

Taylor Swift and Jake Gyllenhaal Go on Another Coffee Date



Stock up,

Starbucks! Jake Gyllenhaal and Taylor Swift have been spotted grabbing coffee together again, this time in Nashville, according to [People](#). The new potential couple made their second stop in a week at the Frothy Monkey for a cup of java.

Gyllenhaal and Swift were also seen increasing their caffeine intake at Nashville's Crema on Monday and Fido last Saturday. All these coffee breaks haven't left these two strapped for cash, as it's been rumored that the duo tip well. **What's the advantage of a coffee date over dinner?**

Cupid's Advice:

If a dinner date has you panicked with thoughts of stuffy restaurants and a laundry list of table etiquette to remember, a laid-back afternoon coffee date may be right up your alley:

1. Keep it casual: Coffee dates are notoriously casual. You don't have to dress up, and you aren't pressured to order a smaller size with non-fat milk instead of your usual venti with a double shot of espresso.

2. You have an out: By scheduling a coffee date in the afternoon, you eliminate the awkward "end of the night kiss" scenario. You have the opportunity to arrive and leave separately, and the stiff car conversation will never take place.

3. Price point: If nothing else, grabbing a cup of joe to-go is a lot cheaper than dinner for two. So if you'd like to impress on a budget, schedule an afternoon caffeine break coupled with a stroll in the park – the perfect fall date.

Reese Witherspoon Feels Sexier with Age





As little girls, we're afraid of monsters in the closet. But when we grow up, that monster is replaced with a fear of aging. But Reese Witherspoon isn't afraid of getting older! "Funny doesn't sag!" Witherspoon tells [Us Weekly](#). The 34-year-old actress assures us that age brings more sexual confidence. "You're not as intimidated by it, not as embarrassed by it. Sexuality and femininity is an accumulation of age and wisdom and comfort in your own skin." **Is it tougher to date as you get older?**

Cupid's Advice:

Reese Witherspoon is living proof that aging isn't a bad thing. Cupid has a few reasons that dating gets easier with age:

- 1. Experience:** First dates can be awkward when you're young and haven't been on many of them. When you've been dating for a long time, things will come much more natural to you than they did when you were 20.
- 2. Knowledge:** On top of the experience, you now have dating knowledge. Because you've been dating for a long time, you know how to handle things if they take a turn for the worse. Preparation is key!

3. Confidence: When we get older, we really discover and embrace who we are. Now that you're comfortable with yourself, your confidence will shine through. That's a rare gift only age can give!

Garth Brooks Gives Teen Dating Advice on Oprah



As a father to three girls, country crooner Garth Brooks took time to dole out some good ol' fatherly advice to women everywhere on the *Oprah Winfrey Show*. "The truth is, it's the reflection in the mirror. That's the one. You can't lie to that voice inside of you." After confessing "the only thing better than playing music is being a dad," CMT reports that Brooks made sure to convey that he understands the pressure girls face when

dating, especially when it comes to older boys. “As a junior, if you’re dating a senior boy, sometimes that pushes you ahead of things you’re ready to handle.”**How do you avoid becoming a reflection of your partner?**

Cupid’s Advice:

It’s easy to get caught up in keeping the peace in a relationship. However, a relationship is between two people. Here are some ways to stay true to yourself:

- 1. Keep some space:** Before your partner, you had your friends. Getting swept away by love is easy, but don’t forget to spend some time with the people who have always been there for you.
- 2. Adjust and adapt:** Some people believe you have to change yourself to make a relationship work. Chemistry and compatibility isn’t about change, but rather adjustments and compromise.
- 3. Maintain self-awareness:** You know yourself best. Go with your gut if you’re starting to feel like you’re losing touch not only with yourself, but with the other parts of your life that make you happy.

Neve Campbell Secretly Files for Divorce from Husband,

John Light



Another celebrity couple has split! According to [Us Weekly](#), *Scream* star Neve Campbell filed for divorce from husband John Light in secret earlier this year, citing “irreconcilable differences.” The 37-year-old actress married her British actor husband, 36, in Malibu in 2007. This is the actress’ second divorce after being previously married to Canadian actor Jeff Colt.

How can you keep your divorce under wraps?

Cupid’s Advice:

When you decide to part ways with your spouse, sometimes you just need some privacy for a little while. Here’s how to keep your divorce confidential:

1. Talk to your spouse: You and your ex-partner should agree on when to go public with your divorce. Make sure you’re on the same page so that your mate doesn’t tell anyone too soon.

2. Don't say the D-word: If friends and family start noticing something has changed in your relationship, just tell them that you and your spouse are going through a difficult time, which is true.

3. Keep your records private: Most people don't realize that divorce records are public information. If you don't want the public to be able to access your papers, file a motion to have your divorce documents impounded.

Russell Crowe's Wife Calls Him 'Volatile'



Russell Crowe has a reputation for being brash, egotistical and even violent. And now for the first time, his wife even admits he can be “volatile,” according to [DigitalSpy](#). Danielle Spencer, an

Australian musician and mother to Charlie and Tennyson, said the media have turned her husband into a “caricature.” Spencer said, “He’s quite a volatile person, sure, but he also has a very warm and soft and funny side to him, too. He’s multi-faceted, as most people are, but the media doesn’t allow for shades of grey.”

How do you deal with your partner’s temper?

Cupid’s Advice:

Everyone gets angry sometimes, but some of us have a hard time controlling our temper. If your partner has that problem, here are some ways to deal:

- 1. Anger equals passion:** If your partner has a temper, it means he is a passionate person who feels deeply. Keep that in mind before you judge.
- 2. Seek help:** If your mate’s anger gets out of control, suggest therapy or anger management. Tell them you care about them and want them to be healthy and happy.
- 3. Get away:** You can only live with your partner’s anger issues up to a certain point. If he becomes violent, leave immediately and call the police.

Ben Affleck Leaves Christmas Shopping to Wife, Jennifer

Garner



Who would have pegged Ben Affleck for the old fashioned type? According to [People](#), in a recent interview with Ellen Degeneres, Affleck said that he leaves the holiday shopping up to his wife, Jennifer Garner. Although Affleck is aware that his approach to Christmas shopping may be a bit outdated, he explained himself by saying that Garner is “just an efficient Christmas-shopping machine,” while he sits around sputtering over the single gift for which he’s most responsible – the one for his wife.

What are ways to split family responsibilities in a relationship?

Cupid’s Advice:

A relationship is all about sharing. No one person can bear all the responsibility, no matter how capable they seem.

Cupid has some ways to help distribute the family

responsibilities fairly:

- 1. Based on availability:** Some weeks are more hectic than others. Figure out how much free time both of you have, and then distribute the responsibilities accordingly.
 - 2. Based on skills:** Whether it's shopping or fixing the car, you each have your own strengths. In order to get everything done efficiently, split up responsibilities based on each other's skillsets.
 - 3. Based on past decisions:** Whatever way you decide to split up the responsibilities, you should come to a decision each week or month about what each person is able and willing to take on. Then, stick to it!
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Cameron Diaz and Alex Rodriguez Vacation in Mexico for Thanksgiving





Cameron Diaz and

on-again-off-again Yankee boyfriend, Alex Rodriguez were caught canoodling in Mexico over the Thanksgiving holiday last week, according to [Us Weekly](#). The pair spent time in the sand showing off their beach bods and taking dips in the water.

The two were originally spotted together over the summer, but kept things cool in October. "They break up and get back together all the time," says a source. **Is an on-again-off-again relationship healthy?**

Cupid's Advice:

If you find yourself continuously cutting things off only to get back together a few weeks later, it may not be healthy.

Cupid has some tips on how to evaluate your relationship:

- 1. Look at the big picture:** Step back and try to see your relationship from an outside perspective. Breaking up and getting back together may seem normal to you, but it may be destructive behavior.
- 2. Make a list:** Sometimes a pros and cons list can help sort out confused feelings. Take a page from Miranda in the *Sex And The City* movie, as she used one to determine her feelings for her husband, Steve. It's an old stand-by for a reason.
- 3. Question it:** Ask yourself, "Why am I going back?" If you

can't answer the question with clarity, getting back together may be the right decision. If not, calling it quits may be the way to go.

Ryan Seacrest and Julianne Hough's Romantic Paris Holiday



What is the most romantic city in the world? Paris, of course! Ryan Seacrest had the right idea by taking his sweetheart, Julianne Hough there with his family over Thanksgiving. The group took advantage of the the City of Light by visiting a selection art galleries, shops and the best restuarants Paris has to offer. According to [People](#), Hough and Seacrest also found some alone time on their balconied terrace and couldnt keep their hands

off each other! Nothing says “je t’aime” like a nice romantic vacation.**What are the best cities for a romantic getaway?**

Cupid’s Advice:

Ryan Seacrest and Julianne Hough aren’t the only ones who want to spend some quality vacation time together. Cupid came up with a few great cities for a romantic getaway:

1. Venice: Complete with it’s unique canals, bridges, and historical buildings, Venice, Italy, is guaranteed to melt your heart. A gondola ride with your special someone will make you fall in love all over again!

2. London: Get a view of one of the most extravagant cities from above by taking a flight on the London Eye. Take a romantic stroll with your partner along one of the many beautiful rivers. No matter where you go, you’re guarenteed to have a wonderful time.

3. New York City: Even the Big Apple has many romantic options. From the bright neon lights of Times Square to the spotlights on Broadway, there’s always a feeling of excitement in the air. Go on a carriage ride through Central Park or ice skating at Rockefeller Center. The city that never sleeps offers amazing opportunities for lovers 24/7!

NCIS Star Cote de Pablo Loves Her Boyfriend for Being a Bad

Influence



NCIS actress Cote de Pablo loves her boyfriend, despite their opposite personalities, according to [People](#). “I’m in a long-term relationship with [actor] Diego Serrano, and I’m very happy,” said the actress. “He’s the worst influence that I have ever had in my life, and I love him for it.” De Pablo, 31, elaborated, saying, “Every once in a while, he turns to me and goes, ‘Live a little.’ I’ll have chicken with broccoli and he’s like, ‘What about the chocolate cake?’ If it weren’t for him, I’d be the most boring person in Los Angeles...we balance each other.”

What are the benefits of having the opposite personality of your partner?

Cupid’s Advice:

While many feel that two people need to have similar personalities in order to make a relationship work, the old

cliché “opposites attract” does have some merit. Here are some reasons:

1. It's exciting: While it's possible to have fun with a partner who has the same interests as you, true thrill often springs from the excitement you get from stepping out of your comfort zone.

2. You can learn new things: If you like shopping and your partner enjoys hiking, then the two of you can learn a lot from each other. You may discover a love of nature and your partner may begin to appreciate the indoors. You can encourage each other to be open-minded.

3. You become well-rounded: By dating people different than yourself, you gain more points of view and life experience than you would gain by staying only with what you already know.

Amazing Race Couple Chad Waltrip and Stephanie Smith Are Married and Expecting





The Amazing Race is

full of surprises, like underdogs winning it all, leaders falling into last place and challenges that test the mind and body. Love entered the picture as well when contestant Chad Waltrip proposed to teammate and girlfriend Stephanie Smith during the show's 17th season, despite their tumultuous time on the show. "Early on we struggled, had a tough time and I second-guessed myself," admitted Chad Waltrip. "I was so amped up and we fought a lot." Since the couple's elimination and intermission from the spotlight, they completed their nuptials, and are expecting their first child.

How do you cut back on fighting in a relationship?

Cupid's Advice:

Chad Waltrip and Stephanie Smith's relationship hasn't always been smooth sailing. Cupid has some ideas to make your relationship calmer:

- 1. Figure out the reason:** It's important to recognize why you're fighting, and from where the problems come. By recognizing what sparks your arguments, you can work on strengthening your relationship.
- 2. Listen closely:** Sometimes when people are angry, true feelings spill out. Pay attention to what your partner is saying, even in anger. Then, talk about those true

feelings instead of the extra fluff surrounding them.

3. Discuss in depth: If you make nice too quickly and don't discuss why you started arguing in the first place, chances are that you'll be fighting again before you know it. Sit down with your partner and have a calm discussion about what you can do to strengthen your relationship and prevent further arguments.

Michael Phelps is Dating a New Woman!



It looks like even the busiest Olympic athletes are finding time for some romance these days! Olympic gold medalist,

Michael Phelps, has been spotted around town with jewelry designer and reality TV star, Brittny Gastineau. According to TV.com, the duo appear to be in the early stages of their relationship. This seemingly unlikely pair have more in common than just their good looks. Gastineau's father is former Jet's player Marcus Gastineau, which allows her to understand Phelps' athletic background. However, sources say that Gastineau has been in long-term relationships her whole life and is just looking to have a little fun.

Is it okay to date only for fun?

Cupid's Advice:

We all know how amazing it is to be in love. But sometimes you might just want to play the dating game without all the extra responsibility. Here are sometimes when that's okay:

- 1. When you're young:** You have your whole life to be tied down, and once you find Mr. Right, he'll probably be around for a while. Get a feel for what's out there before you make a decision.
 - 2. You just got out of a relationship:** If you just called it quits on a serious relationship, take some time to have a little fun. See what else is out there!
 - 3. When you're figuring yourself out:** Sometimes we have so much going on in our lives that the last thing we need is another obligation. It's perfectly fine to go out, let loose, and have some fun on the dating scene without all the pressure.
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Harry Potter's Tom Felton Accused of Fathering a Secret Love Child



Harry Potter and the Deathly Hollows stars are used to spending time on the red carpet, but now they're under fire in the tabloids. Seven male stars from the *Harry Potter* film series have been accused of fathering a secret love child via an anonymous postcard published on the blog, Postsecret.com. Actor Tom Felton, who plays Draco Malfoy in the *Harry Potter* series, said via Twitter, "My friend just found this on the web! Just to confirm that I can be cancelled out of this equation." Oliver and James Phelps, who play George and Fred Weasley respectively, also denied the accusation, but Daniel Radcliffe, Rupert Grint, Jason Isaacs, and Alan Rickman have yet to comment.

How do you handle secrets in a relationship?

Cupid's Advice:

Truth and honesty are necessary for a healthy relationship, but sometimes sharing secrets seems to do more harm than good.

Cupid offers some thoughts on how to spill unsavory surprises to your partner:

1. Consider the situation: If you're as shocked to learn about something as Tom Felton was, look at the big picture. Figure out if your partner is likely to hear the news, if the information will affect your relationship, and if it's something that should be taken seriously.

2. Put yourself in his shoes: Think about how you would take this news if it were the other way around. Use your partner's personality as a guide for breaking the news.

3. Establish a policy of full-disclosure: If your secret isn't a surprise to you like it was to Tom Felton, take this opportunity to re-establish the trust in your relationship. Explain why you didn't share right away, and make a pact to be more honest in the future.

Taylor Swift Likes Living Alone





Even though Taylor

Swift is rumored to be dating Jake Gyllenhaal, she's still enjoying her independence, reports [People](#). The 20-year-old singer recently appeared on *Chelsea Lately* to discuss the perks of having her own place. "Living alone you can do so many fantastic things," Swift told Chelsea Handler. "You can walk around and have conversations with yourself and like, sing your thoughts... I think I'm the only one who does that." **What are benefits to living without a partner?**

Cupid's Advice:

Shacking up with someone is great, but it's also nice to live alone and have "me" time all the time. Here are some of the pros of living by yourself:

- 1. Do what you want:** When you live alone, you're on your own schedule. Being able to do what you want when you want is a major plus.
- 2. Enjoy your privacy:** Living without a partner means you can do things like walk around without clothes on, sing at the top of your lungs or have conversations with yourself, like Taylor Swift!
- 3. No roommate issues:** We've all lived with someone who drives

us crazy. Roommate fights are inevitable, and living by yourself helps you avoid all that drama.

Kim Kardashian and Gabriel Aubry's Romantic Thanksgiving



It looks like things between Kim Kardashian and Canadian model Gabriel Aubry are heating up! The pair spent a romantic Thanksgiving together in Los Angeles, according to [RadarOnline](#), Kardashian and Aubry were spotted catching a late night showing of *Burlesque*, starring Christina Aguilera and Cher. The reality star's sexy outfit included high heels, a short skirt, and a tuxedo jacket and her date's classic ensemble of a pressed white shirt and black pants left no doubt that the two were on a date. Suspicions of a new romance were heightened when the

two drove away in Gabriel Aubry's white Rolls Royce Ghost. **Does what you wear on a date send hints to your partner?**

Cupid's Advice:

What you say is only one form of communication. Both body language and your choice of clothing also play a significant role in how your date perceives you. Cupid has some advice on how to send the right signals:

- 1. Smiles are always in style:** If you're enjoying yourself on date, always wear a smile.
- 2. Too sexy is not the way to go:** Though you may want to impress your date by showing off your hot bod, leaving something to the imagination sends a more positive signal. Try showing off only one feature at a time. If you're sporting a short skirt, wear a conservative top.
- 3. Dress up:** Though you don't have to go all-out, putting effort into what you wear on a date is always appreciated.

Date is Set for Prince William and Kate Middleton's Marriage





The date is set!

According to [People](#), Prince William and his new fiancée, Kate Middleton, have decided on a spring wedding. The royal union is set to take place on April 29 of this coming year at Westminster Abbey. Both Prince William and Middleton wanted as short of an engagement as possible, and they got their wish. The wedding, which will make Middleton the first non-royal to marry into the royal family in a very long time, will mark a new public holiday for the UK!

When should you get married?

Cupid's Advice:

- 1. Autumn:** There's a reason why the fall is the most popular time for couples to get married. With a gorgeous setting for outdoor picture taking, an autumn wedding will leave you with the least headache, at least weather-wise.
- 2. Summer:** Runner-up as the most popular wedding season, summer is one of the best times to tie the knot. If you're dreaming of a wedding on the beach at sunset, mark your calendar for June, July or August.
- 3. A meaningful date:** Ditch traditional wedding seasons and get married on a date that's special between you and your

partner. It may be the anniversary of the first time you met, your first date, or even the first time you kissed.

Did Heidi Montag Have a Crush on her Plastic Surgeon?



Heidi Montag says she's madly in love with her husband, Spencer Pratt, but did she have eyes for someone else? According to [RadarOnline](#), the former *Hills* star may have had a secret crush on her plastic surgeon, Dr. Frank Ryan, who recently died in a car accident. In fact, sources say that the crush bordered on obsession. Montag tried to see Frank as much as possible, going so far as to get ten plastic surgeries in a single day. "I believe she was romantically obsessed with him ... She saw him as a

night in shining armor,” says Dr. Ryan’s close friend, Dawn DaLuise. However, Montag claims that it was Dr. Ryan who wanted her to be his “barbie doll.”

How can you tell if your partner is obsessive?

Cupid’s Advice:

Though Heidi Montag and Dr. Frank Ryan weren’t dating, many relationships can go sour due to an obsessive partner. Cupid has some tips on how to tell if your partner’s *too* into you:

1. He checks in constantly: There’s nothing wrong with the occasional text or phone call when you and your partner are apart. But if your special someone is constantly bugging you about where you are and who you’re with, maybe they shouldn’t have your number!

2. He’s overly jealous: Jealousy is inevitable in any relationship, but if your partner is questioning you about every friend you’re texting and wincing when you talk to a member of the opposite sex, he may be confusing love with infatuation.

3. He shows up uninvited: It’s one thing if your boyfriend graces your workplace to give you flowers on a special occasion and quite another if he’s constantly showing up uninvited. You may want to have a serious talk about boundaries.

'The Bachelorette' Couple Ali Fedotowsky and Roberto Martinez Make Holiday Plans



Engaged

Bachelorette couple Ali Fedotowsky and Roberto Martinez aren't sure of their holiday schedule yet, because "scheduling is difficult," says Fedotowsky. One thing that is for sure, however, is that the blonde *Bachelorette* wants a yellow beach cruiser and Christian Louboutin shoes "really bad" for Christmas, according to [Us Weekly](#). Unfortunately, there's one issue with her wish list. Martinez says, "I don't know what they look like!"

How do you resolve holiday scheduling conflicts with your partner?

Cupid's Advice:

Once you bring a partner into the picture, it can be tough to make everyone in your family happy over the holidays. Cupid has a few suggestions:

1. Prioritize: Take time to discuss what's important to both you and your partner. Make sure to at least satisfy number one on each of your lists.

2. Consider your family situation: If one side of your family has 15 people getting together for the holidays and the other side only has five, go by the numbers. Go where your presence will be most appreciated.

3. Compromise: If you and your partner's families live close to one another, split up your time. Spend Christmas Eve with one family and Christmas Day with the other. If they live far apart, switch off by year instead.

Kim Kardashian and Gabriel Aubry: Newly Dating?





New couple alert!

Rumors are flying after Gabriel Aubry and Kim Kardashian were spotted sitting together at an L.A. Lakers game. A source tells [People](#), “They’ve been dating a little bit.” Gabriel Aubry’s ex, Halle Berry has already moved on after their split earlier this year, and it looks like the Canadian model is doing the same with Kim Kardashian. While the curvy reality star was enjoying being single, she had also complained about her lack of a love life. **How do you take your time in a relationship?**

Cupid’s Advice:

If you want a relationship to last a long time, you have to move at your own pace. Here’s how:

- 1. Wait until you’re ready:** Don’t hit the milestones in a relationship just because they’re there. For example, say, “I love you” only when you feel ready.
- 2. Lighten up:** If you just ended a serious relationship with someone like Gabriel Aubry did, don’t get serious again right away. For now, date without thinking about where it could lead.
- 3. Don’t use labels:** If you want to take your time in a

relationship, wait a while to make it official. Using the labels “boyfriend” and “girlfriend” too early could put pressure on the relationship.

David Arquette Parties in Miami Following Separation from Courteney Cox



Post-separation from Courteney Cox, David Arquette hit the Miami party scene while simultaneously posting his escapades on Twitter. According to [People](#), the actor was quite the party hopper. He stayed at the Fontainebleau and made

appearances at LIV nightclub and Arkadia. He even took time out of his drinking schedule to get a tattoo of his grandfather. A source close to the actor revealed that much of this crazy behavior was a direct result of his separation from Cox. "He was dumped by his wife of 11 years. His answer to that is to go out and party and try to forget about everything and have fun."

What are the best ways to temporarily forget about a breakup?

Cupid's Advice:

Though there is no best way to get over a broken heart, Cupid has some ideas for temporary relief:

- 1. Party responsibly:** There's nothing wrong with a night out on the town with friends after a break-up, but don't overdo it by drinking past your limit and doing something you'll regret.
- 2. Get away:** A vacation is a great way to forget about things for a while. If it's out of your budget, go to a spa or take a walk to get back in touch with nature. Anything you can do to rediscover yourself is a positive step.
- 3. Find a new hobby:** If there's an activity you've always wanted to pursue, now is a great time to look into it. Not only will it get your mind off of your break-up, but you may also make new friends!

Miley Cyrus Caught with New

Guy at Birthday Bash



Miley Cyrus definitely had fun at her birthday party last weekend. The teen star and fellow teenage actor, Avan Jogia were getting cozy at Trousdale nightclub, reports [Us Weekly](#). Jogia, an actor for the Nickelodeon show *Victorious*, was seen nuzzling the neck of a very scantily-clad Miley Cyrus. As Cyrus turns 18 on Tuesday, she says that her birthday celebrations will continue indefinitely. “I have a birthday month,” she explained. “I do the whole month of November. Thanksgiving, cake – [it’s] all about me on Thanksgiving!”

What are the benefits of dating around?

Cupid’s Advice:

While avoiding relationships and constantly dating new guys can be controversial, dating around does have some benefits. Here are a few advantages:

1. You have extra time: When you're in a serious relationship, a large amount of your time is given to your boyfriend. By having casual flings instead, you have spare time to devote to your career and hobbies.

2. You find out what you want: Especially when you're young, you may not know what kind of partner you need in. By dating around, you discover certain personality traits you prefer and other's you don't.

3. Mistakes are less tragic: Everyone makes mistakes. However, they're easier to recover from in a casual relationship. The absence of pressure makes it easier to move on and to learn from your blunders more gracefully.

Courtney Cox Deals with Separation from Husband, David Arquette with Humor and Hard Work





Courtney Cox's

recent split with husband David Arquette has been making quite a few headlines. Unfortunately, news of the break-up has also been affecting Cox's daughter, six-year-old, Coco. The actress' *Cougar Town* costar Josh Hopkins told [People](#), "The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courtney took Coco to school." Though Courtney Cox has remained strong at home and professional at work, "Coco [still] sees these things, because [paparazzo are] not a normal thing in any respect, and she is a precocious child."

Hopkins went on to explain that the couple's split is tougher than most due to their celebrity status. "There's no doubt they have a lot to deal with right now...more than you would in your average separation."

How do you keep a breakup from affecting your children?

Cupid's Advice:

Recovering from a breakup is hard, and it's even tougher the children involved. Cupid has a few tips to keep your children relatively unaffected:

1. Cooperate with your ex: Nothing is more harmful to your children than a battle for custody. Meet your ex halfway, and

make some compromises. A civil and orderly split will make the separation much easier.

2. Be supportive: Make sure your children know that the split will not affect your feelings for them. They need to be aware that they're loved, even if you and your ex may not feel that way about each other.

3. Give them time: No matter how masterfully you handle your breakup, your children will be at least slightly affected. It may be rough now, but in time and with care, your children will adjust.

Biggest Loser's Sam Poueu Proposes to Fellow Contestant Stephanie Anderson





It's official!

Former *Biggest Loser* contestant Stephanie Anderson plans on saying "I do" to fellow contestant Sam Poueu, according to [Us Weekly](#). Poueu popped the question at NBC's *Biggest Loser* ranch in California. "I wanted to go back to the ranch, because that's where it all started," said Poueu. The two, who collectively lost 241 pounds on the show, are now ready to build a life together, and they want their *Biggest Loser* family to be there when it happens. "They know what we've been through," says Stephanie Anderson. Though the groom's brother will be his best man, his cousin and partner on the series, Koli Palu, will be a groomsman. Between the announcement and the wedding decisions, the couple has been too caught up in all the excitement to set a date!

What are ways to decide who will be at your wedding?

Cupids Advice:

Like Sam Poueu and Stehphanie Anderson, engaged couples have to face the difficult decision of who to have at their wedding. Cupid has some tips:

1. You couldn't imagine it without them: The first thing you should consider when deciding on guests is what the wedding would be missing without them. Consider looking at wedding

photos 10 years down the line. If you want to see them in the memories, invite them to the wedding.

2. You've known them for a long time: Next, you should think about the people who have been present in your life the longest. Usually these are the people who will still be in your life long after the wedding!

3. You attended their wedding: If you still have room for more guests, invite those who invited you! If you were special enough to be in their wedding, return the favor!

Mandy Moore Discusses Happy Ending with Husband Ryan Adams





It looks like

there's at least one celebrity couple we can count on. After two years of marriage to musician Ryan Adams, Mandy Moore is still very much in love. The actress and singer recently told [People](#), "I feel very supported and loved and at peace ... I got my own little happy ending." And for Moore, happiness is found in the little things. After mentioning how "nerdily obsessed" she and her hubby are with their two cats and dog, the actress added, "We're big homebodies ... We never want to leave [the house]." **How do you have fun staying in for the night?**

Cupid's Advice:

Going out on the town can be exciting, but sometimes you just need to chill out at home. Here's how to make the most of staying in:

- 1. Be romantic:** Just because you're staying home doesn't mean you have to forgo romance. Cook an extravagant dinner for your partner, and then snuggle while you watch a corny movie.
- 2. Go old school:** Dust off that old game of Chutes & Ladders or Monopoly and go wild. A retro game night will help you bond.

3. Get close: Are you usually too busy or too tired to get quality intimate time with your partner? Use this opportunity to try new things in (and out) of the bedroom.

Pink is Pregnant with Husband, Carey Hart



In a black Janey Lopaty Vintage Couture dress, Pink graced the red carpet at the American Music Awards over the weekend, right after announcing her pregnancy on the Ellen DeGeneres Show. Standing with husband, Carey Hart who lovingly patted her growing bump, it's evident that the couple is overjoyed with the news, according to [Us Weekly](#). Pink told reporters, "I'm feeling great! Hungry!" But before you contemplate the

possibility of a surprise pregnancy, Pink clarified saying, “I worked for it. It was not an ‘Oops.’”

What are unique ways to celebrate your pregnancy? Cupid's Advice:

With only nine months to enjoy pregnancy, here are some ways to commemorate this special time:

1. B is for belly: Alanis Morissette shared a way to remember her pregnancy by tweeting a picture of her henna-covered baby bump. Other bump-related ways to remember include a belly cast, nude professional photos or belly painting.

2. V is for videotape: A beautiful gift that can one day be shared with your baby is a recording, which follows your pregnancy from start to finish. Document the growth of your bump, how you and your partner are feeling and hopes and expectations!

3. S is for surprise: A way to let friends and family know your exciting news is to gather them around for a group photo. Ask everyone to say, “Jenny’s pregnant!” for the camera, and the stunned faces will last for years.