimate Challenge*. "Everything I have done in my career is connected," she explains. "It's all personality-based, whether I'm in front of or behind the camera. I think the most challenging part is getting people to take me seriously, but it's been a fun ride."

Expanding her resume, the blonde bombshell is now a member of VH1's popular show, *Tough Love: Co-Ed*. "I felt like the only way I was going to find love was by going on television," she candidly admits. "I knew it would force me to be true to

myself. I couldn't lie if I was on TV." Coached by dating and relationship expert Steve Ward, Keller recalls how the tough love guru used honesty to break down the celebrities and show them that even though they're amazing people, they, like everyone else, have flaws. "I was true to myself and found my own way, and I'm hoping that viewers will take something away from my journey."

Related Link: [Celebrities Who Dated Out of Their League](#)

In a twist, this season of *Tough Love* features not only the famous Steve Ward but also his sister Monica, who provides a feminine view on dating. "Steve is really tough and no nonsense when it comes to giving advice. He's honest to the point where it can break you," the contestant remarks. "Monica is great. She's really tough too. You just have to watch the show to really see them in action!"

Of the other seven cast members, Keller notes, "Everyone has different personalities, and we sometimes clash because of it. We all went on the show for different reasons. I think viewers will see that and will really love it." It isn't easy living in such a full house, but they all learned to improve not only their relationships with love interests but with family and friends as well. When asked about the number one lesson she learned, Keller refers to Steve's book *The Crash Course in Love* and says, "Don't be weird."

The broadcaster begins the show with the title "Miss Disconnected" due to her penchant for long-distance relationships and magical ability to talk her way into the friend zone. "Steve and Monica really honed in on my hang-ups and helped me figure out who I am as a person and who I want to be in a relationship. The question is: Did I listen to their advice? Did the other housemates?"

When it comes to her personal life, the vivacious blonde is seeking the same spark she sees between her parents, who have

been married for 41 years. “They have the best relationship. They’re best friends, and they really love each other.” Getting more specific, she adds, “I’m looking for someone who is kind and who loves his family. I want kids, so a deal breaker is somebody who doesn’t.” The star’s ideal type is a guy with kind eyes and a great smile, someone who is tall, dark, and handsome.

Related Link: [Dating Deal Breakers](#)

Keller has learned a lot from her past dating experiences and, of course, from *Tough Love: Co-Ed*. For others looking for love, she says to “listen to your heart and be truthful to yourself. And remember that exes are exes for a reason, but they’re not a mistake because you learn from them. They’re a good thing to have.”

The host also advises against plastering your relationship status all over social media: “Unless you’re engaged or married, don’t do it. Social media ruins relationships. Your love life should be personal.”

See more of Kyle Keller and what she learns about love on VH1’s Tough Love: Co-Ed, which premieres tonight at 10 p.m. ET! You can also connect with her on her personal site www.mskylekeller.com/, Twitter [@MsKyleKeller](https://twitter.com/MsKyleKeller), [instagram.com/mskylekeller/](https://www.instagram.com/mskylekeller/), and [facebook.com/MsKyleKeller](https://www.facebook.com/MsKyleKeller)

Khloe Kardashian Rants on Twitter Amid Divorce Rumors



By Kerri Sheehan

Rumors have been swirling recently that reality star Khloe Kardashian and her NBA husband Lamar Odom are heading for splitsville. Kardashian took to Twitter this past Sunday to fight back against the rumor mill. She Tweeted, “Really hard to sit here and listen to people talk sh-t about my family! F-ck you and shame on you! I’m too protective for this sh-t!” according to UsMagazine.com. It was reported as recently as August 24th that 33-year-old Odom is struggling with substance abuse as well.

What are some ways to keep rumors from hurting your relationship?

Cupid’s Advice:

Rumors are no one’s best friend. Cupid has some advice on how to keep them from ruining your relationship:

1. Don’t listen: A rumor is only as powerful as your will to believe it. Unless you see something with your own eyes, you

can't always take another person's word for it. Letting words ruin your relationship will only give the rumor-spreader what they want.

2. Go to the source: Find out who is spreading the rumor at hand and snub it before it gets too overblown. Knowing why the gossip is saying these things will help you feel that the rumor is really not true.

3. Communicate with your partner: Honesty is the best answer; so don't be afraid to confront your partner about whatever you may hear. They'll understand why you're upset about the situation at hand and ensure you that it's not true. This will strengthen your relationship and also open lines for future similar communications.

How do you keep rumors from hurting your relationship? Share below.

Rumor: Is Lamar Odom's Drug Abuse Causing Marital Problems?





By April Littleton

Rumors are swirling around about Lamar Odom's alleged drug use. A source close to both Odom and Khloe Kardashian told [*People*](#) that the *Keeping up with the Kardashians* star has been struggling to help her husband. "It's a really hard time for Khloe. She's kept this secret for almost two years trying to save Lamar and their marriage," the source said.

What are some ways to support your partner through substance abuse?

Cupid's Advice:

1. Talk about it: When your significant other is ready to talk about their problem, listen to them wholeheartedly without any judgements. You may notice that your honey has an issue with drugs and/or alcohol, but they might not be ready to admit it to themselves yet. Wait it out for a little while until your partner is comfortable enough to confront the problem head on.

2. Find other support: When your love is ready to get help, look for support meetings or groups around your local area to attend together. Going with your partner will show that you love and care for them no matter what and they won't feel like they have to deal with the situation on their own.

3. Be patient: A substance abuse problem will not go away overnight. Just like anything else in life, healing takes time. You need to think about if you're willing to stick it out with your significant other. Talking to a loved one or a professional counselor might help you sort through your feelings of guilt or resentment and can help you figure out if your commitment is strong enough to get past something like this.

What are some other ways to support your partner through substance abuse? Comment below.

Former 'Bachelorette' Emily Maynard Says There's No Pressure to Find a Guy





By April Littleton

According to [People](#), Emily Maynard is in no rush to find love again. The former *Bachelorette* star got engaged twice on TV. Her first engagement to Brad Womack ended in 2011 and her most recent relationship with Jeff Holm ended last October. “Right now, I am under no pressure to find a guy,” Maynard told the [Huffington Post](#).

What are three main positives about living the single life?

Cupid’s Advice:

Everyone loves to have a special someone to spend lonely nights with, but it’s not the end of the world when you find yourself to be “alone.” After the end of a relationship, every person needs time to regroup and enjoy the single life for awhile. While you’re spending some time going solo, it’s important to look on the positive side of things. Cupid has some advice:

1. Less stress: Relationships are stressful and can cause you to feel mentally, spiritually and physically exhausted. When you’re single, you can enjoy time alone, hang out with close friends and stay out as long as you want without having to worry about telling another person your whereabouts.

2. More time for yourself: A lot of couples lose sight of who they are as individuals because they get too wrapped up in each other. Flying solo means you have more time to do what you want to do. You can pick up new hobbies or get back to some of your old ones. Instead of moping around the house, take all of the extra time you have to develop some new skills and interests. Take a cooking class, finish reading that book you never managed to finish while you were dating your ex or pamper yourself with a day at the spa.

3. Friends: People in love tend to forget about their friends throughout their relationship. Once you're back on the market, get some of your friends together for a night out and get reacquainted with each other. You may have momentarily forgotten about them, but they have always been there for you and it's guaranteed they'll help you get over your recent heartbreak.

What are some other positives about the single life? Comment below.

Gia Allemand's Boyfriend: 'I Don't Love You Anymore'





By Petra Halbur

Tragically, it seems that Gia Allemand and Ryan Anderson's last exchange was in the form of an argument. According to [People](#), on August 12, the former reality show star confronted her boyfriend with her suspicions of infidelity. According to Anderson's statement to the police, at one point during the argument, Allemand told him that she still loved him to which he replied, "I don't love you anymore." Later that day, Allemand hanged herself with a vacuum cleaner cord and died two days later when she was taken off of life support.

What are some ways to deal with a bitter breakup?

Cupid's Advice:

Look, breakup are tough. Nobody is denying this. However, there is a healthy way to deal with the heartbreak and an unhealthy way. Cupid has some advice for getting through a breakup:

1. Write about it: Journals may seem a tad old school but pouring your feelings onto a piece of paper is an effective outlet for your anger and confusion. Resist the urge to publish these entries onto a blog or any form of social media, however. Publicly displaying these thoughts will only come

back to bite you.

2. Get in shape: Exercise, particularly cardio, is a tried and true way of working out your hurt feelings in a productive manner. This has nothing to do with making yourself better looking. This is about getting healthy and pumping some endorphins through your system.

3. Don't hurt yourself: Some find that self-destructive practices help them get through difficult times but remember that cutting, drug use, excessive drinking and other forms of self-hurt will not "show up" your ex but only prolong your own suffering. If you find that pain helps you cope, hold an ice cube to your skin. It's a way of inflicting pain without injuring yourself.

How did you get through your breakup? Tell us below.

Stacy Keibler and Michael Chiarello Are Looking For the Next 'Supermarket Superstar'





Interview by [Lori](#)

[Bizzoco](#); Editorial by Kerri Sheehan

Lifetime welcomed a new reality show to its ranks this summer with the July 22nd premiere of *Supermarket Superstar*. The show has been described as *Shark Tank* with food, giving undiscovered food entrepreneurs a chance to stand out among the big brands in the highly competitive food industry. Stacy Keibler, who made a name for herself as a World Wrestling Entertainment Diva, hosts the program. The blonde bombshell was known as “The Legs of WWE” due to her tall stature, but she rose to even greater prominence during her relationship with A-list actor George Clooney, which ended earlier this year.

On *Supermarket Superstar*, aspiring foodie entrepreneurs pitch their products to three mentors: Debbi Fields, the founder of Mrs. Fields Cookies; Chris Cronyn, the president of Dine Marketing; and Michael Chiarello, megastar chef and retail visionary. These recognizable faces help contestants tweak their edibles so that they can win over Tom Dahlen, the buyer for A&P supermarkets. The *Supermarket Superstar* who Dahlen chooses in each episode wins \$10,000 in cash and \$100,000 in product development as well as a chance to compete for their product to be sold in A&P supermarkets and their affiliates

across the country.

When she was first approached about the show, Keibler was already developing her own healthy food line. The former *Dancing with the Stars* contestant has “always had a love of food and cooking, so it just seemed like the stars were aligned, and it was a perfect fit.” It’s clear that the actress enjoys being a part of the program, even though she has a hard time guessing the winner each week. “I want everyone to win! I just love seeing their journey and watching them evolve through the whole process.”

Food titan and main mentor for the competitors, Chef Chiarello, would agree. He explains, “I think all of their stories are so extraordinary, and you fall in love as you learn more about each competitor.”

Supermarket Superstar gives some people the big break they’ve been searching for but denies others of their dream. Both Keibler and Chiarello are familiar with the nature of competition – as a WWE Diva and *DWTS* contestant and a *Top Chef Master’s* contestant respectively. In the end, they want to see the contestants do well, and Chiarello expresses his hopes that “as the series grows, we’d like to see a regional launch of each week’s winner because they all deserve a regional spot.”

Keibler echos Chiarello’s sentiments, saying, “We have people who have a great idea, people who have put their soul into trying to fulfill this goal, so I think the show is such a perfect platform for people to try to make their dreams a reality.”

The model hopes that the show will be renewed for a second season. She believes that it’s captured viewers because it shows “an inside process that most of us are a part of but know very little about. We’re all consumers of food; we all go to the supermarket; and we all eat. We don’t necessarily know

the story behind how the products got onto the shelves.”

Speaking of being a consumer of food, Chiarello has some tips for cooking a meal for your special someone. The chef has been married since 2003 to his wife Eileen and shares, “When I’m trying to do something romantic, it’s not so much about lobster and caviar, but instead, it’s about threading a story through the couple of dishes that you have.” For example, you could make a delicious poached peach desert because the scent of peach reminds me of you of your partner.

Chiarello warns against taking your partner out for a swanky four-hour, six-course meal though. “It’s not going to end like you hoped!” he jokes. “Keep things fresh and light and build stories with it. After all, it’s the stories that create the flavor memories.”

You can catch Supermarket Superstar on Lifetime on Thursdays at 10:30/9:30c. For more on Keibler and Chiarello, be sure to follow them on Twitter.

Kelly Clarkson and Brandon Blackstock Plan to Elope





By Petra Halbur

It looks like Kelly Clarkson and Brandon Blackstock's original wedding plans are a no-go. The two lovebirds are now planning to elope. "We are so busy that we finally just came to terms the other night and were like, 'So, we change our minds and we want to elope.'" Clarkson told [People](#). "We just got so overwhelmed by it – all the decisions." The couple sent friends and family their engagement photo, thanked them for understanding and told them that they were, instead, going to marry with only a minister and Brandon's two children present.

What are the advantages of eloping versus planning a wedding?

Cupid's Advice:

Elopement has a bit of a bad reputation. Many associate it with spontaneous decision-making and Elvis impersonator officiants in Vegas. In truth, however, eloping is very often a preferable and wiser alternative to the more tradition "big white wedding." What are the advantages of elopement? Cupid has a few for you to consider:

- 1. Lower cost:** Weddings can be expensive. Very expensive. Money may not be everything in life, but cost is a serious consideration when planning your wedding. While no one likes

to use the word “cheap” in regard to their nuptials, elopement is an inexpensive alternative to the debt racking weddings that are more mainstream.

2. Stress: It’s quite heartbreaking when you consider how stressful and unpleasant wedding planning is for so many people. What ought to be a joyful process dissolves into one long panic attack. Elopement is a simpler, albeit much less elaborate, option.

3. Minimal guest list: Do you invite Aunt Cecilia *and* Uncle Seymour even though they haven’t spoken since 1994? Is your old college roommate worth inviting? The beauty of eloping is that you don’t have to host *any* of these folks. People typically understand that only one or two witnesses are appropriate for an elopement. Problem solved.

How did your elopement go? Tell us below.

VMA Performer Joey Fatone Says Understanding Is the Secret to His Strong Marriage





Interview by [Lori](#)

[Bizocco](#). Editorial by Kristin Mattern.

Joey Fatone – former N’SYNC member, *Dancing with the Stars* contestant, host, entertainer, and man of many hats – will be taking the stage tonight in a much-talked-about reunion with Justin Timberlake, JC Chasez, Lance Bass and Chris Kirkpatrick at MTV’s Video Music Awards tonight. Outside of this exciting performance, he’s stepping into the limelight with a new show for the Live Well Network, *My Family Recipe Rocks*. “It’s exciting. We actually go into people’s homes and watch normal, everyday people in everyday kitchens break down their recipes that they’ve passed down for many generations,” he shares. “I think it’s a really cool idea.” The star loves that he gets to meet so many families from different backgrounds across America who share their unique meal ideas with him.

With experience being on the Food Network as well as dabbling in cooking at home, it’s no secret that Fatone is comfortable in the kitchen. On *My Family Recipe Rocks*, he has encountered recipes that harken back to his own Italian roots and bring up memories of making his father’s sauce and meatball recipe, while other times, he comes across food he’s never made or even tried before. “In one episode, this woman makes a sauce with meatballs that was very similar to what I make – just a

few little things were different,” the star says. “And it’s also really cool to see things I’ve never seen or would have thought of, like baba ganoush.” Thanks to the show, Fatone’s had the opportunity to meet people from every walk of life and all kinds of backgrounds – from Egyptian and Middle Eastern to India to Irish and Italian.

Related Link: [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

The family man has put his newly-honed culinary skills to good use at home too. “I’ve made a lot of recipes from the show for my family. If I don’t have the recipe, I always try to figure it out and remember what it was made of.” One delicious recipe he tried out was a dish called Saucy Balls. It has ground pork and turkey made into a meatball with cream cheese and different herbs that is then wrapped in a pastry puff and drizzled with a balsamic glaze after cooking. And that’s just one of the many mouth-watering recipes that people pass on to the celebrity host!

My Family Recipe Rocks aims to bring families together over meals. “It’s fun to be creative and try to incorporate the recipes from the show at home – like every Friday night have a cooking night with the whole family,” the host comments. “I think that’s part of what’s cool about the show. It inspires people who never thought they could cook and actually feed their family.”

His wife Kelly and their two daughters, Briahna and Kloey, enjoy cooking as much as Fatone does, and together, they love making traditional family recipes as well as breaking out the cookbook and trying something new. His older daughter even made the couple salmon with dill sauce for their anniversary one year. “I’m not a salmon person at all, but I was shocked because it was really good!”

Related Link: [Simon Cowell Speaks Out On Becoming a Dad](#)

The star chalks up his strong marriage to understanding. "It's not easy. You need to be understanding," he explains. "You've got to balance your career and home life, and you have to spend time with the kids." On date nights, he and Kelly enjoy going out for Indian food or trying somewhere new. "We like to try different restaurants in our city. She'll pick a place one week, and I'll pick one another week. It's good. We enjoy trying new spots."

For him, his lovely daughters are the most amazing part of his life. Even when he was on tour with N'SYNC, he still made time for his children, and sometimes, he even brought Brihana with him when he was traveling with the group.

Looking back on his career, Fatone says, “Being a semi-finalist on *Dancing with the Stars* was fun, and performing with legends like Michael Jackson and Celine Dion was equally awesome,” he recalls. “When I sit back and think about all the things that I’ve done, it’s kind of mind-boggling. It’s just been really amazing.”

Be sure to tune in to watch Fatone's performance at the VMAs on MTV at 9 p.m. ET! You also can watch him showcase unique recipes from families across America on My Family Recipe Rocks! on the Live Well Network – visit livewellnetwork.com/My-Family-Recipe-Rocks/8432939 for episodes and recipes. Connect with the star at www.joeyfatone.com/ or follow him on Twitter @realjoeyfatone and [facebook.com/RealJoeyFatone](https://www.facebook.com/RealJoeyFatone)

Jennifer Lawrence and

Nicholas Hoult Are Spotted Back Together



By April Littleton

According to [People](#), Jennifer Lawrence and Nicholas Hoult have been seen together multiple times since their split in January. In late April, they were spotted getting cozy in a restaurant in Los Angeles. An onlooker said it “looked like a date.” The former flames dated for two years after meeting on set of the film *X-Men: First Class*.

What are some factors to consider before getting back together with an ex?

Cupid's Advice:

Couples breakup and makeup all the time, but reconciling isn't always the best thing for two people. It's hard to let go of all of the good memories you shared with an ex, but you can't

put yourself in a situation where you'll just end up getting hurt again. However, sometimes a second chance is all a couple needs to make things right. Cupid is here to help:

1. The length of the breakup: How long have the two of you been broken up? If the split is recent, it's not a good idea to consider getting back together with your ex just yet. You need to move on from the relationship and all of the emotions that come with it before you'll be ready to make the decision to reconcile. After all, there's a reason the two of you didn't work as a couple the first time around.

2. Think about the relationship: What made you and your former flame date in the first place? What was the relationship like before the breakup happened? If there were more good times than bad, the relationship may be salvageable. If you can't see any foundation to build on, let the past be the past and start fresh. Romantically, the two of you might not be a good fit, but maybe a friendship can form in the future.

3. Same goals and values: A relationship will only be successful if two individuals have the same long-term goals or they are at least willing to meet each other halfway. Do you want a big family? What if your ex doesn't want children? Your former boo has always wanted to marry as soon as it felt right, while you prefer to take things slow. The differences between the two of you are too important to ignore. Trying to rekindle the romance will only lead to more heartache.

What factors did you consider when you thought about getting back together with an ex? Share your experience below.

Simon Cowell Speaks Out On Becoming a Dad



By April Littleton

For the first time since news broke about Lauren Silverman's pregnancy, the *X Factor* judge, 53, addressed the situation. He told [BBC News](#), "I'm proud to be a dad." Silverman became pregnant with Cowell's child before she separated from her now estranged husband Andrew Silverman. According to [People](#), Cowell plans to keep his distance from the mother-to-be until her divorce case is settled. Cowell adds that Lauren is "a very special girl."

How do you help your partner prepare to become a parent?

Cupid's Advice:

Becoming a parent is an exciting and nerve-wreaking adventure for a couple to experience. You're bring a new life into the

world and that thought alone can be scary, especially if this is going to be your first child. As you get ready for the new baby, you might be more involved than your significant other. Don't worry, Cupid has some tips:

1. Books: Your partner might not play an active part in all of the baby research because he/she doesn't know where to start. Baby books can help the expectant mother/father get a grip on the situation at hand more quickly. Go to a public library or your local bookstore and take a look at all of the various pregnancy guides out there to help you and your honey become great parents.

2. Talk about it: Having an open discussion with your significant other about the pregnancy and what will be expected can help ease any fears or worries he/she may have. Make sure you give your boo the time to talk about what concerns he/she has.

3. Talk to other parents: You and your partner might have some friends who are already parents themselves. Think about planning a barbecue or another activity where all your loved ones can mingle. Your love might enjoy talking to them about their experiences or he/she might just have some questions to ask them. Either way, your honey will gain a little more insight on the pregnancy.

How did you help your partner become a parent? Comment below.

Star Moms Give Back to School

Tips



By Jenny Schafer for

Celebrity Baby Scoop

It's time to start thinking about the back to school madness. While this time of year can cause stress and anxiety, Celebrity Baby Scoop reached out to some savvy celebrity moms – and rounded up top favorite brands – to help beat the back to school chaos.

Related Link: [Claire Danes Worried She'd Never "Want to Work Again" After Cyrus' Birth](#)

Melissa Joan Hart and husband Mark Wilkerson are parents to three sons: Mason, 7, Brady, 5 and Tucker, 12 months in September.

"I always try to get the boys a new backpack and a new pair of sneakers to get them excited about going back to school," Melissa says. "We talk for a few weeks leading up to it about

the teachers name and who a couple of classmates will be to help ease some of those first day jitters."

Courtney Lopez and husband, *Extra* host Mario Lopez, are parents to 3-year-old daughter Gia and are currently expecting their second child.

"In order to avoid losing her stuff at school, we label all of Gia's school supplies and clothes with Mabel's Labels," Courtney shares.

TODAY Show anchor and co-host, **Natalie Morales**, and her husband Joe Rhodes are parents to sons Josh, 9, and Luke, 5.

"Create a calendar of activities for each kid early on so they can see each day what they have and need," Natalie shares. "And label everything! I love Mabel's labels, as they stay on longer than the clothes lasts."

Entertainment Tonight's **Nancy O'Dell** is stepmom to her husband Keith Zubchevic's sons, Tyler and Carson. They are also parents to 6-year-old daughter Ashby.

"Make an album with your child," says Nancy, an avid scrapbooker.

"Over the summer when it gets close to the time for back to school, sit down with your child and make an album or a scrapbook of the previous year in school," she adds. "It will remind him or her of all the good times they had in school and it will get them excited about going back! It is a great bonding project to do together and you have a wonderful keepsake for the family as a result."

Nancy goes on to talk about the benefits of enjoying family photos.

Related Link: [Ivanka Trump: I Don't Stress About Being](#)

Balanced

“Also bring out some of your family albums to show your child,” Nancy continues. “It will remind them that they are part of a group, that they are members of a strong family, that they belong and it will give them the strength to fall back on if they were to go through anything difficult at school, for example, bullying which is all too prevalent these days.”

“Child psychologists will tell you that seeing family photos, with it being reinforced visually, helps children to know they have this family unit behind them to lean on,” Nancy adds. “I share more of my album ideas at NancyOdell.com including an Album of Hope which would be another great back to school project with your child.”

For the rest of the interview visit, www.celebritybabyscoop.com/2013/08/14/star-school-tips

Kristen Stewart and Robert Pattinson Have ‘Intense’ Talk During Reunion





By Kristyn Schwiep

Is there still hope for Robert Pattinson and Kristen Stewart? The couple that officially split in May are hanging out again. According to UsMagazine.com, the two Twilight stars got together at her L.A. house on August 4th for a “very intense conversation.” The pair will probably pick up where they left off. “Rob is obsessed with her and she can’t seem to get over him,” said a source.

What are some ways to remain civil with an ex after a breakup?

Cupid’s Advice:

Remaining civil with an ex is a tough challenge. But staying civil with an ex is healthy and helps you get over the breakup. So what are some ways to remain civil with an ex after you breakup? Cupid has some advice for you:

1. Don’t compete: Don’t compete for attention of your ex with new relationships. This will only cause unnecessary drama and make your ex resent you and try to compete back making things more complicated than they need to be.

2. Bad talk: It might seem like a good way to vent, but do not start bad talking your ex. If you want to remain civil with your ex avoid saying negative comments to mutual friends. Be the bigger person and try to think of all the things you liked about them in the first place.

3. End on good terms: Ending on good terms is a great way to remain civil. Leaving with no hard feelings will make the break up easier for both of you and keep you two connected.

What are some ways you have remained civil with an ex? Share your stories below.

‘Don’t Be Tardy’ Star Kim Zolciak Is Expecting Twins



By Kristyn Schwiep

Kim Zolciak is expecting twins. Zolciak announced via Twitter that she had a “VERY exciting and personal announcement!!!” According to [People](#), the *Don’t Be Tardy* star “couldn’t be more excited” about adding two more little ones to her brood. Zolciak is already the mother of four children. She said twins do run in the family, but she was completely shocked.

How do you prepare for twins versus a single child?

Cupid’s Advice:

Having a baby is an exciting and stressful time in any parents life, but having two can add more stress than normal. So how do you prepare for twins versus a single child? Cupid has some advice for you.

1. Get organized: Get organized early. Make sure your hospital bags are packed, the nursery is set up, stock up on all the essentials, etc. Being organized early in the game will make your life a lot less stressful once the baby is born.

2. Keep sane: Being a mom of new born twins is going to be stressful so make sure you keep yourself sane. Learn to ask for help from others when you need it. Also, don’t isolate yourself because it can become very lonely so invite friends and family over to share this exciting time with them.

3. Routine: A part of getting organized is keeping organized with a routine. Make charts to help your remember which baby had slept, been fed, changed, etc. Also, divide tasks between both parents because it will make it a lot easier to get everything done.

How did you prepare for twins? Share your stories below.