

5 Ways to Avoid Bad Breath While On a Date



By Dr. Joseph Banker

You're on a date and everything seems perfect until you get a little closer...and realize that maybe it's a little too close. Bad breath can ruin an otherwise perfect date- we can safely assume that there would be no Brangelina if Brad had bad breath on the set of *Mr. and Mrs. Smith*! However, avoiding bad breath starts long before the date even occurs. Here are my five top tips to avoid bad breath while on a date:

1. **Avoid smelly foods for at least a day:** Certain foods, such as garlic and onions, can cause offensive breath that lingers long after they are consumed. If you have a big date planned,

drink plenty of water and avoid these foods for at least 24 hours prior.

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2. **Improve your oral hygiene routine:** Poor oral hygiene is the biggest culprit of bad breath. Regular dental visits are very effective in preventing bad breath and developing techniques to maintain optimal oral hygiene. Food that remains between teeth must be removed by flossing. Tongue scrapers are also effective in removing odor-producing bacteria that builds up on the tongue.

3. **If you have chronic bad breath, squeeze in a trip to the dentist:** The underlying cause of most chronic cases of bad breath is odor-producing bacteria, which are present in chronic infections that are often associated with advanced gum disease (periodontitis). Those with active periodontal disease tend to have a higher incidence of bad breath. Although many factors contribute to periodontal disease, there is also a genetic predisposition. There are so many techniques we can use today, such as lasers and targeted delivery of antibiotics that are extremely effective to eradicate these bacteria and get to the underlying cause of the problem.

4. **Say no to coffee and alcohol:** Coffee and alcohol are both responsible for causing a decrease in salivary flow. Saliva is needed to cleanse debris from the mouth and to flush away odor producing bacteria. Coffee also contains some compounds that may cause offensive breath regardless of its effect on the salivary flow. It may be a better idea to skip that cup of coffee at the end of the meal and opt for a glass of water.

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5. **Carry sugar free breath fresheners:** A sugar free mint or gum can freshen breath, which is always better smelling than the last course of food you ate. It could make the difference between a handshake and a kiss goodnight!

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Basic Principles to Score A Second Date



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

Although first dates can seem scary, in reality, first dates are a science that can be easily mastered with just a few pointers. Once you feel confident about the first date, the option of a second date is inevitable. The main thing to remember is the key to the first date is being positive. This may sound cliché, but it's true: positivity is an extremely attractive quality.

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To appear positive on a first date, focus on topics that you are passionate about and things that make you happy. This technique will show that you're a cheerful person who has depth. Being upbeat keeps the conversation light but not shallow. It's also a good way to find common interests with your date. However, if your major interest is politics, then you should probably choose a different route and talk about something else. Anything political can be unintentionally polarizing!

If you're too critical, you'll sabotage your date. The person you're interacting with doesn't know you (it *is* a first date), and it's way too soon to burden them with your emotional baggage or negativity. If you find yourself turning to downbeat topics, take a step back and change the course to something more light-hearted.

Another first date necessity is steering clear of both the friend and slut zones. To avoid the friend zone, try a lingering gaze, a flirty smile or even a quick touch, like a brushing of their arm. With that being said, there is a distinct line between flirty and slutty. Don't overdo sexual innuendos or be overly suggestive. Definitely don't sleep together on a first date if you're hoping for a second date. If you actually like this guy and the date went well, he should be excited to take you out on a second date without the expectation of sex afterward.

The next piece of advice for landing a second date is limiting alcohol intake on your first date. If you drink too much, you'll most definitely say or do something that is uncharacteristic to who you are and will embarrass you. And let's be honest, alcohol usually makes us much more likely to hook up!

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And the MOST important advice about landing a second date is to just be yourself! It's awkward and difficult to act like someone you aren't. Plus, why would you want to go on a second date with a guy who doesn't like you for you? After all, you're trying to find someone who likes, and maybe even will come to love, you for who you are, not for the façade you built on the first date.

If you follow these pointers, you are practically guaranteed an offer of a second date. And if this guy is worthy of you, always take the second date – you never know if Mr. Right is right in front of you.

For more information about Project Soulmate, click [here](#).

Four Telltale Signs He's NOT the One





By Robert Manni for GalTime.com

We've all heard the old adage of addition by subtraction. Most women keep a mental list of the qualities they seek in their partner. Some lists are short and to the point. Many are long – way too long and they can get in the way of finding The One. Your Guy's Guy suggests that being mindful of a few red flags can save time and streamline your search process. If the man you are seeing has issues with any of these four behavioral traits, it's a good bet that you are in for a challenge and he may not be worthy of your unconditional love. Take it from a guy who learned the hard way and ask yourself if any of these traits are too familiar.

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He's cheap.

Yes, the economy's tough and the gap between rich and poor keeps growing, but you want your guy to know the difference between thrifty and stingy. Seventy-five percent of Americans

live paycheck to paycheck. Sad, but true. That means that your guy needs to know how to manage and grow his pile of cash. He also needs to prioritize what he spends his money on. If the first time he asks you out he assumes you're splitting the check, that's a bad sign. If he takes you to a concert or sporting event and you're craning your neck in the nosebleed section – unless it's the Super Bowl or a Rolling Stones concert – it's a bad sign. If he drinks cheap wine, buys cheap clothes and tips ten percent, it's a bad sign.

He's jealous.

Jealousy is toxic; jealousy has no benefits. Jealousy always results in hurt and resentment. It's an emotion driven by fear, anger and insecurity. Do you want to sign up for that? Of course not. You don't want your guy taking you for granted either, but if he gets jealous about your crush on Ryan Gosling or when you share a casual story that includes your ex, that's a bad sign. I know a woman whose guy became upset because the voice on her GPS was male. Seriously. That's a very bad sign.

He's controlling.

See above. Controlling behavior also stems from fear, anger and insecurity. If he doesn't allow you to have your own life, that's a bad sign. If he doesn't approve of a night out with your besties, it's a bad sign. If you can't have a drink with your colleagues, that's a bad sign. Relationships are about joy and sharing, not being held captive. Don't let any guy take away your independence. Both partners need their own lives.

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He's got vices.

I don't mean drinking socially or an addiction to the tv. But if he is doing drugs regularly and needs to in order to function or he gambles compulsively or he is a nasty drunk, you're in for a bumpy ride. These are diseases, so your partner needs help. How far you choose to go to help him with his recovery is up to you. Ultimately, he has to make the key decisions about how he chooses to live his life. If he favors drinks, drugs or gambling over you at any time, it's a very bad sign.

I hope this helps. Everyone has issues so finding the perfect partner is not easy. Your list is your list. Make it work for you. If you flip the script and factor in what you don't want in a relationship, it might make it easier to find a connection that brings you the love you deserve.

Does your guy own negative traits that prevent him from being The One?

Solo Parenting: Reconsidering Your Ex





By Cynthia MacGregor for [Hope After Divorce](#)

You've been divorced a while—maybe six months, maybe more than two years—and nobody better has shown up to tempt you. What's more, parenting as a solo act has proven to be a heavy burden. And on top of that, the kids haven't given up pestering you about getting their dad to move “back home.” You'd think by now they'd be used to the new order of things, but no, they're relentless about wanting Daddy to return. And you're tired of hearing them “singing the same old song.”

The last time he came to pick them up, you looked him over and started remembering all of his good points—and forgetting all of the bad ones. You remembered how funny he could be, how good he was with the kids, how kind he was to your mother... and you saw how happy the kids were to see him.

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You remembered the night before, when you'd gotten home from work exhausted and still had to make dinner, supervise homework, get on the kids' cases about room-cleaning, nag

Jeffrey about walking the dog and Jennifer about changing the cat's litter box. You had to hassle them about bedtime, and once they were finally tucked in, you had to wash up the dinner dishes and start the first of two loads of laundry. By the time you fell into bed, you were too exhausted to fall asleep and had done *nothing* for pleasure or relaxation all evening.

Oh, how different it would be, you think, if you had a spouse, a partner, a man in your life to help shoulder the burden. (And what a heavy burden it seems at the moment to be.) What about your ex? He had his faults, but he was a good father. There's no taking that away from him, whatever else there is to say...

Stop right there! "Whatever else there is to say?" What else is there to say? Plenty, I'll bet, if you think back and give the marriage an honest appraisal! Why did you call it quits in the first place? Not on a whim, I'm sure. You had your reasons, and they were most likely valid ones. Remember?

Now, fast-forward in your mind. Imagine you've gotten back together with the man. Imagine how overjoyed the kids are. Imagine how relieved you are—at first—to have help with the kids and in general. Then remember all his faults or flaws, all the reasons you gave up on the marriage in the first place. What has changed? Probably nothing. Now picture yourself asking him to leave—again. Finally, picture the kids' reaction when Daddy leaves for the *second* time. Not a happy picture, is it?

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So, is remarrying your ex the answer to your problems? In all probability, no. Is remarrying your ex going to make your kids happy? In the short term, sure, but in the long term, when he leaves again, definitely not! And thinking that "this time, things will be different" is almost certainly a fantasy.

Reconsidering your ex? Better think twice—not just for your own sake but for the kids’ sake too.



Cynthia MacGregor is a multi-published author. She has over 100 books to her credit. They include “After Your Divorce,” “Divorce Helpbook for Kids,” “Divorce Helpbook for Teens,” “Solo Parenting,” “‘Step’ This Way,” and others. Forthcoming books include “The One-Parent Family,” “Why Are Mommy and Daddy Getting Divorced,” and “Daddy Doesn’t Live Here Anymore.” She hosted and produced the TV show “Solo Parenting,” which was broadcast in

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Celebrity Couples Who Met on Set





By Kerri Sheehan

Like many other people, Hollywood relationships are likely to form at the workplace. For them, this means on the set of their latest movie and television ventures. People tend to date who they're in close contact with, so if you're famous then your close contacts will most likely be other celebrities. Hollywood co-stars who become romantically involved are a common occurrence; still America can't help but to be fascinated by it. Here are six of our favorite celebrity couples who met on set:

1. Kristen Stewart and Robert Pattinson: Known affectionately as K-Stew and R-Pats, these two met on the set of their vampire flick, *Twilight*. Although they tried to make the relationship work after Stewart had an indiscretion with "Snow White and the Huntsman" director, Rupert Sanders, the duo has recently parted ways for good.

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2. Andrew Garfield and Emma Stone: Andrew Garfield and Emma

Stone played love interests in last summers hit *The Amazing Spiderman*, but it seems they let the love stay after the cameras stopped rolling. The movie's sequel is currently under production and set to be released in 2014.

3. Jennifer Garner and Ben Affleck: Many think the Oscar winner and his wife met on the set of their 2003 movie *Daredevil*, but they really met two years prior while filming *Pearl Harbor*. However, they didn't begin dating officially until 2004, as Affleck was previously part of another Bennifer, with Jennifer Lopez. Garner and Affleck tied the knot in 2005 and have three kids together.

4. Brad Pitt and Angelina Jolie: The start of this couple was a tad controversial as they met on the set of *Mr. and Mrs. Smith* when Pitt was still married to Jennifer Aniston. Pitt and Jolie claim they didn't start dating until after his divorce from Aniston. They are not yet married, but have six children together, three of which are adopted.

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5. Ashton Kutcher and Mila Kunis: *That 70s Show* co-stars, Mila Kunis and Ashton Kutcher were in close proximity while filming the show from 1998-2006; however, at the time Kunis was with Macaulay Culkin and Kutcher with Demi Moore. Fast forward to the summer of 2012 and the two single stars chose to give love a go. They've been happy and in love ever since.

Who are your favorite Hollywood couples? Share below.

What Women Don't Know About Men



By Robert Manni for GalTime.com

Ladies, we're all human, but the similarities stop there.

How many times have you heard from a guy, who was just dumped by his long time partner, that he had no clue there were problems? A lot. Right? There's a reason for that. Remember the time when you bought a birthday card for his mother, and he just grunted before asking you to sign it from the both of you? The point is that men and women approach life and experience relationships differently. That does not mean that men and women cannot evolve or improve their relationships. It means that there are things that men and women need to know

about each other before any real progress can be made. I'm a Guy's Guy, so let's focus on men first. Here are a few pointers to help you understand how men think and what you can do about it.

1. Men are not complicated. You're probably already aware of this, but you might need a reminder. Sure, dudes have layers, but for the most part it's "what you see is what you get". Guys are straightforward and lay things on the line, especially with each other. We don't dance around with our feelings. And if we are having a problem with our relationship, we say so. If we don't bring anything up, consider us happy. If that black bustier and thong ensemble turns your guy on, he'll probably expect you to wear it every Saturday night until hell freezes over. But if you can top it, he's game. Men can be that simple. I'm not saying that this is necessarily a good thing, but at least we're predictable and we've got to start the conversation somewhere.

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2. Men don't pay attention. You might think and secretly hope that we're paying attention to the little things the way you are, but unfortunately we're not. So when he brings home a bouquet of fresh flowers because you mentioned liking daisies, it's a small act but at the same time a big deal for a guy. It means he's paying attention and you acknowledge it, which is really cool. Unfortunately guys suck at paying attention, so these tender moments can be far too rare. But don't abandon hope. He did bring you those flowers.

3. Men can't read your mind. This one is my personal pet peeve. I can't tell you how many times I've dealt with women in relationships and business where all of a sudden (at least it seemed that way to me) they just picked up and walked. And they seemed pissed about it. As a result, like other dudes, I've come close to having abandonment issues. It's this

passive aggressive behavior that bugs me. Unlike women, men don't hold their feelings in, solemnly fuming or grouching to our friends about the relationship, prior to finally breaking up two years later. If we're no longer interested, we'll most likely say something to that effect and hear you out even if we're set on dumping you. We're just wired that way and it's much cleaner. You might want to give it a try. Of course there are guys who keep a broken relationship going for the sex, but they always end up being the one that gets dumped.

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So what can we do? Just being aware of our differences is a good place to start. Men need to shape up quickly if they plan on keeping up with all of the strides women are making and their long overdue recognition. The best thing men can do is pay attention a lot more closely to their partner's needs. Women are amazing at this, but they can't expect men to just lock in and get it. Guys need a little prodding now and then. Try to be as clear to your guy as he is with his friends. Put your guns on the table. No secret pouting or carping about him with your girlfriends. Be crystal clear and talk it out. Guys will get the message if you communicate with them the way they talk to each other.

Do you think you know everything you need to know about men?

'Girl Most Likely' Shows the Ups and Downs of the Healing

Process



By April Littleton

Kristen Wiig plays Imogen, a failed New York playwright who has lost her self-confidence after a horrible breakup. After a fake suicide attempt performed on stage to try to win back the affections of her former flame, Imogen is forced to live with her estranged mother, Zelda (Annette Bening). Desperate to get back to the glitz and glam she once knew so well, Imogen realizes she must come to terms with her family, including her brother (Christopher Fitzgerald), her mother's new boyfriend (Matt Damon) and a random stranger who just happens to have taken over her room (Darren Criss).

Should you see it:

Fans of the comedy genre will find plenty of laughs in this film. Lead performances by Kristen Wigg, Matt Damon and Annette Bening will not go unnoticed by the audience either. Once fellow Gleekers realize Darren Criss (who plays Blaine Anderson on *Glee*) has a predominant role in this film, they will fall in love with the star all over again.

Who to take:

This film falls into the PG-13 category for sexual content and language, so it's safe to say that the movie may not be entirely kid-friendly. *Girl Most Likely* would be best to see with a group of friends, some older family members or a potential love interest. If you already have a significant other, drag them to the movies on your special date night together.

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How do you regain your confidence after a bad breakup?

Cupid's Advice:

Enduring a bad breakup can put a big damper on your self-confidence. Dealing with the pain of rejection and heartache can have a negative impact on the way you see yourself. If you let these feelings fester for too long, you'll never get back to your fabulous self. It's time to move on from the guilt you feel over your breakup and get your life back. Cupid has some advice:

- 1. Stop blaming yourself:** After the end of a relationship, it's perfectly natural for you to blame yourself for what happened, especially if you were the one who was dumped. However, you need to realize the entire breakup doesn't just fall on you. Your ex has a part in what happened as well. It takes two people to make a relationship work. The relationship didn't fail because of one person. Beating yourself up over

something you have no control over will only make you feel worse about yourself.

2. Get a makeover: You've probably let yourself go a little bit while grieving over your former boo. Now it's time to show them what they've been missing! Clean yourself up, buy a whole new wardrobe and put on a brave, new smile. A smile is the most attractive attribute on a person's body, so give it your best shot. Once you get all dolled up, all eyes will be on you in a positive light and you'll feel like a million bucks.

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3. Remind yourself of the good: Every time you start to feel down, keep in mind all of the positive traits you possess. Are you good at making people laugh? Do your friends say you're the best cook in town? Can people come to you for non-judgemental advice? Remind yourself of all of the great things about you and if it's hard for you to see yourself in such a positive light, your friends and loved ones will be more than happy to help.

How did you regain your confidence after a breakup? Share your experience below.

Summer-Themed Ideas For Your Partner's Birthday





By [Whitney Johnson](#)

The eternal sunshine, lazy days and carefree attitudes make summertime the ideal season for celebrating. If your beau is lucky enough to have a July or August birthday, be a great partner and throw him a party he'll never forget. Before you pick a theme, consider your man's hobbies and passions. Once you've settled on an idea, go all out: make sure the food, drinks, decorations and even the guests' outfits align with the bash. Below, we've developed a list of five fun party themes – ideas that can be further flushed out on Pinterest. Happy planning!

1. Country-themed party: It's the season of outdoor concerts, and if your man grew up listening to Hank Williams and Willie Nelson, this party will be just what he had in mind. Stick with southern comfort food for the menu: macaroni and cheese, fried chicken and biscuits with homemade lemonade. And, of course, build a playlist with your beau's favorite country tunes, including old-time favorites as well as some current hits. As for attire, ask your guests to wear their broken-in boots and favorite cowboy hat.

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2. Red, white and blue bash: With holidays like Memorial Day and Fourth of July coming up, summer is the perfect time of year to honor America and show your patriotic pride. For appetizers, consider snacks like red peppers and hummus or mini-sandwiches with turkey and Swiss cheese. Summer fruits like strawberries and blueberries are great to use in festive cocktails or delicious desserts. Be sure to decorate with little American flags and red and white flowers. Also, be sure to ask attendees to stick with the color theme when they get dressed.

3. Comic book celebration: Did your sweetheart love comic books as a little boy? With blockbuster hits like “Iron Man 3” and “Man of Steel” already released in theaters, it’s the perfect time for your man to relive his childhood days and be his favorite comic book character for a day. Plan your menu around the colors in your guy’s hero’s suit (black and yellow for Batman, green for The Hulk and so on). Transport your guests to a different world with futuristic décor and movie soundtracks. Guests can wear simple T-shirts with their character of choice or go all out and don a full costume.

4. Mexican fiesta: There’s nothing like sipping on a refreshing margarita (non-alcoholic or not) with your love on a sweltering day. To fill your guests’ appetites, stock up on chips, salsa and guacamole. For the main course, plan a do-it-yourself taco bar: purchase soft tortillas and hard shells along with fresh vegetables, cooked shrimp, spicy chicken and more. And for dessert, break out the blindfolds and piñatas! Set the mood with bright-colored decorations and Mexican music.

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5. Baseball bash: Sure, you may have been to your fair share

of ball games this summer, but we have a feeling that your significant other will never tire of the sport. For food and drinks, serve typical game snacks: peanuts, nachos, hot dogs and pizza along with beer and soda. As for dessert, soft-serve ice cream is the perfect way to top off the fun. Decorate using the colors of your hometown team as well as a few foam fingers, baseballs and wooden bats. For attire, your friends can wear a jersey from their favorite team. Let the rivalries begin!

What is your favorite summer-themed party idea? Tell us in the comments below.

Ali Fedotowsky Tells Us How to “Attract More Love and Happiness” Into Our Lives





By Kristin Mattern

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a

different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

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Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight's *Men Tell All* episode. "Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her," the television personality remarks. Wondering if they shared secrets about the end of this season? "When we hung out, I told her to please *not* tell me anything. I didn't want her to think I would try to pressure her for those details. I'm there as a friend, not to interrogate her!" However, Fedotowsky did tell us that she is rooting for Chris but that she "will be happy with whoever she [Desiree] picks because she's happy! She'll pick the guy she falls for; that's not for me to judge."

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martinez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she's thankful for her role as host of the travel show *1st Look*. "It was good timing for me since I was in a transitional period of my life." Of course, this adventure-filled opportunity doesn't come along for everyone. "Volunteer," she advises. "I've done that in the past, and it not only keeps you busy but makes you feel good."

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It's no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they're not soaking up the sun south of the border, the twosome enjoys playing "darts or any sort of game, like Bingo or bowling."

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: "Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life."

Be sure to tune in for tonight's Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](https://www.facebook.com/MissAliElaine) or Twitter @AliFedotowsky. You can also check out her blog for E! and her travel show, 1st Look.

'Drop Dead Diva' Producer Josh Berman and Star Margaret Cho on New Episode About Gay Pro-Athlete





Interviewed by [Lori Bizzoco](#); Editorial by [Whitney Baker Johnson](#)

Drop Dead Diva, the relaunched Lifetime hit television show, will be showing their support for the lesbian, gay, bisexual and transgender (LGBT) community on tonight's episode. In an exciting storyline, the cast will welcome Derek Smith, who is playing a gay professional baseball player. Josh Berman, the show's openly gay producer, stated that this issue was vital for him to tackle because being a gay athlete is becoming a rising issue. "Sports is one of the last frontiers where men and women feel they unfortunately need to be closeted," he explains.

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This statement rings true in today's world, as most pro-athletes only decide to be openly gay once they retire from the professional sports lifestyle. In April 2013, the first male pro-athlete in the four major North American professional team sports, Jason Collins, came out of the closet. This

series is the first television show to take on the matter in this specific way; the *Drop Dead Diva* cast had been working on this episode before Collins made history, though. “Oddly enough, only one line had to change,” the producer tells us.

Margaret Cho, who plays Teri Lee, a paralegal assistant to main character Jane Bingham (Brooke Elliot), is also one of *Drop Dead Diva*'s LGBT community members. Cho identifies herself as a bisexual and married husband Al Ridenour in 2003, with whom she has an open relationship. It's no surprise, then, that she's especially proud of this episode. “It goes into how we look at men in sports. We have an idea of who they are and what they're supposed to be.”

Finding the ideal actor for this part was one of the most important parts of the episode. Berman shares that he was “obsessed” with casting the perfect man to play the fictional Major League Baseball player. Derek Smith was taken into very careful consideration for this role and was spoken to numerous times about the importance of his character. “Baseball is the most traditional, all-American sport. It gives us the opportunity to show a character who really needs to feel closeted or uphold the idea of heterosexuality,” says Cho.

Both Berman and Cho want this episode to be viewed by the younger LGBT community, especially those who feel uncomfortable with being athletic and out of the closet. “The importance of sports and the athleticism in the LGBT community can't be underestimated,” believes Cho, “and I think that this episode really does a good job in promoting it for all of us.”

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The series makes sure to include the LGBT community as a focal point in other episodes as well. In 2011, *Drop Dead Diva* won the GLAAD Media Award for Outstanding Individual Episode for “The Prom,” which was about two gay students going to prom

together. It was only right, then, for this cast to tackle LGBT athletes. "I'm thrilled that we are hitting this zeitgeist shed again with gay and lesbian issues," exclaims Berman.

Be sure to catch this exciting episode of Drop Dead Diva tonight at 9/8c on Lifetime!

Celebrities Share Dating Tips at 8th Annual All-Star Celebrity Kickoff Party



Interviews by Shannah Henderson; Editorial by Sarah Ribeiro

Earlier this week, on Monday, July 15, 2013, the Playboy Mansion hosted some of Hollywood's hottest celebrities at Beartrap Entertainment's 8th Annual All-Star Celebrity Kickoff Party. The annual event supports the Artists and Athletes Alliance, a not-for-profit organization that helps artists and athletes navigate the political process in Washington, D.C. This glamorous night helped kickoff summer sports awards season the way only a party at the Playboy Mansion could – and CupidsPulse.com was there to celebrate.

Celebrity guests included musicians Chris Brown, Snoop Lion and Sean Kingston; actor Jamie Foxx; former *Bachelor* and *Bachelorette* stars, Bob Guiney and Arie Luyendyk, Jr; and ESPY-nominees for Best Breakthrough Athlete Yasiel Puig of the Los Angeles Dodgers and Colin Kaepernick of the San Francisco 49ers, who was the winner of the award.

We spoke to some of these famous faces about dating and relationships – check out their responses below!

What is the number one thing you don't do on a date?

“Don't ever talk about your ex! I break that rule a lot though, because I talk about my ex a lot.” – **Bob Guiney, *The Bachelor* Season 4**

“Don't talk about ex-girlfriends or religion, and don't eat with your hands.” – **Arie Luyendyk Jr., professional race car driver and *The Bachelorette* Season 8**

What is your best piece of dating advice?

“My best advice is to just keep your partner happy!” – **Bryan Braman, Houston Texans linebacker**

“That's an interesting question. My best advice is to be true to yourself. That's the most important thing to remember.

Everyone wants to be fake and put on this façade, and after six months, he or she is a whole new person. The best thing is to just be true to yourself.” – **Bret Lockett, New York Jets safety**

“My best advice is to stay loyal and stay off of social networking sites. Those sites are the best way to get in trouble these days. “ – **David Gilreath, Pittsburgh Steelers wide receiver**

“You have to do something special. Don’t think that it’s all about money. It’s about thinking outside of the box, getting weird and making it happen. You know what I got my girlfriend for Valentine’s Day? A saxophone player! He came to our house and played her favorite songs in our living room. It was awkward but awesome” – **Stephen Kramer Glickman, comedian**

“My best dating advice is don’t do it. No, I’m kidding! [laughs] I am a divorced guy, and I would say just be really, really painfully honest. If there is any dating advice that works for me, that tip actually works. I always say, ‘Listen, here is what I am capable of. I hope I outshine what I think I am capable of, but this is probably what I’ve got in the tank at this point.’ It actually kind of helps! If you are honest upfront, there are no misconceptions, and it all really works itself out.” – **Bob Guiney, The Bachelor Season 4**

“Very cliché, but I would just say relax and be yourself. I think that, most of the time when we go on dates, we’re either nervous; we’re not ourselves; or we’re closed off. It is important to just be open and be yourself.” – **Arie Luyendyk Jr., professional race car driver and The Bachelorette Season 8**

“Always make her pay on the first date because it’s crucial to be different. Everyone is probably going to always pay for her, but if you make her pay, she will say to herself, ‘Oh, you’re different.’ Then you’re already starting off on the

right foot. If you make her pay, she is going to already know you're different, and you get a free meal. [laughs]" – **Jimmy Butler, Chicago Bulls player**

"My best advice is to be patient!" – **Omar Miller, CSI: Miami actor**

"Just be cool, be confident, and believe that in the next two hours, the battle is won." – **Bai Ling, actress**

"If you're a guy, treat the lady with the utmost respect. I have two sisters, so I know how important that is. It's a lot more important than you think. Chivalry is not dead." – **Chris Ogbonnaya, Cleveland Browns running back**

"If you have no trust, you have no relationship. That's what it's all about." – **Andre Branch, Jacksonville Jaguars defensive end**

"Just be yourself and don't try to be someone else. You don't have to try to do all the extra hard work." – **Rapper Tae Snap, rapper**

"Keep an open mind."- **Mehcad Brooks, Necessary Roughness actor**

"I guess be yourself and be genuine. Also, make sure you don't smell bad." – **Jarron Gilbert, Buffalo Bills defensive end**

What piece of celebrity dating advice is your favorite? Tell us in the comments below!

“We Have Each Other”: Celebrity Couple Joy Enriquez and Rodney “Darkchild” Jerkins On Their New Show, ‘House of Joy’



By [Whitney Johnson](#) and Kristin Mattern

Pop singer Joy Enriquez and Grammy award-winning music producer Rodney “Darkchild” Jerkins have been married for nearly a decade and have been blessed with three beautiful children: RJ, Heavenly and baby Hannah. In their new show *House of Joy* for NUV0tv, they bring their family into the

spotlight as they work together to make Enriquez's dream of having a hit single come true. "Nine years later, I still want a hit!" exclaims Enriquez. "I still want a song, and now I can say, 'I gave you the kids, Rodney. We got married, and we're working together as a family, but I still want to sing.' That dream is still inside of me."

House of Joy was not the first reality series that the twosome were approached about doing. "Rodney and I were asked to do a show when we first got married in 2004," recalls Enriquez, "when *Newlyweds* came out with Jessica Simpson and Nick Lachey." They chose to say no, however, deciding collectively with their parents that it wasn't the best idea to have a reality show in the beginning of their marriage. "Rodney's dad told us that we should take the first year to just spend time together. Now that we've been married for so long, three kids later, we felt like we were ready to show our family to the world."

Related Link: [Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage](#)

The show features the whole family, including Enriquez's parents, brother and sister, but Enriquez explains that it centers on music and her career "because that's how Rodney and I met." The star couple was first introduced in 1999 when the singer was sent to work with the legendary Jerkins, who was collaborating with Michael Jackson at the time. "We need you to get her a hit song just like you gave J. Lo," she recalls the executives telling Jerkins. She jokes, "I spent two weeks in New Jersey trying to get a hit. Instead, Rodney took me to the movies, to his parent's house, to parties – everything *but* a hit!"

Of course, working so closely with your partner is never easy. When they're in the recording studio, as Jerkins explains, "If I say, 'Do this over,' she gets really offended. And if she

tells me she doesn't like a certain track, I get really offended. But we're learning – we have a rhythm going now.”

The producer adds, “2014 is going to be our breakout album. It'll be the breakout year for Joy!”

Knowing that Enriquez and Jerkins both have busy careers, it's no surprise that balancing their professional lives and personal lives – especially since their new show merges the two – can certainly be challenging. Luckily, one of the executive producers of *House of Joy* is Patti Stanger, star of *Millionaire Matchmaker*. “She told us that we need to date! You don't usually need a matchmaker to tell you that, but sometimes, when you have three kids, time gets away from you,” says Enriquez. “It's so important that you spend quality time together – even if it's just a few minutes looking into each other's eyes and asking about each other's day. We're learning to communicate better.”

Related Link: [Patti Stanger Discusses Justin Timberlake and Jessica Biel's 'Lasting' Marriage](#)

The experience has also reminded them to hold their special family close to their hearts. “I sing to my children at the end of every episode,” explains Enriquez. “I talk with them and let them know that life can be crazy and have its ups and downs. But no matter what, we have each other.”

To find out more about the musically-talented couple, tune in to tonight's premiere of House of Joy on NUV0tv at 10/9c!

Dating Again: How to Move On After a Breakup



By Marni Battista

Moving on after a breakup can be tough. At Dating with Dignity, we don't think the best way to get over your ex is to get *under* someone else! Julianne Hough and Ryan Seacrest are one Hollywood "It Couple" that recently ended their relationship, and it looks like at least one of them has moved on. Rumors have it that Seacrest has already bagged himself a new lady friend, while Hough still wants him back. If we could advise the bubbly blonde on how to pick herself up again, here are the tips we'd give her:

Related Link: [Lessons from Justin and Selena: Should You Get](#)

[Back with Your Ex?](#)

1. Put YOU first. When you go through a breakup, it's extremely important to make sure you take care of yourself first. Even if you saw it coming or it was a decision you know is for the best, it's important to allow yourself time to grieve the loss. Take this opportunity to get back to your fitness regimen, reconnect with old friends, start an activity that perhaps you've put aside for a while or even take a solo weekend vacation. Take some time to feel sad (after all, it's normal to be sad) and remember what you enjoy about yourself.

2. Don't be afraid to say yes to dates. If you get asked out at your local coffee shop or at a friend's birthday bash, **say yes**. Even if you feel it might be too soon to launch into a super-serious relationship, saying yes to an evening of flirting or a nice dinner won't hurt. It's important to let yourself be seen by someone who doesn't know your "story," and it allows you the opportunity to get back to being *you*. Plus, it feels good to be pursued!

3. Have fun with girlfriends. When you're in a long-term relationship, you often forget about girl time. Take this opportunity to reconnect with your friends: go out for a night on the town, have fun and take pictures of how much fun you're having to anchor to the new life you're creating. Posting photos on Instagram or checking in on Foursquare to that hot new restaurant opening is totally fine by us too. While the urge to stay in your cave may be strong, trust us that it's important to get your "girl" on and put yourself back in social situations.

4. Remember that it's okay to be single! Even though it sucks when you don't have a date to the next summer wedding or a go-to Saturday night plan, creating the life you want has to start with you and you alone.

Related Link: [Lessons We Can Learn from Taylor Swift, Queen of](#)

[Heartbreak](#)

Coming from a place of fear that “I’ll never meet anyone” or “I’m getting too old” will only lead you down a path you don’t want to be on. Relish in the “what’s good” about being single and make a list of the things you get to do now that you have more time. Read more books, develop deeper friendships, focus on completing projects that kept getting put on the back burner, go to sleep when *you* want and cherish that the remote control is all yours.

If Hough took our advice, we think she’d be well on her way to getting over her breakup with Mr. American Idol. Remember: there are plenty of (taller) fish in the sea!

Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

6 Clues To Look For in a Keeper





By Marcus Osborne for GalTime.com

If you're one of the millions of women who are single, dating regularly and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity: "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to you. The right guy for you will find you. That's a guarantee.

Now about this so-called "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate: that the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are

obviously variables aplenty that cause these missed connections. But I would submit that the idea of “dealbreakers” is a major culprit.

Related: [Dating Advice: Words That Wound Men](#)

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game. Quite frankly, we all should have them. However, our dealbreakers should be meaningful. I like to have women break their do-or-dies into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive kind. You’d think that that would be a given. I mean, of course, the substance should take precedence over the shallow.

Unfortunately, what we know doesn’t always inform our actions. So, let this be your reminder. Keep your priorities in order. Those shallow dealbreakers:

must be this tall

must have this color hair

must have this type of degree

must make this six-figure salary

must come from this kind of family

must look like George Clooney

...Those should ultimately be seen as great-to-haves instead of must-haves.

Related: [Dating Advice: Deal Breakers That REALLY Matter](#)

The real stuff, the substantive stuff, is what’s going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template:

1. His closest friends should be great people: You want a real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

2. He should be calm under pressure: Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be someone who you can count on to not only be in control of his emotions but to be a steadying and comforting influence when times aren't quite as great.

3. Must be in pursuit of his passion: Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man whose passion is making money may never have enough money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

4. Must appreciate your independence: You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind by trying to get him to understand your position. The right guy requires no convincing.

5. Your friends should like him: This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

6. Laugh, laugh, laugh: He'd better be able to laugh...and you'd better be able to laugh with him. Few things in a

relationship are as intimate as a couple's ability to share the gift of laughter. You'll find that successful couples' most common trait is that the two simply know how to make each other smile.

So there you go. Take those dealbreakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

Can You Date Your Friend's Ex And Keep Your Friend?





By Jane Greer, Ph.D. for GalTime.com

Supermodel Naomi Campbell is one of the most well-known faces in the fashion industry and the creator of the model-search reality show *The Face*. It was on the show that Campbell met and began a mentorship with the aspiring model and former Miss Universe China, Luo Zilin. Luo was the runner up on the show and the last model standing on Naomi's "team." She has a long history of modeling successes around the world.

But this week it was reported that her contract with MIX Model Management NYC was abruptly terminated. The agency cited an "unacceptable work ethic" and "unprofessional conduct." The firing comes just a few weeks after Luo was photographed on vacation with Russian billionaire Vladimir Doronin who happens to be Naomi's ex, leaving many to speculate that Naomi was somehow behind the firing. Naomi and Vladimir broke up earlier this year after dating since 2010.

Related: [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

Naomi is known for her temper – she was charged with assault in 2006 for throwing a phone at her assistant– and rumors abound that it was she who made sure Luo was punished for liaising with her ex. This raises the question that many face: is it ever OK to date the former flame of a friend or mentor? And if that opportunity comes up, what is the best way to handle it?

This goes to the very core of friendship or mentoring – so much is freely given and exchanged in those relationships that the lines can become blurred as to what is realistic to expect to be mutual. In particular, when it comes to exes, it can be difficult to distinguish those boundaries and, as a result, they can get crossed. So in order to maintain your friendship or the respect and support of your mentor or mentee, there are a few things to keep in mind before going ahead.

Related: [Relationship Advice: Love the Second Time Around](#)

To begin with, break-ups are rarely clean. Oftentimes couples may break up for a short period but then get back together, or at least cling to the possibility that they might. In addition, one person may continue to care more than the other, leaving feelings open and dangling out there. If you think you're interested in a friend's ex, consider the nature of the break-up before you proceed. There are times when a relationship ends with no strings attached – perhaps your friend even feels guilty about breaking up and says that the person wasn't right for him or her, but thinks that you might like them. That could be a green light that it is okay to go forward.

Whether that is the case or not, the only way to approach this without risking ruining your relationship is to be aware, open and honest. Also, before initiating a conversation about the possibility of dating your friend's or mentor's ex: first consider the timeline. If it was a very recent break-up, you might want to wait a little while not only to let things

settle, but also to make sure it is a done deal. Once you are sure, check in with them to see how they would feel about your connecting up with that person. It isn't always an easy conversation to have, but it will let you know where they stand and, consequently, where you stand. If you keep this in mind, you will be able to preserve your old relationship in the event that you do start a new one.

What do you think? Is it EVER OK to date a friend's ex or is it safer to just stay away from that situation all together?

Doing It All: 'The Bachelorette' Star Jillian Harris Launches Her Latest Project, Charlie Ford Vintage





Interviewed by [Lori Bizzoco](#); Editorial by Kristin Mattern

Many of us remember the charming Jillian Harris from ABC's *The Bachelor* and *The Bachelorette*. Since first revealing her sparkling personality, filled with irrepressible humor and emotional honesty, Harris has moved on to expose viewers to her design expertise on both *Extreme Makeover: Home Edition* and *Love It or List it Vancouver*. Staying true to her motto of "doing it all," she is now sharing her adoration for vintage and antique items as founder and creative director of Charlie Ford Vintage, a website that brings unique pieces, hand-selected by Harris and her team, to people across North America. "I've always been passionate about antiques. My mom used to take me antiquing when I was a little girl," says Harris. "And I realized that there was opportunity to share the things I loved with the world."

Harris is the quintessential busy bee, and she puts all of the energy her petite frame has into everything she does. Driven by her zeal for design and antiquities, she decided to launch her online shop with her closest friends, Tori Wesszer and Alyssa Dennis. *The Bachelorette* star is not only the face of

the brand but also helps search for everything you see on the site. The website offers one-of-a-kind items from a variety of Canadian and American antique dealers that adhere to the company slogan of “redefining the way consumers view and buy vintage and antique home décor across North America.” Harris is excited to work with her friends and the rest of her team, who she notes “is incredible!”

Related Link: [Exclusive: Maitland Ward of ‘Boy Meets World’ Believes that “Friendship, Trust and Laughter” Make for a Strong Relationship](#)

The inspiration for Charlie Ford Vintage came from a mixture of her live-in boyfriend Justin wondering what they were to do with the multitude of early 1900s apple boxes that Harris bought last year and repeated questions on her blog of, “Oh my gosh, where did you find that piece?” The brunette realized that saying she found an item in Vancouver didn’t help someone in Idaho. She quickly decided she should offer the items she found online for others to buy. And with that, Charlie Ford Vintage (named after Wesszer’s one-year-old son) was born.

But this isn’t any regular online antique store. “Essentially, what I’m doing is personal shopping for you,” Harris notes. “I go out, find the items and post them online, and then, our vendors just take a commission. We aren’t marking things up; we’re negotiating to make sure we get the best price.” In the future, she and her team plan to allow for client requests. “If there is something particular you are looking for, like an old cookie jar or a piece of art, we’ll find it. We’re out there all the time, in the trenches, searching for antiques that our customers want.”

Harris certainly has her own sense of style and design. Her favorite piece is a blue, vintage buoy from the early 1900s that she bought while in Paella, Maui and made a part of a nautical vignette in her living room. When it comes to decorating and using antiquated items, she is a pro – and not

just for women's spaces but for men too. "I think the great thing about vintage that a lot of girls don't realize is that guys love it too. If you put an old box for ammo on your coffee or side table, guys think it's awesome, and women love the connection and history. You really can't go wrong," she observes. "I think guys want the same thing girls do: something that's unique, something different. When you're decorating as a new couple or with a guy in mind, going vintage is great."

The former bachelorette has not only found love with antiques but also in her current relationship. Harris met Justin at a bar, and they immediately hit it off. "He was just gorgeous," she gushes. "He was very nice too. I was dating someone awful at the time and thought, 'You know, I'm gonna give this guy a try.' The rest is history."

"I will never let him go," she adds.

Through heartache, she learned what it takes to be happy in a relationship: "I believe that if you can't be happy with yourself first, you're not gonna be happy in a relationship. You can't beat yourself up too much, and you can't force something to happen. If it doesn't feel right, just let it go. Remember that there are plenty of fish in the sea and that you only live once." Wise words that the current bachelorette, Desiree Hartsock, should take note of.

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

When not working as co-host of *Love It or List It Vancouver* (*Love It or List It 2* for viewers in the United States) or digging for treasures for Charlie Ford Vintage, she enjoys spending her date nights with Justin making dinner at home, playing cards and sipping wine by firelight. As for their future, she says, "I would like to have children in the next few years – in my late thirties, I think, would be a good time." So do we hear wedding bells? "Marriage is really

important to me, but I don't think that marriage defines a relationship. I'm more concerned with our relationship being healthy and happy, and if the marriage part happens, it happens."

Harris also dreams of some more time off and for Charlie Ford Vintage to become her main – and only – project. "It's my passion," she remarks. "I'm hoping one day it can be enough to support me and my family, and I can continue to share what I love about antiques with the world."

To learn more about Jillian Harris, visit her blog www.jillianharris.com/ or stay connected through [facebook.com/designerjillian](https://www.facebook.com/designerjillian) or Twitter [@jillianharris](https://twitter.com/jillianharris)

5 Celebrity Exes Who Became Famous After Their Break-Ups





By Petra Halbur

A nasty break-up can leave you feeling pretty hopeless and sad. During your alone time you have two options: You can either convince yourself that you'll never be happy alone, or you can enjoy success without that special someone in your life. Many famous couples have gone through splits, but that wasn't the end of fame for these [celebrity exes](#). Plenty of stars have emerged from a painful celebrity break-up or celebrity divorce and gone on to achieve amazing professional success. Sometimes, it is within only a few years of the split. Here are a few to consider:

Stars Who Became Famous After a Celebrity Break-Up

1. January Jones: Jones' first famous boyfriend was Ashton Kutcher, who she dated from 1998 to 2001. She met singer-songwriter, Josh Groban, in 2003 and had a Hollywood relationship for three years before calling it quits in 2006. Just one year later, Jones was cast as Betty Draper Francis on

the hit show, *Mad Men*, and in 2011, she joined the Marvel universe as Emma Frost in *X-Men: First Class*.

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2. Johnny Depp: In all fairness, Depp wasn't exactly languishing in obscurity when he and *Edward Scissorhands* co-star, Winona Ryder, broke up in 1993. Still, Depp's success starring in off-beat films like *Cry Baby* and *Benny & Joon* in the early 90's was nothing compared to what he has achieved since playing Captain Jack Sparrow in 2003's *Pirates of the Caribbean: The Curse of the Black Pearl*.

3. Robert Downey Jr: Few people remember the days when Downey and *Sex and the City* star, Sarah Jessica Parker, dated in the 80's. Neither actor enjoyed major professional success during their seven-year famous relationship. One year after their celebrity break-up, Downey struck Oscar gold (well, almost) when he was nominated for Best Actor for his performance in *Chaplin*. He has since gone to achieve Marvel film immortality as Tony Stark in the *Iron Man* and *Avengers* franchises.

4. George Clooney: It's hard to believe that Hollywood's favorite bachelor was once a husband. Clooney hadn't achieved much in the way of fame when he married actress Talia Balsam in 1989. The Hollywood couple divorced in 1993. Just one year later, Balsam's celebrity ex had his big break when he was cast as Dr. Doug Ross in *E.R.* The rest is history!

Related Link: [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

5. [Angelina Jolie](#): Long before her relationship with [Brad Pitt](#) came into existence, Jolie was Mrs. Jonny Lee Miller. Jolie and Miller tied the knot in 1996 and went through a celebrity divorce 18 months later. The separation was finalized in 1999, and in early 2000, Jolie won an Oscar for *Girl, Interrupted*. She went on to become an action icon in 2001 when she was cast as the titular character in *Lara Croft:*

Tomb Raider. Needless to say, things have only gotten better for the actress and humanitarian.

Who is your favorite celebrity ex? Tell us below!

The Four Biggest Myths About Men



By Janeen Diamond for [Hope After Divorce](#)

“Some men are actually very afraid of roller coasters.”

We women think we have men all figured out. Many of us believe they only care about three things: sex, food and sports. But

the reality is, they are human beings who experience human emotions, and the sooner we accept that fact, the sooner we will begin to experience true joy in our relationships.

Let's consider Billy Ray Cyrus for a moment. After 19 years of marriage, his wife Tish has filed for divorce, citing irreconcilable differences. Billy seems like a pretty good guy. I'm sure he has his issues, but then so does Tish. He and his wife have five kids, and he seems supportive of his family – that's no small thing. It's apparent that the two of them have difficulty getting along at times, but who doesn't?

Related Link: [Making Sure You Do What's Best for the Kids](#)

My advice to Tish would be to step back for a moment, stop talking to your girlfriends about your marital problems and talk to Billy instead. Consider the good that exists in your relationship, and remember that no one can ever take his place as a father to your children. Think ahead to the grandchildren. How nice it would be to have your family intact at that stage of your life so you can enjoy each other in the most intimate way? No deciding where the kids go for weekends and holidays; instead, everybody is together always. Now why didn't I think of that years ago?

My experience has led me to the conclusion that sometimes the things we tell our girlfriends about our husbands are often based on our own fears and are not always reality. There are four myths about men that we've all been holding onto for way too long. Let's discuss:

Men don't really care – about anything. Most men actually do care. They care about their wife and family very deeply. They care about making you happy, and they even care about the way they look. The reason women believe men don't care is because we think they don't listen. The truth is, they just listen differently than we do.

Men have no fears. When your teenager wants to go on the roller coaster you refuse to ride, you ask your husband to take her because he couldn't possibly be afraid of a roller coaster. Some men are actually very afraid of roller coasters. Men worry about a lot of things. They worry about finances; they worry about what's going on at work; and they feel a lot of pressure to make sure you're happy. They actually spend more time worrying than we do because they carry a lot of responsibility on their shoulders.

Men are emotionally detached. Men have emotions. They may not always show them because they are expected to hide the fact that they are sad or scared. They're supposed to be our rock. Share in their emotions, and they will connect with you on a higher level.

Related Link: [10 Signs He's Not Really Committed](#)

Men are confrontational and demanding. A good, responsible man will communicate with you effectively. If you're doing the same, there will be no demands and no confrontations.

Ask yourself if you are doing everything you can to bring out the best in your husband. Decent, hard-working, responsible, loving men are wonderful human beings who want a meaningful relationship with their wife. They want to care for you on every level, so let them. And then return the favor.

For more information about Hope After Divorce, click [here](#).

Janeen Diamond was a newscaster for KUTV News until 2001. Since then, she has been actively producing commercials and special programming through her company, "Your TV Spot." She has hosted several television and internet productions and has been a spokesperson for many products and companies. She authored her first book, "Save Your Marriage in 30," hoping to help families have greater success and live happier lives. She is co-creator of "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. Janeen

is a contributing expert for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Visit Janeen's websites saveyourmarriagein30.com/ and teenimpact.org/ or follow her blog saveyourmarriagein30.blogspot.com/

Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire



By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy

lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes it much more likely to be something that they pick."

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

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Celebrities That Lost Their Fame But Not Their Love





By Jennifer Harrington

For many celebrities, fame can be short-lived. It's easy to quickly list those one-hit wonder stars who quickly vanished from the spotlight. But, have you ever wondered about celebrities who managed to hold onto their romance after they disappeared from the A-List? Cupid did some investigation to figure out which stars lost their fame, but not their love:

Mike Tyson

During the 1980s and 1990s, Mike Tyson was one of the biggest sports stars, and was frequently the topic of news because of both his numerous successes in the boxing ring, and the controversies that plagued him outside of the ring. Tyson's been legally married three times, fathered eight children and endured the loss of his child Exodus. He also faced a rape conviction, domestic abuse allegations, a bipolar diagnosis and bankruptcy. Despite Tyson losing the fame and star power he enjoyed in his early career days, he is currently a happily married man. In 2009, he married his longtime girlfriend, Lakina Spicer. Tyson told *The View*, "I have an awesome

life...I'm very grateful. I don't deserve to have the wife that I have; I don't deserve the kids that I have, but I do, and I'm very grateful."

Related: [10 New Celebrity Dads](#)

Jennifer Grey

Her role in *Dirty Dancing* solidified Jennifer Grey as a movie star in the 1980s. However, after this iconic role, Grey underwent plastic surgery, which drastically changed her appearance and negatively impacted her career. During the 1990s and 2000s, Grey vanished from the Hollywood spotlight and faced long-term survivor guilt tied to a 1987 car accident she was involved in, which resulted in the death of two other people. In 2001, Grey married actor Clark Gregg and became a mother that year. Her marriage to Gregg remains strong, and in 2010, Grey won *Dancing with the Stars*.

Andrew Shue

Andrew Shue became a major heartthrob when he played Billy Campbell on *Melrose Place* in the 1990s. This was Shue's first and last major acting role. When the popular nighttime soap opera concluded, Shue quit acting and decided to pursue new ventures off-screen. While Shue is no longer acting or in the limelight, he is a happily married man to ABC news anchor Amy Robach.

Lea Thompson

Lea Thompson burst onto the Hollywood scene with several signature parts, including roles in the *Back to the Future* trilogy and *Caroline in the City*, a popular 1990s sitcom. As the 1990s concluded, Thompson's star power faded. Most recently, she has been seen on the ABC Family series, *Switched at Birth*, but otherwise, Thompson has been absent from the Hollywood scene. Married since 1989 to Howard Deutch, Thompson has acknowledged she took a break from acting in order to

raise the couple's two daughters. After a quarter-century of marriage, Thompson and Deutch's romance remains intact!

Ice-T

Ice-T is a rapper and actor who held the most star power during the 1990s when gangster rap was the music of choice for teenagers across the country. He became a household name because of the controversy surrounding his 1992 song "Cop Killer". Today, Ice-T is absent from the radio airwaves, but he still is married to his wife, Coco. Coco is a swimsuit model who Ice-T married in 2001, and the couple's relationship has been featured on the E! television series *Ice Loves Coco*.

Related: [Celebrity Couples in Interracial Relationships](#)

Looking at the life stories of Tyson, Grey, Shue, Thompson and Ice-T, it's apparent that life doesn't always turn out the way we expect. While these celebrities may not currently have the fame or fortune they used to have, they are obviously successful in the love department.

Who else belongs on this list? Which celebrities have disappeared from news, but have gone on to be successful in other ventures or love? Comment below.

Premarital Counseling– The Pros and Cons





By Laura Seldon for GalTime.com

You likely test-drove several vehicles before buying your last car, read every tech blog possible to see which smartphone was best for you and even texted a few dressing-room pics of yourself to a friend before buying that cute maxi dress. As an educated, modern woman, you know researching your options and getting a few opinions can be a good thing. So, why are we so afraid to get a little help when it comes to our relationships?!

Couples therapy, relationship coaching, premarital counseling – most people would agree these are all great ways to help your relationship grow and thrive. And yet, no one is ever excited about going to see their therapist. Is this reluctance to premarital counseling due to a fear of admitting our lives aren't "perfect?" Or do we just think it's a waste of time? Read on to get the pros and cons of premarital counseling from therapists, counselors and family-law experts who outta know!

The Pros of Premarital Counseling

1. You Can Talk Out Problems... Before It's Too Late

Premarital counseling is a chance for couples to dig up any potential pitfalls that could hinder their marriage from lasting a lifetime. "It causes people to consider and discuss things that will increase the likelihood of a successful marriage," says Mark Baer, a family-law attorney.

Money issues, anger problems, jealous tendencies; premarital counseling can help you and your partner get any potential issues out in the open now so that you're not shocked by them nine months into your marriage.

Related: [Relationship Advice: Reasons Being Nice Doesn't Lead to Love](#)

2. You Get an Outside Opinion

So, you're about to get married and you're pretty sure you and your mate have the best possible relationship you've ever come across – minus the passionately heated shouting match you had this morning over who was the last person to take out the trash. Going to premarital counseling can give you an outside perspective on your relationship, and how to make it last.

"Couples considering marriage would benefit from having a licensed marriage and family therapist's wise and trained eye to talk to them honestly," says Becky Whetstone, Ph.D., LMFT. "MFT's know to look into each person's beliefs and values concerning money, child-raising, spirituality, individuality, partnership, marriage in general and more. If we see an emotionally immature or incompatible couple heading for a marital train wreck, we'll tell them."

3. It Can Strengthen Your Bond

New flash: many of us were not born with stellar communication

skills. Do you ever get mad at your partner and then refrain from telling them you're angry – let alone explaining why you're angry? Healthy relationships are based on open and honest communication, and premarital counseling can help you learn those skills.

“People are not born with good communication skills and most people never learn such skills,” says Baer. “Since most marriages fail due to communication issues, I would say that this is an excellent reason to participate in premarital counseling.”

The Cons of Premarital Counseling

1. It Can Create Bigger Problems

What if your premarital counseling actually creates more problems between you and your mate than you had before you even stepped into your therapist's office?

“Premarital counseling has the potential of creating problems, in that it causes people to think about and discuss issues they may never have considered,” says Baer. “While this can be viewed as a con, I would propose that it is also a pro because it forces the discussion before marriage, as opposed to after marriage. Why not be preventative and not reactive?”

Related: [Dating Advice: 3 Ways to Master the Art of the First Impression](#)

2. The Counseling May Not Be That Good

“As with anything, some marriage counselors are better than others,” advises Baer. “If a couple goes to a marriage counselor, who is not particularly skilled at conflict resolution, what happens if the couple argue over an issue raised in the counseling?”

Just like buying a car requires you to take a few different

vehicles for a test drive, you have to do your research when it comes to finding a therapist, or you may wind up working with someone who hinders your relationship more than they help it! A skilled marriage counselor should be well aware of the issues that tend to cause divorce and should also be skilled at properly addressing those issues!

3. You May Wind Up Calling Off Your Wedding

If seeing a therapist brings up major issues for you and your partner, it could turn into an argument that ends with you calling off your engagement. While this is not ideal, it can also save you from marrying someone who is not right for you and it can also save you from the heartbreak of divorce.

While there are a few potential cons to premarital counseling, the positives far outweigh the negatives. Couples therapy is a great way for engaged couples to discuss major issues in their relationship before saying "I do" for a lifetime. Nothing can guarantee a successful marriage, but premarital counseling can help you figure out what it takes to ensure your marriage will thrive!

'Grown Ups 2' Stirs Up More Trouble





By April Littleton

The big kids are back in this sequel to the box office hit *Grown Ups*. Lenny (played by Adam Sandler) moves his family back to his hometown where he grew up. Once he returns home, Lenny, along with his old school friends, are forced to deal with the past they thought they left behind – old and new bullies, party crashers and crazy bus drivers. Surprisingly, the old gang learn a valuable lesson from their own children on a day full of twists and turns – the last day of school.

Should you see it:

If you love to laugh and watch family-related comedies, this is the movie for you. The all-star comedy cast is back in this film, including the faces of Adam Sandler, David Spade, Kevin James and Chris Rock. Besides, if you already have the first installment stored away somewhere in your DVD collection, why wouldn't you see the sequel?

Who to take:

For a film like this, you should think about taking someone

with a good sense of humor. Take a date or tag along with a couple of your best friends for a fun night out. If you know someone who is a fan of *Saturday Night Live*, they'll find some satisfaction in this movie – SNL alum Maya Rudolph is a part of the cast.

Related: [Rom-Com 'Finding Joy' Is a Journey](#)

When is it time to relocate your family?

Cupid's Advice:

Moving is never an easy thing to do, especially when it's not just your things you're packing up. Certain circumstances need to be taken into consideration when a family is added into the equation. Do you have children? Does your spouse have a job they can't bare to leave? Is the rest of your family even in agreeance with the move? You may be ready for a drastic change, but you have to put your family first. Cupid has some advice:

1. School's out: If you're going to go through with this move, it's best you wait until after your children are done with the school year. Wait until the summer before you pack up your family and move across town. Moving during a school year can have a negative impact on your child. His/her grades may suffer and they may feel left out around other kids their age. If you give your kid the summer to get used to a new environment, they'll be able to feel everything out and might even make a few friends along the way.

2. Short on time: If you're moving because of a change in career, your new job might not give you enough time to get settled in before expecting you to return to work in your business suit. Moving at such a quick haste will disrupt your family's daily routine, but if you've already talked about it with your partner and they support your decision, the move should run fairly smoothly.

Related: [Making Sure You Do What's Best for the Kids](#)

3. You're feeling cramped: Sometimes a house just gets too small. Your family may have grown over the past few years and you no longer have any extra space for yourself. If this is your reason for moving, wait until the rest of your family is free of responsibilities. You'll have some extra hands to help you pack up those boxes in the moving van.

When did you know it was time to relocate? Share your experience below.

Should You Date Your Brother/Sister's Best Friend?





By April Littleton

So you've discovered you have a crush on your brother or sister's best friend. Every time that person enters the room, your heart starts to beat just a little faster. What if your crush is reciprocating your feelings? Dating a family member's best friend can turn into a complicated situation. Sure, the two of you could really hit it off, but there's also the possibility of a horrible breakup. In a situation like this, you can't just think of yourself because one way or the other, your sibling will be involved in this romantic rendezvous. Here's some advice:

Consider your sibling's feelings

Before you make the final decision to give romance a try with your brother/sister's best friend, you need to think about how your sibling will react. You could be creating an awkward situation between the two friends by changing the relationship dynamic between the two of you. If your family member isn't supportive of the two of you potentially becoming a couple, he/she might become resentful toward you and your new boo –

which could ruin all three relationships.

Related: [Who Gets Custody of the Friends?](#)

Think about the possibility of a breakup

It may be too early to think about the end of a relationship, but in this case, it's a necessity. If you and your new love end up calling it quits, your sibling will be put in the middle. He/she will be torn between staying loyal to his/her best friend and remaining a supportive family member. The friendship between the two buddies might diminish if your ex ends up talking badly about you. Who wants to hear someone talk trash about a relative? If the two of them do manage to remain friends, you'll have to deal with the fact that you'll still have to see your ex on a daily basis.

Three's a crowd

Dating your sibling's best friend won't just complicate things between the two of them, but also the relationship between you and your brother/sister. Think about it. The best friend turned boyfriend can't be there for the both of you at the same time. Sooner or later, you're not going to want to share his time with anyone else. Your [boo](#) might want to spend some time playing video games with his best friend all day or he might want to have a cuddle session with you. Eventually, this tradeoff will grow tiresome and you will find yourself at odds with your sibling.

Related: [Can People Really Fall In Love Too Fast?](#)

There's no right or wrong way to handle a situation like this. Just keep in mind that whatever decision you make, your sibling will always be involved in the equation. If you can find a way to follow your heart and keep all three relationships intact, then you should give the budding romance a shot. Ultimately, it's up to the three of you to find some common ground and see what works best for everyone.

Do you think it's a good idea to date a sibling's best friend?
Comment below.

Niecy Nash Says That “You’ll Manifest What You Believe” When It Comes to Love



By Kerri Sheehan

Finding true love is never an easy feat, but Niecy Nash knows how to make it happen. The host of “Let’s Talk About Love” on Yahoo! believes that humans are programmed to be in a

relationship, yet the way women think nowadays limits their opportunities to find happiness. “You’ll manifest what you believe. If you believe that all men are dogs and that you’re the bottom of the barrel and have to take what you can get, then that’s what’s going to be handed to you.”

Related Link: [Niecy Nash Explains Why ‘It’s Hard to Fight Naked’](#)

It’s no secret that falling in love herself has been a recent highlight in her life. As the newly-minted author explains, “The fact that I’m in love with love makes me available to try. It makes me available to want to be better.” To encourage other women to adopt a similar attitude, she filmed her 2011 wedding to husband Jay Tucker for a TLC special called *Niecy Nash’s Wedding Bash*. For her, the decision to do so was easy: “I knew so many women who were my age and single after having been married, and they said, ‘I’m just going to focus on the kids. I’m not going to worry about love anymore.’ I wanted to show them that you can get a do-over. And it can be better the second time around!”

It’s difficult for some people to adopt such a positive attitude, but for Nash, it’s just part of her personality. “Being a no-nonsense, straight-to-the-point type of person is who I am. It’s who I am as a parent, who I am as a lover, who I am as a friend.” And when she does get down, she usually bounces back quickly. “I’m very happy that I have a resilient theory and a resilient heart when it comes to love.”

The funny lady ensures that her marriage is a happy one by “celebrating *everything* and celebrating often” with Tucker. “Aside from birthdays and Christmas, we celebrate when we had our first date or even the first time we went to a certain restaurant.” She adds that finding time to laugh every single day helps keep their spark alive and their love fresh.

Related Link: [How Can Jennifer Aniston Make Her Love Last?](#)

Another way that she keeps her commitment strong is by surrounding herself with people who share her values and lifestyle. “When you’re married, you have to have a support system. You can’t just be married and still hang out with all of your single friends – that’s going to be problematic. You have to have people around you who are committed to the same things as you.” For the actress, that means spending time with best friend and co-host of *The View* Sherri Shepherd and husband Lamar Sally. In fact, the gang had just gotten together for a double-date when we spoke to Nash.



Of course, Nash’s life isn’t all about love – she’s got a hot career to focus on too! TV Land’s *The Soul Man* got picked up for a second season, and she’s reprising her role as Lolli Ballantine, the wife of Cedric the Entertainer. She’s also starring in a new show called *Getting On*, which premieres on HBO in July.

There’s no doubt that there will always be a lot of love and laughs in this newlywed’s life.

You can purchase Nash’s new book It’s Hard to Fight Naked on Amazon. To keep up with the actress, follow her on [Twitter](#) @NiecyNash and Instagram www.instagram.com/NiecyNash1/. Be sure to check out her website <http://www.niecynash.com/> too!