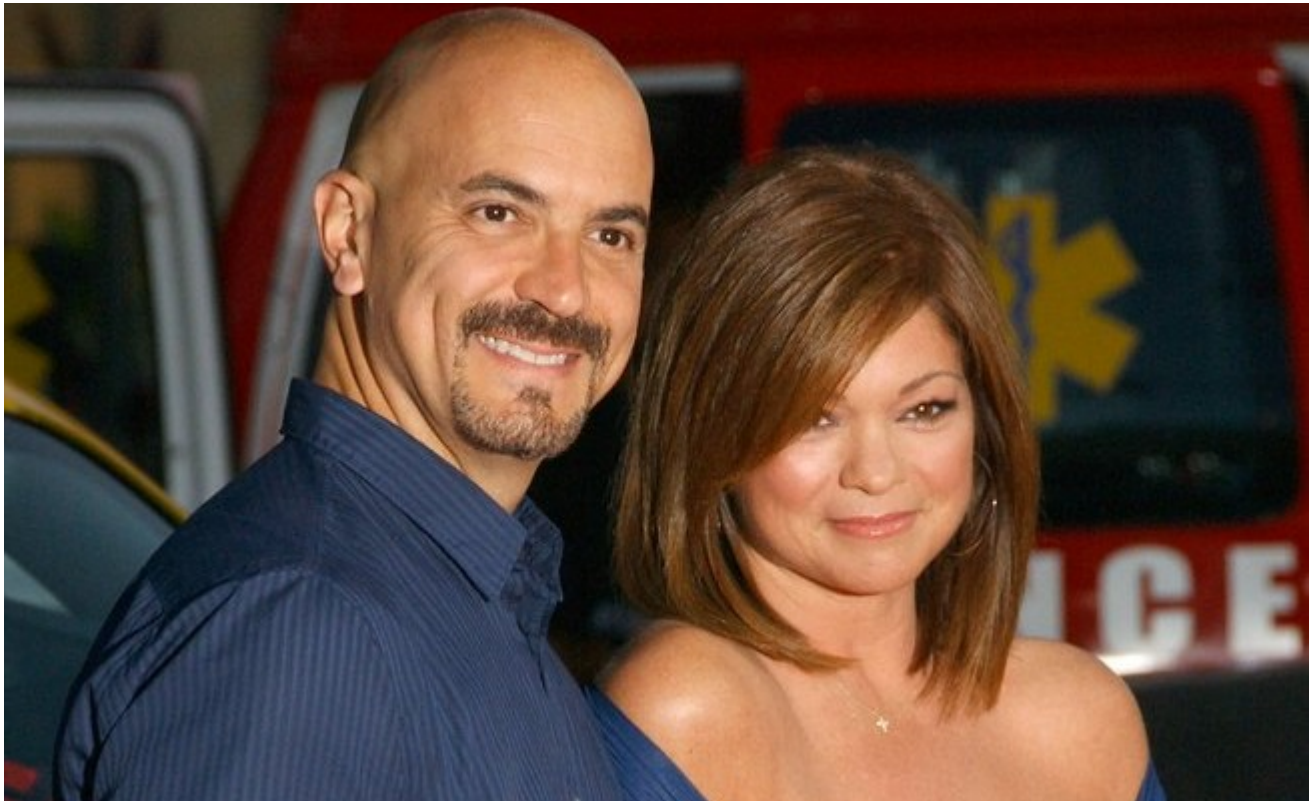


# Valerie Bertinelli & Tom Vitale Plan Low-Key Wedding



Though she was formally married to a rock star, Jenny Craig spokeswoman Valerie Bertinelli says her upcoming wedding to financial planner Tom Vitale won't be over the top. According to [People](#) magazine, the couple – who both had prior nuptials – are focusing on the marriage itself instead of the ceremony this time around.

**Does the ceremony make the marriage?**

**Cupid's Advice:**

While celebrity weddings today only seem to get bigger and better, Bertinelli and Vitale go against the mold by concentrating on their relationship. While the wedding

shouldn't set the tone for a marriage, it *is* somewhat of a reflection of the couple; make sure you send the right message at your ceremony.

**1. Plan your guests:** If you want an intimate wedding ceremony but don't want any friends or family to feel left out, plan ahead to maintain balance. Keep the wedding small, and go for a larger reception.

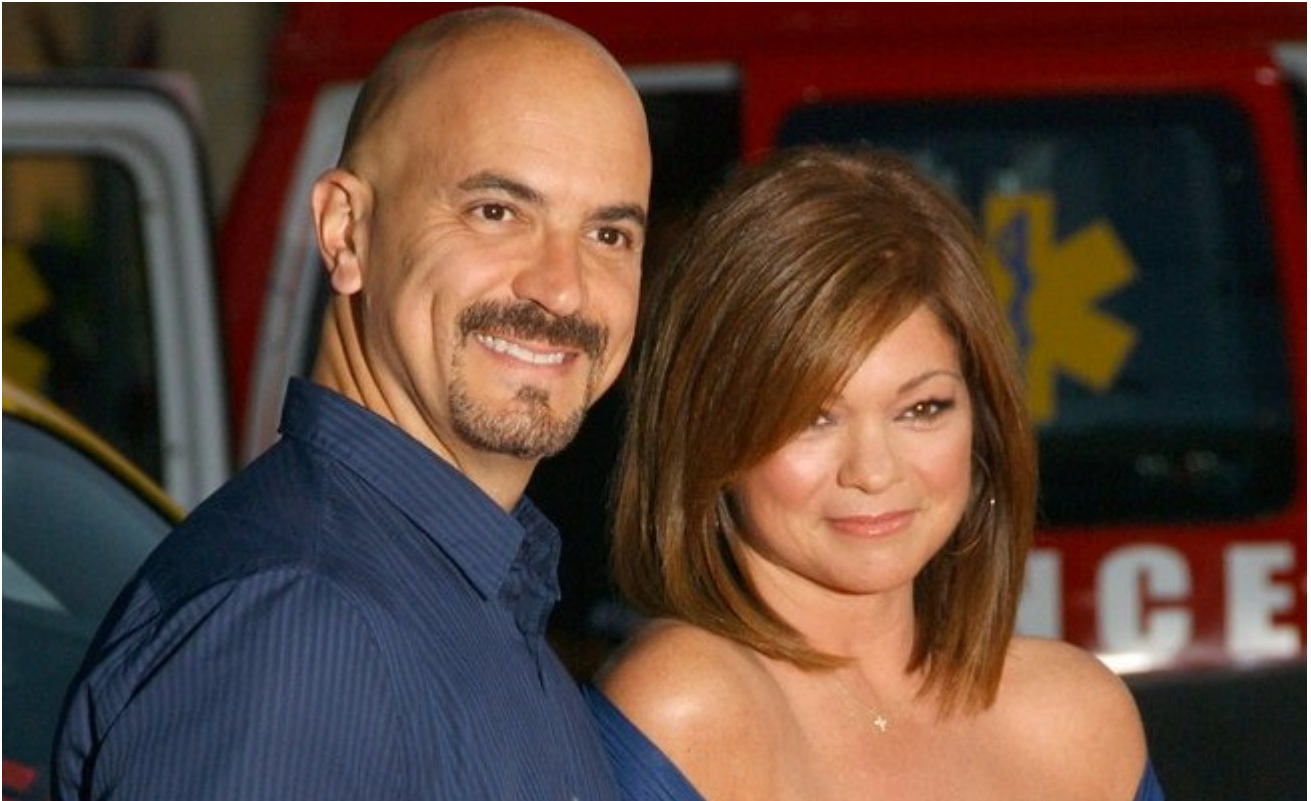
**2. Location, location, location:** If you're a more adventurous couple, try a destination wedding in a unique spot. Whether it's on a beach or in a 16th century castle, make it a place you're comfortable in.

**3. Do a us a favor:** Your wedding favors give guests a final, lasting impression of your wedding – and your marriage. Let these tokens illustrate who you are as a couple, and remind the guests of the fun time they had at your wedding.

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## Ryan Seacrest & Julianne Hough Are Getting Cozy





Ryan Seacrest and Julianne Hough have moved from the small screen to the streets of Los Angeles – together! The *American Idol* host and *Dancing With the Stars* pro were seen out and about multiple times this month, [\*People\*](#) reported. A source told the magazine that the couple has gotten “more serious.” However, there’s no official word from either camp on their dating details.

**How do you know if someone is serious about a relationship?**

#### **Cupid’s Advice:**

Seacrest is one of many stars that are notoriously mum on their private lives, but it appears as if he’s stepping out of his boundaries with Hough. Here are signs that may reveal a partner’s desire to become serious:

**1. Public outings:** If someone’s dating you on the down low, they’ll most likely only reserve time for you late at night, behind closed doors. Being seen in public shows that he or she wants to show you off, and alert potential daters you’re taken.

**2. Attentiveness:** If a new fling brings up minute details about something you mentioned that one time in the car two weeks ago, it shows he or she is really paying attention. Taking the time to notice the little things displays that you are a constant on their mind.

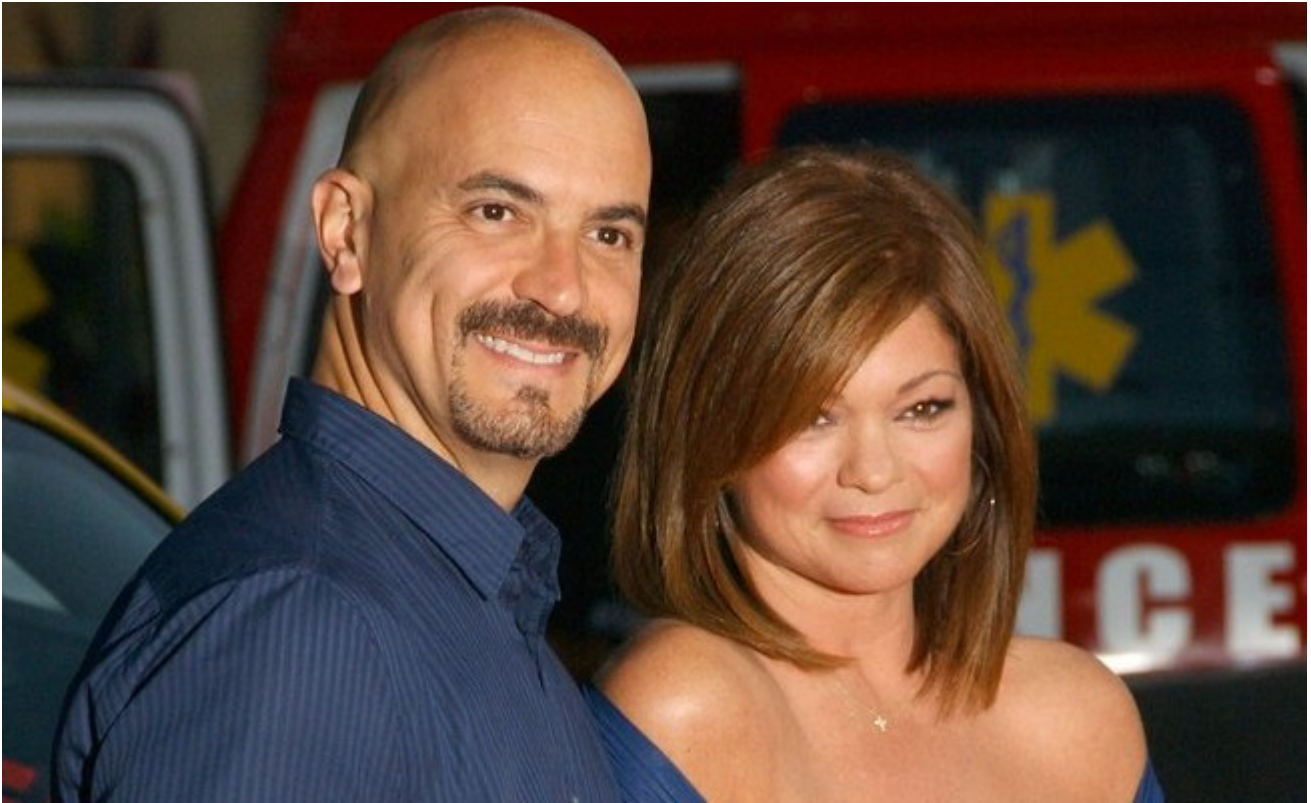
**3. The friend test:** Want to know for sure if someone is thinking seriously about you? They'll bring you to their closest friend for inspection. Don't be nervous; by introducing you to the core of the inner circle means he or she wants approval – and may be ready to become exclusive.

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## Crown Princess Victoria of Sweden Marries Personal Trainer







A royal wedding! Last Saturday's lavish ceremony between Sweden's Crown Princess Victoria and her former personal trainer, Daniel Westling, rivaled Prince Charles and Lady Diana Spencer's spectacle in 1996. According to [Telegraph](#), King Carl XVI Gustaf initially disapproved of the union because of Westling's 'commoner' status, but granted the couple's wishes to show his country that he can modernize his methods and way of thinking.

**How can you make a relationship work without your family's blessing?**

**Cupid's Advice:**

Relationships can be tricky business, but if you've found your soul mate, it shouldn't matter where they come from – or what your family has to say about your partner.

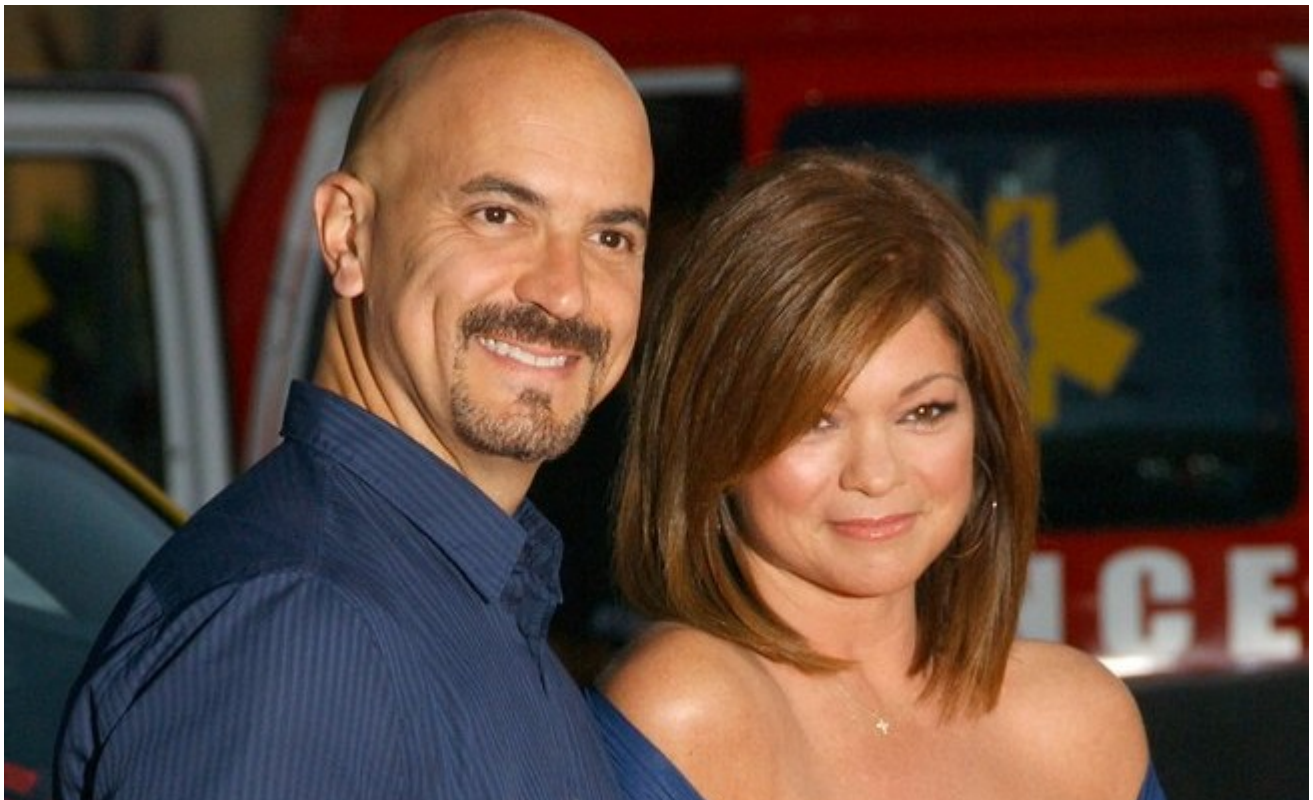
**1. Be up front:** Don't hide any potentially negative details of your partner's past. Your loved ones shouldn't pass judgment unless it's for a good reason. If they do, they should know you're committed to seeing the relationship through, despite their opinions.

**2. When to say stop:** If your family continually dismisses your mate, tell them how much it hurts and affects you. Ask them politely to stop bashing your partner. If they don't, consider distancing yourself to make the point even clearer.

**3. Open lines of communication:** If you're honest and keep your family involved, any feelings they have against your pairing may disappear as they see your love and relationship develop.

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## Anna Paquin & Stephen Moyer Are Avid Skypers



Newly-engaged “True Blood” stars Anna Paquin and Stephen Moyer

have found a way to keep their love alive, despite long distances. The couple, who met on the set of the show, are avid users of Skype, and would use it for “three or four hours” when they first began dating, according to [People](#) magazine. Moyer told *Playboy* in a recent interview that it helped them build trust in their relationship early on.

## **How can you make a long-distance relationship work?**

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

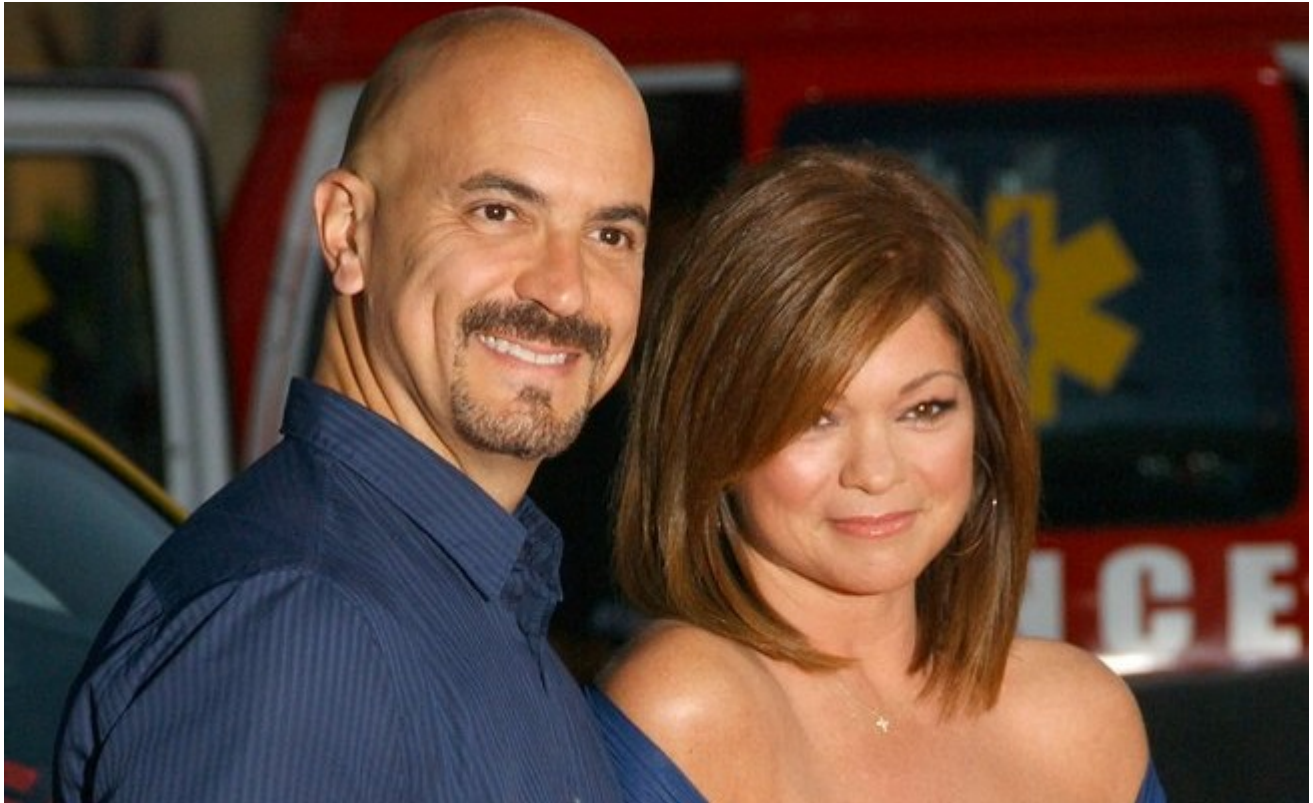
Some say absence makes the heart grow fonder, and this was obviously the case for Paquin and Moyer. Long-distance relationships can not only work, but grow, as long as both parties put in the work and the extra effort for their love.

- 1. Keep in contact:** Whether through email, Skype, or even snail mail, you need to keep in touch. Keep each other up-to-date on the little things to tighten your bond.
- 2. Make the extra effort:** If a card or bouquet is sweet when you are living in the same town, think how much it would mean from miles away. Those added touches can make your partner's day, and also keep you on their mind.
- 3. Don't over-expect:** No matter how much you wish it wasn't true, you are still in a long-distance relationship. Don't hold unreasonable expectations for yourself or your partner in terms of visits or long catch-up sessions. Not everyone has time for a three-hour Skype every day.

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# **Orlando Bloom & Miranda Kerr**

# Announce Their Engagement!



It's official – for real this time! After numerous engagement rumors throughout their three-year relationship, Orlando Bloom and Miranda Kerr are engaged, the actor's rep confirmed to [E! News](#) on Monday. The Victoria's Secret Angel's rep told [People](#) the Kerr family is "thrilled." A date has yet to be set.

**So you're engaged – now what?**

**Cupid's Advice:**

Unless there's a reason to rush, enjoy your engagement!

**1. Relax:** You have all the time in the world to play the role of husband or wife. Take time to settle into the idea of being betrothed to your loved one.



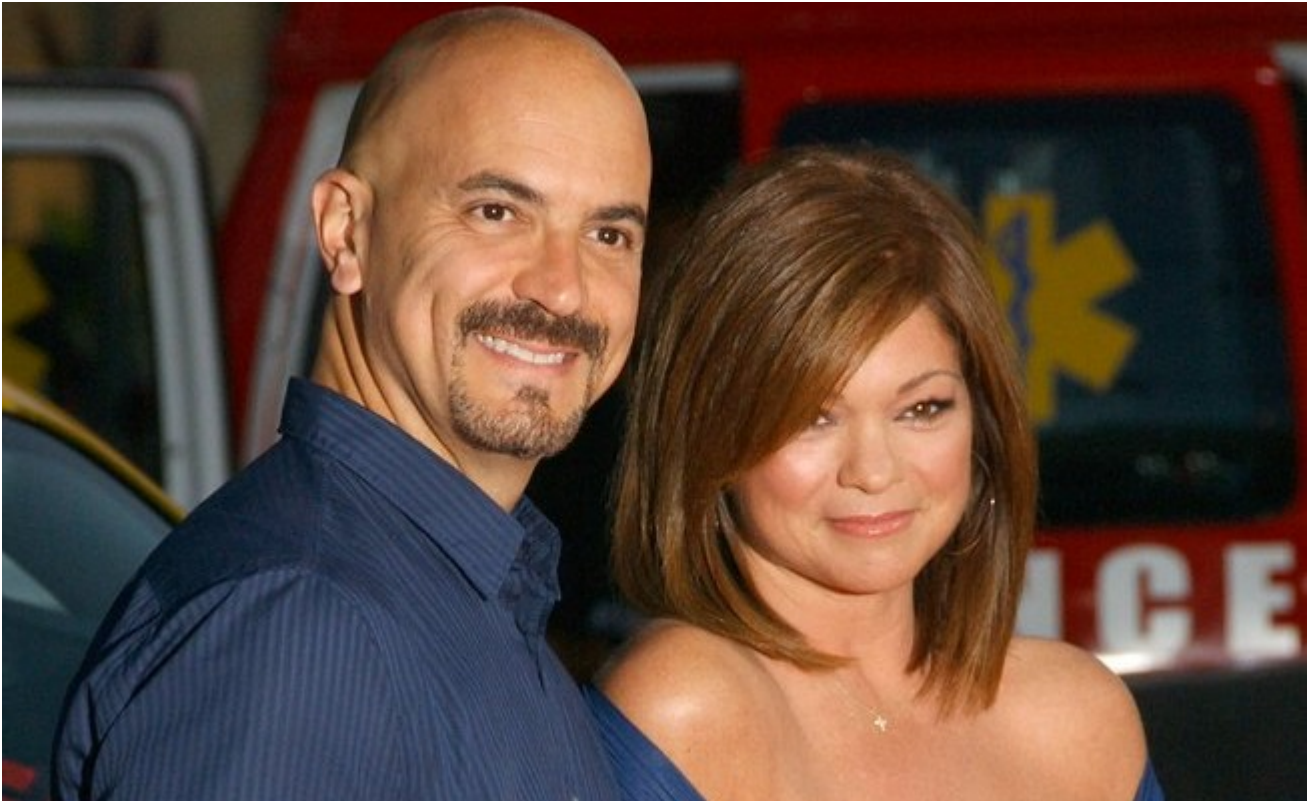
**2. Whip out the calendar:** Sit down with your partner and figure out what needs to be planned, and when. Make sure you work on the time line the two of you set together, and keep your family and friend's influences to a minimum. This is *your* day!

**3. Envision your perfect day:** You may both have very ideas of what your wedding looks like. Be open with your husband- or wife-to-be and list the must-haves. Compromises are inevitable, and it's best to lay out the groundwork early.

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## Matthew McConaughey & Camila Alves Enjoy Some Alone Time





According to [OK! Magazine](#), actor Matthew McConaughey shared a rare moment with his Brazilian model and designer girlfriend, Camila Alves: they walked the streets of New York City's TriBeCa – sans strollers! The couple, known for bringing their children around wherever they go, decided not to bring little Levi and Vida along this time.

**How important is time alone with your partner without your children?**

**Cupid's Advice:**

Couple time is vital to all relationships. Seeking a little refuge from the consistency of parenthood never hurt anyone. Cupid says snag some free time!

**1. Hire a babysitter:** Even if it's for an hour or two, hire some help so you and your mate can escape for a little bit. Go out to dinner; getting out of the kitchen and enjoying a meal that someone else prepares can be relaxing.

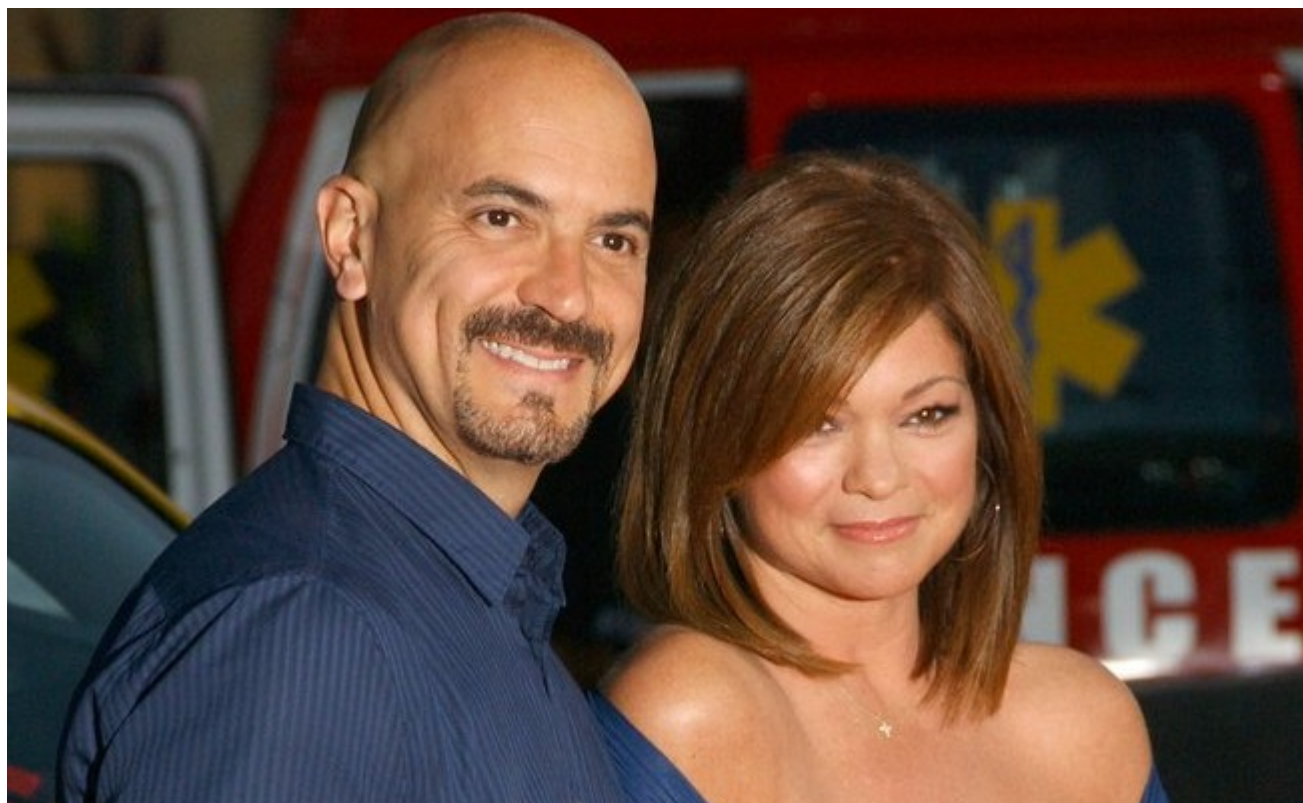
**2. Make use of your parents:** Have family in town? Use 'em! They are the ultimate built-in nannies for your kids. Any

grandparent would be happy to watch their little ones, and this is a great way to ensure a tight bond across all generations.

**3. The buddy system:** Have a friend in the neighborhood with children the same age as yours? Why not team up and take turns watching each others' kids? The little ones have play-dates, and the adults can have a breather – everybody wins!

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## Halle Berry & Gabriel Aubry Take Nahla to Disneyland



Oscar-winning actress Halle Berry and her ex, model Gabriel Aubry, took their 2-year-old daughter Nahla to Disneyland in Anaheim, California last week, according to [UsWeekly](#). The three were spotted in the land of Mickey Mouse taking pictures, and of course, wearing smiles!

**Is an outing with an ex (who also happens to be the biological parent to your child) an ideal situation when kids are involved?**

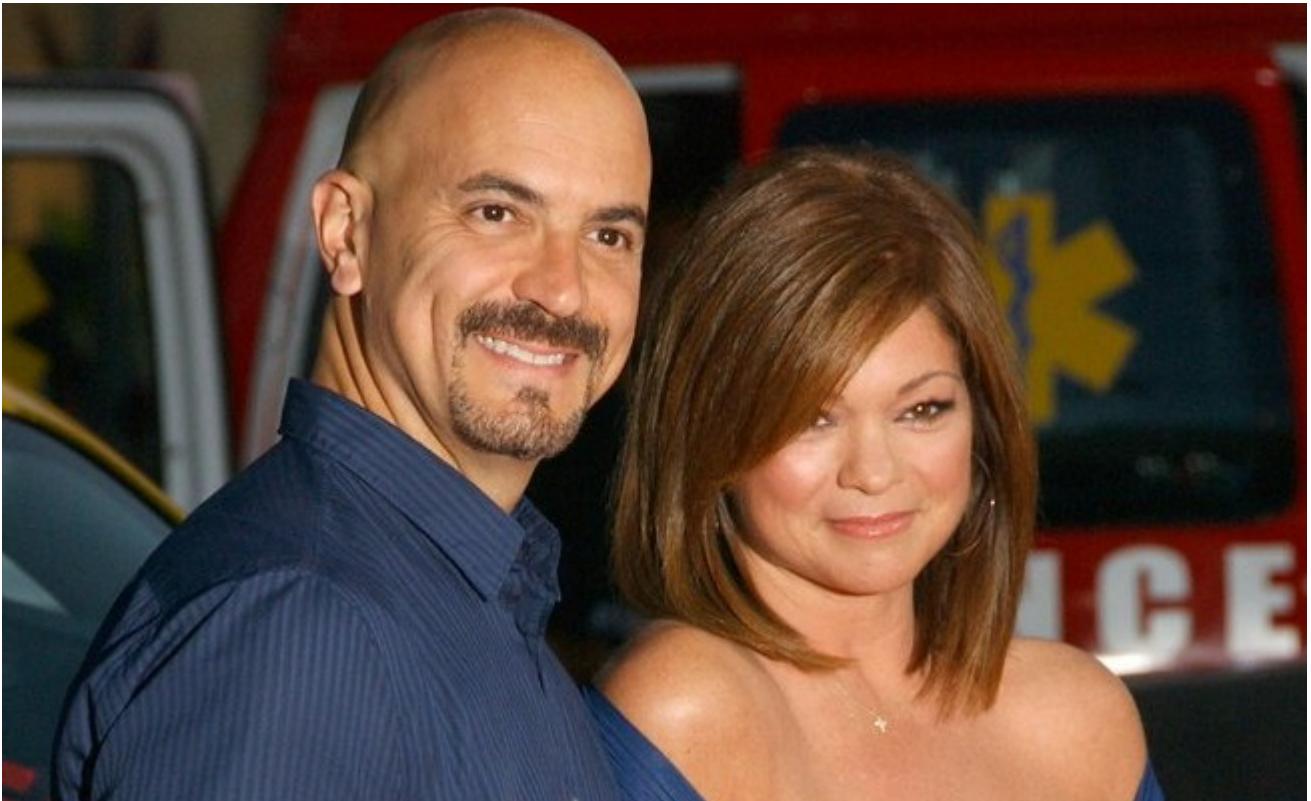
### **Cupid's Advice:**

Sure, as long as any disagreements or other dramas remain behind closed doors and away from the kids. Staying platonic with your ex for sake of family ties can strengthen the bond you have with your children. If you're planning an excursion with an ex and the kiddies, Cupid has some tips for a successful day:

- 1. Lay the groundwork:** Talk with your ex in private beforehand. Communication is crucial to maintain peace and civility while you're out. Any ulterior moves from either of you will be counterproductive.
  - 2. Keep it simple:** If it's your first attempt at devising this type of plan, keep it light. Instead of a huge theme park like Disneyland, try the local park – think swings, trees, and paths to stroll down.
  - 3. Keep conversation light:** If you experience any awkwardness during the day, bring your focus back to the kids, and enjoy the time you've set aside for them.
-



# Charlie Sheen & Brooke Mueller Sign Divorce Papers



*Two and Half Men* actor Charlie Sheen and Brooke Mueller signed divorce agreement papers on June 15th, reported [RadarOnline](#). [TMZ reported](#) that Sheen and Mueller will share joint custody of their one-year-old twins; Mueller will be granted primary custody, and Sheen will be given the first, third and fifth weekends of the month to see the boys. Sheen and Mueller made a mutual agreement not to disclose information concerning past affairs and or alleged drug use, and agreed not to insult one another in front of their children. The divorce agreement has yet to be filed in court.

**What can you do to keep a divorce as peaceful as possible?**

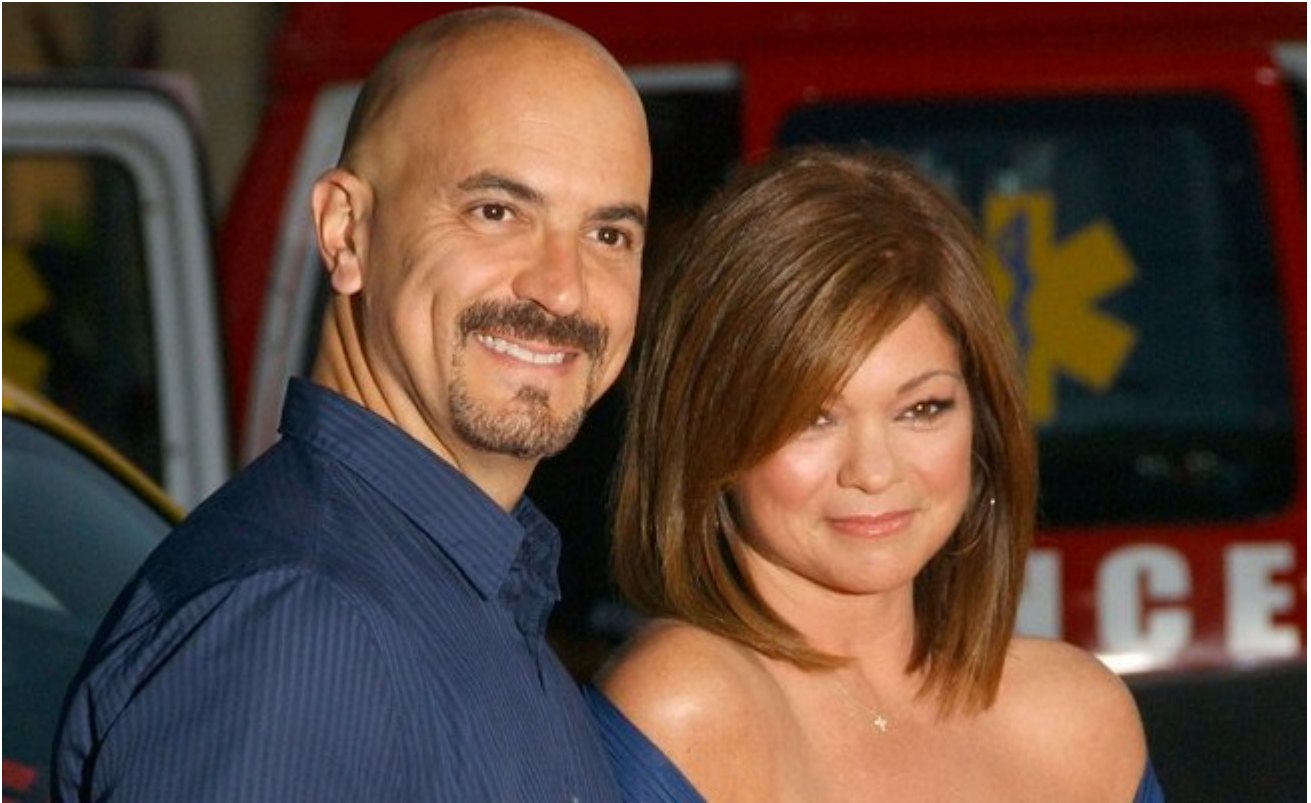
**Cupid's Advice:**

Divorces will always be hard. Here are some of Cupid's tips to help ease the transition:

- 1. Accept your mistakes:** Rather than playing the blame game, understand that both of you played a role in the failure of your marriage. Owning up to your faults will also prevent unnecessary arguments.
  - 2. Agree on space:** After a divorce, both you and your ex need your personal space. Only contact your ex-spouse if it's absolutely necessary, or when it involves the children.
  - 3. Leave the kids out:** Your kids didn't divorce your ex, so avoid discussing matters of opinion concerning it with your children. Take a number from Sheen and Mueller, and avoid arguing with your ex when they're around. By avoiding trash talk and gossip, your children will continue loving and respecting each parent – just as they did before the divorce.
- 

## Bobby Flay Helps January Jones After a Hit-And-Run Accident





*Mad Men* star January Jones got into a hit-and-run accident last weekend, and called on Food Network star Bobby Flay to assist her, Flay's rep confirmed to [E! News](#). Jones called Flay before she called the police. While Flay claims the two have only met a few times, some sources are calling Flay and Jones' relationship into question. Flay's wife has yet to comment on the incident. They have been married for five years.

**How close is too close when it comes to male-female friendship?**

**Cupid's Advice:**

Though it's perfectly normal for married men and women to have friends of the opposite sex, certain situations cross into tricky territory:

**1. Late-night phone calls:** Aside from the necessary emergency, frequent phone calls or text messages – particularly when one or both parties are married – can lead to questions. If you're in bed with your partner and he or she is talking to someone else, that could spell P-R-O-B-L-E-M.

**2. A constant third wheel:** If your 'friend' starts showing up on dates or nights out with your partner, it could lead to an awkward situation. No one wants to be the third wheel; voluntary submission to this role must be for a reason.

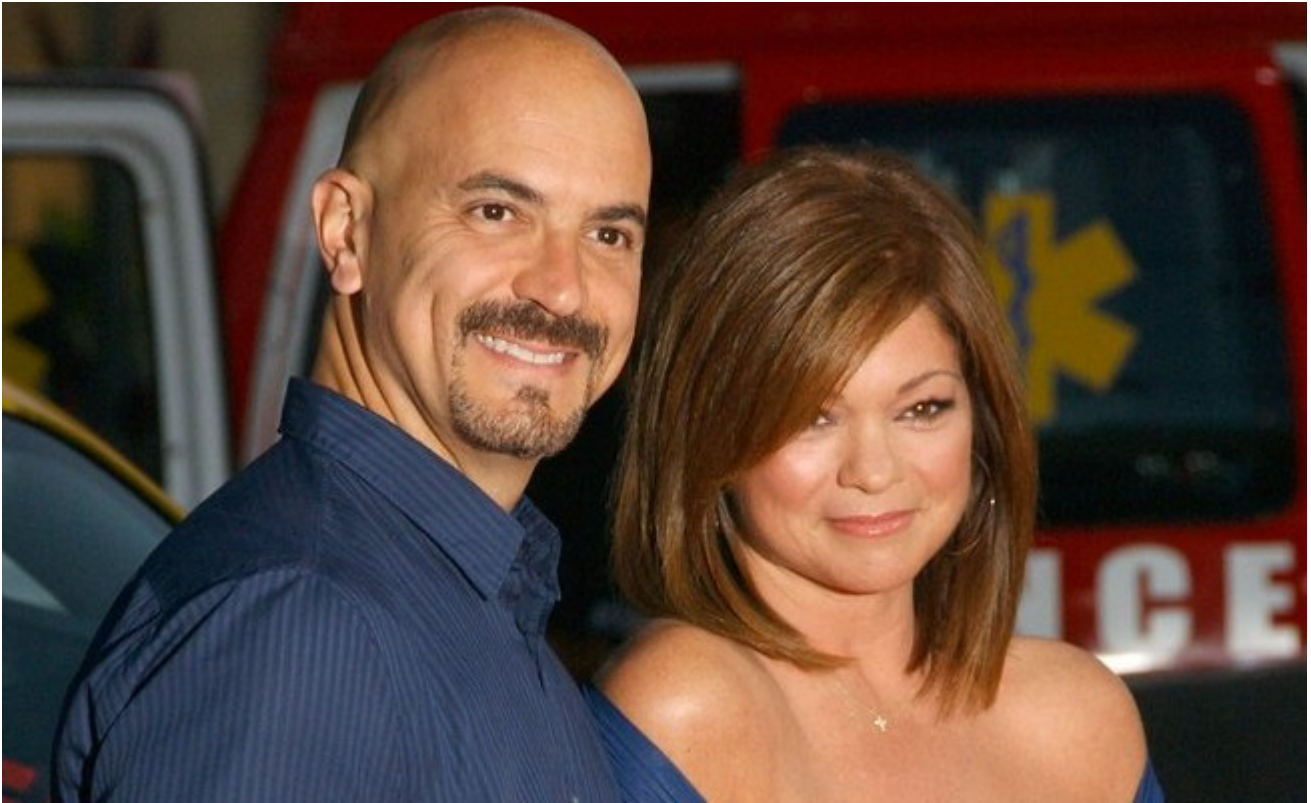
**3. Putting them first:** The ultimate bad omen is when your partner habitually puts this other person first. When he or she is constantly chosen over you for lunch breaks or other events, it sends the message that your partner is moving away from you.

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## Jessica Biel Wants Babies With Justin Timberlake







After a three-year relationship, and despite rumors of a breakup, actress Jessica Biel and singer Justin Timberlake seem to be going strong. According to a source close to the couple, Biel is even pressuring Timberlake to start a family. The source said Biel is so desperate she would settle for a child out of wedlock. **Can a baby lead to a marriage?**

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

Biel would not be the first woman to have a baby first and a marriage second. As long as both parties are aware of the plan and have similar goals, this situation can work.

**1. Make it a discussion:** Having a child should never be the choice of one person, and a woman shouldn't secretly try to get pregnant in hopes it will lead to marriage. Both parties need to be involved to ensure the success of starting a family.

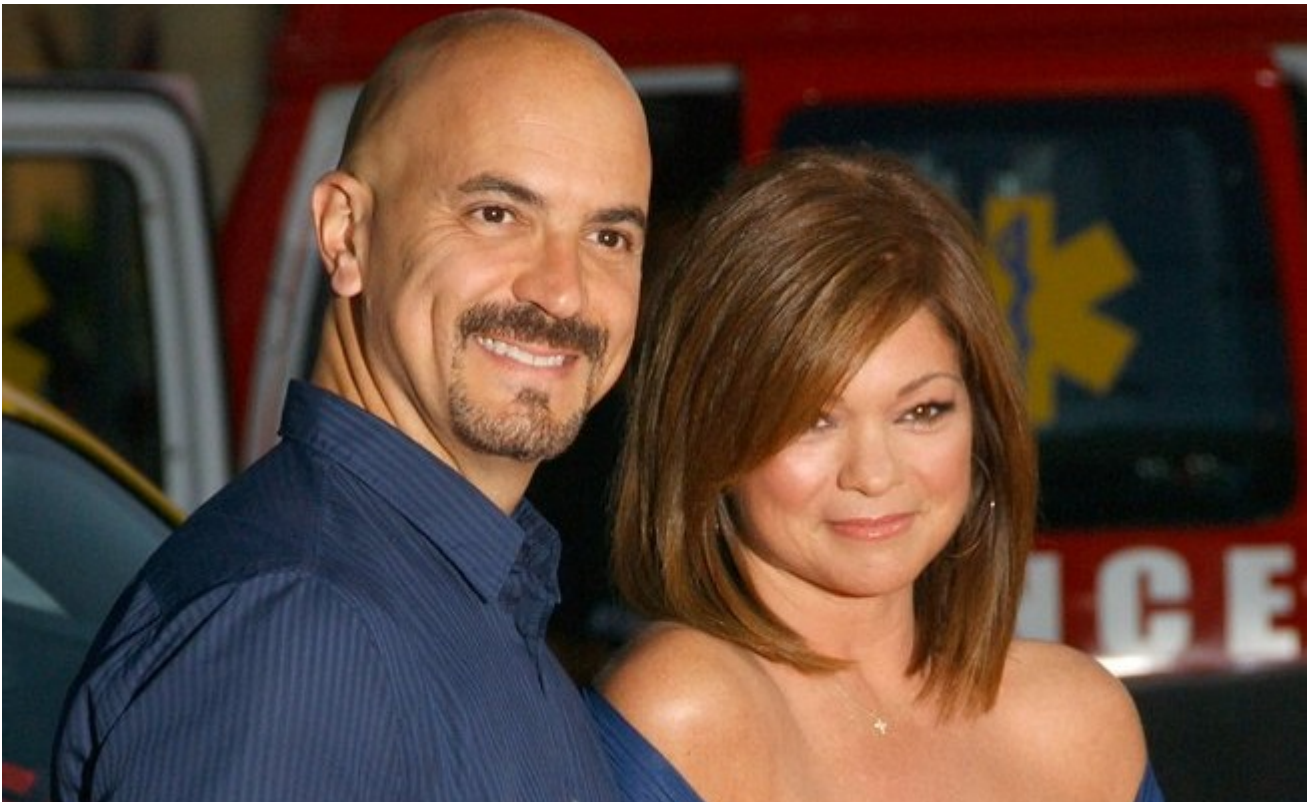
**2. Plan it out:** Having a child is a huge commitment, married or not. Plan ahead, and evaluate the situation you and your partner are in. If marriage doesn't seem to be in the

picture, remember that your lives will always be connected as you are both responsible for parenting the child.

**3. Don't rush to the altar:** Once a baby is born, take some time to live and work as parents before you start discussing marriage again. If it's meant to happen it will, but your child should always come first.

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## Harrison Ford and Calista Flockhart Tie the Knot



It's official! Harrison Ford from *Indiana Jones* has married

long-time love, Calista Flockhart, star of *Ally McBeal*, after a seven-year courtship. The Governor of New Mexico, Bill Richardson, officiated the ceremony.

**Why do some couples wait years before making the leap to marriage?**

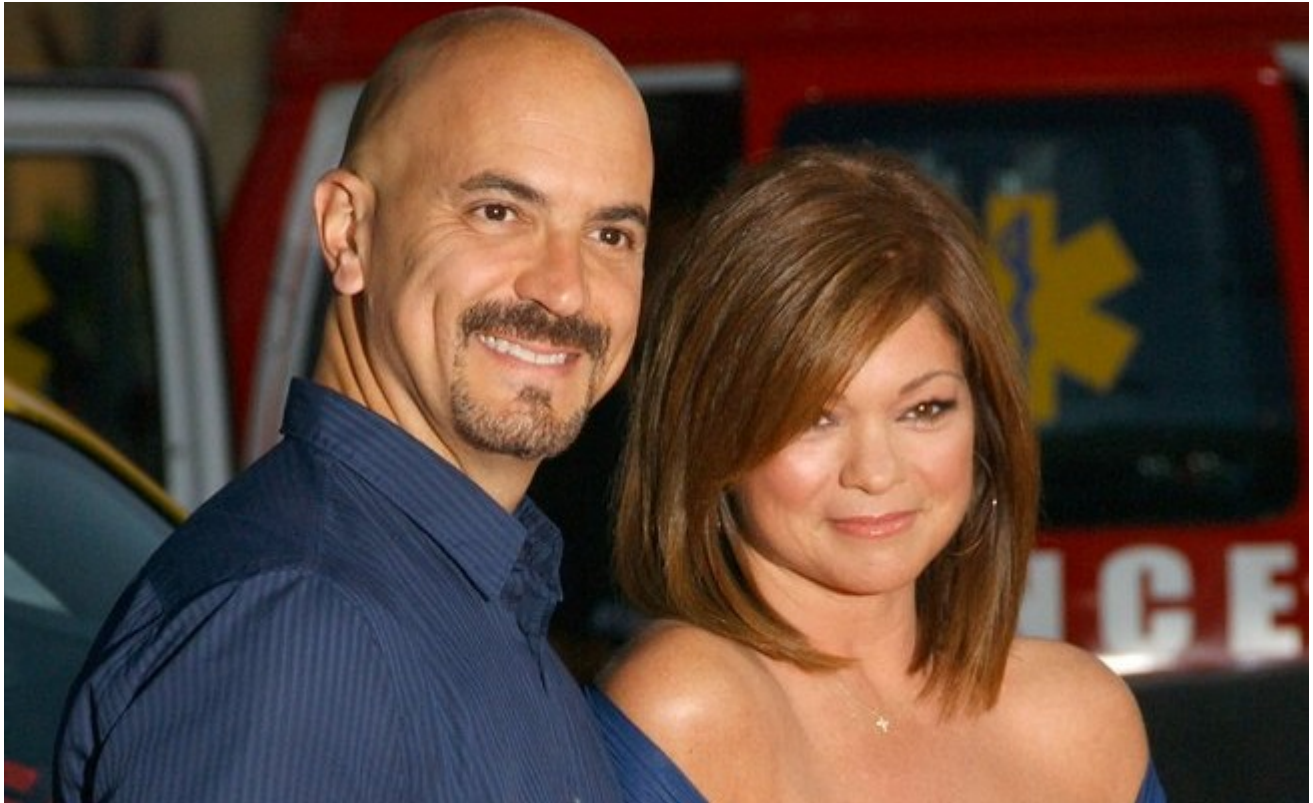
**Cupid's Advice:**

Only you and your partner know when the time for marriage is right. Don't feel pressured to rush the big day. Here are a few reasons why couples wait:

- 1. You're comfortable:** Many couples become comfortable in their relationship, and may be too lazy to bother taking it to the next level. Communicate with each other to make sure you're both on the same page.
  - 2. Security:** It's possible that one or both of you have grown comfortable with the relationship and the thought of marriage would take you out of your comfort zone. If you and your partner *do* want to eventually marry, talk about fears that may be holding you back.
  - 3. Peer Pressure:** You feel pressure from friends and family to take your pairing to the next level, but you know that you aren't ready. Don't get married for the sake of others. Eventually, you will realize whether or not you want to spend the rest of your lives as one.
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# Paris Hilton Goes Straight

# from Reinhardt to Waits



According to [TMZ](#) and [Perez Hilton](#), Paris Hilton (reality star, heiress of Hilton hotels empire), has disassociated herself with Doug Reinhardt (heir to frozen burrito empire). She's been seen with entrepreneur Cy Waits (owner of multiple Las Vegas nightclubs) for the last month or so.

**How can you avoid falling into a rebound relationship?**

## **Cupid's Advice:**

Ending one relationship can sometimes lead straight into another one. Here are some ways to break that habit and take some time for yourself:

**1. Be brave:** It's challenging to simply be single. Find



activities to keep you occupied. You'll find that you won't crave the attention of someone else if your mind is busy on things you enjoy.

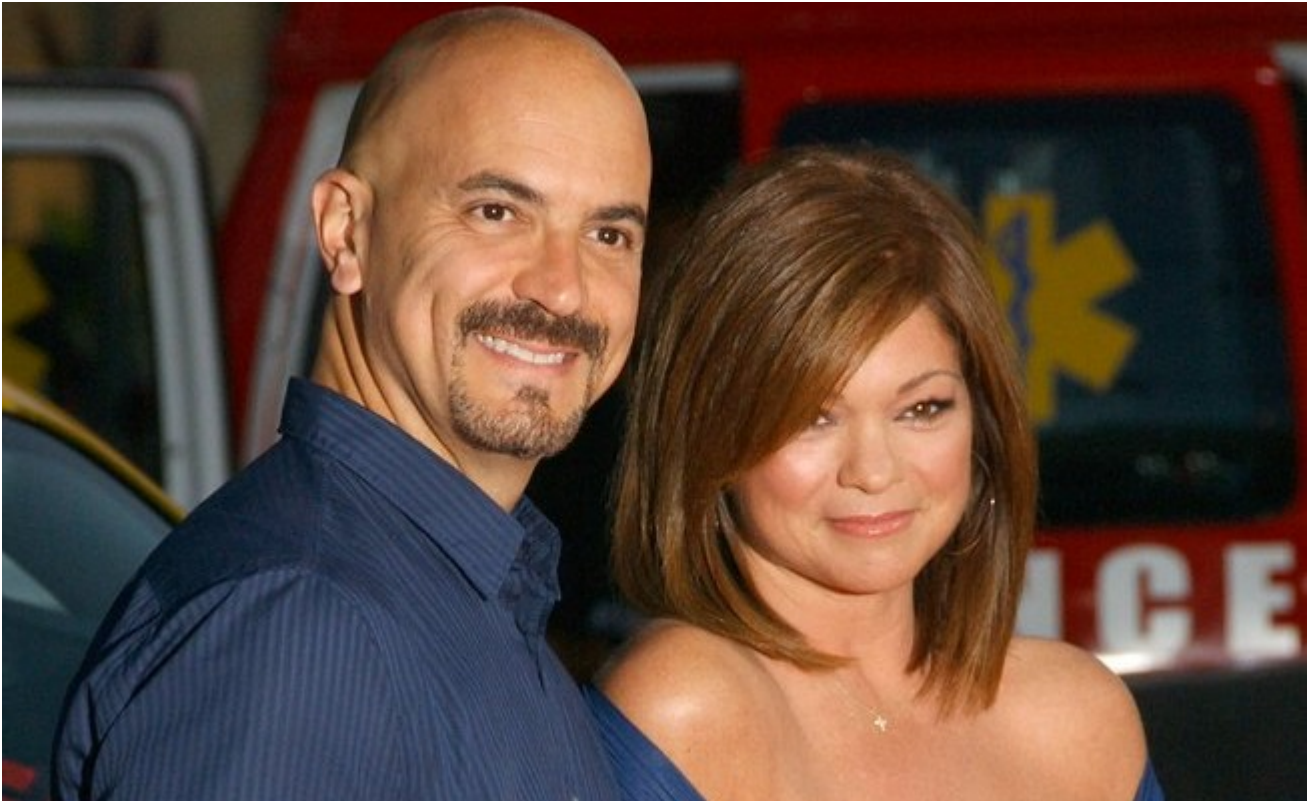
**2. Lean on friends:** It's OK to find support in your inner circle. Tell them that you *aren't* looking for anyone right now to avoid being set up on a string on blind-dates.

**3. Honesty:** Set realistic goals for yourself, and realize that independence takes time. When you feel you don't need to lean on someone else for support is when you can consider stepping back into the dating scene.

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## Tiffani Thiessen Welcomes Her First Child





It's a girl! [People](#) reported that actress Tiffany Thiessen and her hubby, Brady Smith, welcomed their first daughter, Harper Renn Smith, on Tuesday. Thiessen's rep said Harper, who weighed in at 8 lbs., 3 oz., is "doing great." This is the couple's first child.

**What can first moms expect once the baby is born?**

**Cupid's Advice:**

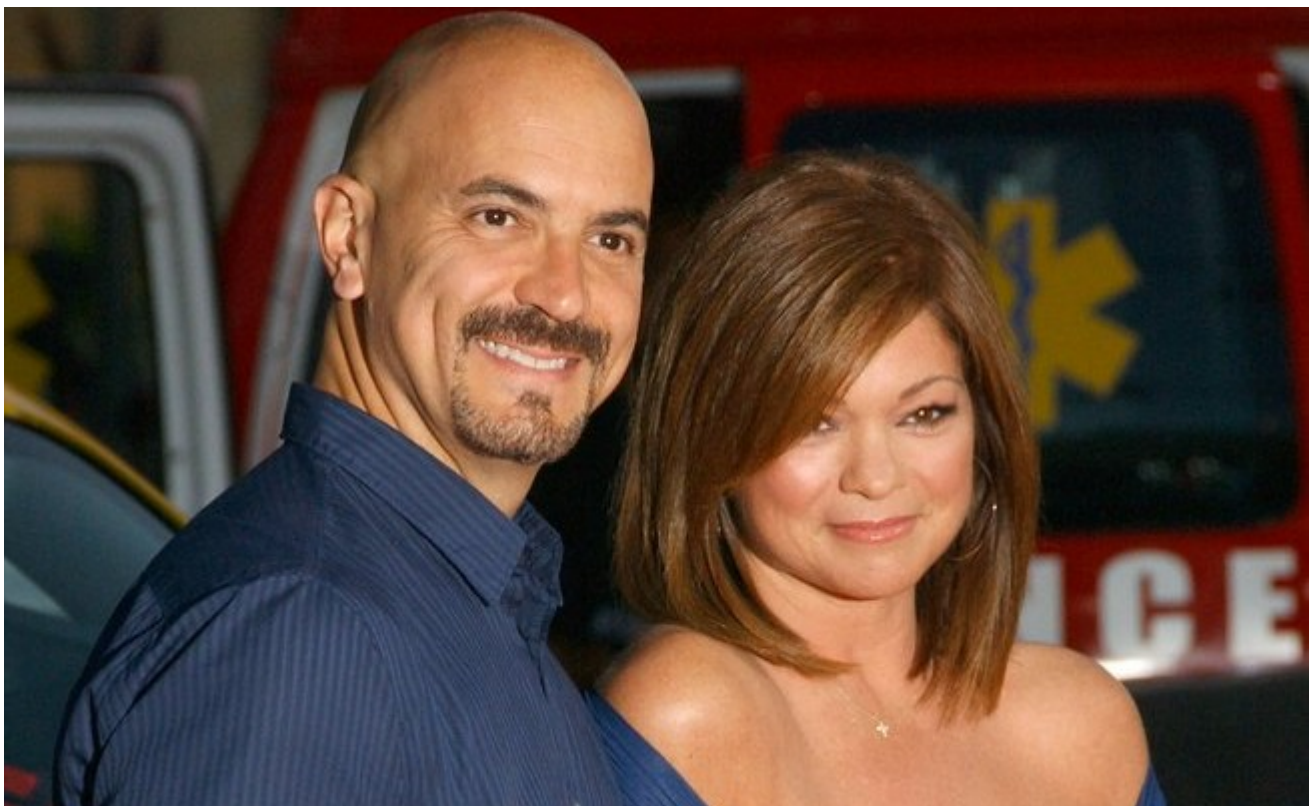
A lot! But with some basic tips and the help of family and friends, you can get through this exciting (and sometimes scary) new time.

- 1. You'll be tired – constantly:** Long gone are the mornings you can sleep in. Be prepared for this, and prepare your partner for this as well.
- 2. Don't expect anything...:** Since this is your first child, you don't know what to expect or what road you should take. Realize that you can only control so much.
- 3. ...but expect to be surprised:** What amazes most first-time

moms is how fast time flies, and how quickly their newborn turns into a walking, talking mini-mom or dad. Embrace the moments allow you to forget how stressed out you are, and remember that motherhood is a gift that shouldn't be taken for granted.

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## Carrie Underwood Leaves Honeymoon Plans to Hubby



Country crooner Carrie Underwood has all her wedding plans in order, save for one – she is leaving the planning of her honeymoon to her fiancé, hockey star Mike Fisher. Underwood

has chosen and set every aspect of her big day, but says Fisher is solely in charge of the honeymoon plans, according to [People](#).

## How do you divide up aspects of planning a wedding?

### Cupid's Advice:

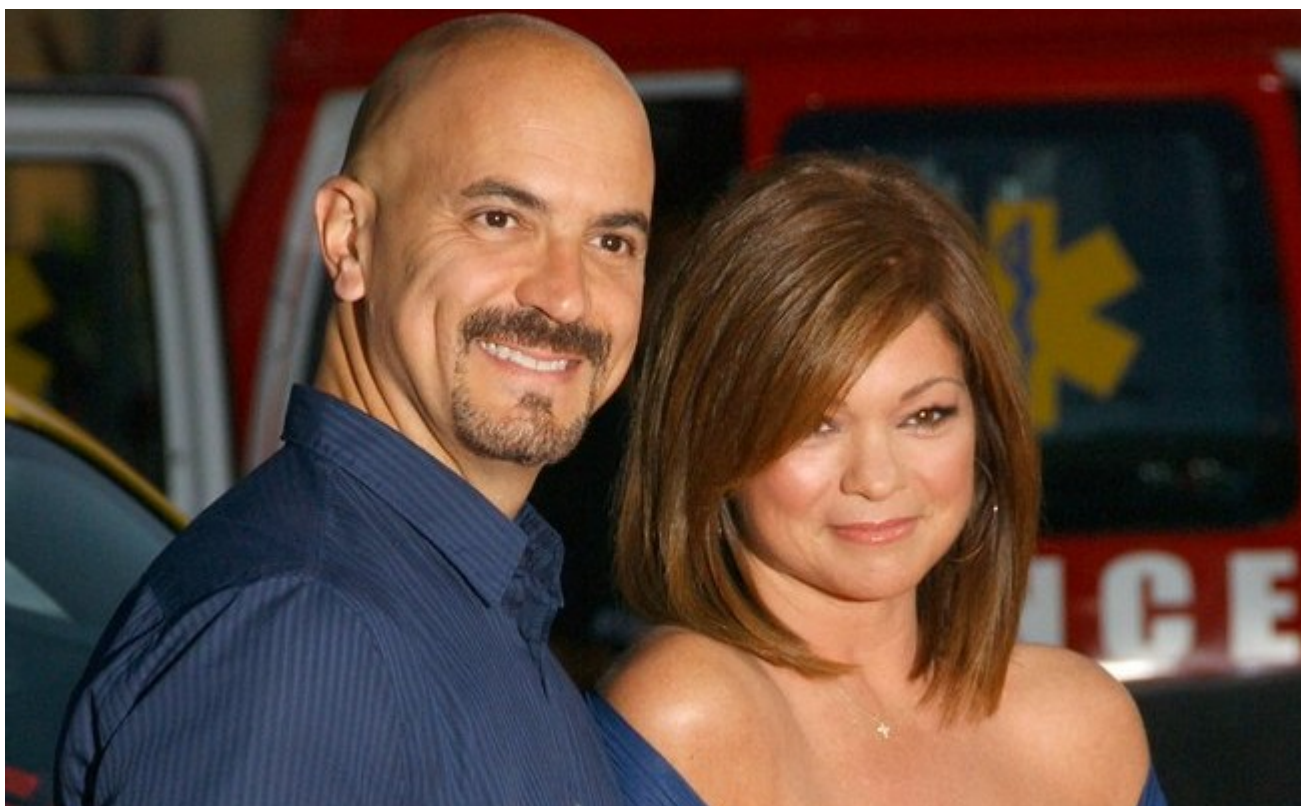
Though the wedding is typically the bride's responsibility, there's always something the groom can do. It's a way to make him feel more involved in the event and relieve some of the pressure on the bride, as long as it's done right.

- 1. Don't jump the gun:** While it's important to start the planning phase of your wedding early, giving the groom-to-be too much responsibility too fast can bring on cold feet early. Let him be involved, but don't force things into his lap right away.
- 2. Give him the goods:** If he won't have fun picking out flowers, don't force him to go. He'll only make it harder on you. But if he likes music, then let him pick the band or plan your first dance.
- 3. Make it a group effort:** Even if you both have your own areas of expertise or involvement, make sure you work together. While surprises are nice, it's always good to give some feedback, even if it's as simple as Underwood's request for a honeymoon in "someplace warm."

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## David Arquette's Marriage is Just Fine





Even the happiest of couples can't escape the rumor mill. David Arquette told [People](#) that close friends sometimes believe gossip printed about himself and his wife, Courteney Cox Arquette. "There's nothing [wrong]," said Arquette. "We have a really great, beautiful relationship." The couple celebrated their 11th wedding anniversary on Saturday.

**Arquette admits that great marriages take work. How can you maintain a happy marriage for the long haul?**

**Cupid's Advice:**

Simply realizing that a happy marriage needs work is half the battle. The other half is carrying through by working on it with your partner.

**1. Hash it out:** Some couples shrink away from problems, but avoiding the issue won't clear the air. Get it out of your

system and figure out a solution instead of letting the situation escalate into something bigger.

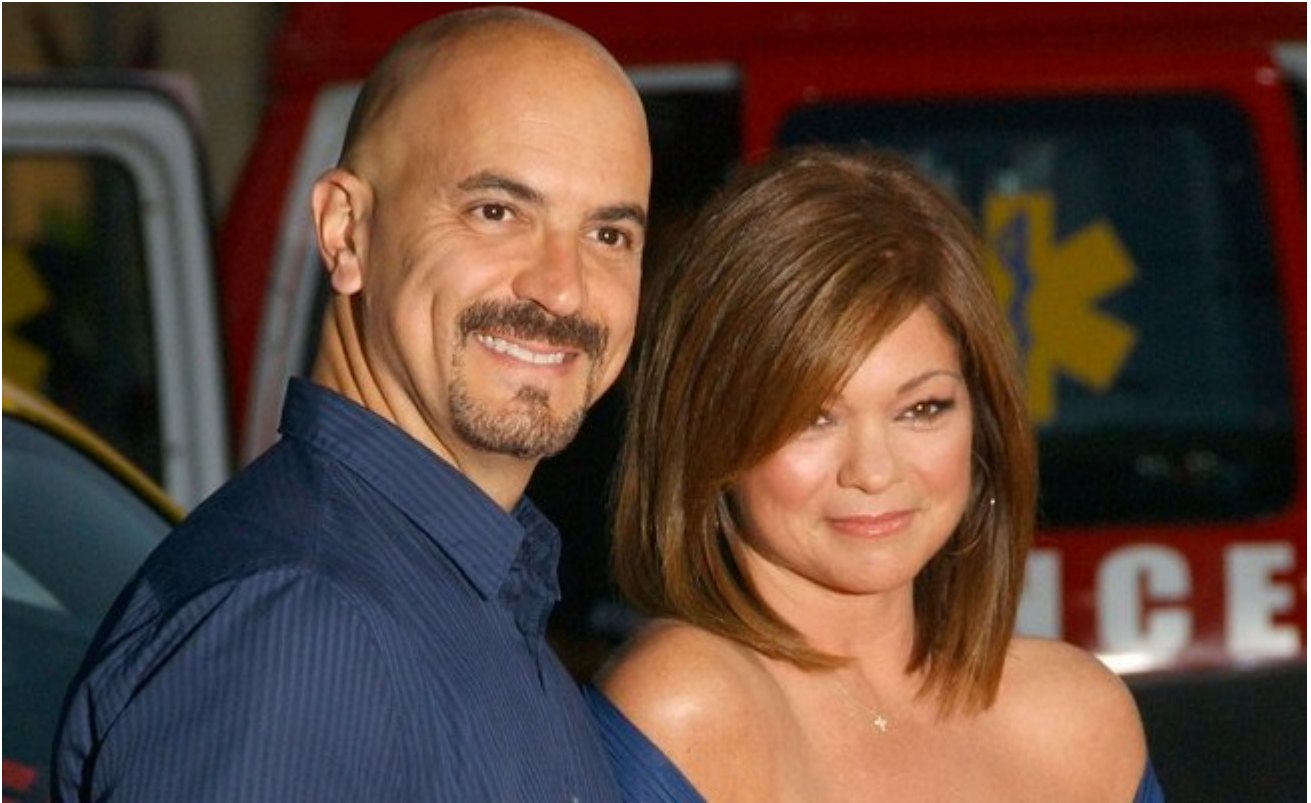
**2. Do stuff together:** And we don't mean grocery shopping or the laundry. Take each other out on dates, or simply go for a walk in the park. Kick it up a notch and revisit old haunts from when you first started dating. Staying active keeps the spark alive.

**3. Also take time out for yourself:** You're still individuals with your own interests and desires. Take time to pursue them, and share your experiences with each other when you're together.

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## Eddie Cibrian's Privacy Plea After Infidelity Goes Public





Last week Cupid's Pulse posted [Is LeAnn Truly to Blame?](#) about Rimes' affair with Eddie Cibrian that ultimately lead to the end of both their marriages. Now, Cibrian is requesting privacy for himself and his family, telling [E! Online](#), "I can't change the past and I'm truly sorry that people got hurt long the way, but not everything reported in the media is reality and continuing to rehash things publicly only makes it more difficult for everyone to heal." He would like to focus on his two children from his former marriage.

### **What drives people to cheat?**

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

The reasons behind cheating are different for everyone. See if the following ring true for you:

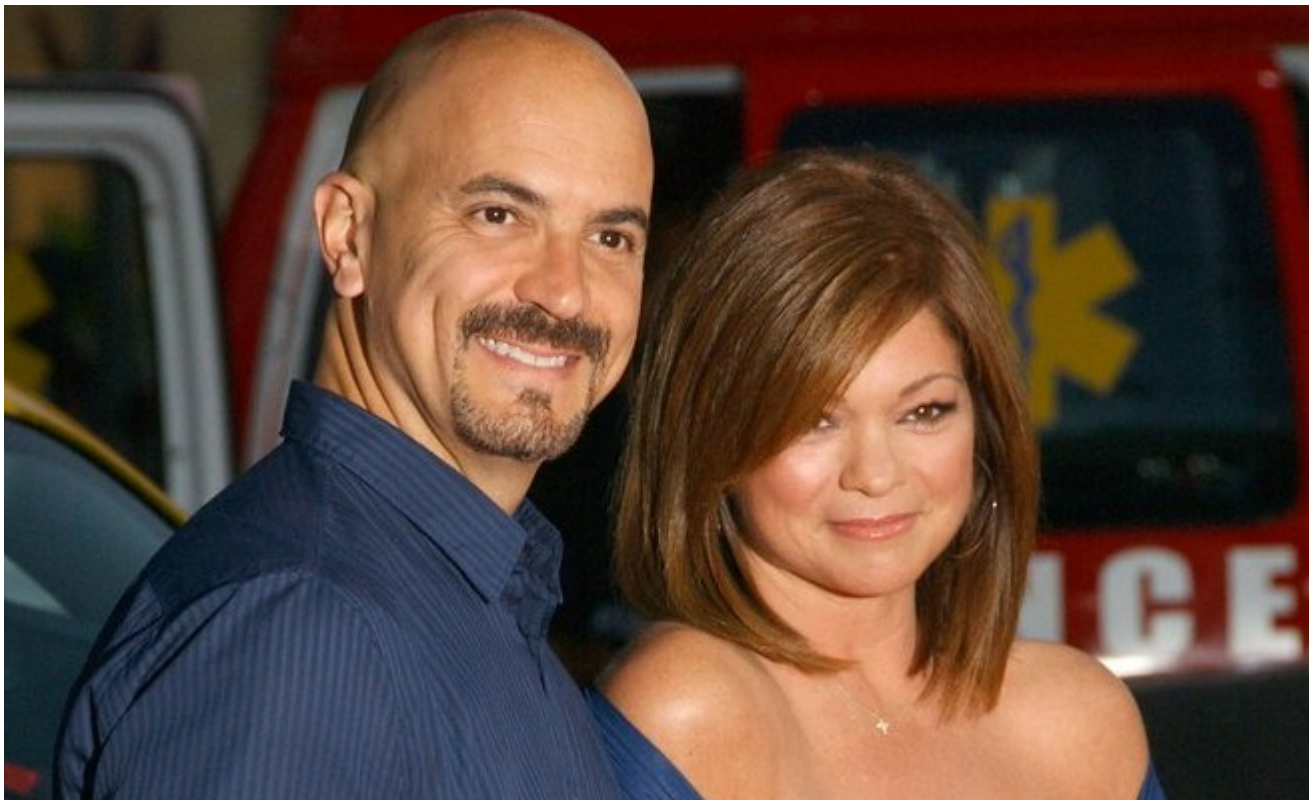
**1. Feelings of inadequacy:** Some people start feeling like they don't measure up next to their partner, whether it's in terms of salary, work position, or even within your shared inner social circle. Resentment may set in, which can be a factor in why people cheat.

**2. Mixed emotions:** Your relationship still has that spark, but are you still searching for something more? Figure out what's missing in your partnership that's causing you to focus your attention elsewhere.

**3. Lack of self-love:** Sometimes, it really is *you*, and not the other person. Take yourself out of the relationship to figure out what you want before you end up cheating.

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## Adriana Lima Introduces Baby Valentina



[Hola! Brasil](#) magazine introduces Adriana Lima's baby girl,



Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now that baby and mom have recovered, they want to share their lives with everyone.

## **What are some ways to prevent pregnancy complications?**

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

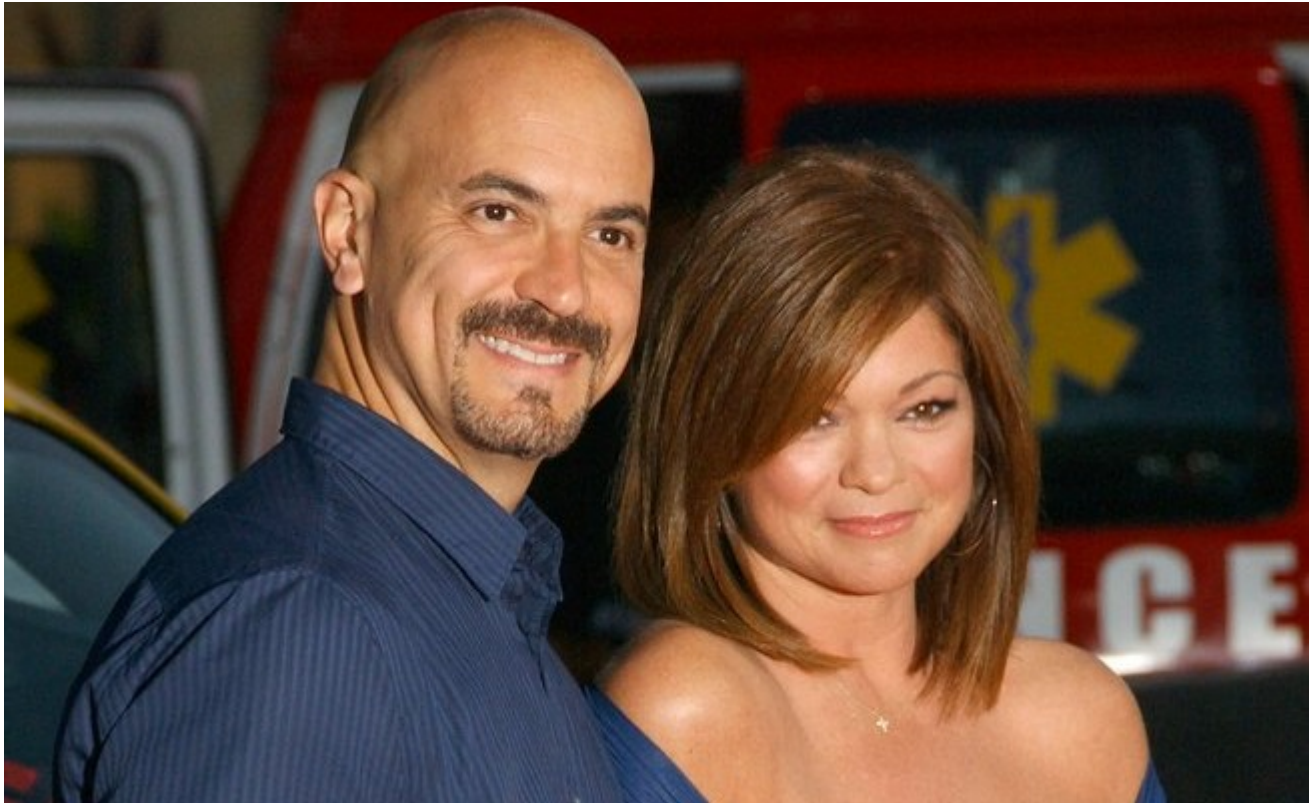
Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances dealing with them.

- 1. Eat healthy:** This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.
- 2. Listen to your doctor:** Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.
- 3. Have your partner to join you:** Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.

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# **Are Amanda Seyfried & Dominic**

# Cooper Together Again?



Last May, [Perez Hilton](#) online reported that Amanda Seyfried (*Letters to Juliet*) and Dominic Cooper (who co-starred with Seyfried in *Mamma Mia!*) were taking a break after Cooper did some major partying Lindsay Lohan. Now, it seems that they are at least casually, dating again.

**What causes couples to take 'breaks' in their relationships?**

## **Cupid's Advice:**

Relationships tend to falter after a certain point, but when you ask the two involved, both have trouble indicating one thing: why. Cupid has some reasons why, as well as tips to help break the cycle:

**1. Lack of maturity:** Neither party is ready to handle the immense responsibility of commitment. Rethink where you want your relationship to go, and take it from there.

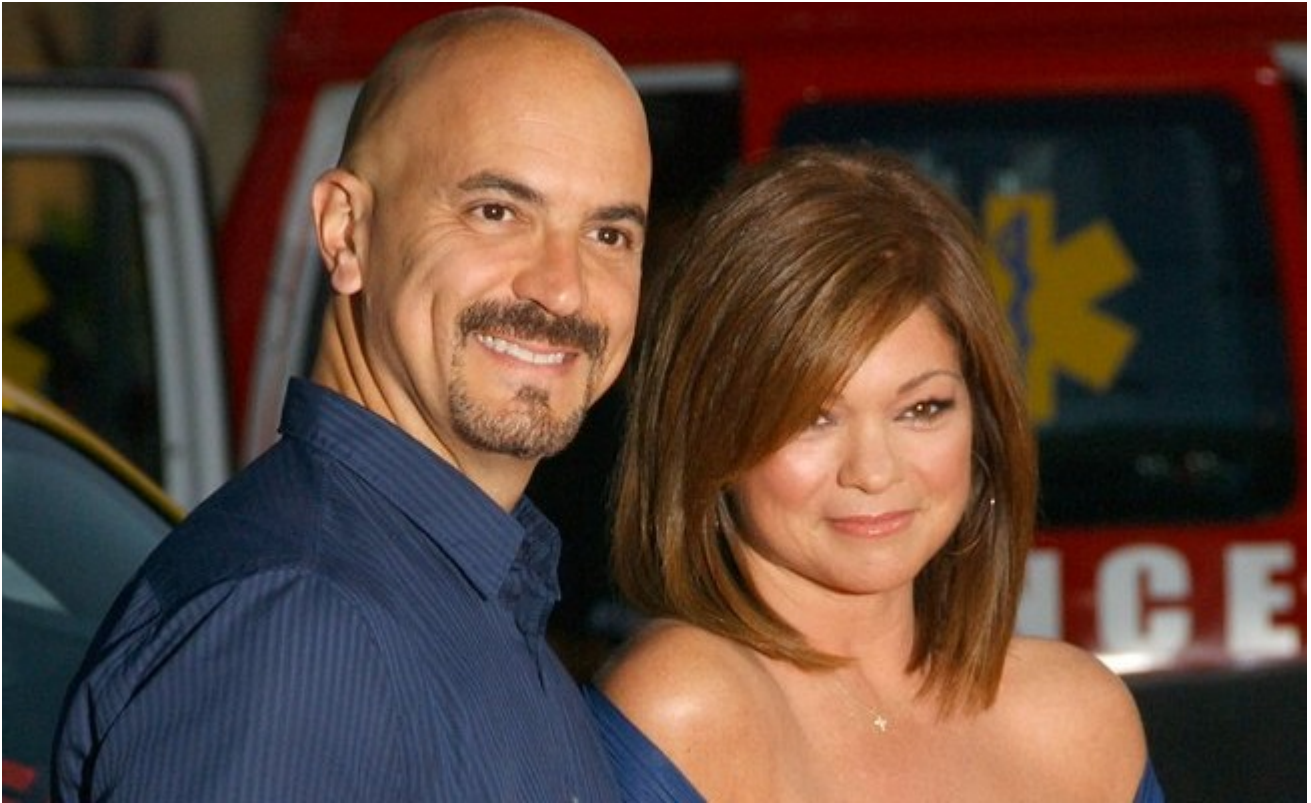
**2. Fear of change:** Things seem to be going great without a label – why shake things up? If you think this anxiety is holding you back, sit down and communicate your feelings. This may be something the other person is struggling with as well.

**3. Baggage:** Regardless of how “over” it either of you may be about prior relationships, past baggage can sometimes resurface and get in the way. To remove your previous hang-ups, be open with your partner. Working through your concerns can make your bond stronger.

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## Khloe Kardashian Wants to Be a ‘Fit Pregnant Woman’





Last week, Khloe Kardashian dismissed pregnancy rumors and according to [People](#) told reporters she's "just fat," but when pressed by [Ryan Seacrest](#) on his radio show Friday, said she wouldn't even tell people she was pregnant until it got to a certain point. "It's about health," said Kardashian. However, she *did* tell the radio host one thing: "I pray I'll be a fit pregnant woman... but I'll do what's best for the child."

### **What are some ways you can stay fit while pregnant?**

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

Daily exercise, healthy eating habits, and a positive attitude go a long way.

**1. Stay active:** There's never an excuse for being inactive, pregnant or not. Take advantage of prenatal yoga or Pilates classes offered by a nearby gym or spa. Tight on cash? Call up a friend and go for a walk.

**2. Eat right:** Yes, you're eating for two, but that's no reason

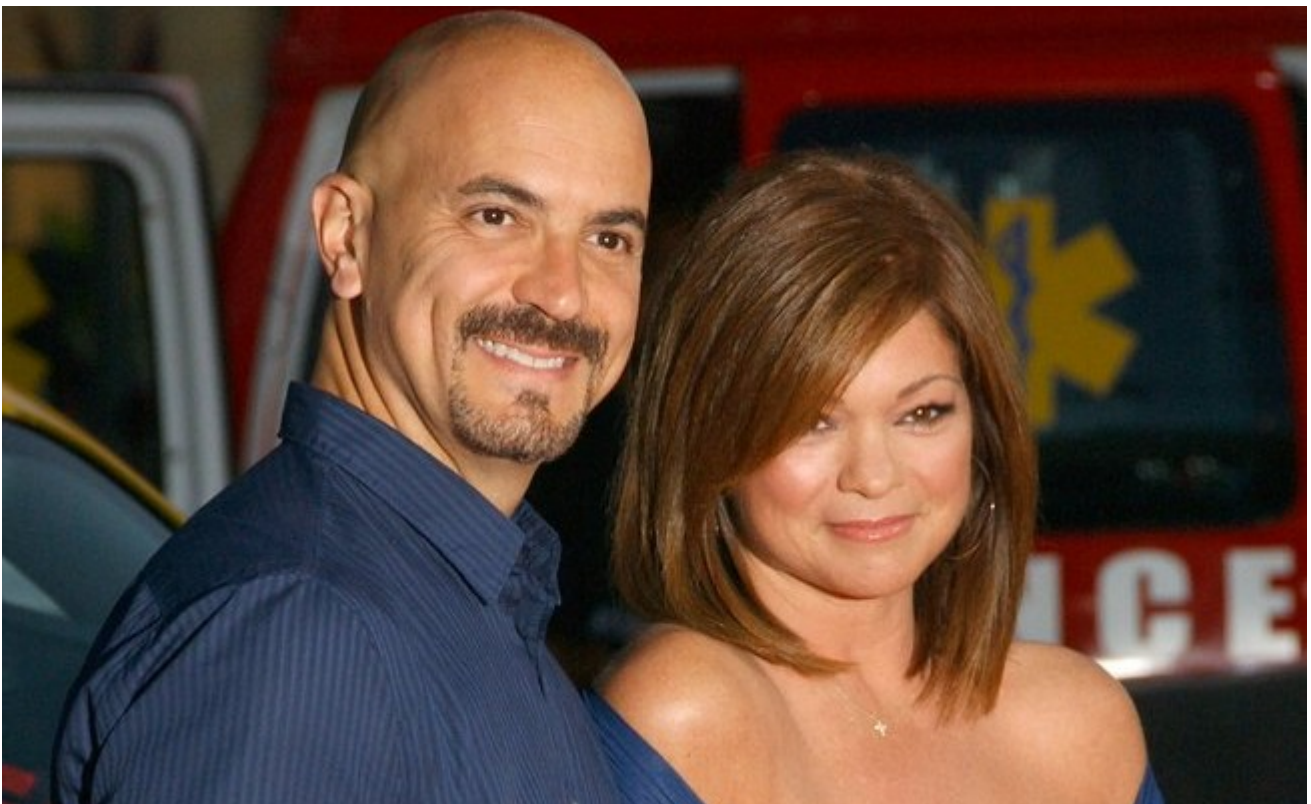


to go overboard. Consult your doctor about the appropriate diet throughout your pregnancy, and ask what portion sizes are the norm.

**3. Zen out:** Take time to nurture yourself emotionally. Being pregnant takes a lot out of a woman – don't overextend yourself when you don't need to. Another life depends on you.

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## Are Kate Hudson & Matthew Bellamy Dating?



Does Kate have a new mate? [People](#) reported that Kate Hudson and Matthew Bellamy (frontman of the rock group Muse) dined

with Renee Zellweger and Bradley Cooper in Paris over the weekend and were seen together all over the city of love. While there isn't any confirmation that these two are an item, a witness told *People* that they "seemed very much a couple." This wouldn't be Hudson's first rocker; she was married to Chris Robinson (of the Black Crowes) until 2006. Their son Ryder is 6 years old.**What are the tell-tale signs that two people are an item?**

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

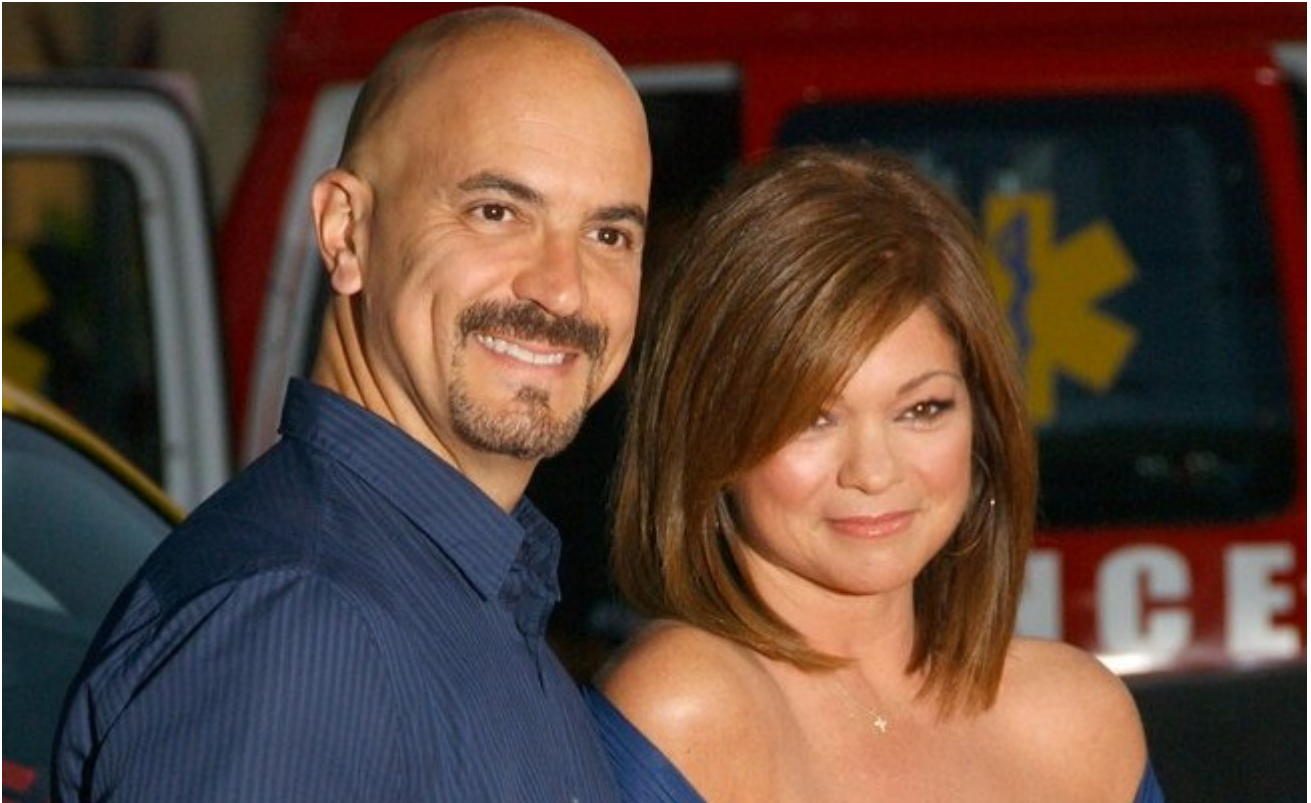
Hudson and Bellamy may or may not be dating, but here are Cupid's indicators to gauge whether you have become an item with someone:

- 1. You become exclusive:** If you find that you and your partner are only interested in dating each other, it could be a sign of a budding relationship.
- 2. Frequent contact:** If you feel comfortable picking up the phone, texting, emailing, or reaching out to the other person, it's likely that you've become a couple.
- 3. Introductions:** Have you combined activities together with friends? Maybe you've all gone to dinner, a party or special event together. This is a good indication you both feel comfortable enough to let your inner circle see you as a couple.

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## **Is Britney Spears Dating Her**

# Bodyguard?



While rumors of past infidelities surround her boyfriend and ex-agent Jason Trawick, Britney Spears might be again finding love within her closest circle. Photos from last month reveal that Spears is quite taken with her bodyguard, Ryan. While the status of her relationship with Trawick is unclear, she seems to “melt” whenever Ryan’s around, according to [OK! Magazine](#). **Can you have a healthy relationship with your hired help?**

## Cupid’s Advice:

It may seem comfortable to date someone who works for you but be prepared for awkwardness if it doesn’t work out the way you planned.

**1. Approach with caution:** Though it might be an easy affair to fall into, becoming involved with any hired help – whether it's a bodyguard, nanny, or gardener – can make life at home tricky. Make sure you have a conversation with the other person about their intentions before jumping into anything.

**2. Set boundaries:** In this case more than any other, it's key to draw lines between your personal and professional lives. The two are intertwined, but keeping things separate will lead to a healthier relationship.

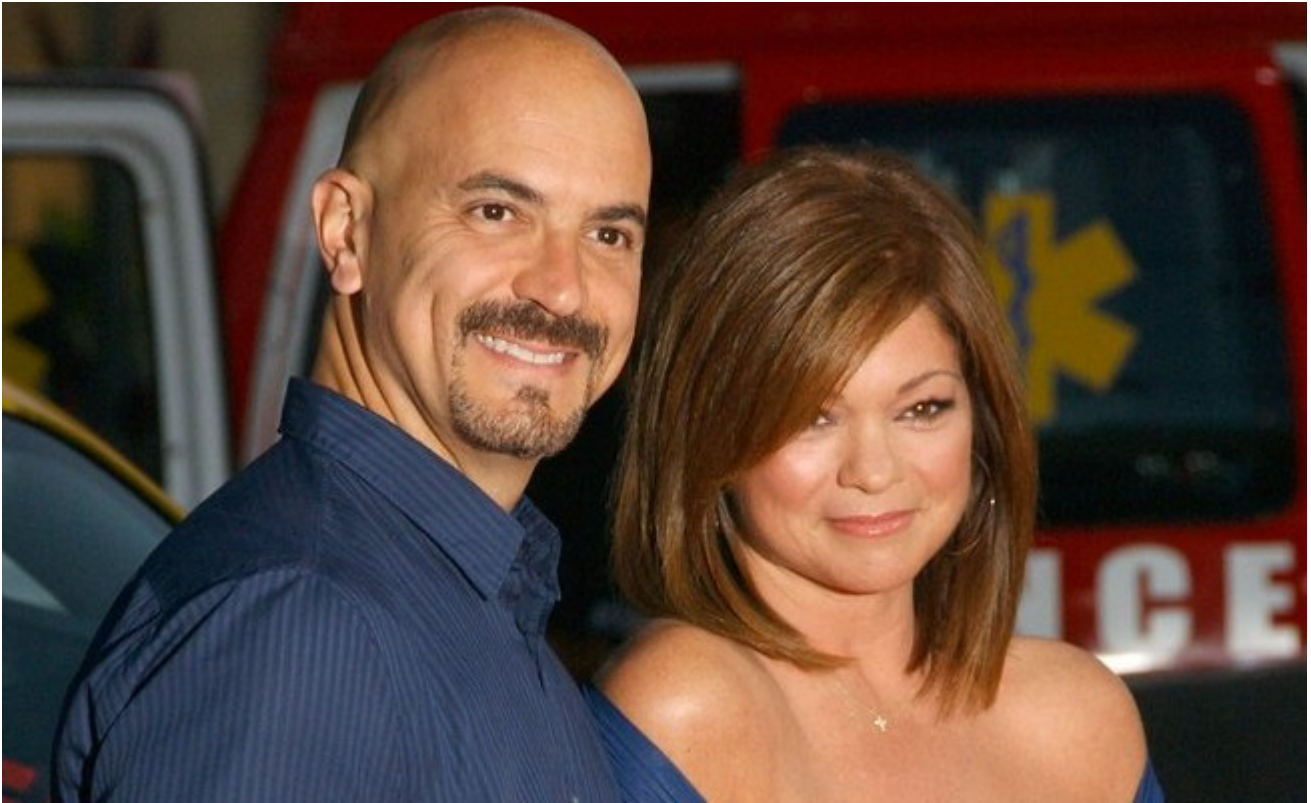
**3. Have a back up plan:** Should the relationship go sour, it's key to have someone else in mind to cover your ex's job incase he or she decides to quit.

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## Jesse James & Ex-Wife Janine Battle for Sunny James







Last Friday, Jesse James allowed a long-awaited supervised meet-up between his 6-year-old daughter, Sunny James, with her mother, porn star Janine Lindemulder. The reason for the long delay? Up until the recent admission of infidelity by Jesse James, Lindemulder was considered to be the “bad” parent (Bitten and Bound). The former couple will be heading to court in two weeks to discuss more formal arrangements, provided Lindemulder has learned to put a filter on her conversations when near their little girl, as [US Weekly](#) reported.

**Visitation is hard enough on kids these days. What can adults in this situation do to ensure equal, quality time?**

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

James and Lindemulder need to take their daughter into consideration when making plans to spend with their child. In any visitation battle, it's best to take the necessary time to plot out important events so that all parties involved are able to have a successful, yet separate, relationship. Here are some ways to assist:

**1. Make a list:** Each adult needs to write out the special days they wish to share with their child(ren), whether it's a holiday or a school play, then compare each list with each other and choose which days are the most important.

**2. Compromise:** Whenever there's a conflict, you must be willing to concede when appropriate. You should always consider the child and their needs first. Talk it out and see if both of you can share a special day.

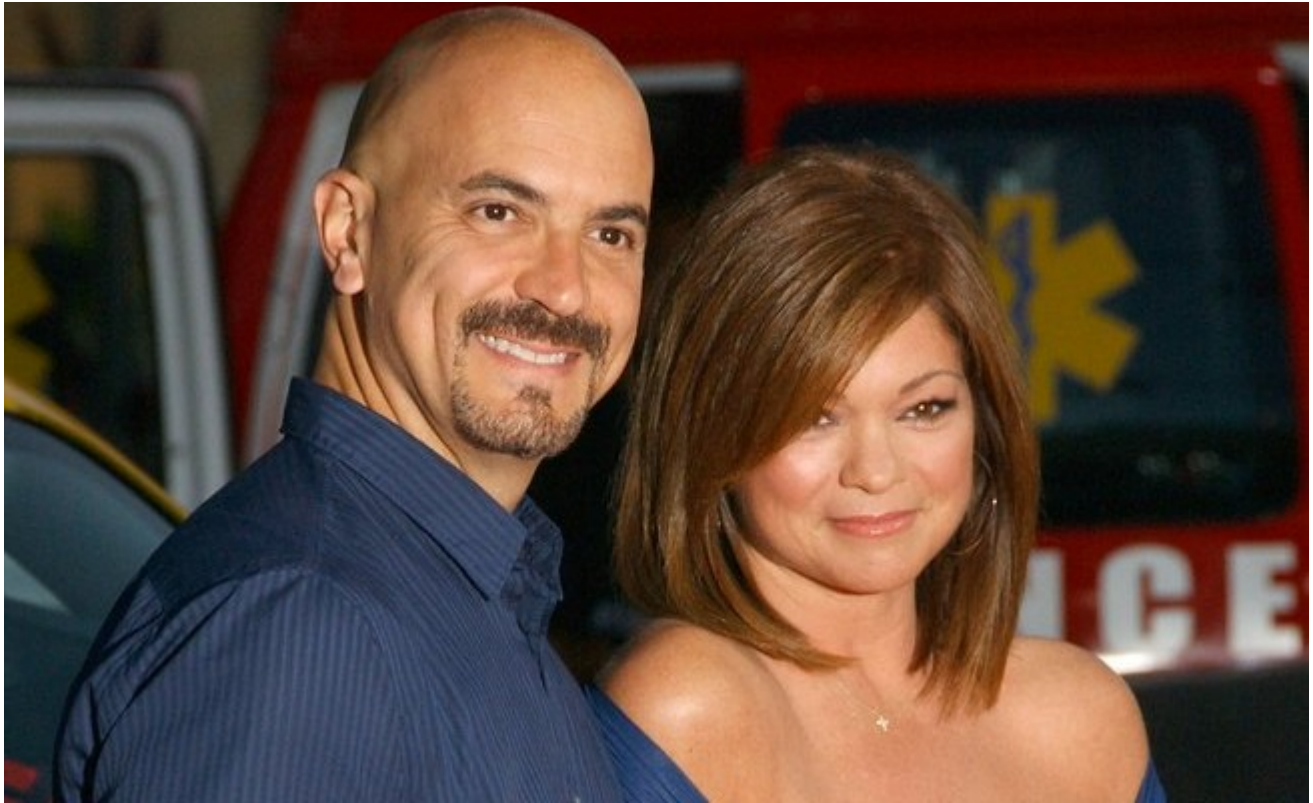
**3. Talk with your child(ren):** Once the two of you have come up with a plan of action and are in agreement, consider sitting down with your little ones (if they're old enough to understand), and let them know what you've come up with. At this point, you can ask how they feel about the arrangements, or if they have any questions.

Families are the backbone of society. They support you when you venture out into the world, and they are there to comfort you when you stumble. If you're part of a family living in separate houses, it doesn't mean that it can't work.

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## Katherine Heigl Wants to Adopt Again





While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

### **Cupid's Advice**

Plan for everything!

**1. Expect the unexpected:** One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain any semblance of normalcy.

**2. Be flexible:** You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this

family dynamic, you need to be able to split up your time effectively between the kids, your partner, and your own life.

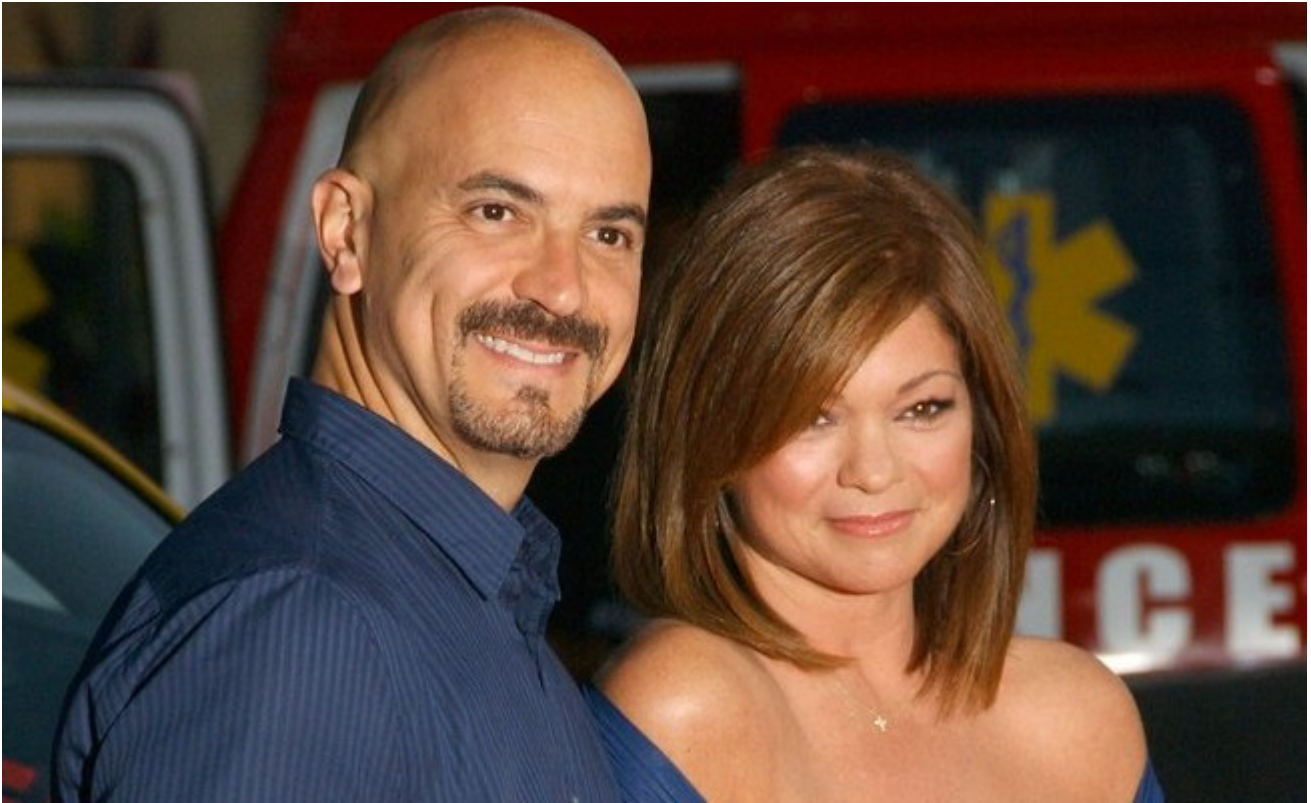
**3. Make time for yourself:** You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.

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## Kim Kardashian & Reggie Bush Reunite







Last week's [\*OK! Magazine\*](#) cover story reported that Kim Kardashian of E!'s *Meet the Kardashians*, is back together with former lover, Reggie Bush, NFL star for the New Orleans Saints. According to the article, Kim's mother Kris Jenner's intervention and conversation with Bush was powerful enough to convince him that the duo wasn't done just yet.

**What are some of the signs that your breakup is temporary?**

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

Kardashian and Bush have been on-and-off again for reasons only the two of them know about. However, they seem to make a great match every time they get back together. If you and your mate are in a similar situation, you may wish to look at the following reasons your relationship is on a roller coaster ride:

**1. Bickering about every detail:** Many couples find themselves acting overly critical of their mate's annoying habits, such as eating in bed, or leaving the empty milk carton in the

refrigerator. This is usually a sign that you need to learn how to communicate more effectively.

**2. Too much time together or apart:** If you find that you're take separate paths, or conversely, stepping on each others' toes, the lack of a strong connection can lead to anger or frustration. Talk about your feelings to help understand why either being in close contact, or always being away from each other is so bothersome.

**3. You can't stand to be apart:** Many relationships seem perfect on the outside, yet on the inside they are incomplete. When you break up with someone, it could actually be a cry for help. Before you end your pairing, try talking about the issues and think back to the reasons you fell in love in the first place.