

Celebrity Interview: TV Heartthrob Sterling Sulieman on New ABC Drama 'Station 19'



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

One of the hottest actors on television right now is heartthrob Sterling Sulieman. Sulieman is one of the cast members of the new drama, *Station 19*, where he plays Grant. A spin-off of *Grey's Anatomy* and produced by no other than the brilliant Shonda Rhimes, the series centers around firefighters who put their lives and hearts on the line for others. And of course, Sulieman's character Grant is a firefighter.

In our exclusive [celebrity interview](#), we talk to Sulieman about his current role on *Station 19* and the path he took to get where he is today.

Celebrity Interview with Sterling Sulieman: Acting as a Career

When asked if he knew anything about firefighters, Sulieman acknowledged that he didn't know too much or have any friends who fought fires when he was growing up. In fact, he says that stepping into this role helped him understand their day-to-day life much better. "It's so interesting, but most of us don't realize the ins and outs of what they [firefighters] do," the actor says. "They do so much more than we know and they risk their lives." He says that this role has been a very eye-opening experience for him.

While talking about his career, the 34-year-old explains that there are many ways an actor can connect to their character. He said when you're preparing for a part, you always look for similarities between you and the person you are playing. "It really makes you examine yourself," Sulieman told us. "I do share some of the same qualities as Grant."

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However, *Station 19* was not Sulieman's first encounter with the inspirational Shondaland TV production company. He also starred in their television series, *Still Star-Crossed* as the power-hungry Prince Escalus. When Cupid's Pulse asked Sulieman what he's learned from working with the Rhimes productions he said, "I've learned a lot from exploring the characters they've given me because they are so three-dimensional," he confessed. "I really have to figure out where they are coming from, and what they do, and it makes me think about my life." After getting offered the role in *Station 19*, the *Still Star-Crossed* alum jumped at the opportunity to work with the renowned producer again.

Many people find their passion by experimenting with different hobbies and interests or they explore what they like and eliminate aspects that aren't as fun or interesting. Sulieman chose acting after trying many different interests. He said that he's had a love for theater and performing arts since the age of seven. "I knew that I wanted to act at a very young age," the Oahu native explained. "I played sports and took art classes, but it eventually came back to acting."

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Sulieman has faced his share of challenges while being an actor. There is always the possibility of rejection or not being successful, but he says that hasn't stopped him from

doing what he loves. His advice for people who are starting out in this career is to stay focused on why you love what you do. "Create opportunities for yourself, and it will fall into place," he says.

Before finishing our interview with Sulieman, we had to ask him about his dating life and whether or not he would date another actor. He shared, that he was "single as can be" and dating another actor was very complicated, but admitted, "You never know." Sulieman also explains that dating a non-actor presents difficulties too since non-actors have a hard time watching their significant other kissing someone else on the screen. Well, whatever the future holds in love or career, one thing is for sure, Sulieman is following his passion!

You can catch Sterling Sulieman in Station 19 or by following him on [Twitter](#)!

New Celebrity Couple: Channing Tatum Is Dating Jessie J Post-Divorce From Jenna Dewan



 By [Ivana Jarmon](#)

There's a new [celebrity couple](#) in town! In celebrity news, [Channing Tatum](#) and Jessie J are dating, according to *UsMagazine.com*. The new couple have been seeing each other

for months, sources can confirm. Channing was spotted at a recent concert of the singer; the couple was also seen playing mini golf at a local course in Seattle. A source said, "It's new, casual and they're having fun." Tatum recently ended his nine year marriage to Jenna Dewan, and the [celebrity exes](#) have a 5-year-old daughter together.

New celebrity couple alert: Channing Tatum is moving on. What are some ways to move on in a way that doesn't hurt your ex?

Cupid's Advice:

Hurting your ex is one of the last things you want to do if you still care for them. Cupid has some tips on some ways you can move on that doesn't hurt your ex:

1. Talk to your ex: If you still love your ex and don't want to hurt them with your actions. Just talk to them. Let them know that you're moving on, and that you hope they will be ok. If they love you as much as you love them, then they will want you to be happy.

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2. Reevaluate yourself: Check in with yourself to see how much time and effort you're willing to spend on someone you're no longer dating.

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3. Be realistic: There is no such thing as, not hurting your ex. You aren't together anymore, so both of you are bound to

move on. You can't constantly look out for their feelings, because they will still be hurt. Ask yourself will you look out for your exes' feelings with each and every relationship you move onto? Will you tell that ex that you're having a new baby with your new partner to? Let them feel their pain and move on.

What are tips on ways you can move on that doesn't hurt your ex? Share your thoughts below.

Celebrity Divorce: Jennifer Garner is Seen Dating Someone New After Divorce from Ben Affleck



 By [Courtney Shapiro](#)

In [celebrity news](#), recently divorced actress, Jennifer Garner was seen dating someone new. Her divorce from actor Ben Affleck was finalized on October 5, 2018. The [celebrity couple](#) made their split public in 2015 and officially filed for divorce in 2017. The pair has three kids together and are on the same page about co-parenting. According to *UsMagazine.com*, Garner is “ready to start the next phase of her life.”

In celebrity divorce news, Jennifer Garner is moving on from her ex-husband. What are some ways to know you are ready to move on after a divorce?

Cupid's Advice:

How do you know you're ready to move on after a divorce? Cupid shares some advice:

1. You aren't thinking of your ex romantically: Of course there was a romantic connection between the two of you since you decided to get married. If you don't feel connected or attracted to the other person anymore, it could be a sign that you're ready to move on with your life.

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2. You're excited to go out again: The time will come after the divorce where you're ready to put yourself out there again. It may take a bit to get there, but eventually you'll be out of that post-divorce slump.

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3. You have direction in your life: You know what you want and you are easing your way into getting it. Once you've dusted away the old pieces of the divorce, you have a clearer image of what your future will look like.

How were you able to move on after a divorce? Let us know below!

Celebrity News: Busy Philipps Accuses 'Freaks & Geeks' Costar James Franco of Assault



By [Ivana Jarmon](#)

Busy Philipps is calling James Franco out. In [celebrity news](#), Philipps spoke out against costar Franco for assault, according to *Radar Online*. Philipps claimed Franco got physical with her while filming a scene for a recent movie. She said she was directed to gently hit her costar in the chest. After she delivered her line, Philipps says Franco broke character, screamed in her face and shoved her to the ground. Philipps and Franco played love interests Kim Kelly and Daniel Desario in the first season of NBC sitcom *Freaks and Geeks*. According to [UsMagazine.com](#), Philipps also recently opened up about details of a personal sexual assault at the tender age of 14 that led to self-harm. The actress is now married to producer Marc Silverstein, and they are celebrity parents to two daughters Birdie and Cricket.

In celebrity news, Busy Philipps is calling out James Franco for assault. If you've been a victim of

assault, what are three things you should do?

Cupid's Advice:

Assault of all kinds is no laughing matter, millions of women and men experience it every day. Cupid has some tips on what to do if you've been a victim of assault:

1. Talk to someone: It doesn't matter who it is, your parent, a friend, a counselor. Just get what's happened to you off your chest. It will be scary and painful, but you will feel better, even if it's just a little bit. Holding on to what happened to you is not good for you. Talk about it when you're ready, but know there is someone who wants to listen to you.

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2. It's not your fault: You didn't do anything to deserve this. Don't blame yourself for someone's actions. Nothing excuses assault. Assault happens to people of all races, gender, ages and sexual orientations. Nothing about who you are or what you did caused your assault. It may get worse before it gets better, but there is a light at the end of the tunnel. You will heal.

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3. You are not alone: There are people who care about you. There are people who want to listen to you and help you. There are service providers who will be able to support you as you heal from the experience. The support you need is out there.

4. You have rights: You have every right to decide how you respond to what happened. You can report with law enforcement, or not. If it's a sexual assault you can get an exam

completed, or not. You can have medical care, such as receive treatment and prevention of STD's, HIV and Pregnancy or not. Its your decision, just know that you have that right.

What are tips on what to do if you've been a victim of assault? Share your thoughts below.

Celebrity Wedding: 'Real Housewives of Atlanta' Star Eva Marcille Marries Michael Sterling



By [Courtney Shapiro](#)

In [celebrity wedding](#) news, *Real Housewives of Atlanta* star Eva Marcille tied the knot with Michael Sterling on October 7th. The [celebrity couple](#) was super excited for their big day. The reality star got engaged to Sterling last year around Christmas, and the couple had their first child together in April. According to *E! Online*, Marcille and Sterling have both been posting pictures leading up to the wedding. Marcille posted a photo of the two of them with the caption, "Mine all mine, One more day until 10.7.18 I love you Michael Sterling and I can't wait!!!!" The pair is extremely happy with their life, and are looking forward to their future together.

In *Real Housewives* celebrity wedding news, Eva Marcille is officially off the market. What are some ways to know you're ready for marriage with your partner?

Cupid's Advice:

How do you know you are ready for marriage? Cupid has some thoughts:

1. You can't picture your life without them: This may be obvious, but if that person has truly become a part of your daily routine, and you accept all of their flaws, then you are definitely closer to tying the knot.

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2. You have had a chance to live your own life: Living a life where you're able to be in control of your choices is important. Maybe you wanted to take time for traveling, or a career before you were ready to settle down. If you feel fulfilled in other aspects of your life, it could be time for marriage.

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3. You have lived with each other: It doesn't need to be anything long term, but it will help ease into marriage if you have gotten used to each other's habits and routines.

How did you know you were ready for marriage? Let us know below!

Celebrity News: 'Bachelor in Paradise' Alum Jordan Kimball Denies Falsifying Jenna Cooper Cheating Texts



By [Courtney Shapiro](#)

In [celebrity news](#), *Bachelor In Paradise* alum, Jordan Kimball, speaks out regarding cheating texts between himself and ex fiancée, Jenna Cooper. The [celebrity couple](#) was engaged on the season finale of the reality TV show, which aired on September 11, yet Kimball confirmed the split the next day due to incriminating texts posted on Reality Steve's blog. *UsMagazine.com* shared parts of an interview with Kimball on *Entertainment Tonight* where he shares, "I absolutely, 100 percent did not fabricate those text messages." Kimball is trying to move on from his relationship with Cooper and does not want to prolong the issue any further.

In celebrity news, *BIP* drama is still happening off-set. What are some ways to know if your partner is trustworthy?

Cupid's Advice:

How can you tell if your partner is trustworthy? Cupid has

some advice:

1. They are open with you: If your partner is comfortable enough to share things about themselves, then you shouldn't have to worry. They are able to open up about anything, and let their guard down with you, so it's clear you are important to them.

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2. Your partner is consistent: When your partner is able to tell you things that he has also told other people, and the details match up, it can help prove that he's telling you the truth. If your partner can't keep up with the things they are telling you, it may be difficult to fully trust them.

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3. Assess how you feel around that person: Your body will start to decide if you're comfortable around certain people. If you feel anxious or nervous when you're with your partner, then maybe it's a sign that you don't fully trust them. Take the signs your body gives you, and really look inward to see how you feel about your partner.

How are you able to tell your partner is trustworthy? Tell us below!

Celebrity News: Katy Perry

Supports Orlando Bloom Through His Grandma's Illness



By [Courtney Shapiro](#)

In [celebrity news](#), Katy Perry sends love to boyfriend, Orlando Bloom, as he struggles with his grandmother's illness. The actor shared a sweet post on his Instagram about cherishing life and how grateful he is for the time he had with his grandma. Perry responded to the post with "love you angel." According to *People.com*, the [celebrity couple](#) only recently made their debut on the red carpet together, after previously dating for about a year. The pair had briefly separated, but reconciled earlier this year.

In celebrity news, Katy Perry is standing by her partner as he goes through a tough time. What are some ways to support your partner through tragedy?

Cupid's Advice:

How can you support your partner through tragedy? Cupid shares some advice:

1. Give them space: Let your partner know you are there for them if you need, but don't bombard them. Allow your partner to take the time they need to get through the tragedy, and if the relationship is strong, then they'll already know they have you for support.

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2. Help take the weight off of them: Make yourself useful to your partner in any way you can. If there is stuff to do around the house, just do it, this way your partner isn't worried about little things that aren't as important.

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3. Tell them you love them: They probably know this, but it can help them realize they aren't alone. Reassure them that you love them, the vocalization may not seem like much, but can ease some of their worry.

What are ways you or your partner have supported each other through tragedy? Let us know in the comments!

Celebrity News: Khloe Kardashian Says She Is 'Brutally Broken' After Acting 'Gentle to Others'



 By [Courtney Shapiro](#)

In [celebrity news](#), Khloe Kardashian recently mentioned how important it is to be kind to others even though things may not be great in life. The reality star shared the note after social media trolls attacked her for her personal choices.

Kardashian's messages were cryptic, and it is unknown whether they are about her [celebrity relationship](#) with Tristan Thompson or another aspect of her life. According to *UsMagazine.com*, the 34-year-old posted an inspirational quote on her Instagram story that said, "If you've been brutally broken but still have the courage to be gentle to other living beings, then you're a bad-ass with a heart of an angel." Kardashian is trying to spread kindness to others, even though she currently feels broken.

In celebrity news, Khloe may or may not be talking about her relationship, but we've all found ourselves broken. What are some ways to heal your heart after it's broken?

Cupid's Advice:

How can you heal after you've been heartbroken? Cupid shares some advice:

1. Let all of your feelings out: After being heartbroken, it is expected that your emotions will be all over the place. It isn't going to help you heal if you keep everything inside, and let it build up. Allow yourself to feel whatever you're feeling in the moment instead.

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2. Find happiness in the little things: There might be a quote you find in a book, a part in a movie, or something you see in your daily life that makes you happy. Enjoy those small

moments of happiness instead of dwelling on the heartbreak.

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3. Don't be hard on yourself: Your emotions are valid no matter what they are. Heartbreak is tough, and it can be hard to get back your "normal" self, but you'll get there eventually.

How have you healed after being heartbroken? Let us know in the comments!

Celebrity Couple News: Find Out Why Kanye West Surprised Wife Kim Kardashian With a \$1 Million Check



By [Courtney Shapiro](#)

In [latest celebrity news](#), Kanye West pulled out all the stops when he surprised Kim Kardashian with a \$1 million check for mother's day. The [celebrity couple](#) is constantly supporting each other, and Kim proved that when she turned down a million dollar offer that tends to knock off Yeezy, West's infamous fashion line. Kardashian discussed the rest of the gift details with *E! Online* saying "I opened the envelope and it was a million dollar check...and then, in the rest of the envelope, it was a contract to be an owner of Yeezy—to have my percentage." Overall, Kardashian and West continue to have

each other's backs.

In celebrity couple news, Kanye West showed his thanks for Kim Kardashian on Mother's Day, and there was meaning behind it. What are some ways to show your appreciation for your significant other?

Cupid's Advice:

How can you show appreciation for your partner? Cupid has some ideas:

1. Plan a date with their favorite things: This will really show that you pay attention to the things your partner likes. It doesn't have to be extravagant, but it shows you care about their interests.

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2. Write them a love letter: This is a little old fashioned, but writing down what you love about your partner and your relationship, will really show your appreciation.

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3. Do little things around the house: If your partner has had a long day, it'll make it easier on them if the dishes or laundry is done. These are small things, but it can help lift the stress from the rest of the day.

What have you done to show appreciation for your partner? Tell us below!

Celebrity News: Gisele Bundchen Opens Up About When She Learned Tom Brady Was Expecting With His Ex



By [Courtney Shapiro](#)

In [celebrity news](#), former Victoria's Secret angel, Gisele Bundchen admits her shock to the news that Tom Brady was expecting a child with his ex, shortly after the two began dating. The [celebrity relationship](#) began in 2006, and Bundchen found out about the pregnancy between Brady and Bridget Moynahan two months later. According to *UsMagazine.com*, Bundchen shared in her memoir that Moynahan's pregnancy "wasn't an easy time" for her, but it ended up being an unexpected blessing that "brought about so much growth." Bundchen and Brady have been married since 2009 and have two kids of their own.

In celebrity news, Gisele Bundchen is recalling a difficult time she

went through with now husband Tom Brady. What are some ways to persevere through hard times with your partner?

Cupid's Advice:

What are some ways to approach hard times with your partner? Cupid shares some advice:

1. Forgive each other: Fighting and struggle are bound to happen in relationships, but don't hold a grudge. Talk through the issues with your partner, and forgive one another if you yell or say things in the heat of the moment.

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2. Be patient with each other: Both of you may be feeling stress from other aspects in your life, so it is best to remember not to take it out on each other. Don't blame one another, and keep those aspects out of your relationship.

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3. Hit the refresh button: Give yourselves the opportunity to start things over if you need to. You might not need to go back to the very beginning, but find a point in your relationship where things were great, and get yourselves in that head space.

How have you worked through hard times in your relationship? Tell us below!

Celebrity News: 'Big Brother' Stars Tyler Crispen & Angela Rummans Are Moving In Together



By [Ivana Jarmon](#)

In [celebrity news](#), *Big Brother's* Tyler Crispen and Angela Rummans are moving in together! After less than a week following the show's finale, the [celebrity couple](#) are moving in together in L.A. In an exclusive statement to *UsMagazine.com*, the pair said, "We can't imagine ourselves being apart and so it was a natural step for us to make things official in the real world and move in together." The couple fell in love during season 20 on the CBS show. The couple added, "We've never been happier and are so thankful for this experience that has brought us together."

In [celebrity news](#), *Big Brother* stars Tyler and Angela are taking the next step and moving into together. What are some ways to know you're ready to move in together?

Cupid's Advice:

Taking the next step is fun when you're with the right person! Cupid has some ways to find out if you're ready to move together:

1. You're on the same page: Same relationship page that is! It's important to know that you both want the same things out of your relationship. An example of this is marriage and kids. Make sure you're both heading in the same direction when it comes to goals and dreams.

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2. Practically living together: If you're basically already living together. Which means spending most nights at your partner's place or vice versa. It would make sense to move in together. The transition to cohabitation will be natural. You've seen them sick, smelt their morning breath, observed their nightly habits. You're completely comfortable with each other. You have more realistic expectations moving in together when you know that your partner leaves her clothes on the bathroom floor, or that she doesn't wash the dishes after she cooks.

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3. Communication: If you can communicate openly and honestly then you should definitely move in together. When living together you must be able to share your pain, concerns, and dreams. You must be able to speak honestly with your partner. Because home is where the heart is.

What are some way to know you're ready to move in together? Share your thoughts below.

Celebrity Wedding News: Pregnant 'RHOA' Star Porsha Williams Is Engaged to Dennis McKinley



By [Courtney Shapiro](#)

In [celebrity wedding](#) news, *Real Housewives of Atlanta* star Porsha Williams is pregnant and recently engaged to Dennis McKinley. The [celebrity couple](#) announced their relationship in June and are expecting their first child together. *UsMagazine.com* confirmed the news when Williams posted on her Instagram, revealing the massive diamond engagement ring. Williams was previously married in 2013, but sees herself as a “hopeless romantic.”

In celebrity wedding news, *Real Housewives of Atlanta* star Porsha Williams is both pregnant and engaged. What are some ways to adjust to big life changes involving marriage and kids?

Cupid's Advice:

How can you adjust to life changes involving marriage and

kids? Cupid has some advice:

1. Take time to get used to the new lifestyle: No one expects you to be a perfect wife or mother right away. Learn what you can and take it one day at a time.

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2. Give yourself space: It's okay to step back from everything and take some "me" time. Allowing yourself to breathe and relax on your own will help give you a positive mindset for facing family challenges.

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3. It's okay to ask for help: No one expects you to completely adjust right away. Ask your parents, other family members, or friends for help and support as you get acclimated to the changes happening in your life.

How have you handled big life changes? Let us know below!

Celebrity Exes: JWoww's Ex Roger Mathews Vows to Win Her Back After Divorce Filing



 By Courtney Shapiro

In [celebrity news](#), JWoww's ex Roger Matthews pledges to keep fighting for their marriage after the divorce was filed a

couple of weeks ago. The reality star confirmed the split by speaking out on his instagram stories. This [celebrity relationship](#) was going strong until JWOWW grew tired of the repetitive pattern they had fallen into. [EOnline.com](#) shared Mathew's posts, where he says, "I'm going to win her affection back, I am going to win her love back. I have no intentions on being a single dad. We're in counseling so there is hope. It ain't over 'till the fat lady sings." Mathews is determined to keep his relationship alive.

These celebrity exes' relationship may not be over after all. What are some ways to save your relationship?

Cupid's Advice:

Are there ways to save a relationship? Cupid shares some tips:

1. Go over all of the positive aspects: Why is this relationship still important to you? Talk through all of the good things you have experienced together and decide if these aspects are worth staying in it for the long term.

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2. Go to counseling: Getting advice from a non-biased third party can greatly help the relationship. It will be helpful to the couple if they have someone who can mediate the conversation. It is okay to go to counseling, and it can be hard to fix the relationship by yourself.

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3. Accept the things you can't change: There will always be things about your partner that frustrate you, but is it worth it to keep bringing up the same arguments? You have to learn that the way your partner feels about something is just different, not wrong. Move past these differences and find what you truly enjoy about the relationship.

Were you able to save a dying relationship? Let us know below!

Celebrity Divorce: Jenni 'JWoww' Farley Files for Divorce From Roger Mathews



 By Courtney Shapiro

In [celebrity news](#), *Jersey Shore* star Jenni 'JWoww' Farley is a single woman. The reality star filed for divorce from her husband Roger Mathews. The [celebrity couple](#) had met on the *Jersey Shore*, and were married in October of 2015. The pair also have two children together. According to [UsMagazine.com](#), Farley stated there were "irreconcilable differences" on the papers she filed two weeks ago. There is no drama surrounding the divorce, and Mathews is going to try to save his marriage.

In celebrity divorce news, there's a Jersey Shore split to announce.

What are some ways to know your relationship has run its course?

Cupid's Advice:

How do you know your relationship has run its course? Cupid has some thoughts:

1. Nothing is exciting anymore: You've tried doing new things together, but you're just going through the motions. If you aren't excited to be in each other's company, it can be time to end the relationship.

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2. It's hard to make time for each other: Your lives have become so busy, you hardly see each other. It's understandable to have other aspects or things to do, but spending time with each other is important too. If that's not one of your top priorities, then you should re-evaluate the relationship.

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3. You can't see a future with the person anymore: Sometimes people grow apart, and that is okay. The two of you have probably just reached different points in your life. Be up front with each other, you don't want to lead the other person on if you can't see the relationship going any further.

Have you been in a relationship that has run its course? Let us know below!

Celebrity Parents: Busy Philipps Says Husband 'Didn't Try' to Be a Dad Initially



 By Ivana Jarmon

In [celebrity news](#), Busy Philipps gets real about the challenges of marriage and family in the November issue of *Parents* magazine. The actress and host of *E!'s Busy Tonight* opened up about her 11-year marriage to producer husband *Marc Silverstein* and how he wasn't the most supportive parent after the birth of their first child, Birdie Leigh, now 10. According to *People.com*, Philipps recalled, "He was not understanding how to be a dad and, in fact, didn't try. I was parenting by myself. When I told him, I wanted to have a second child, he said, 'Fine, but it's all on you.' That was so heartbreaking." She continued, "Marriage is always hard, but especially when you have kids...You're going to go through periods when you're not into it, but there always has to be one person willing to fight. I went to Marc several times and said, 'I cannot do this anymore. Something has to change, and it's you.' The celebrity parents had a lot of serious discussions and counseling. Since the conversation, the couple has welcomed their second child Cricket Pearl, now 5. The [celebrity parent](#) says, "He's incredibly participatory now in a way I don't think he could've imagined before. We're a work in progress but trying our best."

In celebrity parent news, Busy Philipps got real about parenting

and marriage. What are some ways to encourage positive communication with your partner regarding parenting?

Cupid's Advice:

Marriage and parenthood bring many struggles! Cupid has some tips to encourage positive communication with your partner regarding parenting:

1. Be open and honest: This involves communicating with your partner. The both of you have to ask yourselves when you two got together, is this what you wanted out of the relationship? Were kids part of the mix? And if you already have kid,s how can you make this work? What can you change to be better partners and parents? Be honest with yourselves and with each other!

Related Link: [Parenting Tips: 5 Tips for Co-Parenting](#)

2. Learn to take a step back and compromise: Parenting is hard enough, but co-parenting is a whole different ball game. When parenting, you learn and make mistakes and initially find your own way to raise your child. With a partner, your styles may not be the same, so you have to step back and let them do their own thing. But, also learn from each other. Like a marriage, you must compromise when it comes co-parenting.

Related Link: [Co-Parenting During the Holidays](#)

3. Just talk to each other: Communication is the first step you take in any relationship. It's how marriage and children are created. Start a conversation about your wants, needs, and desires. Just talk to each other, remember you two love each other and saw a future for yourselves beyond the first date.

The worst thing you can do is not talk to each other. Talking is how you resolve problems and heal. So just talk!

What are some tips to encourage positive communication with your partner regarding parenting? Share your thoughts below.

Celebrity Divorce: Leah Jenner Officially Files for Divorce from Brandon Jenner



 By Ivana Jarmon

Leah Jenner and Brandon Jenner are over. In [celebrity news](#), Leah officially filed for [celebrity divorce](#) two weeks after announcing their split, [EOnline.com](#) reports. In a joint statement, the [celebrity exes](#) broke the news that after 14 years together and six years of marriage they'd be going their separate ways. "Even though we have chosen to separate as a couple, we still love one another very, very much and remain a major part of each other's lives- as best friends, family and loving parents to our daughter," the statement read. Brandon is the oldest son of [Caitlyn Jenner](#) and Linda Thompson, and Leah is daughter of former Eagles guitarist Don Felder. The exes tied the knot in an intimate wedding ceremony in Hawaii in 2012, and they welcomed a baby girl named Eva James Jenner in July 2015.

This couple has decided to throw in the towel and are getting a celebrity divorce. What are some last-ditch efforts to make toward the end of a relationship?

Cupid's Advice:

When it comes to love you have to give it your all even if it's the end! Cupid has 3 last-ditch efforts that could save your relationship:

1. Take the b-word off the table: You don't want a possible break-up to be hanging over your heads. So, take it off the table, because in order to make the relationship work, you must create a safe space. This means no ultimatums and no threats of any kind. This also includes planning, thinking about breaking up or pursuing other relationship as if you're going to break up. This is serious, as using the b-word creates uncertainty and pressure in a relationship. You have to completely remove breaking up from the table.

Related Link: [Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston](#)

2. Opportunity to evolve: In order for a relationship to heal, vulnerability has to be reintroduced to the relationship. This means giving your partner another chance to evolve and to change in order to be a better partner. This gives them and you another chance to respond differently to your needs and to look at love differently.

Related Link: [Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'](#)

3. Work on yourself: The most important relationship you can ever be in and improve upon is the one you have with yourself. By fixing yourself, you change the way you see and react to others – your partner included. This may mean they will change the way they respond to you. To save your relationship, work on yourself!

“If you can’t love yourself, how the hell you gonna love somebody else?”- RuPaul

What are some last-ditch efforts that’s could save your relationship? Share your thoughts below.

Celebrity Interview: Dance Mom’s Teen Star Ava Cota



 Interview by [Lori Bizzoco](#). Written by Gillian Lee

Who *hasn't* heard of *Dance Moms*? Virtually nobody. So you’ve most likely seen dancing legend Ava Cota, but did you know just how much this young starlet has accomplished? At just 16 years old, Cota is not only a professional dancer and reality star, but she recently added model and media influencer to her repertoire, with the goal of spreading positivity. Cota started dancing at a young age and was trained at a studio founded by her mother. She says that this inspired her to become the dancer she is today. Realizing she had a passion for dance, Cota wanted to dance professionally and has certainly succeeded in her dream. In our [celebrity interview](#), we talk to Cota about her dancing life and what she dreams of next.

Celebrity Interview with Ava Cota: Spreading Positivity

While discussing competitive dancing, Cota explains that dance competitions aren't about who wins or comes in first. She says it is about being on stage and performing. "It's easy to get caught up in the competition aspect of it," Cota tells us but cautions that a little bit of rejection is not a bad thing. Cota says that she loves all forms of dance but if she had to choose a favorite, it would currently be contemporary.

Dancing wasn't always an easy journey for this six foot tall teenager. "It was a challenge," she explained. "But dancing through constant growth spurts helped me with my balance and coordination." Cota tells us that her growth made her develop extra muscles, giving her awareness and confidence of her body. "Dancing is very different for tall girls, so I had additional learning to do,"

Related Link: [Celebrity Interview: Chloe Lukasiak Talks 'Dance Moms': "I'm Kinda Doing My Own Thing Now"](#)

Dancing has had its advantages, this past fall Cota was in New York City for Fashion Week and had the opportunity to walk the runway, sporting looks from numerous designers. With long legs and a perfect posture, modeling could be a natural calling for this dancer turned model. Cota mentioned during our interview that she recently partnered with a designer to start her own clothing line. "My style has a casual feel, but with the ability to dress it up if you'd like," she said, "It has the vibe of Pretty Little Liars meets New York City."

With a busy schedule, she says that there is no time to be a normal teenager! Cupid's Pulse asked Cota how she finds ways to relax with her friends and feel normal while juggling all of the demands of fame. She said, "I was never that kid that wanted the normal." She's never had a normal life and, at the

moment, she isn't really looking to create one. When asked about the all-important love life teenagers typically chase, Cota said she doesn't have time for boyfriends. We can understand why!

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says, "I'm All Dance Before Romance"](#)

At only 16 years old, Cota has developed a network and presence of influence and she is passionate about using her platform to spread positivity. Her motto is, "Self love creates self happiness," and she shares this with those around her. This is such a powerful statement in a world built around technology; growing up with social media can be hard on those who don't have self confidence. But Cota is trying to break through that tough barrier and spread messages on body positivity and self happiness. The world needs more uplifting spirits like Cota.

Before we wrapped our interview, we had to ask Cota about her future goals. For someone so young, she has accomplished so much already. But the one thing she remains constant about is this: "I want to use my platform as an influencer to share my message and spread positivity."

You can keep up with Ava and her journey by following her Instagram @ava.michelle and her Twitter @avamichelle2002. Keep up with her daily life by following her on Snapchat at @avamichelle_02.

Celebrity Exes: Justin

Theroux Breaks Silence on Split from Jennifer Aniston



 By Courtney Shapiro

In [celebrity news](#), Justin Theroux discussed his split and previous [celebrity relationship](#) with Jennifer Aniston. The [celebrity couple](#) wed in August of 2015 and separated in February after less than three years of marriage. In an interview with *EOnline.com*, Theroux said, “The good news is that was probably the most...it was kind of the most gentle separation, in that there was no animosity.” Theroux and Aniston remain friends even after their split.

Justin Theroux characterized his split from celebrity ex Jennifer Aniston as “gentle.” What are some ways to keep the animosity out of your break-up?

Cupid’s Advice:

Can a relationship end without animosity? Cupid has some tips to keep the break up amicable:

1. Talk through any issues: To end the relationship with no “hard feelings,” it is important to discuss any problems you might have with one another. Work through all your issues and make sure both of you are on the same page. You will be able to be friendly if both parties were able to calmly discuss any concerns.

Related Link: [Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'](#)

2. Keep the details of the break-up between the two of you: Of course it is difficult to keep the details to yourself, because all of your family and friends will want to know what happen, but keep those private as it was something that happened just between you and your partner. You can share the gist with your support system, but you don't want that person getting attacked for being part of the break-up, when they won't fully understand the reasons behind the decision.

Related Link: [Celebrity Break-Ups: Ashlee Simpson Wasn't Totally Surprised By Jessica Simpson & Nick Lachey's Split](#)

3. Don't try to "win" the break-up: After the break-up, your sole focus is going to be yourself for sure. You can incorporate positive changes into your life, but don't make it seem like you're thriving without the person right away.

Are there ways you have broken up with someone in a friendly way? Let Cupid know below!

Celebrity Wedding: 'Teen Mom 2' Star Jo Rivera Marries Vee Torres with Ex Kailyn Lowry in Attendance



 By Courtney Shapiro

The knot was recently tied for [celebrity couple](#) Jo Rivera and Vee Torres. The *Teen Mom 2* [celebrity wedding](#) was filled with love and family as Torres' son Isaac and daughter with Rivera, Vivi, participated as the ring bearers. According to *UsMagazine.com*, Torres' ex Kailyn Lowry was also at the wedding. Lowry attended with her best friend and sent a tweet thanking her for "wiping my tears as I bawled." Rivera and Torres declared their engagement in April and were both looking forward to their big day.

In this celebrity wedding, Rivera's ex attended. What are some ways to decide whether to include your ex on the guest list for your nuptials?

Cupid's Advice:

Is it okay to have you ex at your wedding? Cupid has some thoughts on when this is okay:

1. The relationship with the ex isn't fresh: If you have been in your current relationship longer than you were broken up and were able to be in a friendship with your ex, then having them at your wedding shouldn't be an issue. The past is in the past and both of you are currently happy with the life you live, so it should be easy to include them on the guest list.

Related Link: [Celebrity Wedding: Justin Bieber and Hailey Baldwin Quietly Wed on Thursday](#)

2. The ex is a part of the couple's life: The ex shouldn't be invited to the wedding if they are just a random person brought up from the past. If the couple spends time with this person and thinks of them as a friend rather than an ex, then

they can choose if they want that person there or not.

Related Link: [Celebrity Wedding News: Paris Hilton & Chris Zylka Push Back Wedding Date](#)

3. The ex is the other parent to your child: This is more of a courtesy to the child rather than to either of the parents. It shows that even though the parents are not together, there is no hostility between them, which gives the child an easier time of understanding the new relationship.

Have you invited an ex to your wedding? Let us know below!

Celebrity News: Find Out What's Next for Julie Chen Post-Scandal



 By Courtney Shapiro

In [celebrity news](#), well known co-host of *The Talk* and host of *Big Brother*, Julie Chen is in the spotlight after allegations of sexual assault and harassment came out against her husband, the CEO of CBS, Les Moonves. *E! News* reported that Chen has decided to step away from her position on the talk show, saying, "Right now I need to spend more time at home with my husband and our young son, so I've decided to leave *The Talk*. On the other hand, she has decided to stay on with the popular summer game show, *Big Brother*, as it is more manageable and she will be free of obligations from CBS for the next few months, since the finale airs on September 26th. At this time, Chen's future with CBS is up in the air.

In celebrity news, Julie Chen is tasked with rebuilding her life after her husband was fired from CBS for sexual assault allegations. What are some ways to rebuild your life after a break-up?.

Cupid's Advice:

Need some ways to rebuild your life after a break-up? Cupid has some ideas to rebuild:

1. Invest in your support network: You can't get past the break-up alone. This is the time where you will need those closest to you to support you, and be by your side. These are the people who have your best interests at heart, and only want you to heal.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Star Jordan Kimball Confirms Split from Jenna Cooper Amid Cheating Reports](#)

2. Start a new routine: A fresh break-up can make it difficult to continue your normal routine, so don't. Take the time for yourself, and start crafting a schedule that is best for you. Keeping yourself busy in a new schedule will give you purpose, and will keep your mind off of the break-up itself.

Related Link: [Celebrity News: Kelly Ripa Addresses Ryan Seacrest Sexual Misconduct Allegations](#)

3. Try incorporating healthy habits: This time is all about you. Now that you're taking care of just yourself, you can take this time to include more positive things into your life. These habits don't have to be related to exercise, and you can

focus on the goals you have in your career, or life in general.

How would you start to rebuild your life after a break up? Tell us in the comments below.

Celebrity News: ‘Parenthood’ Star Joy Bryant Gives Marriage Advice



 By Courtney Shapiro

In [celebrity news](#), Joy Bryant dished on her career, her love of sports, and her marriage to stuntman Dave Pope. The actress, well known for her role in NBC’s *Parenthood*, shared that she was not always the outdoorsy type, but has become more accustomed to the lifestyle through her husband. As she’s been in a [celebrity marriage](#) for 10 years, Bryant shares her advice on how to keep her [celebrity relationship](#) fresh. In an interview with *Men’s Journal*, she says, “You’ve got to do your own thing... there are plenty of people who spend every single day together and hate each other or get divorced.”

In celebrity news, Joy Bryant talks about how to keep marriage fresh. What are three ways to keep your

marriage fresh and the spark alive?

Cupid's Advice:

Everyone has ways of keeping their marriage spark alive, but will they always work? Cupid has some tips on how to keep your marriage fresh and the spark alive:

1. Try new things together: It gets tiring and boring when you and your spouse are always doing the same thing. Breaking out of the typical routine and trying a new activity, or even a new food, can bring excitement to both of you. It'll be special for just the two of you, and you'll be able to hold on to that memorable experience as a couple.

Related Link: [Celebrity News: Have Ed Sheeran and Cherry Seaborn Secretly Tied the Knot?](#)

2. Continue to talk to each other: Talk frequently to one another. Don't just go through the motions, and talk about work or other daily routine items, but really sit down and talk to each other. If you are feeling a certain way or something really got in your head, share it with your partner. Having these deeper conversations will help further the relationship, as well as keeping things interesting.

Related Link: [Celebrity Couple News: Priyanka Chopra's Mom Praises 'Mature' Nick Jonas After Engagement](#)

3. Create shared goals: Being married automatically gives you a partner for life, so why not create goals as a couple. The goals can be anything the two of you want to accomplish, and they are more likely to be achieved if you are constantly supporting one another throughout the process. Find something you both can enjoy, and work towards that accomplishment together.

What are some tips that kept the spark alive for your

marriage? Tell us in the comments below!

Celebrity News: Kim Kardashian Isn't Worried That Kanye West Wants to Move to Chicago



 By Ivana Jarmon

In [celebrity news](#), earlier this week [Kanye West](#) announced that he had plans to move back to Chicago. Sources tell *People.com* that [Kim Kardashian West](#) isn't packing her bags any time soon. "He changes his mind like he changes his underwear," a second insider confirms. The [celebrity couple](#) do have a house in Chicago, and even if he does make the move, Kardashian-West doesn't plan on going with him. The reality star doesn't think moving to Chicago will benefit their kids and wants to continue to raise their children in Calabasas, California. A source says, "Kim remains supportive of Kanye's plan."

In celebrity news, Kim Kardashian knows her husband enough to know he changes his mind often. What are some ways to really get to know a

new partner?

Cupid's Advice:

Kim knows her husband's mind like the back of her hand. Cupid has some ways to really get to know a new partner:

1. The question game: There are a plethora of websites that list hundreds of questions to ask a potential partner. Or you can make up the questions yourself. This game comes in all shapes and forms from drinking to a card game. The question game allows you to ask deep meaningful question's that go beyond, "how was work." You will discover new and interesting things about one another.

Related Link: [Celebrity News: Kourtney Kardashian Fights with Scott Disick After He Introduces Kids to Sofia Richie](#)

2. Go on vacation together: If you want to really know a person, go on a weekend trip with them. This allows you to see different side's of them like jet lag, stressed out, lost and confused. But you also get to experience new things together. And that will reveal interest you didn't even know your partner had. For good or bad, you'll know more about them when you get back home.

Related Link: [Celebrity News: Kourtney Kardashian Spotted Out with Luka Sabbat](#)

3. Hobbies: Try out their hobbies! This allows you to really get to know a person by trying out the things they like. Even if it's not your thing, it'll make them happy and you'll grow closer to them. It is important to be interested in each other's passions.

What are some ways to really get to know a new partner? Share your thoughts below.

Celebrity News: Joe Alwyn Talks 'Very Private' Relationship with Taylor Swift



By Ivana Jarmon

In [celebrity news](#), Joe Alwyn breaks his silence on his relationship with [Taylor Swift](#) for the first time in a new interview. Alwyn said in the October issue of *British Vogue*, per *EOnline.com*, "I'm aware people want to know about that side of things. I think we have been successfully very private-and that has now sunk in for people...but I really prefer to talk about work." Most recently, the [celebrity couple](#) stepped out on a rare [date night](#) in the streets of London. Swift and Alwyn held hands as they walked to dinner at Hawksmoor, a restaurant in the Covent Garden. The celebrity couple first made headlines in May 2017. A source told *UsMagazine.com* that Alwyn really showed Swift a different lifestyle and the value of privacy. The source added, "They vowed to keep their relationship to themselves and they've done everything they can to keep it that way."

In celebrity news, Joe Alwyn is finally acknowledging his relationship with Taylor Swift.

What are some benefits to keeping your relationship under wraps?

Cupid's Advice:

Taylor Swift is known for her high-profile relationships, but this time around she's keeping quiet. Cupid has some reasons why keeping your relationship under wraps may benefit you:

1. You will be happier: A private relationship is free of judgement and critiques. You can benefit from a sense of privacy because it allows you to enjoy your relationship without any limitations. By taking away peoples access pass to your life and relationship you reclaim your relationship.

Related Link: [Celebrity Wedding: Justin Bieber and Hailey Baldwin Quietly Wed on Thursday](#)

2. Eliminate over-involvement: Social media is basically an invitation for people to comment on your life. It also encourages people such as family and friends to voice their opinion on your life. By having a private relationship, the only person's opinion that matter would be yours and your significant other.

Related Link: [Celebrity News: Kourtney Kardashian Spotted Out with Luka Sabbat](#)

3. Love doesn't always last: If things go south, you'll be happier. It'll be much easier on you if you haven't been showing your every move on social media. This allows you time to heal without having to erase every picture or every status. No one would know but you and him/her.

What are some benefits to keeping a relationship under wraps? Share your thoughts below.

Celebrity News: Kourtney Kardashian Spotted Out with Luka Sabbat



 By Ivana Jarmon

In [celebrity news](#), [Kourtney Kardashian](#) has been spotted with Luka Sabbat, 20-year-old *Grow-ish* star. The two [single celebrities](#) were spotted on Friday, stepping out for dinner at *The Nice Guy* in Los Angeles. The pair were seen having dinner and drinks as they chatted for hours waiting for friends to arrive. According to a source for *EOnline*, “They seemed to be really bonding and having fun.” The pair also both attended the grand opening of *Tao Chicago* nightclub the following Saturday, with Sabbat attached to her side the entire night. Kardashian met Sabbat through her younger sister [Kendall Jenner](#). A source says, “They are spending time together and its casual for now, she’s having fun and not taking anything too seriously.”

In celebrity news, Kourtney Kardashian may have a new love interest. What are some ways to keep things casual at the beginning of a relationship?

Cupid’s Advice:

Does anyone really know how to keep things simple when love could be on the line? Cupid has some tips on how to keep things casual at the beginning of a relationship:

1. Be comfortable, but don't get comfortable: A casual relationship allows you to spend time with someone you are attracted to and sincerely like being around. But aren't ready to share your secret stash of voodoo dolls with. You should be able to have fun, keep things light. Don't talk about anything too deep. Just enjoy each other's company.

Related Link: [Celebrity Exes: Drew Barrymore & Justin Long Are 'Spending Time Together' 8 Years After Split](#)

2. Keep your emotions on a leash: Emotions are a crazy thing. It's easy to believe at times that you've fallen in love with this person. If this happens spend some time apart and see how you feel afterward. If you find yourself getting jealous either tell them or get out as soon as possible. Don't be ruled by your emotions in a casual relationship.

Related Link: [Newly Single Celebrity Kendra Wilkinson is 'Excited' to Start Dating Post-Divorce from Hank Baskett](#)

3. Be honest with yourself: Are you ok with casual? Are you ok with seeing other people? Are you looking to be in a relationship? Make sure you ask yourself these questions. Because you don't want to end up in a casual relationship when you want something more. And yes, it could turn into more, but what if doesn't? Are you ok with that? Be sure that you know what you want before jumping into a casual relationship.

What are some tips on how to keep things casual at the beginning of a relationship? Share your thoughts below.