

# Jessica Alba is Expecting



Jessica Alba and husband Cash Warren are adding one more to their brood, according to [UsMagazine.com](http://UsMagazine.com), and Alba took to Facebook to let her fans in on the good news. "Honor is going to be a Big Sister!" the actress wrote. "Cash and I are thrilled and wanted to share the news directly with you so you didn't hear about it somewhere else." Alba, 29, and Warren, 32, already have a two year-old daughter, Honor. The soon-to-be mother of two added, "I appreciated all of the love and support you all gave me during my first pregnancy and will definitely appreciate it again this time around."

**What are some ways to announce your pregnancy?**

## **Cupid's Advice:**

When you find out you're expecting, telling people can sometimes be the most exciting (and difficult) part. Cupid has some tips on how to break the news:

**1. Be creative:** If you're looking for ways to tell your partner, try something different. Put a baby rattle or little socks in his pocket to find later and sit back and wait for him to figure it out!

**2. Go public:** If you're really excited about the pregnancy, why not shout it from the rooftops? Use social media like Jessica Alba did, or make a huge sign saying "I'm pregnant!" for your friends or relatives to see when you invite them over.

**3. Tell your folks:** If your parents live far away, try sending them a blank card and in child's script write, "To my future Grandma and Grandpa. I can't wait to meet you in 9 months! Love, Baby."

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## Former 'Jersey Shore' Star Angelina Pivarnick Is Engaged





Let's do a fist pump for a *Jersey Shore* engagement! Angela Pivarnick is officially engaged, following her boyfriend David Kovac's very public proposal on the red carpet outside of STYLE360 Sachika's fashion show Wednesday. "She was completely surprised [and said], 'Are you serious?'" She looked really happy and shocked," an onlooker told [People](#).

## **Should you propose at a public event?**

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

Proposing in a public setting generally has two outcomes – successfully romantic or embarrassing rejection. The best proposal settings tend to have a tie to your relationship. Here are some things to consider when planning your proposal:

**1. Avoid clichés:** Instead of sticking with the old 'romantic candlelit dinner, flowers and hiding the ring in champagne' routine, make it unique and personal. Take your mate to the restaurant where you had your first date or your first kiss. Something that holds significance to your partner shows thought.

**2. A romantic strikeout:** Unless you plan on running across Wrigley Field or standing on the 50-yard line of Ohio Stadium,

don't take a cue from the Jared commercial by proposing during a sporting event. It's unoriginal and the last thing you need are crazy fans surrounding your special moment.

**3. Make sure it's right:** Don't make the move if you have doubts. Proposing is a big step in a relationship, and it's important that you have no doubts.

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## Bachelor Alum Melissa Rycroft Strickland Delivers a Girl



It's a girl for *Bachelor* alum Melissa Rycroft Strickland, reports [People](#). She and husband Tye Strickland welcomed daughter Ava Grace Strickland on Wednesday afternoon. Rycroft, who dumped Jason Mesnick after accepting a proposal on the *Bachelor*, married

Strickland in December 2009. Ava Grace, the first child for both, weighed in at 6 lbs. 13 oz. and was born in Dallas, Texas. Rycroft's reaction? "Everything is wonderful and life is exactly as it should be."

**How do you keep hope after a relationship ends badly?**

**Cupid's Advice:**

There can be few things more mind boggling than believing your relationship is fine one day and then finding yourself single the next. This little doozey makes us all a bit crazy. Even if you think you're ready for a new relationship, it can be hard to approach it with a clean slate:

**1. Time heals all:** This may be true, but so does moving forward. Don't hold yourself back and swear off relationships just because one didn't work out. Each relationship is different and should be treated as such.

**2. Learn from your mistakes:** Your relationship may be over, but it's not all bad. Treat it as an opportunity to learn from the past and move on to a happier place in a new relationship.

**3. Look for the silver lining:** If all else fails and skies look gray ahead, keep it simple. If you were meant to be together, you would be. Keep the faith that there's someone out there for you.

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# **Frankie Muniz Denies Being Suicidal During Fight With**

# Girlfriend



Police were called to former *Malcolm in the Middle* star Frankie Muniz's house after a fight with his girlfriend turned serious, according to [People](#). His publicist girlfriend, Elycia Turnbow, told police that Muniz put a handgun to his head "possibly with [the] intent of committing suicide." The actor's rep countered, saying, "A gun played no part in the argument and was voluntarily given to the police for safekeeping... He was not suicidal." Ironically, Muniz was the one who called police to the residence, complaining that Turnbow was "throwing things and hitting [him]."

**What are some ways to keep fights from escalating?**

## **Cupid's Advice:**

When things get heated between you and a partner, it's important not to lose control. Cupid has some tips on how to



keep a lover's quarrel from turning ugly:

**1. Think ahead:** Remember the last time you fought and you said things you wish you could take back? Next time, think carefully before you do or say something you'll regret later.

**2. Slow down:** Take a step back from the situation before things get out of control. By pausing for a minute and taking some deep breaths, you can stop the fight from escalating.

**3. Never resort to violence:** If you're feeling so worked up that you're considering physical violence, walk away from the situation immediately and tell your mate you can talk later, once you've both calmed down.

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## Ryan Phillippe Ditches Amanda Seyfried to Hit On Rihanna





While most thought Ryan Phillippe and Amanda Seyfried were destined to become serious, it turns out it was just a fling. A friend told [UsMagazine.com](http://UsMagazine.com) that the duo are just friends who are going on dates sometimes. "At one point, there was a chance it would develop into something more serious, but it never did. There's no commitment," Phillippe's friend said. Aside from this, Phillippe was caught hitting on Rihanna Saturday; she kindly turned him down, a witness reports. The actor seemed undisturbed, leaving a house party later that night with a brunette.

## **Does dating around make you a player?**

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

There's a fine line between dating around and being a player. Cupid has a few ways to tell the difference:

- 1. Strength in numbers isn't always a good thing:** When trying to identify a player, think of Barney Stinson from the show "How I Met Your Mother." Stinson is the textbook definition of a player due to the number of partners he attempts to hook up with on a regular basis.
- 2. Being single means taking time for you:** It's okay from time



to time to flirt and meet a few attractive members of the opposite sex, but trying too hard all the time makes you a player. Just because you're single, doesn't mean you always have to look for a new partner. Let it happen naturally.

**3. Trust your gut:** If you're picking up signals that indicate he/she is leading you on, then trust yourself and ditch them. The best way to stop a player is by simply avoiding them.

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## Kelsey Grammer's Daughter Spencer Gets Married



Kelsey Grammer's 27 year-old daughter, Spencer wed longtime beau James Hesketh at City Hall in New York this past Friday, [People](#) reports. The 55 year-old actor's rep confirmed that Kelsey was in attendance

along with his own fiancée, 29 year-old Kayte Walsh. Kelsey, who recently divorced Camille Grammer, plans to follow in his daughter's footsteps and wed Walsh at the end of February.

### **Is the timing of your wedding important?**

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

When it comes to wedding planning, sometimes timing is everything. Cupid has some advice on factors to consider:

**1. Cost and convenience:** It costs less to host a wedding on a Friday than on a Saturday or Sunday. Depending on what day you set the date will reflect on how many RSVP's you'll receive.

**2. It's your day:** It may be nearly impossible to avoid setting the date on someone else's birthday or anniversary, but as long as you don't mind sharing your big day with your Aunt Gertrude's 67th birthday, you should be in the clear.

**3. Avoid holidays:** These days come with higher booking fees. It may sound like a cute idea in theory, but nobody really wants to give up their New Year or Valentine's Day for a wedding.

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## **'The Bachelor' and His Hometown Honeys**





By Krissy Dolor

During week eight, Brad Womack must go on the most important dates of this season – in each of the remaining bachelorettes' hometowns! Emily, Chantal, Ashley and Shawntel are the four women left standing, and Brad must see how his potential other halves live. While Brad's meeting with Ricky, Emily's daughter, is sure to be one of the night's highlights, Shawntel asking Brad to lie down on the embalming table (which normally holds dead people) should be a fun watch. Will Brad be able to handle it? Don't forget to watch [ABC's The Bachelor](#) with us on **Monday, Feb. 21 at 8 PM/7 PM Central Time** to find out what happens. See you at next week's recap!

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## Liam Neeson Dealt With Wife

# Natasha Richardson's Death By Running Away



Actor Liam Neeson opens up about wife Natasha Richardson's tragic death in March's issue of *Esquire*, according to [People](#). Neeson, who lost Richardson nearly two years ago in a skiing accident, is still stricken with grief from time to time. "You can't prepare for it. You think you're gonna cry and get it over with. You make those plans, but they never work," Neeson says. He attributes distractions as a way to avoid depression, even going so far as to say he would "run away to work."

**What makes people runaway when faced with a difficult situation?**

**Cupid's Advice:**

When something unexpected happens, a basic "fight or flight" instinct kicks into gear. Your reaction depends on the type of

person you are. Cupid has some ideas:

- 1. Face it:** It may be easier to turn a blind eye and avoid the problem, but that won't make it go away. You can only avoid something for so long before you're forced to deal with it.
  - 2. Take some time:** Sometimes the way you want to react to a situation may not always be the correct way. By taking some time to process what has just happened, you can readjust your reaction to a more appropriate one.
  - 3. You're overwhelmed:** Grief can bring out a laundry list of emotions we may not express on a regular basis. This new and scary encounter can be overwhelming at first and cause people to avoid the problem rather than confront it.
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## Teen Mom Star Leah Explains Why Husband Corey Is 'the One'







*Teen Mom* star Leah

Messer says the relationship between she and her husband Corey Simms is better than ever, according to [UsMagazine.com](http://UsMagazine.com). In fact, she recently told her friend that he is “The One.” “At first there were ups and downs, but I think we’re doing really good now,” Messer said. “The thing is with me and Corey, we do things very fast. From the very beginning, we got pregnant. But with [him], I feel like I’m happier than I’ve ever been in my entire life.” She added that if he were to propose she would say “yes – hell yeah!” The relationship between these two has been no walk in the park, including a six month break following Messer’s affair with an ex-boyfriend.

### **Can you regain trust after your partner cheats?**

#### **Cupid’s Advice:**

Probably one of the most difficult things to do is trust once it’s been broken. It involves more than just your partner’s desire to make things right. Cupid has a few suggestions:

**1. Honesty is the best policy:** They broke the trust, so now they have to work twice as hard to regain it. The only to do that is to simply be honest ... all the time. Set up a policy of



total disclosure between you and your partner.

**2. Forgive, but don't forget:** If you're serious about making your relationship work again, then you'll have to forgive your partner. Remember that just because they came back, it doesn't mean they won't leave again. So be cautious, especially at first.

**3. Find out why:** This is something you may not want to hear, but there may be some opportunities for your relationship to grow if you know what drove them away from you in the first place.

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## Katy Perry's Mom Wants Grandkids ASAP



Celebrity newlyweds

Katy Perry and Russell Brand are in no hurry to have children, but Perry's mother, Mary Hudson, is singing a very different tune. As the wannabe grandmother told [People](#) on the red carpet of the 53<sup>rd</sup> Annual Grammy Awards, "I just can't wait for them to have babies. Grandma, here we come!" She also stated that the couple makes a great team in spite of their busy schedules.

## **How do you handle pressure to have kids?**

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

Many couples have faced the pressure to start a family when they aren't ready. The best course of action is to ignore the critics and do what is right for you:

- 1. Ignore it:** People will say what they want and you can do what you want. Nod, smile ... and tune out.
- 2. Put the ball back in their court:** Sometimes it's best to ask the people pressuring you when they are going to change something in their lives that is equally dramatic. See how they like it!
- 3. Put your foot down:** Tell people that it's none of their business to decide when you make changes to your life, especially one as big as starting a family.

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## **Beverly Hills Real Housewife Camille Grammer Reveals She**

# Tried to Quit the Show During Filming



Originally published

on TV.com

By Seth Abramovitch

**TV.com:** Hi, Camille. How are you?

**Camille Grammer:** Oh, fine, thanks. It's a really crazy time in my life.

**Why? What's going on? Describe your week.**

Well, you know, my divorce is finalized. There's a lot going on.

**How does that feel?**

How does that feel? Bittersweet. I'm sad for what we had—we were together for 14 years—but you know, I don't regret his happiness. He's moved on, and I'm moving on also.

**Now that the first season of Real Housewives of Beverly Hills has aired, and you're interacting with a public who knows you, or has a strong impression of what they think is you, do you regret having done it?**

Well, after the first few episodes, yeah, of course I did. I didn't think that it was an accurate portrayal of myself.

**Because they cut out stuff that made you look more sympathetic?**

Absolutely. They didn't show a rounded-out sense of who I am as a person.

**And then once you realized what was happening in your marriage, what stopped you from just turning to the cameras and saying, "Get the f\*\*k out of my house. I need to deal with this right now?"**

I wish I could have, but I had an obligation to finish the show. I don't know if I can say this, but I quit at one point. I did. Because it was too much. I didn't know how much I could expose at the time. I was holding a lot back because I had known for a while that things were not right between my husband and I. So it's very difficult filming a reality show while you're going through this process, and hurt, and devastation.

**So what did they say when you said you wanted to quit?**

I quit for, you know, a couple of weeks. And actually Kelsey called me and said, "You have an obligation to do the show. You have to finish the show." So I said, okay. He also asked me to come to the Tonys. Basically I found out [about Kelsey's affair] through a mutual friend, and then I tried to get in touch with him. By the time we spoke, he said, "I've been thinking about it, and I just don't want to be married any longer." I asked if there was anybody else, and he said no at the time, but there obviously was. So he said to me, "You have to come to the Tonys," and I said that I felt too uncomfortable and upset, and I don't understand why I would

have to come. And he said, "Listen, you have an obligation to finish out the show. You have to come." He also mentioned that maybe we could talk things through and work it out. That gave me a glimmer of hope that maybe we could spark some romance that weekend. But at that point, he was already gone.

**How intense was that Real Housewives reunion special? Because it was really hard to watch at points.**

I was very nervous going into it. I think most of the girls felt that way. [Laughs] They filmed for eight hours. It was a grueling day. Andy [Cohen] had a lot of questions for me from the viewers.

**Did you feel like he was being unfairly hard on you?**

I don't feel like that, because he gave me a warning. He called me before the reunion show, because I was very nervous about doing it. I told him I didn't feel comfortable, and he said, "Oh, it won't be that bad. There's a lot of questions. People want to know about you." So they prepared me—or not prepared, but he gave me a warning.

**He didn't have to read out a list of the nastiest things people had written about you.**

I thought that was harsh. I thought when he went through the list, that was very harsh.

**Or when he said something to the effect of, "They say insecure people are always the ones who react most strongly to the word 'insecure.'" You agreed with him, but I never heard anyone say that before.**

Neither did I. Look, we taped for eight hours, and they cut it down to 43 minutes in two parts. There were a lot of things said that didn't make it into the show, and for the other girls as well. It wasn't easy. I thought, well, at least the public is getting to see me, and who I am—the strength of who I am as a person.

**What's your real life relationship with these women now? Would**

**you not pick up a phone to talk to them?**

I spoke to Lisa yesterday. She's been very supportive during this whole divorce process with Kelsey. Adrienne and I were friends from before, but I haven't talked to her in a while. Taylor and I text one another. I haven't spoken to Kim. And I called Kyle a week ago.

**What did you guys talk about?**

I just left a message, because I heard she was sick. She has the flu, so I wanted to make sure she was okay.

**So you care enough about her to check in on her?**

Absolutely. I think that's the side of me you really don't see in the first several episodes of *Housewives*. I mean it came across as boasting, but I really do care and empathize. I have a lot of empathy for people.

**Had you never fought with her before the show started?**

I met Kyle only once before I started the show. I only knew her husband.

**So you're appearing on the season finale of \$#! My Dad Says.**

**Are you pursuing acting now?**

Everyone keeps asking me that. I studied acting years ago, and I gave up that dream after I got married to Kelsey 13 years ago. Am I pursuing anything? No. Not actively pursuing. This came about through my publicist, who asked me if I'd like to appear on the show, and I said, "Absolutely. I'd be thrilled to."

**Was it in front of a live audience?**

Yes, of course. It's a sitcom.

**How did they react to you?**

I think I got a pretty good reaction. I have to say, it felt really, really good. After everything I've been through, I felt really welcomed and embraced by the cast and the crew and the writers, and of course by the audience. It was nice. It was kind of like a mini-mini homecoming for me, because I know



a lot of people who work in sitcoms through through, of course, my ex Kelsey. So it was nice to see some people who I hadn't seen in a while.

**Did William Shatner say anything to you worth repeating?**

He was fantastic. He was friendly, he welcomed me to the show, he said, "Hello, Camille," he asked about Housewives. For the most part, we were just busy working. I love sitcom format. I have such respect for it, and performing in front of a live audience, you get such a rush with that.

**Are you going to do another season of Real Housewives?**

I don't know. The producers and I have been talking about that in the last week or so.

**There's rumors that you might go to the New York version.**

No! [Laughs] I can definitely say that's not happening.

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## Bethenny Frankel Recommends Lazy Lingerie to Keep Your Spark





Are you trying to keep the spark alive in your relationship? Try lazy lingerie! Former *Real Housewives of New York City* star Bethenny Frankel kept the romantic sparks in her relationship alive this Valentine's Day with the help of just that. "You have to make an effort ... I actually have a line coming out which is Skinny Girl Smoothers and shapers and they include lazy lingerie. Because it's something you wear under a blazer or sweater and then you take off the sweater, and now you have lingerie!" she said in an interview on [RadarOnline](#). Frankel also spilled more secrets on how she and her husband, Jason Hoppy, keep the sparks alive in their marriage. "We do date night once a week. We switch off on who chooses the surprise place we're going to go and we usually pick some hip place so we can still feel like we're cool..."

**What are some ways to keep the spark alive in your relationship?**

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

Keeping the excitement in a relationship can be tough. Cupid is here to offer some advice on keeping the romantic sparks in your love life from disappearing:

**1. New hobby:** Pick up a new hobby that both you and your partner will enjoy. Not only will trying out a new activity be fun, but you'lll also discover new talents in each other.

**2. Surprise him/her:** Relationships become dull when they become routines. Surprise your significant other by taking him/her to a vocation or a play. Even something as simple as giving flowers will make his or her day.

**3. Communicate:** Keep the spark alive by being attentive to each others' needs. Your relationship and respect for one another will grow as you both continue to share opinions and feelings.

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## Matt Bellamy Thanks Pregnant Girlfriend Kate Hudson at Grammys





At the Grammys, Muse's lead singer Matt Bellamy was a winner in more ways than one. When the band accepted the Grammy for Best Rock Album on Sunday night, he seized the opportunity to gush about his girlfriend, Kate Hudson, in a very public way. [UsMagazine.com](http://UsMagazine.com) reports that Bellamy, 32, ended his band's acceptance speech by thanking his "beautiful pregnant girlfriend." Hudson was present at the show, but didn't walk the red carpet. The 31-year-old actress, who has a 7-year-old son with ex-husband Chris Robinson, has said that she doesn't think she will get married again.

**What are ways to thank your partner for being there for you?**

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

While most of us don't have the chance to thank our significant others on TV in front of millions of people, there are plenty of everyday opportunities to say thanks for being there. Cupid has some ideas on how to show you care:

**1. It's the little things:** Attention all men: no woman doesn't like getting flowers. She'll like it even more if you give them to her out of the blue just to let her know you appreciate her.

**2. Put yourself out there:** If you want to thank your partner for being there, doing it front of an audience shows you're not afraid to celebrate your love publicly. Try making a speech at your mate's birthday party or on your anniversary in front of your friends.

**3. Actions speak louder than words:** Thanking your significant other doesn't always mean saying "thank you" out loud; it's about showing you're thankful by doing something for them. If your partner nags you about how messy you are, try cleaning the house before they come home.

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## Eddie Cibrian and LeAnn Rimes: A Low-Key Valentine's Day





Recently engaged couple LeAnn Rimes and Eddie Cibrian did not plan for an overly romantic [Valentine's Day](#), reports [UsMagazine.com](#). At Sunday's Grammy Awards, the couple laughed and jokingly asked reporters, "Is [Valentine's Day] tomorrow?" Rimes butted in and further explained, "We have his boys [Mason, 7, and Jake, 3] on Valentine's Day. So we are literally going to play Wii with some friends and eat pizza, which is better than anything else we could be doing."

## **How do you have a date night with kids?**

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

While many feel that romance becomes much harder to maintain after children enter into the equation, many others have found this sentiment to be untrue. Here are a few ways to have a date night (even with kids):

- 1. Put your trust in technology:** While video games, television and computers take away from study time, they can also keep your children occupied. Try renting a movie or a new video game for your children to play with while you and your partner enjoy some quality time together.
- 2. Take the kids with you:** There are many restaurants that are



family friendly. Experiment with a few, and you may find that both you and your children are happy with the experience.

**3. Hire a babysitter:** If you yearn for a date night without the kids, hire a babysitter. Trusted babysitters are lifesavers for couples in need of a night out, and most come at the reasonable price of about \$10 per hour.

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## Prince Harry Will Be Prince William's Best Man



As of Monday, Prince Harry will officially be the best man at the wedding of the year. Prince William and fiancée Kate Middleton have announced their wedding party and have each chosen their siblings to be best man and maid of honor. According to [People](#), the rest of

Middleton's bridal party will truly be a treat for everyone watching. Included are Lady Louise Windsor and Margarita Armstrong-Jones.

**How do you decide who will be your best man/maid(en) of honor?**

Cupid's Advice:

On one of the biggest days of your life, Cupid has some advice on how to choose who will be by your side every step of the way:

**1. Family:** Who can you trust more to guide you through your wedding than your own brother or sister? Your sibling is the usual and most classic choice for your best man/maid(en) of honor.

**2. Someone who has always been there for you:** If you have a friend or family member that you've always been able to count on, chances are that's the person who is going to come through for you on one of the most important days of your life.

**3. Someone who has the time:** Your best man or maid(en) of honor needs to be there to assist you with every step of the wedding process. Make sure the person you choose has the time to make that big of a commitment.

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**New Couple Alert: Shia LaBeouf and Karolyn Pho**



Despite his recent split with Carey Mulligan, Shia LaBeouf seems to have rebounded nicely. He was recently spotted holding hands with a new gal pal, who an insider identified as Karolyn Pho. According to [UsMagazine.com](http://UsMagazine.com), Pho is a stylist. Even though LaBeouf seems to waste no time jumping from relationship to relationship, he insists he's no ladies' man. He told *Details*, "I'm not great with women, dude. I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'Okay, back to my room.'"

**How can you tell if he's a ladies' man?**

**Cupid's Advice:**

**1. His eyes wonder:** He's probably a player if his eyes are meeting every part of your body except your eyes. Of course every guy is going to check you out at some point, but if that's all he's interested in, beware.

**2. He uses terms of endearment:** It's one thing if you've been

dating a guy for a long time and he uses terms like “baby” or “girl,” but if you’ve just met and he’s already using pet names, chances are he’s a ladies’ man.

**3. He talks about his workout routine (a lot):** If he can’t stop talking about his body and how often he works out, he’s selling himself to you. It’s a good bet that he’s not actually interested in getting to know the deeper you.

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## Ashley Simpson and Pete Wentz Have Lunch Post-Split



Proving that their split is amicable, Ashley Simpson and Pete Wentz met for lunch Monday and brought along their son, Bronx. According to a source, being good parents is their main priority right now.

“They’re both focused on making this transition as easy as possible for him.” The duo announced last week that they would be going their separate ways, reports [People](#). Pals say that the pair simply grew apart due to marrying too young and not having enough time to spend together.

**How do you cut out time from a busy schedule to spend with your partner?**

**Cupid’s Advice:**

**1. Cut out fluff:** Chances are that you’re spending time doing things that aren’t important. Do you really need to soak that extra 15 minutes in the bath? In order to have time with your partner, it might be time to cut out some unnecessary activities.

**2. Plan a lunch date:** If you both work, you also both probably have lunch breaks. Instead of spending more time with your co-workers than you already do, plan to meet up with your significant other. Even if it’s only 45 minutes of face time, it’s worth it.

**3. Do things together:** Say you’re both into staying fit and work out every day. Instead of doing it separately, make it a routine to exercise together. Gym time is better than no time at all.

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**‘The Bachelor’ Season 15,  
Episode 7: Sand, Skin and**

# Broken Rules



By Krissy Dolor

On this week's "most dramatic episode of ABC's *The Bachelor* yet", Brad Womack and the remaining six bachelorettes head to the beaches of Anguilla. As this is the week before hometown dates, when Brad gets to explore/invoke four women's home lives, he must make the ultimate decision – who does he see himself being with at the end of the day?

One obvious answer: Emily, who snagged the first one-on-one. We know there will be at least one helicopter in each episode, and Brad used it to take the demure blonde to her own private Caribbean island. Brad really wants to tell Emily how he feels (since surprising her with picnics during cocktail parties just isn't enough), but can't seem to get over how nervous she makes him feel. "I care more for you than I should probably say right now," he told Emily on their picnic lunch. But is he setting himself up for heartbreak?



"I definitely want to bring Brad home, but I'm still on the fence about him meeting my daughter," said Emily. When Brad asked if he could meet Ricky, she sighed (which he noticed) and said she's never introduced Ricky to someone she's dated. "I never want to confuse her in any way – you know?" Brad knows, but doesn't care – he wants wants to meet the kid. Desperate to make this work, he tells Emily he will definitely give her a rose at the next ceremony, breaking *Bachelor* protocol. "I don't care about the rules," he said. "I care about Emily." Granted, ABC broke protocol by bringing Brad back, so I guess one slip up is OK.

Date number two went to Shawntel, who Brad wanted to see in an "everyday environment" (since hanging out in picturesque Anguilla is totally normal). The two rode bikes and ended up at a farmer's market. "This is like, my perfect date, and he had no idea," gushed Shawntel. Other activities included drinking coconut milk straight from the coconut (how exotic!) and jump rope (yes...jump rope). Shawntel's drama-free attitude makes it easy to see why Brad enjoys being with her. At dinner, the two talked about what next week would bring. "Chico – you'll fall in love," Shawntel said of her hometown. His cheeky response? "Maybe I already am." Cue the rain and passionate kiss.

But the next one-on-one was anything but passionate, as Britt *finally* gets some alone time with Brad. He surprised her with a yacht, which made everyone jealous. Insert nasty Michelle comment here: "Seems like a waste of a one-on-one if you ask me." I'm sure Britt is a nice girl, but in reality, it really *was* a waste. Brad chose (of all things to do with Britt) to go rock jumping. "I'm terrified – as usual," Britt said. "It's my normal, go-to feeling." She eventually took the plunge and impressed Brad – but it wasn't enough. "There's no romance," he said. "I can't force it. It's just not there."

At dinner, Brad (just like he did with Alli) broke the bad news. "I don't see a future with you and I." But the wheels

aren't churning fast enough and Britt just thinks they need more time. But that's not the case. "I know – I *know* – we're not meant to be together." One down, one more to go. Will one of the girls from the group date leave next?

Yes (but you'll have to wait to find out who). This group date started out with Brad waking up Chantal O., Ashley H. and Michelle at 2 a.m. For what, you ask? A *Sport Illustrated* photo shoot, that's what. Ashley is first to be shot – and the first to go topless, with shells covering up her bits. Up next is Chantal, who, despite feeling like a "fat lard," sexes it up with wet sand and provocative poses – oh, and topless shots as well. Michelle, who can't be outdone, laid on top of Brad and made out with him – all for the camera, of course. At the end of the shoot, Brad realized that yet again, he has gotten caught up in Michelle's tactics/sexual prowess. "I put myself in hot water here," he said, seeing everyone's glum faces. No kidding!

Needless to say, the rest of the date bombs. But one woman had to get a rose at the end of this date, and he chose Ashley – which royally pissed off Chantal and Michelle, who both looked murderous. "If you can't choose me over one of three girls, then just send me home," Chantal whimpered. And it's back to a whiny and insecure Chantal. Can someone tell her to relax already?

Later that night, Brad decided to break another rule (what a rebel!) and not hold the obligatory cocktail party before the rose ceremony. Chris Harrison, the voice of reason, asked Brad if he was sure. "I'm very clear in this decision," he replied. So let's get to it!

The order of the women who received roses (after Ashley) are: Emily (a given), Shawntel, and...Chantal! Michelle finally got the ax. I thought I'd be more happy about this, but I've enjoyed watching Michelle piss everyone off for the past seven weeks and now need a new woman to hate. Brad's walk with her

to the goodbye limo is awkward as Michelle was completely mute. Brad called his decision bittersweet: "There is intense physical attraction, but that would eventually wear off," and added that they would have probably had a volatile relationship. Finally! See you later, crazy!

But Michelle, though defeated, looked calm as she laid across the back seat. No words were said to the camera – no outpouring of emotion, no tears or hiccups. Ms. Money went out just as she came in – strong. At the end of the day, this whole experience was something to add to her resume (and something to pass the time until her movie comes out). It's a win-win!

Are you guys as thrilled as I am? Let's talk about it in the comments below. And check back next week for our recap of episode 8 of *The Bachelor* when the final four bring Brad to meet the family.

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## Katy Perry Publicizes Wedding Video at Grammy's





After keeping her wedding details at top secret status leading up to the lavish ceremony in India, Katy Perry has shared some glimpses into her special day with the public. As she sang one of her popular songs, “Not Like the Movies” while sitting on a swing high above the Grammy’s audience, her wedding video played in the background, reports [UsMagazine.com](http://UsMagazine.com). Images of the ring exchange and kiss between her and now-husband Russell Brand were projected on a curtain directly behind the singer. Talk about a grand gesture!

## **What are the best keepsakes from a wedding?**

### **Cupid’s Advice:**

Whether it’s you tying the knot or your best friend, you’ll always want to remember the special day. Cupid has some tips on things you can keep from the wedding to do just that:

**1. Wedding video:** Take a cue from Katy Perry and have your wedding recorded on video. If you ever want to relive the feeling you got on your big day, pop in the documentation and watch one of the happiest days of your life.

**2. Photos:** These are the next-best thing to a video. If you don’t have time to sit through a play-by-play of your wedding

festivities, take out your photo albums and thumb through the captured moments.

**3. Playlist:** Sometimes the best way to remember a moment in time is by listening to the music associated with it. Make a playlist of all the songs that played at your wedding and crank it up when you want to remember your special day.

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## Jennifer Aniston Insists She Is Happy



Though the rumors about Jennifer Aniston adopting have finally died down, she's having a hard time killing the biggest rumor out there. "That I'm unhappy," the actress tells [People](#). The actress insists, "I'm really happy. Really!" Between the rumors of Jennifer

dating, adopting a child and getting a dog, she just can't catch a break! "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," the actress says. "I just want to say, 'Everybody, relax! It's going to happen.' " But the star is in no rush.

For now, she's busy promoting her new fragrance and her romantic comedy *Just Go with It*, which hits theaters today.

## **Should you take an extended break from dating?**

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

In some cases, much like Jennifer Anistons, taking a break from dating can be very healthy. If you're struggling with this decision, Cupid thought of a few instances where taking a long break might be the right choice:

**1. Busy job:** If achieving your career goals requires a lot of time and effort, dating someone could be very difficult. There's nothing wrong with putting all of your focus on your career. Don't feel rushed; dating isn't going anywhere, but that promotion might!

**2. Kids:** Dating with kids is a huge commitment. From finding bonding time with your kids to finding a babysitter, you're going to have little attention to share with a new partner. Wait until the kids are a little older or at least until you find a system that works. When you can give yourself fully to a relationship, it'll be worth it.

**3. Bad breakup:** If your last relationship was destructive and ended on a bad note, don't move too quickly into a new one. Take some time to be happy on your own. Allow yourself to trust in love again before you take a chance on it.



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# Brad Womack's Ex Says He Proposed to Her Numerous Times



Brad Womack is no rookie when it comes to proposing. This season's eligible bachelor has, according to ex-girlfriend Laurel Kagay in an [UsMagazine.com](http://UsMagazine.com) article, proposed to her countless times. Kagay said the most recent proposal was just weeks before he left to film this season's show. "Even when we weren't together, he would say how much he loved me and was going to marry me," she said. While filming, Kagay said Womack would send her emails. "I'm sure the girl he picked would want to know that he was proposing to another woman right before he started taping the show," she said. "I would want to know."

**How do you know when your partner's heart is in the right place?**

**Cupid's Advice:**

Probably one of the most frustrating parts of a relationship is when you and your partner have different ideas about where you're heading as a couple. Cupid has some ways to tell if you and your partner are on the same page:

**1. There's intimacy:** It's not all about sex. Ask yourself if you do things such as cuddle up to each other after a long day of work or hold hands in public. If not, you may want to look into why.

**2. You say 'I love you' often:** This is important to keep in mind, because if those words are rarely exchanged, there may be some distance between you and your partner.

**3. They don't act distant:** Pay attention to how your partner acts around you. If he or she tends to be caught up in problems or less attentive to what you say, you may want to do something about it before it takes a toll on your relationship and love.

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## **Sexy 'Bachelor' Photo Shoot for 'Sports Illustrated'**





By Krissy Dolor

White sand beaches, crystal blue water and skimpy bathing suits? This isn't your ordinary vacation, as Brad Womack and a few bachelorettes do a photo shoot for *Sports Illustrated* in Anguilla. While Ashley H. has the 'girl next door' look going, Chantal can't help but want to up the sexy ante, and even takes her top off. Don't believe us? Look at Brad's face at the end of the clip below. Don't forget to watch ABC's [The Bachelor](#) with us **next Monday, Feb. 14 at 8 PM/7 PM Central Time** to find out what happens – especially if you have Valentine's Day date night plans! See you next week!

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## 'House' Star Olivia Wilde

# Separates from Husband Tao Ruspoli



House star Olivia Wilde and her husband, Italian prince Tao Ruspoli, have decided to end their marriage, reports [People](#). The couple, who eloped together when Wilde was only 18, were together for eight years. "They have been living apart for quite some time to make their relationship work," reveals an insider.

**What are ways to work on your relationship?**

## **Cupid's Advice:**

When you hit a rocky point in your relationship, it's important not to give up without putting in some effort first. Here are a few ways to smooth over your rough relationship:

**1. Space:** Try distancing yourself from your partner, so that the two of you have time to cool down and reevaluate the

issues that have been plaguing your relationship. When both of you have clear heads, it's should be safe to give the relationship another try.

**2. Considerate acts:** Especially when your relationship is at a low point, being considerate can make a huge difference. Try to do 'the little things,' like taking the trash out or packing a lunch for your partner. It may not seem like much, but your partner will appreciate the effort.

**3. See a counselor:** If the problems in your relationship are too much for you to handle, try seeing a counselor. While it can get expensive, it may be worth it in the end.

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## Who Will Plan Prince William's Bachelor Party?





Even a prince needs a bachelor party. But who will help plan the celebration for Prince William's last night of freedom before he weds Kate Middleton on April 29? [People](#) reports that Guy Pelly, 29, a friend of Princes William and Harry for nearly two decades, will take on the daunting task. And Pelly, who recently opened the London nightclub Public, is the perfect man for the job, according to royal expert Katie Nicholl. "Guy is very much the life of the party, but he is also fiercely loyal and protective of the princes," Nicholl told the *New York Times*. "There is a lot of history there." For now, Pelly is keeping details about the party secret, although there are rumors that the bash could be in South Africa, where Pelly and the princes have raced motorcycles together.

**What are some "out of the box" ideas for a bachelor or bachelorette party?**

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

A bachelor or bachelorette party doesn't always have to consist of exotic dancers and lots of booze. Cupid has some unique ideas on how to celebrate the last night of being single:



**1. On the road:** Pile the bride or groom and a couple of close friends into a car and go wherever the road takes you. Or, surprise them by driving back to their hometown and reminiscing.

**2. Try an adventure:** Some might opt for something more physical, like adventure bachelor/bachelorette parties. After a whitewater rafting or mountain-climbing excursions, getting married will be a piece of cake.

**3. For women only:** Chances are the bride-to-be is stressed out from planning the most important day of her life. So why not let her relax with a spa party for her and her bridesmaids? It'll help her look fresh for the wedding, too.