

# 'Bachelor' Brad Womack Drunk Dials Emily Maynard After Breakup



There appears to be some debate as to what the deal is between Brad Womack and fiancée Emily Maynard. Three sources confirmed in the most recent [UsMagazine.com](http://UsMagazine.com) that the couple broke up two weeks ago and that the star of *The Bachelor* has been drunk dialing Maynard. “Brad and Emily are over, and Brad keeps drunk-dialing her,” one insider said. “Brad is such a loser.” A friend close to the couple, on the other hand, says that the couple is still together and engaged. “They are on and off, but there is a lot of love there. This is just a rough patch,” the friend said. A third source said that the 25-year old single mother couldn’t handle the long

distance relationship and ended things after heading to Texas to smooth things over.

**What are some ways to handle an obsessed ex-partner?**

**Cupid's Advice:**

For some people, it's really hard to let go of past relationships, especially if they feel responsible for the breakup. Here are some pointers to dealing with your ex:

**1. Keep it to yourself:** You're going to have to do your best to avoid your ex's calls and attempts to talk to you. Even if you plan on staying friends, it might be a good idea to defriend him or her on Facebook ... at least for now.

**2. 'To the Left':** One way to make things easier for both you and your former lover is to give your personal property back to one another. That way you won't have to be reminded of each other.

**3. Restrain yourself:** In the most extreme cases, you might need to get outside help to keep your former lover away from you. You don't always have to get a legal restraining order, but perhaps just a close friend calmly talking to your ex may do the trick.

**Have any stories of exes who wouldn't leave you alone? Leave a comment below.**

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**Reese Witherspoon and Ryan**

# Phillippe Reunite for Son's Football Game



Despite their 2007 divorce, Reese Witherspoon and ex-husband Ryan Phillippe still work together when it comes to their kids, according to [UsMagazine.com](http://UsMagazine.com). The duo came together to cheer on their son Deacan at his football game last week.

This isn't the first time the former couple have reunited for the sake of their kids, as they co-hosted Deacon's 7th birthday party at the W Hotel in Los Angeles last October.

Even though their relationship didn't work out, Phillippe isn't shy about the good relationship he has with Witherspoon. In response to his ex-wife recent marriage, he said, "I'm very happy for both Reese and Jim [Toth]. I wish nothing but the best for the mother of my children."

**How do you maintain a good relationship with your ex-partner?**

**Cupid's Advice:**

If things don't work out and you end up splitting from a partner you share kids with, it's important to keep the relationship civil for the sake of the children. Cupid has some tips:

**1. Communicate:** Even if you don't necessarily want to share every detail of your day with your ex, it's important to keep the lines of communication open when it comes to your kids.

**2. Don't keep secrets:** Children know how to "work the system" when it comes to divorced parents. Make sure you and your ex are working together to set rules and boundaries for your kids, and stick to them.

**3. Do what you have to do:** Obviously you may not want to see your ex on a regular basis, but suck it up and reunite to show your mutual support for your children. Being uncomfortable for a little bit is worth it when you see the smile on your child's face.

**How do you keep it civil with your ex? Share your experience below.**

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**Arnold Schwarzenegger's Love Child: Did He Break Up**

# Housekeeper's Marriage?



Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

**How do you get over the trauma of an affair?**

**Cupid's Advice:**

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:

**1. Two affairs don't make a marriage:** If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

**2. Restore trust:** Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

**3. Don't ask about the details:** If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

**If you have ever been with a partner who had an affair, we want to hear your story. Comment below.**

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## **LeAnn Rimes and Eddie Cibrian Pack On the PDA At Bash**





LeAnn Rimes and new husband Eddie Cibrian were anything, but shy at an NBC upfront bash at Del Posto in NYC last week.

According to [UsMagazine.com](http://UsMagazine.com), the newlyweds were indulging in some major PDA at the party. They were apparently “making out in the middle of [everything],” said a source. The source explained by saying that Rimes was “making a compete scene and holding up her camera as they are making out so she [could] take pictures of them making out – it was unreal.”

### **Is there such a thing as too much PDA?**

#### **Cupid’s Advice:**

Everyone has a different opinion on what is an acceptable amount of affection to reveal to the public. Cupid has some general guidelines to follow when you’re unsure:

**1. Think about another couple:** If you saw a random couple in public, would it gross you out to watch them make out in front of you? If the answer is “yes,” then you probably should refrain from doing the same thing with your partner. As the old adage says, treat those around you as you’d want to be

treated.

**2. Decide if it's necessary:** It's always a good thing to ensure that your partner feels loved and cared for at all times, and that includes when you're out in public. That said, think about whether showing excessive affection in front of people is truly needed. The answer is, probably not.

**3. Analyze your reasoning:** Are you just showing affection in front of people to make someone jealous? Are you simply trying to reassure yourself that the relationship is solid? Either way, those are probably not good reasons to do it. Sometimes the reasoning behind our actions reveal deeper truths.

**What's your view on PDA? Share your opinions below.**

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## 'The Office' Star Jenna Fischer Is Expecting







When *The Office*'s Jenna Fischer became an aunt, she said, "I already wanted kids, but even more so now." Well, it looks like that wish is coming true. Fischer and husband Lee Kirk are expecting their first child, according to [People](#). The cute couple were engaged in 2009 while vacationing in Europe and tied the knot last July with *Survivor*'s Jeff Probst officiating the ceremony. Now Fischer can follow in her TV character Pam's footsteps and become a mother to her own child!

**What are some ways to prepare your relationship for a baby?**

### **Cupid's Advice:**

There's no doubt that your relationship will change when you have a child. In order to avoid a negative impact, Cupid has some ways to prepare your relationship pre-baby:

**1. Plan:** Avoid being surprised by child-related obstacles as much as possible by doing the research you need to do before the baby is born. Make Daddy read the Daddy chapters in *What to Expect While Expecting*.

**2. Strengthen your bond:** Spend as much romantic and quality time together as possible pre-birth. Make sure your relationship is as strong as it can possibly be before your lives are changed forever.

**3. Discuss expectations:** Make sure that you both view raising a child in the same way. Determine what morals and values you plan on instilling so that you don't find out when it counts and fight about it.

**What did you do to prepare your relationship before you had a child? Share your experience below.**

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## **Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon**





Talk about a romantic honeymoon! Newlyweds Miranda Lambert and Blake Shelton who tied the knot this past Saturday have been updating us via Twitter about their fun getaway, according to [E! Online](#). The two decided to go bass fishing for their honeymoon instead of the traditional island getaway. Lambert certainly isn't hiding her excitement about the recent wedding either, as she tweeted "Mrs Shelton here! Winning!!!!!" in true Charlie Sheen fashion. Plus, she accompanied her tweet with a picture of the bass she caught. It seems like she is most certainly is "winning" on her honeymoon!

**How do you decide where to go and what to do on your honeymoon?**

**Cupid's Advice:**

Choosing where to go and what to do on your honeymoon is one of the most stressful parts of the whole wedding planning process. Luckily, Cupid has some pointers on how to make those decisions a little bit easier:

**1. Ask for opinions:** Ask your family and friends where they

think may be a good honeymoon destination for the two of you. Your friends and family know you well and will be able to give the best advice.

**2. Pick one of your dream destinations:** Everyone has that one place they'd love to go to, and your honeymoon is the perfect opportunity to live out that dream. If the two of you have two different ideas, compromise and pick a location that has a little of both of your destinations in it.

**3. Meet with a travel agent:** Sometimes travel agents have the best ideas of where to go on a honeymoon, based on good deals and unique locations. Meeting with an agent may open your eyes to a bunch of places you may not have known existed.

**How did you decide where to go and what to do on your honeymoon? Share your stories below.**

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**'The Bachelorette' Season 7  
Premiere Preview: Only Three  
Days Left!**





By Jennifer Harrington

We're only a few days away from the season premiere of *The Bachelorette* with Ashley Hebert and according to ABC, there are three words to describe the 25 bachelors competing for Ashley's heart: *Ooh La La!* Check out this teaser clip below.

In addition to a montage of the guys who will be in the hunt for roses, you can hear Ashley proclaim, "I can say my husband is here!" We can't wait to see if Ashley's predictions are correct and she ends up with her Mr. Right. Recently, Ashley told [People](#) that she's happy with way things turned out for her.

So while the handsome men in the teaser certainly deliver on the *Ohhh La La*, we know Ashley wants more than just good looks: she is looking for a guy who makes her feel comfortable and somebody with a positive outlook who will be be supportive and loyal. Mark your calendars and set your DVRs for **Monday, May 23 at 8 PM/7PM Central** to see if Ashley finds what she's looking for. We can't wait to see what happens to early

favorites Blake, West and William!

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# Kelsey Grammer Files for Sole Custody of Kids



Kelsey and Camille Grammer have been through rough times lately, and now there are even more issues to resolve. Court records reveal that Kelsey, 56, has filed for sole custody of their children, Mason and Jude. “Any statement would be inappropriate,” Kelsey’s rep told [People](#). “The filing speaks for itself.” Papers were filed in LA County Superior Court, which states the *Real Housewives* star would have her children half of their summer and winter breaks.

## What are some things to consider about your ex in the midst of a custody battle?

### Cupid's Advice:

When going through divorce, or even getting separated, the children are always the top priority. However, it's easy to get possessive. This can be for selfish reasons, or it may be because the former partner is not prepared for joint or sole parenting. Cupid has some things to consider:

**1. Economic standing:** Can your ex afford to support the children? You need to make sure your children have everything that they need to receive a good education and live a healthy lifestyle. If your former partner can't provide these elements, they probably should not have custody.

**2. The ultimate downfall:** What was the final straw? If your relationship ended on bad terms and if you feel threatened, you should be cautious about letting the kids around him or her. True colors really come out during breakups, and there may be a sick, crazy side to which you have been blind.

**3. Lifestyle:** If your former partner suffers from alcoholism or any other addiction, they cannot be a role model for the children. If you want joint custody, you need to make sure you're on the same page and each doing your part.

**Have you or someone you know been through a rough custody battle? Share your comments below.**

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# Arnold Schwarzenegger Fathered a Child Out of Wedlock



The shocking breakup of one of the biggest power couples in Hollywood and politics now makes a lot more sense, reports [People](#). The *Los Angeles Times* broke the news that Arnold Schwarzenegger fathered a child out of wedlock 10 years ago, resulting in he and wife Maria Shriver separating. In a statement to the newspaper, the 63-year-old actor and ex-governor said, “After leaving the governor’s office I told my wife about this event, which occurred over a decade ago. I understand and deserve the feelings of anger and disappointment among my friends and family.”

**What are some ways to tell that your mate is being unfaithful?**



## Cupid's Advice:

Maria Shriver was shocked to learn that her husband cheated, but if you can pick up on some warning signs, you might be able to save yourself a lot of time and a little bit of hurt.

Cupid has some ways to tell that your partner is running around behind your back:

- 1. Liar liar:** If you catch your partner in an untruth, ask more questions to see if they get uncomfortable. If you feel like they're hiding something, it may be another lover.
- 2. Gone:** When your mate spends a lot of time away from you and gives you lame excuses about where they've been, question them.
- 3. Abnormal behavior:** Has your significant other changed his or her behavior dramatically? If you notice an attitude shift, like apologizing for everything or being extra sweet, be wary.

What are some other warning signs to watch out for? Share your ideas below.

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# Rihanna Follows Chris Brown On Twitter and Angers Fans





Rihanna made her lack of anger towards Chris Brown apparent on Monday, when she decided to follow her abusive ex on Twitter, reports [UsMagazine.com](http://UsMagazine.com). Rihanna and Chris Brown had a very public breakup after Brown attacked Rihanna nearly two years ago. The domestic violence case still deeply resonates with fans. One of Rihanna's Twitter followers tweeted, "I never thought you would go back to him! You better not. It's your life, but you do have people that look up to you (e.g. young girls)." Rihanna replied, typing, "It's f\*cking Twitter, not the altar! Calm down!" The singer then qualified her harsh words, adding, ""Baby girl, I'm sorry. I didn't mean to hurt or offend you – just needed to make it clear!"

**What are the perks to staying civil with an ex who hurt you?**

### **Cupid's Advice:**

While many of your friends may advise against it, remaining civil toward an ex does have some benefits:

**1. He serves as a reminder:** Having your ex somewhat close to you can help you ward off remaining feelings of affection. It

will be easier to stay away from your ex when you are able to more easily remember the pain he caused you.

**2. You can help him:** If your partner's injustice against you was due to a problem he was battling, then you may be able to help him recover. For instance, if his anger issues ended your relationship, you can encourage him enroll in anger management.

**3. Your conscience benefits:** While it may not be easy to take the high road, remaining civil is the right thing to do. Being kind to people, even those who may not necessarily deserve your kindness, is rewarding.

**Have you ever had a hurtful ex? Leave a comment below!**

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## **'Bachelorette' Stars Ali Fedotowsky and Roberto Martinez Celebrate One Year Engaged**





The fire is still burning for *The Bachelorette*'s Ali Fedotowsky and fiancé Roberto Martinez. The couple spent their one year engagement anniversary last week reliving some of their special moments from the reality show that brought them together. They traveled to the island of Bora Bora, where Martinez proposed to Fedotowsky on the finale of *The Bachelorette*. Fedotowsky was thrilled with how they spent their one year engagement. "We made it to the one year mark!" she told [People](#). "The engagement took place last year on May 8th, and when Roberto proposed it was so beautiful. It was great to go back and reflect on the year because it was very special."

**How do you make your first anniversary extra special?**

### **Cupid's Advice**

The first anniversary is one of the most important to get right. Cupid has some advice on how to make yours extra special:

**1. Re-live your honeymoon or proposal:** Why not take a cue from

Ali and Roberto and revisit your honeymoon destination or even the place that he popped the question? It's romantic and brings back lovely memories.

**2. Plan a special vacation:** The perfect way to make your first anniversary special is to take a trip to a new place the two of you have been dying to go to and share in some new experiences.

**3. Have a romantic night:** If you don't feel like traveling for your one-year anniversary, indulge in a romantic dinner, come home and go through your home videos and photos from the year you've shared together and reminisce.

**How did you make your first anniversary extra special? Share your experiences below.**

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## **Pippa Middleton and Ex-Boyfriend George Percy Enjoy Madrid Together**





New media darling Pippa Middleton visited Madrid, Spain with friends over the weekend, reports [UsMagazine.com](http://UsMagazine.com). In attendance was George Percy, Middleton's ex-beau from her days at Edinburgh University nearly a decade ago. The two have remained close friends since their days at school. Middleton and her friends were seen partying at the popular Fortuna Nightclub and relaxing at Madrid's Retiro Park. Middleton's current beau, Alex Loudon, was absent from the trip.

**Is it truly possible to be good friends with an ex-partner?**

### **Cupid's Advice:**

Remaining friends with a partner post-breakup is easier said than done. Here are a few factors that matter when considering your new "friendship":

**1. The nature of your breakup:** If you and your ex-partner suffered a nasty breakup, then friendship is probably not an option. However, if the split was mutual and relatively painless, then the two of you have a good shot at remaining close friends.

**2. Time:** It may be cliché, but time does heal all wounds. While hanging out with your ex may be painful now, your pain will greatly lessen a few months (or years, if needed) down the line.

**3. Mutual friends:** It's difficult to remain in touch with a person when the meetings between you are isolated and awkward. However, if the pair of you have mutual friends, it is much more likely that you'll adjust to each other's presence in a more gradual and comfortable manner.

**Are you friends with your ex-partner? Feel free to share your story below.**

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## **Jennifer Aniston's Dad Gives Her Dating Advice**





The two things John Aniston wants his daughter Jennifer to find in a future husband are honesty and Greek roots.

Jennifer Aniston's father was honored Saturday at the Hellenic Times Scholarship Fund 20th Anniversary Gala in New York and had a few minutes to talk about his daughter, according to [People](#). A native of Yannis Anastassakis Crete, he said Greek men are sexier and make better boyfriends.

Aniston, who played Victor Kiriakis from *Days of Our Lives* since 1985, and Gilles Marini of the ABC show *Brothers and Sisters* were honored at Saturday's gala.

**What are the benefits of dating someone who has similar roots?**

**Cupid's Advice:**

Aside from pleasing your family members from the old country who want you to "marry a nice (insert ethnicity and gender)," there are some other benefits. Cupid's got the answers:

**1. Keep it Kosher:** Dating someone of a different culture can result in some of the early mis-communications that come along with learning about a new lifestyle.



**2. 'It's a Jersey Thing':** Sometimes, it's tough to explain why your family acts the way that they do. So, someone with the same background has a better chance of understanding.

**3. Like minds enjoy like things:** Having parents or grandparents from the same country provides some different and exciting ways to bond with your new partner. Explore them!

**What do you think are the benefits to dating someone with similar roots? Share a comment below.**

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## **Prince William and Kate Middleton's Honeymoon Is Super-Exclusive**





Money can't buy happiness, but it can buy a royal and elaborate honeymoon. It 's been reported that Prince William and new wife Kate Middleton spent \$72,000 a night on their special getaway. The two flew last Tuesday to the Seychelles in the Indian Ocean, according to [RadarOnline](#). They rented their own private resort on a privately-owned island. "We rented the island to the British royal family," owner and German businessman Farhad Vladi explained. "Prince William and Kate are spending their honeymoon there."

**What are some ways to lower the cost of your honeymoon without taking away the romance?**

### **Cupids Advice:**

Honeymoons do not need to be expensive at all. Here are some cheap ways to still have a romantic getaway:

- 1. Road trip:** Pick a close resort, hop in the car and go. This will save hundreds or thousands in airfare or cruising.
- 2. Be creative:** Come up with fun activities, like beach volleyball or card games, that do not cost any money but will

still make fond memories for you and your new spouse.

**3. Shop-free:** You don't need a keychain from the tropical island you just visited. Take lots of pictures instead, or collect shells, brochures, etc. and make a memory box of your trip.

How did you save money on your honeymoon? Share your comments below.

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## Are Nick Jonas and Delta Goodrem Dating?



It looks like the youngest Jonas Brother may have a new love connection! Nick Jonas was spotted with Australian pop star Delta Goodrem over the weekend, according to [People](#). Jonas, 18, and Goodrem, 26, were photographed coming out of a moving theater in Hollywood on Sunday, and they did not shy away from each other even when spotted by the paparazzi. Jonas seemed happy with his weekend activities, as he tweeted, "I feel so blessed. Had a great weekend" on Monday. This isn't the first time the duo have been caught together. In March, Goodrem posted a photo with Jonas on Twitter showing them with their arms around each other and smiling.

**What are some tell-tale signs that your two friends are more than just friends?**

#### **Cupid's Advice:**

Sometimes your friends choose to keep their new relationship a secret, but Cupid has some things to look for tell if they're more than just friends:

- 1. Lots of eye contact:** If you're hanging out in a group, keep a lookout for eye contact between your friend and his or her suspected new partner. If you catch them exchanging meaningful glances, chances are they've left the friend zone.
- 2. Higher texting volume:** If your friend who isn't usually texting a lot is starting to bring out his or her phone all the time, this may be a sign that he or she has a new love interest. Increased cell phone usage is definitely telling!
- 3. Avoidance:** Your friend may be avoiding all topics related to relationships when you talk to him or her. Omission is always something of which to be suspicious.

**How did you tell your friends were in a relationship? Share your experience below.**

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# Jesse James Says That Millions of Married Men Cheat



Famed serial cheater Jesse James recently defended his bad behavior by pointing out that he's not the only one, reports [UsMagazine.com](http://UsMagazine.com). The *Monster Garage* star told *Men's Journal*, "I never shied away from anything I did. I took full responsibility. I cheated on my wife. Guess what? So do millions of other men." The 42-year-old, who divorced Sandra Bullock last year, is currently engaged to Kat Von D.

**How do you know if you can trust your partner after past indiscretions?**

## **Cupid's Advice:**

After your mate is unfaithful, it's hard to trust them completely again. Cupid has some tips on how to know if your partner really has changed for good:

**1. Accept the apology:** If your partner made one mistake and is truly sorry, think before throwing away your entire relationship. Give your mate another shot if you feel they are being genuine.

**2. Don't forgive multiple affairs:** If your significant other has had multiple indiscretions in the past and doesn't seem fully committed to your relationship, you probably can't trust them to stay faithful in the future.

**3. Have faith:** The bottom line is, you'll never know for sure if your partner is going to cheat again. But if you decide to give them another chance, give them your complete trust. There's no point in starting over and giving the relationship a shot if you're not fully trustful.

**Would you trust a partner who cheated in the past? Share your comments below.**

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**Exclusive Giveaway: Jesse Csincsak Chats About 'The Bachelorette's Ashley Hebert, 'Bachelor' Reunions and Life**

# as a New Dad



*This post is sponsored by Lubriderm, Powerbar, Gilchrist and Soams, Beauty Society, "Skinny on Willpower" by Jim Randel, Popchips, Panda Licorice, Alterna Haircare, Cheek'd, Buddah Balm, Eight O'Clock Coffee, Eat Whatever Breath Mints and Pajama City!*

By Jennifer Harrington

As we anxiously wait for the new season of ABC's *The Bachelorette* to begin, several of the former contestants are spending the hiatus having fun mingling and mating up. One of the most talked about events was in Breckenridge, Colorado last month at the semi-annual *Bachelor* and *Bachelorette* reunion. Hosting the shenanigans as always was former contestant, Jesse Csincsak, who received the final rose in Season 4 from DeAnna Pappas. Although Jesse and DeAnna's

relationship didn't result in a lifelong romance, Jesse *did* find love through *The Bachelor* and married Season 13 contestant, Ann Lueders.

**A cold sore ruins  
romance.**

**One dab, eruption  
prevented!**



We had the chance to speak with Jesse and he shared his thoughts on life as a new husband and dad, *The Bachelor* reunion parties and of course, this season's *Bachelorette*, Ashley Hebert! Check out what he had to say:

**First of all, congratulations on being a new dad! How has your life changed since being on *The Bachelorette*?**

After coming off *The Bachelorette*, life took a huge turn. I wanted to fall in love. I knew it was possible after I came off the show, so I started hosting reunions with *Bachelor* alums. I wanted to bring people together, and in turn, I met my wife. I met her at a reunion. Next thing I knew we were getting married and having a little bambino. My son Noah is the light of my life and I couldn't ask for more. The show brought me to everything I wanted in life – it's amazing!

**You coordinate such great reunion weekends for the former contestants. The buzz during last month's party centered around Vienna Girardi and Kasey Kahl. What can you tell us about them as a couple?**

They have been dating for a little while. I think the reason their relationship works is they are both happy-go-lucky, carefree people who want to have fun. I think they'd both also be a great fit for the *Bachelor Pad*, I'd love to see them on that show.

**We're getting excited for next week's premiere of *The***



**Bachelorette.** Recently, show creator Mike Fleiss was quoted saying Ashley will be a “different kind of bachelorette” because of her career ambitions. What do you think?

Ashley is very young-hearted. She’s still in school. She will need a guy who is comfortable enough in his own skin to know she is her own person and she’ll be going to class with lots of young, hot guys, but she will come home to him. If they can find a guy who is confident in his own skin and knows she has a lot going on, she will have herself one heck of a relationship. She is one of the youngest bachelorettes they’ve ever had, and I think that will make for an interesting season.

**Do you think the new contestants will be scared off by Ashley’s independence?**

The announcement that Ashley would be the bachelorette came very early, so the guys know who she is. It’s not tough these days to Google someone to figure out about their past. What is tough is that a lot of people come on the show with ulterior motives. You have to be careful of the knuckleheads to find the diamonds in the rough.

**What tips would you give the men this season?**

You don’t realize the demographic the show reaches – it’s syndicated in Europe, and even when you go overseas, people recognize you from the show. I didn’t realize that it would affect everyone in my family with my surname. Don’t go on the show because you want people to know who you are; go on the show for the right reasons. Be yourself. Don’t let anyone convince you to do something you wouldn’t otherwise do. That way, when you’re off the show and your life has moved on, people say “you’re just like you were on the show.” I was lucky – I was me no matter what, and it worked out for the best.

**The time period between when the show wraps and when it airs**

for the public, seems to be the most trying time for the *Bachelor/Bachelorette* couple. Given your experience, what advice can you give Ashley and her new guy to keep their relationship alive during these months?

Go into hiding and get to know each other. Do as many get-togethers as the production company will let you and really take the time to get to know the other person. Do things out of the ordinary that will test your patience with one another. In my relationship experience, that's how you really start to understand how someone is going to be down the road. Another thing to observe is how the other person talks to their parents. If they are respectful when they speak to their parents, that's likely how they will talk to you.

**Are you planning for the next *Bachelor* reunion yet? When and where will it take place?**

There will be a reunion this summer. I can't tell you the location yet, but it will be in the warm weather and plans are underway. And we're in talks to do an online competition so one lucky fan would be able to join the reunion with the *Bachelor* alums for a weekend. I can promise you, this will be the biggest reunion of all-time!

Thanks Jesse, we can't wait! And, thanks for taking the time to speak with us. To read more about Jesse's take on the upcoming season of *The Bachelorette*, check out his website at [www.jessecsincsak.com](http://www.jessecsincsak.com) or visit him on Facebook.

~~**GIVEAWAY ALERT:** CupidsPulse.com has teamed up with Jesse to give away **One Swag Bag from the last 'Bachelor' Reunion Weekend.** To enter for your chance to win, tell us where you think the next *Bachelor* reunion should take place and why in a comment below. One winner will be randomly selected. Please be sure to use your real email address so we have a way of contacting you if you've won. This giveaway will run until **11:59 PM EST on Monday, May 23.** Good luck!~~

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# Rachel McAdams and Michael Sheen Hit the Red Carpet Together



Expect to see more photos from this celebrity couple. Rachel McAdams, star of *The Notebook*, was seen on the red carpet with *Tron*'s Michael Sheen Wednesday at the Cannes International Film Festival, according to [UsMagazine.com](http://UsMagazine.com). The two stars of *Midnight in Paris* became a couple last year and were spotted making out at the Toronto Film Festival in September. Despite her broken engagement with Ryan Gosling in 2007, the 32-year-old actress said she hasn't given up on true love yet. "My

parents are together and still in love. I'm very blessed that way," she said in *ELLE's* June issue. "I had a great example of love in front of me, and that's probably what makes me such a romantic, because I've seen it firsthand."

**What are some appropriate ways to introduce your partner to your co-workers?**

**Cupid's Advice:**

We'd all love to show off our lover on the red carpet, like Sheen and McAdams; however, there are some fairly simple to find an appropriate way to introduce your significant other to co-workers. Cupid has a few examples:

**1. Let's do lunch:** If you go out to lunch with some coworkers, maybe your partner could meet up with you and join your lunch group. It's a casual and natural way to go about it.

**2. Spice up the work party:** Not only is bringing along your significant other going to help entertain you at boring work parties, but he or she will be able to meet all of your coworkers that you talk to/complain about.

**3. Delivery services:** You may have forgotten something from home and your partner might just be able to swing by your office and hand it to you, while saying 'hello' to all of your coworkers.

**Know of any other ways to introduce your partner to your coworkers? Leave a comment below.**

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# Miranda Lambert and Blake Shelton Get Married



Country music royalty Miranda Lambert and Blake Shelton got hitched Saturday night in true country style at Don Strange Ranch in Boerne, Texas. Going along with the country theme, the menu was far from the typical chicken or fish options seen at most receptions. According to [People](#), the main dish was venison harvested by the bride herself. The star-studded guest list included A-listers such as Katherine Heigl, Kelly Clarkson and Laura Bell Bundy.

**How do you make your wedding menu unique?**

**Cupid's Advice:**

Let's face it: it's fun to break away from "typical." Cupid has some ideas on how to do just that when it comes to the menu at your wedding:

**1. Do an "around the world" theme:** Can't decide on what kind of food to serve at your wedding? Then choose all of them. Choosing dishes from multiple ethnicities can be fun for both you and your guests.

**2. Recreate your first date:** Even if you just went to a local diner, getting catered food from the place you went to on your first date is a great way to celebrate the beginnings of your relationship on your wedding day.

**3. Go all out:** If you have the budget and the taste for fine food, make your menu completely gourmet. It will be a meal your guests will always remember.

**What kind of food do you plan on serving at your wedding? Share your menu below.**

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## Michael Bolton Is Waiting for the Right Woman





Singer Michael Bolton is open to finding the right woman, but as for now, his schedule seems to be completely booked. As he told [People](#), “I almost wouldn’t wish me upon [a girlfriend] right now. There’s just not a lot of time.” After putting together his new album, *Gems – The Duets Collection*, and performing his new single “I’m Not Ready” with Delta Goodman on *Dancing with the Stars*, it’s no surprise that time is tight for Bolton. However, after the nonstop busy schedule subsides, Michael Bolton is open to finding love.

**How do you stay open-minded about finding a mate?**

### **Cupid’s Advice:**

As you get older and things continually don’t work out with your relationships, it’s easy to lose hope. Cupid’s got some ways to keep yourself open and dating around, because you never know what may come of it!:

**1. Join a dating site:** As technology gets bigger and better, more and more relationships and marriages are beginning online. Find out for yourself if it’s worth all the hype.

**2. Go on a blind date:** Though blind dates tend to have a stigma, you never know who you could meet. Be open to it. After all, it's a date not a wedding. Plus, sometimes the friends who set you up on them know you better than you know yourself.

**3. Have fun with friends:** As you're in the process of looking for love, be sure to be seen about town having fun with your friends. A potential date wants to be with someone who they know can have fun, in and outside a relationship.

**What strategy do you use to find love? Share your tips below.**

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## **Eric Dane Loves His Wife Rebecca Gayheart More Than Ever**







Motherhood makes the heart grow fonder, according to *Grey's Anatomy* star, Eric Dane who welcomed baby Billie Beatrice into the world last year with wife Rebecca Gayheart. "I don't know if there's any change more significant that a human being can make than that of a woman becoming a mother. There's no change more dramatic," Dane told [People](#). "You know, I'm a hundred times more attracted to her now and I love her exponentially more than I did before. It's just great to see her be a mother." Dane explained by saying he loves that his wife is a "hands on" mother even though the couple does have a little bit of help raising the 14-month-old. "There's not a lot that goes on that she's not a part of."

**What are some ways your relationship changes after you have a child?**

### **Cupid's Advice:**

A baby can truly change everything in a relationship and make it more remarkable than it already was. Cupid has some important ways:

**1. Makes you closer:** Raising a child is not an easy task, and sharing the responsibilities of caring for the baby brings any couple closer together. Whether it's who is going to change diapers while the other one makes bottles, teamwork is a necessity.

**2. Makes life fun:** Bringing a child into this world that's yours is a magnificent thing, and who wouldn't want to have the love and affection you receive from your own baby every single day? It makes life fun, exciting and worthwhile.

**3. Makes life occasionally stressful:** Having a child is a big responsibility because between working and raising a child, you may sometimes feel you no longer have time for your significant other. No need to worry though! You've now entered a new chapter in your life, which may not be the honeymoon stage, but it's the beginning of something great.

**How did your relationship change when you had kids? Share your experience below.**

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## **Kristin Cavallari Talks Wedding Plans With Jay Cutler**





Professional party girl and former *Hills* star Kristin Cavallari revealed she will marry fiancé Jay Cutler next spring. She also recently spoke of let loose some exciting wedding details! “I’m trying to decide between a really small, intimate wedding or a huge, blowout party-type wedding,” Cavallari told [People](#). “If I have a big wedding, then yes, some (cast mates) will be invited,” she says. “If I have a small, intimate wedding, it will probably just be family and really close friends.” Cavallari decided on a Monique Lhuillier gown and takes ideas from wedding magazines.

She will meet with planners within the next few weeks. The former reality TV star may or not be customizing her own shoes. She and her NFL quarterback fiancé will wed at home in Chicago, Illinois, since it’s closest to their families.

**How do you explain why you didn’t invite someone to your wedding?**

### **Cupid’s Advice:**

Weddings are expensive, and there isn’t room for everyone. However, people get offended if they don’t make the cut.

Here are ways to nicely and honestly tell someone why you chose not to include them on your big day:

**1. Keep it clear:** Set standards and agree on them. For example, if you agree to include strictly family and close friends, don't invite someone you haven't seen for a really long time. It shouldn't be difficult to explain why you didn't invite someone if they've been a distant presence in your life.

**2. Dates and children:** Not everyone needs a date, and not everyone's kids should be there. Keep it to nieces, nephews and godchildren, but no more than extended family. This will cut the list drastically and avoid stress. You also don't want too many strangers around, so don't allow everyone to bring dates.

**3. Don't bring work home:** It's your wedding, and you deserve a good time. Don't feel pressured to invite every single colleague, especially if you don't have a personal relationship. Stick to the select few to whom you feel close.

**How did you explain to people not invited to your wedding why they weren't invited? Comment below.**

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## **Dean McDermott Dazzles Tori Spelling With Anniversary Ring**





Tori Spelling's husband, Dean McDermott, surprised her on their fifth wedding anniversary with a Neil Lane antique ring featuring a pink pearl from the 1800's. "Every year he gives me a 'wedding ring,'" Spelling tweeted. The couple had a romantic dinner at L.A.'s Scarpetta eatery for their anniversary. As for Mother's day, she received a red Goyard weekend bag from her man. "Obsessed!" she wrote.

## **What are some creative anniversary traditions?**

### **Cupid's Advice:**

Having creative anniversary traditions are exciting, but coming up with one can be quite difficult. But don't worry; Cupid has a few ideas:

- 1. Hers/His favorite items:** What is your special someone obsessed with? Surprise her every anniversary with different varieties her favorite item (i.e. a specific piece of jewelry or part of a music box collection).
- 2. Vacation:** Who doesn't love going on trips? He or she will

definitely appreciate a vacation to can relax and de-stress.  
Visit a new location each year.

**3. Frames:** Pictures are a wonderful way to capture memories. Why not gift your significant other with a picture of the best time you both spent together that year?

**What is your anniversary tradition? Share with a comment below.**

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## Have Brad Womack and Emily Maynard Broken Up For Good?



Rumors are swirling that *Bachelor* stars Brad Womack and Emily Maynard have called it quits for good this time. A source close to Maynard says, "It happened about a week and a half ago," according to [HollywoodLife.com](http://HollywoodLife.com). The apparent reason for the breakup centers around Maynard having remaining feelings for her ex-boyfriend, automotive executive David Smith. "She's got something with David," says the same source. "And David totally digs Emily." The duo dated before *The Bachelor* and were said to be a good couple, although Maynard seemed "reserved" around Smith. Either way, it looks as if a match made in reality heaven is sputtering to an end.

## **How do you determine if your relationship is toxic?**

### **Cupid's Advice:**

It was long speculated that Brad Womack would not be able to fully open up his heart to a woman after his first stint on *The Bachelor* ended in heartbreak. Is Womack simply toxic in a relationship? Cupid has a few tell-tale signs for a toxic relationship:

- 1. You can't be yourself:** If you find yourself skirting around your partner at times and find it difficult to be yourself, the relationship is probably toxic. Your mate should understand you better than anyone, so what's the point of being a part of the couple when you can't be fully happy?
- 2. You do things you normally wouldn't:** Chances are that your relationship is toxic if you find yourself partaking in activities you used to be against just because your partner suggested it. It's important to retain your morals and values when you enter into a new relationship.
- 3. You fight all the time:** Arguing periodically is normal in a relationship, but if you find that all you do is right and you can't point to anything positive in your relationship, it may be time to get out.

**How did you know your past relationship was toxic? Share a comment below.**