

# Thomas Jane & Patricia Arquette Call It Quits



Thomas Jane and

Patricia Arquette are really getting a divorce this time. According to [People](#), this isn't the first time the couple have tried to divorce. Arquette filed last year and withdrew her petition after a reconciliation. The couple is now restarting the process after four years of marriage. At least there's no hostility in this breakup. "The split is completely amicable and their prime focus is their daughter," says a rep for the *Medium* actress. She and her *Hung* beau met in 2001 through friends, hit it off, and got married in 2006 in Italy. They have a 7-year-old daughter, Harlow Olivia Calliope, together.

**How do I decide if divorce is the best option?**

Cupid's Advice:

Divorce can be ugly, and it can get expensive. Even though it

isn't easy, sometimes it's absolutely necessary. Cupid has some tips to tell if it's the right path for you:

**1. Tried and failed:** If the two of you have tried everything in your power to make things work and there is still no improvement, then you might not be able to save your marriage after all. It's best to go your separate ways before things get worse.

**2. Abuse:** If your partner is abusing you mentally, physically or emotionally, you need to get help! If he or she threatens to hurt you in any way, then this is not a healthy relationship, and a divorce is more than a reasonable solution.

**3. Leftover love?** Most couples call it quits when they think there is no love or affection left in the relationship. Don't jump to conclusions – seek the help of a marriage counselor before deciding.

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## Katherine Heigl & Josh Kelley Move to Utah





As reported on [Us Weekly](#), Hollywood couple Katherine Heigl and Josh Kelley have left sunny L.A. in favor of the mountains of Utah. Heigl and Kelley married in Utah and are psyched to be moving there with their one-year-old daughter, Naleigh, who they adopted from Korea. The couple plans to spend their time between Nashville and Utah.

**When couples have children, should they move out of the city in favor of a more suburban or rural area?**

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

When it comes to married life, everyone seems to think of the picturesque house in the suburbs surrounded by a white picket fence. Though this has its benefits, it's not a requirement for a happy family:

**1. More space:** If your small apartment in the heart of the city has no room for a nursery, it may be a good idea to get a bigger place where space is more affordable. A larger living area can provide you with a smoother transition from married to family life.

**2. Make an educated decision:** For this move to work, both people must be on the same page. If one wants to make the move while the other does not, there will be problems. Spend

a sufficient amount of the time talking, thinking, and doing research about it before taking out your next mortgage or signing a new lease.

**3. There's no place like home:** If you decide that it's better for you to stay where you are, that's also a great option. If you feel secure where you live, your family should, too.

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## David Arquette & Courteney Cox Argue Over Her Show Cougar Town



Courteney Cox and David Arquette are experiencing some trouble in paradise. Cox wants to gather up the old *Friends* gang and have them reappear on an episode of *Cougar Town*, Cox's latest comedy series. According to a source on [Betty Confidential](#), "David

isn't happy about it." But apparently, Cox has already called up Jennifer Aniston, Matt LeBlanc, David Schwimmer and Matthew Perry to make appearances. The source adds, "He told Courteney, 'This is not *Friends*. This is *Cougar Town*.' They kind of got into an argument about it during a staff meeting. He wasn't happy when Courteney asked Lisa Kudrow to appear on their show last season, but Courteney won that battle." It seems that Cox will win this battle, too; she's already come up with a plot and characters for Perry and Aniston.

## **How can you persuade your spouse to be more supportive?**

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

Unsupportive partners can put a strain on any relationship. Cupid has some tips on how to make your way through it:

- 1. Understand:** You need to understand why your partner is against your decision. Try to find out what benefits he or she sees by choosing the opposite standpoint. Ask lots of questions to help you figure out why they are against the situation, then address their points.
  - 2. Weigh options:** You might find that your partner's point of view has a lot of reasoning behind it, so don't just dismiss them because you don't like it. Try to find an in-between so that you are both happy with the outcome.
  - 3. Be honest:** Don't lie, exaggerate, or go behind your spouse's back to get what you want. If it's a big decision, such as going back to school, your partner will find out eventually, and will be even more upset you lied.
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# Drew Barrymore Loves Working with Justin Long!



Spotted! At a red carpet event in celebration of her *Nylon* cover, [E! News](#) interviewed Drew Barrymore about her costar Justin Long. “He, by the way, is the most wonderful person to work with” the star gushes. Barrymore and Long have been in an on-again, off-again relationship for awhile, and although she refused to comment on their current status, the two have teamed up for the new movie, *Going the Distance*. While rocking a vintage dress, Barrymore added, “I’m so excited about this movie. As a girl, I relate to this movie and the boy in me loves the comedy in this movie. It is a very good date movie!”

**Is it a good idea to work with your significant other?**

**Cupid’s Advice:**



Being in a relationship with a co-worker can lead to office gossip and the possibility of blending business with pleasure. Cupid has some ways to keep things from overlapping and work alongside your partner:

**1. Alone time:** Being together for most of the day can cause some tension. Find some type of outlet that will get you away for a couple of hours a day, like a separate group of friends or a hobby.

**2. Less arguing:** Keep an open line of communication, and listen to your partner's feelings. You can minimize fights by frequently checking in with each other to see how their professional and personal lives are doing. This will also lessen the chances of blending the two.

**3. Limit convos:** Don't let work take over your personal life. If you notice that all you talk about at home is the office, then bring up new subjects, like vacation ideas, what to do this weekend, or even the weather, as long as it gets you out of that same-old topic of conversation. This applies vice-versa as well. Don't bring arguments or discussions from home into the workplace.

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## Stephanie Pratt is an Advocate of Serial Dating





Reality star

Stephanie Pratt is somewhere in between single and seeing someone...or seeing more than just one person. Post-*The Hills* and her public breakup with motocross boyfriend Josh Hansen, Pratt has declared she'd like to explore the world of dating limbo. As she told [People](#), "I'm seeing two guys right now, and it's actually way more fun than seeing one guy. I've never done something like this before, but it's really quite lovely!" Pratt claims that the best part of this experience is that it makes guys more trainable. "It trains them to ask for dates a lot earlier in advance," she said. **Is it a good idea to date more than one person at once?**

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

Dating always has its ups and downs. It can be heartwarming and heartbreaking at the same time. Even if you aren't seeing multiple people, it is still important to explore other aspects of life.

- 1. Keep your options open:** Especially at the beginning of a relationship, it's important not to put all your eggs in one basket. It may seem like the real thing, but it might be too soon to tell. Therefore, there is no harm in continuing to see other people at beginning stages of dating.
- 2. Don't be too available:** If someone is too eager and willing



to drop everything for someone else, it can be a huge turnoff. Never go out of your way for someone who won't do the same for you.

**3. Be up front about it:** If you're going to pursue seeing multiple people at the same time, tell your partner from the beginning, and accept that they too can see other people. It's not right if one side is completely committed while the other is out on the town with someone different every night. If one party starts getting jealous, then maybe it's time to consider a committed relationship.

Whether you're monogamous or dating multiple people, the key is to never be too available. Relationships succeed when both people continue to have their own interests.

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## Julianne Hough Handles Ryan Seacrest's Fame





They usually try to keep a low profile, but Ryan Seacrest and Julianne Hough went out in public over the weekend, cruising around Los Angeles in Seacrest's convertible Aston Martin, and enjoyed brunch at the Four Seasons poolside restaurant, Cabana, [People](#) reported this week. Despite both wearing hats, Seacrest was recognized and approached by fans...and Hough wasn't. However, she played it cool, waiting by his side while Seacrest greeted them.

**How should you act if people want to talk to your partner, but not you?**

Cupid's Advice:

It can be awkward when you're out with your other half and people only talk to him or her. Here are some of Cupid's tips on playing it cool while you wait it out:

- 1. Stand by:** Even if you might feel silly just standing there while your significant other fields questions and chats away, standing by and being patient shows your support.
- 2. Smile:** If it turns out to be a more than a quick question or chat, smiling will assure your partner and whoever he or she is talking to that you're not grumpy about the situation, even though you may be.

**3. Don't create a scene:** If the conversation veers away from friendly to flirty, and people start hitting on your partner, don't step in or get mean. Your mate is with you for a reason, and since you're standing right there, you have no reason to worry about anything.

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## Jonathon Schaech & Jana Kramer: It's Over!



Jana Kramer and Jonathon Schaech, who met while filming the movie *Prom Night*, have given up on their marriage, and are planning their divorce just over a month after their nuptials were exchanged. "Jana and Jonathon have agreed to dissolve their marriage," the couples' rep told [E! News](#). "Jana is humbled by the outpouring of support from her fans, friends and family, and appreciates the respect of her privacy."

## What do you do when a marriage ends so soon?

### Cupid's Advice:

According to the Center for Disease Control and Prevention, about half of the couples who marry in the U.S. end up divorced. If the marriage can't be saved, Cupid has found some ways to help you move on:

**1. Ending amicably:** This may or may not be possible, but in order to get back on track, you'll do better knowing that you gave it your all. Although the marriage failed, you don't have to hate your ex.

**2. Take some time:** When a relationship makes it to the marriage point and then ends, you should spend some time alone with yourself to reflect. By learning how to live on your own, you have a greater chance of meeting someone who you're really meant to be with in the future.

**3. Look to the future:** Once you're ready to put yourself back out there, plan your approach by implementing your recent reflections, know what to avoid in future partners, and start small.

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## Jesse James' Ex Janine Lindemulder is Following

# Along!



Jesse James' ex-wife Janine Lindemulder is heading south to Austin to be with her daughter, [E! News](#) reported this week. After a court battle, Lindemulder was granted joint legal custody of daughter Sunny, but the celebration was cut short when James received physical custody, deciding to move down to Austin, TX with their child.

The former adult film actress was originally uncertain about the move because she wasn't sure if she could provide a lifestyle of equal standards for the child like James and former step-mom, Sandra Bullock, had given her. In addition, E! News reports that Lindemulder requested additional funds. Sunny's parents deliberated the \$6,500 increase in support in court Monday.

**Would you move near your ex to be closer to your children?**

## **Cupid's Advice:**

If your divorcee is moving away with the kids and you plan to follow, Cupid has some things you should consider first:

**1. Reason:** Make sure you understand the reasons for the move. He or she may not be doing it to hurt you, especially if there are financial reasons involved. The move may be what's best for your children, so don't simply follow along because you think your ex is trying to keep you away from the kids.

**2. Move along:** Any move is life-altering. You'll need to change your address, house, and possibly your career and friends. Before making such a big step, consider your financial resources, and ask yourself if you're really willing to make this change.

**3. Awkwardness:** Maybe your ex moving away is a good thing. Have you considered all the possibilities? How would you react if your ex started dating again? Being nearby with so many mutual connections outside of your children (like teachers and doctors) might spur up some awkward meetings and conversations.

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## John Travolta & Kelly Preston Look Forward to New Baby







It was all smiles last weekend for a pregnant Kelly Preston and husband, John Travolta, who partied at the Celebrity Centre of Scientology. The couple attended the centre's annual bash with their daughter, Ella. As reported on [E! Online](#), Travolta and Preston are now looking toward a bright future with a new baby a year after the devastating loss of their son.

## **How can a couple survive the loss of a child?**

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

The loss of a child is one of the most devastating things anyone can possibly go through. Many marriages have ended soon after such a tragedy. Cupid has some insight on how to survive such a loss and build a stronger relationship through it:

**1. Support each other:** At a time like this, you need to be a couple more than ever. No one can go through losing someone close to them alone. However, remember that everyone grieves differently. When one person may feel angry, the other may be deeply saddened. Pay attention to and respect the way your partner wants to grieve.

**2. Kids come first:** If you have other children, they are

certainly feeling this loss, as well. Both partners must be strong for the other children and make them feel as secure as possible.

**3. Moving on:** Though the sadness surrounding the loss of a child never really goes away, it's important to celebrate and remember your child's life together as a family. A small memorial can be a wonderful reminder of the life they led, and the act of building a memorial can also be a great way to reconnect with your partner and family.

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## Kellie Pickler & Fiancé Are Planning a Unique Wedding



Kellie Pickler got engaged to her songwriter beau Kyle Jacobs in June, and

they're slowly but surely making wedding plans, even if that means being a bit non-traditional. Pickler told [People](#) magazine that Jacobs is a "snapper" – he stands and snaps his fingers on the dance floor – so there won't be a first dance at their wedding. And with their love of all kinds of animals, the couple is thinking about having their pet python be the ring bearer!

## **How do you plan a unique wedding that represents you as a couple?**

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

A wedding is a special occasion, a milestone in life, and should represent the couple being united together. But if the couple doesn't care much for tradition, it may rock a few boats. Here are Cupid's tips on planning the wedding of your dreams while still pleasing your guests.

**1. Compromise:** Maybe you both don't want to do the traditional first dance, but your grandparents' eyes tear up when they hear you won't be hitting the dance floor as a couple, and will instead boogie right into the YMCA. Instead, keep another traditional part of the ceremony or reception in tact, like the bouquet toss, to make family members happy.

**2. Don't go too over the top:** You and your fiancé are different, so your wedding should be unique. But keep it in check, or it could get tacky, or just plain weird. Ask friends or family members for their opinions before making final decisions.

**3. Don't get in over your head:** Releasing doves the moment you kiss and swans walking around the cocktail hour area might sound perfect, but doves are hard to orchestrate and swans can get mean and nasty. You want the picture-perfect wedding, but not everything is realistic. Do yourself a favor by hiring a wedding planner to help figure out what you can afford, what

works for your budget, and what will still look fabulous and keep guests talking long after the wedding.

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## Scott Disick & Kourtney Kardashian Are in a “Good Place”



Scott Disick's out-of-control alcoholic behavior in past episodes of *Kourtney and Khloe Take Miami* has left the Kardashian sisters worried. However, the girls say they have seen huge changes in Kourtney's beau. In an interview with [E! Online](#), Kim defends Disick, saying, "I have seen a big change in Scott and I have actually seen him make a transition." Kourtney added, "We're in a really good place," but admits that it's hard to watch

these episodes. “I think that it escalated to a point where he would even get scared,” added Kim. “He has made so many changes that are so obvious that I can’t help but accept him now.”

## **Can a leopard change its spots?**

### **Cupid’s Advice:**

Change can be hard – should you ever expect someone to truly change their habits? Cupid has some advice to help you weather the storm:

**1. The want to change:** According to psychotherapist Michelle Gottlieb, “People can change if there is enough motivation.” It’s harder to change personality traits, compared to habitual traits like Disick’s, but in both cases, it *is* possible, depending on how much effort and willpower a person puts forth.

**2. Roadblocks:** As people encounter roadblocks, they are most likely to slip back into their old habits (e.g. you’ve quit carbs but your friends eat them in front of you, which may make you order carbs). Make your attempt at change public so your friends and family are less likely to put you in tempting situations.

**3. Slow and steady:** Just because you decided to make a change in your life doesn’t mean that you have get there by tomorrow. Make realistic goals, like smoking one less cigarette each day. Take your time, and the results will slowly progress.

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# Bristol Palin & Levi Johnston On “Friendly” Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#) magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Sener on his arm.

**What do you do when an ex moves on faster than you do?**

**Cupid’s Advice:**

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the separation. Johnston, on the other hand, has been out and about with Sener. It’s important to accept that your ex might be quicker to bounce back than you are, and to work on



getting yourself to a good place, rather than focusing on the other person.

**1. Get out there:** While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

**2. Don't give in:** If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

**3. Love yourself:** In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.

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## Lebron James' Girlfriend Says "Miami Was Not My Favorite Place"





Longtime girlfriend of LeBron James, Savannah Brinson, recently told *Harper's Bazaar* that she wasn't thrilled about moving to Miami. "Vacationing there is great. You go for three days and get some sun and it's time to go home." While it's not her first choice for a permanent residence, Brinson said, "It will definitely be an adjustment, but we'll make it." She added, "We're not complaining. Whatever LeBron felt was comfortable, I'm with him. I just love him so much." **What are some ways a couple can adjust to a big move?**

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

Whether you have money to spare or you're struggling just to get by, where you live can't always be planned. You may need to relocate due to a job change, or maybe you simply need a change from your current situation. Either way, Cupid has found some ways to help you adjust to your new surroundings:

**1. Research the area:** One of the best things you can do for yourself and your loved ones is to take a look at where you're going ahead of time. City-Data.com is a great site to learn about schools, neighborhoods, and local shopping establishments across the country.

**2. Plan a look-see trip:** When making a big change, it's helpful to visit the area ahead of time if you can, even if

it's just for the day or weekend. You can learn a lot about a location by driving through it.

**3. Talk to your family:** Even if the location choice isn't negotiable, it's important to include your kids and partner in conversations where you can discuss options, such as school choices, that *are* available. Remember, they're going through these changes with you.

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## Ronnie & Sammi Still Struggling at the 'Shore'



And the drama continues! After drunkenly carrying on with countless girls at a Miami nightclub in season two's first

episode, *Jersey Shore* reality star Ronnie returned home to cuddle up with ex-girlfriend, Sammi. When Sammi asked if he had been with any girls that night, he lied, answering no. The two seemed to rekindle their romance during last week's episode when Sammi held Ronnie's hand as he got a tattoo.

**Is it possible to fully restore trust to a relationship after lies are uncovered?**

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

Lying and cheating most often marks the end of a relationship. However, if the guilty party is truly sorry, and shows it through their actions, then the relationship may still succeed:

**1. Repeat offenders:** Past behavior is always the best predictor of future behavior. In a case like this, one does not apologize with words, but with actions. Those who mean their apologies won't make the same mistake twice.

**2. Don't be too trusting:** Sometimes, one party wants so bad to trust the other that they ignore the obvious. When it comes to being in a healthy relationship, one should always keep in mind the saying, "Fool me once, shame you you; fool me twice, shame on me."

**3. Getting past it:** If the cheater shows true remorse and bends over backwards to make things right again, their partner shouldn't continue to hold their mistake over their head. If they want the relationship to work, both people need to leave the past where it belongs.

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# Jersey Shore Boyfriends Strike Out



Got a fever for *Jersey Shore* cast? You're in luck – they're single! Snooki, Sammi Sweetheart and JWoww have broken up with their respective partners, [E! Online](#) reported last week. Despite Snooki's dumping her "Gorilla Juicehead" beau, Emilio Masella plans to win her back. "I've been doing everything crazy to that you can think of to get MTV's attention," he told E!. JWoww's manager boyfried, Tom Lippolis, won't speak on their issues, but commented, "I've been better." Lastly, *Jersey Shore*'s favorite couple from season one, Ronnie Magro and Sammi, have been in an on-again, off-again relationship for a while. They're currently off-again.

**How can you survive the summer while being single?**

Cupid's Advice:

Summer promises warm days, long nights, beaches, parties, and

even that summer fling. But if everyone is hooking up and your left in the dust, it can get a little lonely. Cupid has some ways to deal when you're not getting your fair share of the summer hook-up:

**1. Enjoy it:** Summer is the time to bear it all. From bikinis and daisy dukes to shirtless pecs, say hello to some well-deserved eye-candy! There are plenty of fish in the sea, but they're all crowding the beach while the weather is still warm. Head to your closest shore and feel free to ogle the goods.

**2. Friends:** You can never have too many friends. If your buds are spending more time with their significant other, find some new people to kill time with. Who knows – you may end up meeting someone to spend those long summer days with.

**3. Family:** No one knows you better than your family, so spend your time with them. It's less awkward than being the third wheel. Going to barbecues and family picnics will take your mind off of things.

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## Hilary Duff's "Imminent" Wedding







Ex-Disney star

Hilary Duff and fiancé Mike Comrie of the Edmonton Oilers have planned a quiet affair for their upcoming wedding, [E! News](#) confirmed last Friday. The two have been engaged since February, and a source close to the couple told E! News that the wedding is “imminent.” The couple is finalizing their preparations for the big day, which is happening this month. **What finishing steps do you need to prepare for your wedding?**

### **Cupid’s Advice:**

Duff and Comrie have been taking dancing lessons to get ready for their nuptials, but there are a few key steps that many couples might overlook during the hustle and the bustle before the big event.

**1. Beautify:** This should ideally take place a week or so before the wedding. Haircuts and final teeth whitening appointments should happen while there is still time to correct any mistakes.

**2. Game plan:** There are certain aspects that even the best wedding planner might not know to prepare for. Does the best man have a tendency to make raunchy comments when he’s drunk? Have an aunt who’s a bit of a cougar with her eye on one of the groomsmen? Prepare for these situations ahead of time.

**3. Happy honeymoon:** The last thing you're thinking about as your wedding approaches is the idea of the aftermath, but it's a key ingredient, too. Make sure you have all the plans set for getting from wedding mindset to honeymoon mode without a hitch.

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## Amy Poehler & Will Arnett Welcome Another Son



Amy Poehler and Will Arnett welcomed their second son, Abel James Arnett, weighing 7 lbs., 13 oz. on Friday morning, adding to their growing family. Their first son, Archie, will be turning two this October. Their rep told [People](#), "Amy, Will, Abel and Archie are all healthy and resting comfortably."

## How do you prepare your older children for a new baby in the family?

### Cupid's Advice:

There are several ways to make your current child(ren) comfortable around new arrivals, starting while you're still pregnant, or thinking of becoming pregnant. Read what Cupid has to say:

- 1. Talk to your kids:** Early in the pregnancy, or if possible, before you become pregnant, sit down with your family and explain the coming changes. Be prepared for questions by checking out sites like Kid's Health.
- 2. Classes:** Many hospitals and birthing centers offer free or low cost big brother/sister classes. They'll help your little ones learn how to interact with the new baby. Your children can even learn how to change a diaper!
- 3. Spend time with older kids:** If you don't have much time to give, focus on the quality of that time. Make sure they know that you still love them.

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## Hayden Christensen & Sophie Monk Spotted Leaving Premiere





As reported in [Perez Hilton](#), possible new couple Hayden Christensen and Sophie Monk were spotted leaving the premiere of *Takers* together. The two reportedly left quickly in the same car. The *Star Wars* actor has reportedly been taking a break from his relationship with Rachel Bilson.

## What does being on a break from a relationship really mean?

### Cupid's Advice:

When a couple goes on a break, the relationship could go either way. Read on for some of Cupid's ways to tell whether or not this is a break – or a breakup:

- 1. Loyalty:** If one half of the couple wants – or is willing – to be with someone else, this person should think about how much the relationship they took a break from really means to them.
- 2. Time out:** Even if one or both parties attempt to be with someone else, it doesn't mean the relationship is over. This could be a way a of discovering the couple's true feelings for each other.
- 3. It's over:** Sometimes a break in a relationship can become a permanent separation. However, this doesn't mean the former couple can't still be friends. See what works best for you.

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# Sean Penn & Robin Wright Divorce Finalized



After a messy road towards divorce, Sean Penn and Robin Wright have at last signed papers, finalizing their divorce, figuring out all questions relating to child support, spousal support, and child custody. [People](#) reported that Wright hopes to remain friends with her ex, despite their history.

**Can you stay friends with an ex after a nasty split?**

**Cupid's Advice:**

Penn and Wright have an interesting marriage to say the least, but the fact that they have a child together means they will always have to be a part of each other's lives. In order for exes to have a relationship post-split, both people have to work at it.

**1. Be adults:** It takes a lot to look past a difficult and angry history with someone, but it can be done so long as both people commit to looking forward. Don't hold grudges, or bring up old ills.

**2. Think of others:** Whether it's children, or even just mutual friends – if you and your ex are committing to starting a friendship, then it should just be between you two. Don't get angry if your friends are also buddies with your ex. Think of how your relationship, both past and future, will affect those close to you.

**3. Expect the worst:** Very few people who were in a serious relationship together can then turn around and become friends. Understand that it might not work. If it does fail, move on, and find the best compromise for you both.

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## Jake Pavelka Remains a “Bachelor” for Now







In the wake of his public breakup with Vienna Girardi after his stint on *The Bachelor*, Jake Pavelka is taking a break from dating, [People](#) reported last week. Though Pavelka has not ruled out any future love, he said he needed more “me time” after being in the limelight before getting back in the dating game.

### **How do you bounce back after a break up?**

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

Breakups are hard enough for any person, but even more so in the case of a public and nasty breakup. Pavelka is doing the right thing in going at his own pace. Every person is different though, so act accordingly to *your* needs post-breakup:

- 1. Take time:** Many people feel the need to rush back into the dating game, but it's perfectly all right to take some time off for yourself. It will take a bit to find your stride again, so you shouldn't rush.
- 2. Be open:** Post-breakup is the perfect time to re-evaluate and try new things, in both dating and in general. Take a risk and be bold. Get a new look, or date someone you never would have before. There's no better time to open up and start fresh.

**3. Reconnect:** When you're in a serious relationship, it's common to lose contact with other people in your life. With new opportunities and more time, go ahead and reconnect with an old friend, or with those in your life that have taken a backseat.

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## Lamar Odom on Kids with Khloé – “We Would Love To”



Lamar Odom is definitely interested in having with with wife Khloé Kardashian, [People](#) reported last week. “Hopefully it’ll happen soon,” he told the magazine. The NBA star has two children from a previous relationship, which definitely helps provide great parenting tips – as does baby Mason, Kardashian’s nephew.

## How do you know when your relationship is ready to take on parenting?

### Cupid's Advice:

Being a parent is a lifelong commitment – it's best to plan ahead. Even if you have a surprise pregnancy, you have enough time to get ready before the big day arrives. Cupid shares some important tips:

1. Evaluate your relationship: If you're considering an addition to your family, determine the strength of your bond with each other first. Are you both mentally, emotionally, and financially ready to take care of another life? Consider these questions before going ahead.
2. Parent plans: Pregnant or not, couples don't always share the same goals when it comes to parenting. Discuss your approaches to raising children to find a common ground you can both agree to.
3. Go with the flow: Keep in mind that all the planning in the world can never fully prepare you for becoming a parent. Learn to accommodate – to both your partner and yourself – as new issues arise.

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## 'The Bachelorette' & Her Fiancé Step Out in Style!





*Bachelorette* Ali

Fedotowsky and fiancé Roberto Martinez were officially able to step out as a couple, [E! News](#) reported Tuesday. The two had to keep their romance under wraps after the show finished filming to keep the ending a secret before the finale aired Monday night on ABC. Cupid sends his congratulations to the happy couple!

## **What are ways to celebrate your engagement?**

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

When Fedotowsky and Martinez were finally able to reveal the news, they did so in style. There are all kinds of ways to let friends and family know you're engaged. Let Cupid help:

- 1. Family style:** For couple's who have tight-knit families, a simple dinner for both sides might be enough of a party to start things off. Have them over to one of your homes and make it a personal affair for everyone who matters most.
- 2. Night on the town:** You could go the surprise route and invite all your friends for a night out. Don't mention the engagement, and see who notices the ring first. At that point, drinks all around will be a no-brainer!
- 3. Party time:** To keep everyone happy, throw a large celebration for everyone in your life – the more the merrier!

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# Palin & Johnston Split... Again



Bristol Palin and Levi Johnston have split up again, [People](#) magazine reported Tuesday. Palin, daughter of former Alaska governor Sarah Palin, and Johnston announced their second attempt at an engagement only weeks ago in the hopes of starting a real family for their 19-month old son Tripp. Palin told *People* that the breakup occurred after rumors surfaced about Johnston fathering another child with an as-yet-unnamed woman.

**How do you know it's finally time to cut a bad guy loose?**

## **Cupid's Advice:**

There comes a time when a reunion is just impossible, no matter how much you wish someone can change. Dalmatians can't change their spots, and it's up to you to know when its time to quit.

**1. One-sided attempts:** If you're the only one in the relationship trying to make it work, then perhaps it just isn't going to. This lack of effort shows your partner isn't fully invested in the relationship – or you.

**2. Repeated mistakes:** There are some characteristics a person just can't change. If your mate makes the same mistakes repeatedly, it might be due to a character difference that will always keep you two apart.

**3. Hurting others:** As in Palin's case, her son Tripp's happiness is also at stake in the relationship. If other people, children or otherwise, are being negatively affected by your attempts at reconciliation, it's time to pull the plug.

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## James Van Der Beek Marries Again







Second times the charm! Last weekend, James Van Der Beek married girlfriend Kimberly Brook, reported [People](#). The actor made the announcement via Twitter, tweeting, “The woman I love did me the honor of became my wife today... I look forward to earning her for the rest of my life.” Brook is currently pregnant with the couple’s child.

### **What are some other ways to announce your wedding?**

#### **Cupid’s Advice:**

With the incredibly fast-paced advancement of technology today, there are more outlets than ever to announce everything from weddings to a girls’ night out. Read some ways of Cupid’s ways to announce the big news:

- 1. Social media:** Twitter is certainly one way, but Facebook is another option. You can also create a web page with some imagination and free time.
- 2. Tried and true:** Nowadays, it’s unique to see important dates announced the old fashioned way: the newspaper. Take it a step further and use a half or whole page to include pictures, comments from attendees, or even old love letters to each other. It’s a great memento for the wedding album!
- 3. Surprise soiree:** Invite your family and friends to your

home or favorite restaurant and announce your news with a festive cake displaying the ring. You can celebrate all night!