

# Fend Off The Post-Wedding Blues



By Laura Seldon for GalTime.com

So, you finally met the love of your life, got engaged in the most romantic way possible and the two of you toasted your love in the biggest party you've ever thrown (which is a now a day you count among the happiest of your entire life). But after all that fun and excitement, you're finding yourself feeling a little down.

"Post-wedding blues are very normal," says Dr. Ramani Durvasula, a licensed clinical psychologist in Los Angeles. "It's as though the circus packed up and left town, and so too has the event that has motivated the bride's every thought for

months, if not years!” If your wedding excitement has turned into wedding-woe-is-me, then here are five great ways to channel your newlywed bliss.

### **1. Talk About It**

If you’re feeling down now that your big day has come and gone, there is a good chance your partner knows something is up, but is unsure of what’s going on.

“With every great change comes discomfort,” says Cherilynn Veland, a licensed clinical social worker in Chicago. “Expect it, talk about it, even toast to it.” Who knows, maybe your mate is feeling the same way. Talk about it honestly and you’ll likely to start to feel better when you open up.

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### **2. Keep the Party Going**

“Extend the fun a little longer,” suggests Dr. Durvasula. “When the pictures come out, have friends over and use all of those new dishes. Or, just have friends over and let your wedding be the event that re-connected you with people you care about.”

Connecting with your closest friends and sharing an evening of laughter can’t help but lift your spirits.

### **3. Get Back to What You Do Best**

Not sure how to spend all that free time now that your wedding-planning days are behind you? Put those organizational skills to good use by volunteering at a local non-profit or simply planning a BBQ or movie night for your neighbors.

“Get involved with your community as newlyweds,” suggests Carolina Caro, a life coach based in Los Angeles. “You’ll have more fun and get to know more people!”

## 4. Celebrate Your Marriage

We often hear that the wedding and honeymoon are the most exciting times in a relationship. “That is just not true – your marriage is,” say Doug and Leslie Gustafson, a married team of therapists in Denver, Colorado. “You are together, you are free, and you get to have all the romance, sex and excitement that you choose to have whenever you choose to have it! Live it up.”

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Celebrate your love by planning a few date nights, scheduling a romantic getaway or just surprising your mate with breakfast in bed – they’ll thank you for it and will be grateful they married such a catch!

## 5. Grow Your Marriage

After the hustle and bustle of wedding planning, many couples need to reconnect since they have been so focused on organizing their dream wedding for several months (or even years). Now that you’ve enjoyed that special time together, get focused on the special time you have together as newlyweds.

“Settle in to your new life and get to know each other in and out of the bedroom,” the Gustafsons suggest. “Stay involved with each other and keep the love alive by finding new ways to show your love every day.”

No doubt about it, weddings are exciting. With so much anticipation, emotions and adrenalin going throughout the months leading up to your wedding, it is inevitable you would experience some type of crash after it’s all done. Keep an awareness about the feelings you are having, which are normal and natural responses to such a major life change, and you’ll hopefully find your newlywed bliss in no time!

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# Celebrity Couples That Reunited



By [Whitney Johnson](#)

There are no set rules in the game of love, and it's easy to question if you're dating Mr. Right or Mr. Right Now. Such doubt often leads to broken hearts, but as many Hollywood pairs have proven, time apart may be just what the doctor ordered during the search for happily ever after. Here are five celebrity couples that reunited after a breakup and found lasting love (for now at least):

**Katy Perry and John Mayer:** This musically-talented twosome is

keeping us all guessing! The couple was first seen together during the summer of 2012; they split briefly in August and then reunited, even spending the holidays together. However, in March 2013, they broke up again. Addressing the split, Mayer reportedly said, "I'm on the same journey as everyone else. Coupling is a tricky thing." Even so, as recently as June 2013, they were seen together with pals at Chateau Marmont in West Hollywood.

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**Jessica Biel and Justin Timberlake:** Biel and Timberlake first dated for over four years (a lifetime in Hollywood!) before splitting in March 2011. However, they were together again by fall, and in December, Timberlake proposed in the mountains of Jackson Hole, Wyoming. The star-powered duo married in a top-secret ceremony in Italy on October 19, 2012.

**Kristin Cavallari and Jay Cutler:** This Chicago-based pair first began dating in fall 2010 and confirmed their engagement in April 2011. However, the Chicago Bears quarterback called things off just a few months later. The couple reunited in November 2011 and announced the *Laguna Beach* star's pregnancy in January 2012. They took the next step in their relationship, tying the knot in Nashville on June 7, 2013.

**Selena Gomez and Justin Bieber:** It's hard to know if these two songbirds are on-again or off-again. The twosome split in November 2012, but always stayed in touch. In April 2013, they confirmed their renewed relationship when the *Spring Breakers* actress flew to Norway to be with her ex-beau. Keeping the romance alive, the couple appears to be going strong at the start of summer.

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**Pink and Carey Hart:** Pop singer Pink proposed to motocross racer Hart in June 2005, and the couple married soon after in



Costa Rica. After two years of marriage, the couple separated in February 2008. However, they remained friends – Hart even appeared in Pink’s video for her song “So What!” – and sought marriage counseling in hopes of reconciling. They reunited two years later, and the tattooed twosome have been happily together ever since.

**Tell us: Who is your favorite reunited celebrity couple? Comment below.**

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## How Do You Handle Your Ex’s New Partner?



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

Some people are better at romance recovery than others. Recent reports suggest that Elin Nordegren is struggling to accept the new partner of her ex-husband, Tiger Woods. Though it has been rumored that he has been dating Olympic skier Lindsey Vonn for many months, they only recently went public with their romance, stating they are “happy” together. Elin and Tiger divorced in the summer of 2010. Their marriage ended in scandal when it was revealed he’d had multiple affairs, and was soon after treated for an apparent sex addiction.

Elin has been connected to billionaire Chris Cline, but that reportedly hasn’t seemed to make it easier for her to accept the fact that Tiger’s girlfriend is spending so much time with their children, and comments have been made about restricting his custody access. Though the trio managed to be civil at the kids little league games, it’s not difficult to imagine why there may be some tension behind closed doors. What can people do to ease that tension, leaving those bad feelings behind and trying to finally let them go?

**Related:** [Dating Advice: How to Introduce Your Kids to Your New Partner](#)

Being betrayed is so traumatic, and then having to face feeling replaced by someone who is now taking the spot you used to occupy with your husband and children can be even harder to take. In some cases, your ex’s new companion may even look like you, perhaps just younger. Adding to that, now you have to share your children with the last person on earth you would want them to be with. Sometimes betrayals are an outgrowth of unaddressed conflicts that were there for a long time and may have created a large enough rift for someone to get in between you. However, regardless of what might have been a catalyst for the infidelity, it doesn’t diminish the intensity of the loss you have to face. Finding the maturity

and emotional muscle needed to deal with this difficult experience can be a challenge.

Friends and family might respond by suggesting you just get on with it, and leave the other person in the past where he or she belongs. Even if that is hard to hear, it is the goal you want to strive for. Continuing to focus on your ex can unwittingly keep you stuck in your anger. Even if you have moved into a new relationship, all that negativity can hold you back and run interference in your life and with your current partner.

**Related:** [Can You Date Your Friend's Ex And Keep Your Friend](#)

Instead of using your anger and sadness to launch an attack that keeps you mired in the past, use it to disengage. Put boundaries in place: formalize the necessary times to see each other, be it for picking up belongings or dropping things off; begin to build up new support systems rather than looking to your ex when you have a problem in the house, a flat tire or too much laundry; if there are kids, limit communication with your ex to discussing only necessary subjects surrounding the logistics of their caretaking. Wherever you can, fill in and replenish the areas of your life where you feel the most loss. The more you do that, the less resentful and angry you are going to be.

None of this is easy, but if you become aware of how you direct your energy, you might be able to turn things around. Unfortunately for Elin, "hating" Lindsey Vonn, or any future partner or spouse to Tiger, will not heal the wounds inflicted by a devastating divorce. That effort could be better spent investing in herself and her new life.

*Please tune in to "Let's Talk Sex" which streams live on [HealthyLife.net](http://HealthyLife.net) every last Tuesday of the month at 2 PM EST, 11 AM Pacific. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and*



*friendships, at 1.800.555.5453. Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer).*

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## How to Celebrate a Fourth of July Themed Wedding in Style



By April Littleton

The Fourth of July is a very special day for most Americans. This holiday gives people the chance to express their patriotic side in fun, creative ways. Many [couples](#) see Independence day as the perfect opportunity to exchange “I dos” and share their [love](#) for each other and their country.

Couples who dream of nothing more than to live the “American Dream” love the idea of knowing that while their celebrating their love, the whole country is celebrating right along with them on this day. Here’s Cupid’s guide to having a spectacular Fourth of July themed [wedding](#):

**Location:** The first thing you should think about is where you want your wedding to take place. More than likely, it will take place outside. Maybe even think about holding the [ceremony](#) at a carnival (funnel cakes, anyone?) Whatever location you decide on, make sure it has plenty of open space – that way all of your guests will be able to see and hear fireworks going off.

**Related:** [10 Ways to Keep the Honeymoon Phase Going Strong](#)

**The attire:** You can’t have a Fourth of July themed [wedding](#) without the proper color scheme. Consider having your bridesmaids and groomsmen wear red or blue – you can even let them dabble with both colors. Maybe the ladies can wear red dresses with white flowers, or blue dresses with red accessories to match – like headbands accompanied with studded stars, while the fellas wear navy blue suits with red bow ties.

**Centerpieces and decorations:** Keep the American flag in mind as you think of decorations for your wedding. Use the pattern for your linens and chair covers. For your centerpieces, you can fill picnic baskets with flowers or you can choose to fill glass bowls with an assortment of red, white and blue candies. The creative possibilities are endless as long as you stay true to the theme of the American holiday.

**The food:** What better way to celebrate the Fourth of July on your wedding day than with food that fits the theme? Think about serving barbecue during your special day. Include foods such as hamburgers, ribs and corn on the cob. Get creative with your refreshments. Serve coca cola in vintage glass

bottles or set up a lemonade stand. Red, white and blue decorated cookies or a popcorn bar would also give your wedding more American flair.

**The reception:** Hold your reception at night and let the [sparks](#) and sparklers fly! No Fourth of July wedding celebration would be complete without a few fireworks. You could also switch things up by adding a few sparklers to your centerpieces when the party really gets started. Think about letting each of your guest set off a firework in honor of you and your new [spouse](#). They'll feel even more involved in the wedding and the night sky filled with colors will be a sight to see.

**The party favors:** Red, candied apples, sparklers and Fourth of July themed magnets would make great favors for your wedding. Give away miniature Liberty bells and American flags as a bonus. If you're more of a foodie, consider making fruit baskets with strawberries, blueberries and blackberries.

**Related:** [Add a Little "Luck O the Irish" to Your Wedding Day](#)

**The music:** What good would a Fourth of July wedding be without a little All-American music? Although it would fit the theme, refrain from playing "The Star-Spangled Banner" during your reception. Instead, play a little Elvis Presley or Bruce Springsteen. Songs like "Surfin' U.S.A." by The Beach Boys will surely be a hit with your guests.

**Do you have any other ideas for a Fourth of July themed wedding? Share them below.**

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# Maitland Ward of 'Boy Meets World' Believes That "Friendship, Trust and Laughter" Make for a Strong Relationship



By Petra Halbur

Maitland Ward first won our hearts in the 90's as Rachel McGuire on the hit show, *Boy Meets World*. Though Rachel caused a few love triangles, we adored the towering red head for her quirkiness, lovability and strength. Thirteen years after the series finale, Ward still speaks highly of her character. "I loved that she was smart and tough yet had a heart of gold.

She was someone young girls could look up to.”

Since the show’s conclusion in 2000, Ward has met the love of her life, continued to establish herself as an actress and, most recently, reunited with her former castmates at the ATX Television Festival. “It was like no time had passed at all,” the California native reflects. “We hadn’t all been in the same room together since the show ended, so it was so great to see all these people who I worked with for so long. My cheeks hurt by the end of the weekend from all the laughing and smiling.” The experience stirred up fond memories of the *Boy Meets World* set too. “Working with them was a blast, and I think it showed on screen.”

She affectionately adds, “These people will always be like family to me.”

**Related Link:** [Tabatha Coffey Says That Staying True to Yourself Is Important In All Aspects Of Life](#)

Of course, viewers are already gearing up for an on-camera reunion of *Boy Meets World*’s cast in the highly-anticipated spin-off, *Girl Meets World*, which is scheduled to air on the Disney Channel next year. The new show will follow Riley Matthews, the daughter of *Boy Meets World* characters, Cory and Topanga Matthews, and her best friend Maya. Ward is full of praise for the young actresses, Rowan Blanchard and Sabrina Carpenter, who play Riley and Maya respectively. “The little girls are so unbelievably adorable. I know they are going to be breakout stars for Disney.”

While the actress was reluctant to disclose plot details, she assures us that the pilot is “amazing” and that we can expect to see more of our favorite characters from the original hit show. “Creator Michael Jacobs made a point of saying he wants to integrate the old cast as much as possible, so I’m excited to see what happened to Rachel, Jack Hunter and Eric Matthews. Jack and Rachel left for the Peace Corps in the last

episode, and it'll be interesting to see if they are still together. Matthew Lawrence and I were joking at the festival that Eric would've never left Jack and Rachel alone. He probably came after us in Guatemala or wherever we ended up."

Before being Rachel McGuire, though, Ward spent three years playing Jessica Forrester on *The Bold and the Beautiful*, an experience she now sites as inspiration for a script she has written. "It's a crazy, *Bridesmaids*-style comedy about a washed-up former soap star who will stop at nothing to get her career back," she shares. "She finds out her old fan club president (who she treated like garbage and nearly ruined) has made good and become a big time producer with a hot new TV show. So she hunts him down and wants him to give her the starring role. There's a dark twist, but I won't give it away just yet. It's a lot of fun!"

Luckily, life doesn't imitate art when it comes to Ward's personal life. She's been married to hedge fund manager, Terry Baxter, since 2006, which is quite a feat in Hollywood. Though the happy couple tend to stay out of the spotlight, she confesses that her romantic relationships haven't always been drama-free. "I had a few love triangles when I was younger. Nothing like Rachel, Jack and Eric, but nevertheless, they always got messy." When asked if playing Rachel taught her anything about love, she reveals, "It's probably not the best idea to be involved with two best friends who you live with, but, hey, it was fun! Being open and honest about things is probably the best advice I could give about that situation."

**Related Link:** [5 Conversations Every Couple Should Have Before Getting Married](#)

The auburn-haired beauty says that the key to a successful relationship is a strong foundation. She and Baxter met on a set when he was visiting someone else, and the two began a friendship that eventually developed into something more. "If you can't be best friends, then it'll never work in the long



run. You have to enjoy spending time with that person. A sense of humor is important too. I love to laugh, and having someone who makes me laugh is the best," she says. "I think that's why it's lasted. We started with friendship, trust and laughter and built from that."

*You can keep up with Ward on Twitter @MaitlandWard and [www.facebook.com/MaitlandWardOfficial/](http://www.facebook.com/MaitlandWardOfficial/).*

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## Date Idea: Color Your Love in Red, White and Blue



By Sarah Ribeiro

You and your sweetheart have been together for every holiday so far, and now for the Fourth of July, you're ready to take a unique approach. Celebrate in a non-traditional way by making everything red, white and blue. The easiest way to set up this color spectrum date is to split it into thirds. Decide which part of the day will be linked to which color, and go from there.

Start your morning with red. Get up before the birds, hike up to the tallest point in town and cuddle with your man while you watch the sunrise. Then, share a breakfast picnic made out of red foods: pack a fruit salad with seasonal favorites like strawberries, cherries, blood oranges and red grapes, or make some roasted red breakfast potatoes. You can even allow yourselves a bit of red wine to drink during the sunrise.

Then, have a white afternoon. Rather than picnic-hopping all day, throw a "white party" with your love. Invite all your friends and family to come over wearing only white. To set the mood, rent some white tents, tables and chairs. Encourage your guests to bring a white food, such as vanilla ice cream, white chocolate-based desserts, grilled cheese sandwiches on white bread and risotto. Serve "white" drinks like cream soda or a white wine sangria. You can also provide small splashes of color by making red, white and blue jello shots or having a red-and-blue candy bar in the midst of all of the white.

Once the sun starts to set, get in a blue mood. Put on your best blue outfit and get red-carpet ready with your honey. The two of you can head to a blues club to spend the night in each other's arms, sipping on Blue Hawaii's and reflecting on an especially great holiday.

**Have a unique Fourth of July date idea? Share it with us below.**

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# The Good, Bad and Ugly of Dating Advice Guides



By Sarah Showfety

**What can be gained from reading twelve dating advice books in a row? Some valuable insights, actionable information and after a while – a headache.**

After years of false starts and flame-outs, I decided to give myself a dating education, buying half the self-help section at Barnes & Noble to try and change my luck in love. I thought quick salvation lay in their pages. I thought if I put on my Love Lab Coat and followed instructions, fruitless years of

speed, blind and online dating would be swiftly rewarded with a marriage-minded man.

Wrong! The books did work, but not in the way I thought they would.

## **The Upside of Dating Advice**

How did these dating books help? For the first time, I saw clearly the mistakes I kept repeating. These included being overly available, letting things ramp up too quickly and intensely (hence, the aforementioned flame-out), reacting emotionally if a guy pulled a Houdini and then reappeared, and pretending I was content to casually hang out when I craved a committed, exclusive relationship.

They gave me a toolbox of quick, easy tips to increase the quantity of men in my life. I learned where to go, how to use body language, what (not) to say. I learned to flirt better, keep first dates short, go places without a girl posse and decide what time I'd come home before a date started.

The books also flipped my usual story on its head. Through them, I saw that my poor track record wasn't due to the scapegoats I'd grown fond of blaming (men, "the scene," my parents). The responsibility lay with me – my self-perception and my choices. These were two things I could change.

**Related:** [QuickieChick's Video Dating Tips: Summer Love](#)

## **Too Much of a Good Thing**

Of course, there were drawbacks, too. The more I looked outside myself for answers, the more my self-doubt grew. *Did I say what I was supposed to say? Was giving him shrimp off my plate too girlfriend-y??*

I got overly focused on following a formula and trying to do it "right." But the fear I was doing something wrong—that

perhaps I was incapable of long-term romance—was the real issue. The very act of trying to “fix” myself reinforced the false underlying belief that something was wrong.

**Related:** [4 Steps to a Stronger Long-Term Relationship](#)

## **The Takeaway**

What I really needed was to trust my own value – only then would I stop compromising what I wanted. So after months of following textbook rules, I *stopped* trying so hard. I let go of the pursuit and gave up worrying I’d said too much or texted too soon.

Instead, I took care of me. I meditated, hiked, swam and went to outdoor concerts at Coney Island. Only after I cultivated my own joy was I ready and able to meet the man for whom I’d been looking. More than all the techniques, I had to love me and my life first. (Which is the primary message of all the books – though it took me a while to listen).

So, do I recommend dating guidebooks? Yes, so long as they’re not used as weapons of self-destruction. Skills and knowledge are important, but no amount of dating tricks will get you what you want unless you believe you deserve it.

*Sarah Showfety is a New York-based life coach and author. You can read about her experiences taking dating advice in her memoir [Dating by the Books: One Blundering Singleton’s Search for Love in the Self-Help Aisle](#). Connect with Sarah at her website [www.straightupyou.com](http://www.straightupyou.com).*

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# Celebrity Couple Predictions: Jennifer Aniston, Julianne Hough and Kim Kardashian



By Shoshi

For today's expert post, I want to look at the energy of three celebrity couples who have been plagued by rumors this summer: Jennifer Aniston and Justin Theroux, recently-split Julianne Hough and Ryan Seacrest and new parents Kim Kardashian and Kanye West.

**Related Link:** [Celebrity Couple Predictions: Halle Berry, Jada Pinkett-Smith and Heidi Klum](#)

**Jennifer Aniston and Justin Theroux:** It's no surprise that



these two lovebirds postponed their wedding – I think even Stevie Wonder could've seen this one coming. There's definitely some conflicting energy around this relationship. Let's dissect it, shall we? The top reason for the wedding being postponed is that Brad Pitt and Angelina Jolie are getting hitched this summer too, and Jennifer Aniston doesn't want her wedding close to the same time. Can you blame her?

The other rumor is that she and Justin Theroux are just too busy to get married. Now, I can't help but question this excuse. When people are ready to spend the rest of their lives together, the last thing they'll let stand in the way is their hectic schedules. After all, it's not like the two of them can't afford to take some time off.

When I look at Theroux's energy, it reveals that he isn't the marrying type. He can feel committed to someone *without* a ceremony. There's nothing wrong with that perspective as long as Aniston is fine with it.

He also feels like he doesn't have any control in the relationship. For instance, after planning to live in New York, Aniston said it felt like a fishbowl and moved the couple back to Los Angeles. Even so, Theroux has been spotted checking out places to live in downtown New York. Aniston has taken Theroux out of the playground where he feels most like himself, which tends to be a big damper on a relationship, especially for men. If Aniston doesn't allow Theroux to feel comfortable, he'll seek that feeling from someone else. Their love can go either way at this point!

**Julianne Hough and Ryan Seacrest:** Since this adorable couple broke up in March, everybody is on Ryan Seacrest-dating watch. Who will he date next? And will he get back together with Julianne Hough? The spirits say no; he's ready to move on.

Hough, on the other hand, is trying to win the television host back – she has her eye on being Mrs. Seacrest. Unfortunately,

it's so not going to happen. Seacrest definitely cares about her, but she's just not the kind of partner he wants/needs as he builds his empire. It also doesn't look good that Hough has been partying like a college girl in recent months. She's screaming for attention from her ex, but instead, she just needs to look for love elsewhere.

**Related Link:** [Kim Kardashian and Kanye West Welcome a Daughter](#)

**Kim Kardashian and Kanye West:** Little North West arrived five weeks early, much to the delight of her parents, Kim Kardashian and Kanye West. After the baby's name was announced, people immediately started saying that this famous pair were already bad parents.

Looking at their energy, I think West is going to be a pretty good dad. As for Kardashian, she'll have a bumpy time at first because the baby girl will feel more comfortable with her dad. The reality star will try a little too hard to be a "good mother," which will ultimately hurt her parenting skills. Plus, North will be the number one priority for West, leaving Kardashian a bit jealous. While West and Kardashian love the spotlight, the rapper will have a better grasp on why it's important for their bundle of joy to *not* be a part of the entertainment business until she's a bit older. When the time is right, though, North West will be a mini-mogul following in the footsteps of her parents. Mark my words!

*For more information on Shoshi, click [here](#).*

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## Celebrity Dads Who Are Doing

# It Right



By Kelly Rouba for GalTime.com

TV dads, like Cliff Huxtable and Ward Cleaver, often made fatherhood look easy. They effortlessly juggled their work schedules so they could spend quality time with their children and, of course, they were always around to set their kids straight if they stepped out of line. While we all know parenting isn't always as easy as it seems on TV, there are plenty of celebrity dads who've managed to set the bar pretty high when it comes to balancing fame and fatherhood as least as far as we can tell from the outside!

Sarah McKeever, a mother of three from New Jersey, thinks Will Smith is a great role model for fathers around the globe. "I adore him, and he seems like a great father and husband. I've

seen a few interviews with him and his wife and kids. They seem to keep a healthy balance with all the fame,” McKeever said. There may be a lot written about the Smith marriage and their parenting style (a la lack of punishment)” but Will is one dad who definitely focuses on his kids.

Dorothy Cascerceri, an on-air news, fashion, and celebrity trend expert for *In Touch Weekly*, agrees. “(Smith) loves his kids Trey, Jaden and Willow and has done everything possible to encourage all of their careers in the family business, Hollywood.”

Since Smith isn’t the only dedicated dad out there, GalTime asked Cascerceri to name the *Top 10 Celeb Dads Who Are Doing It Right*, and here’s what she said (in no particular order):

**1. David Beckham**— This ultra-hot soccer star is more than dedicated to his four kids, Romeo, Brooklyn, Cruz and Harper. He even has the boys’ names tattooed on his back!

**2. Ben Affleck**— Not only is this Oscar-winner an all-star dad to daughters Violet and Seraphina and son Samuel, but he’s also a dedicated hubby. He even thanked wife Jennifer Garner in his Academy Awards acceptance speech.

**3. Brad Pitt**— In addition to being one of the sexiest men in the world, Brad is tirelessly dedicated to his clan 6 and works extra hard to make sure the entire crew is taken care of.

**4. Liev Schrieber**— Forget strollers! Liev is usually seen transporting sons Alexander and Samuel around on his back and shoulders.

**5. Tony Hawk**— He loves his daughter Kadence so much that he Instagramed a photo of the two of them with his nails painted with pink sparkly polish.

**6. Taye Diggs**— He shares everything with his son Walker, even

ad campaigns! The duo flashed their milk mustache smiles for a Got Milk? campaign.

**7. Gavin Rossdale**— Gavin always pays close attention to the style of his kids Kingston and Zuma, and he always makes sure they have the same rocker look as their dad.

**8. Jerry O'Connell**— He's a doting dad to his twin daughters Charlie and Dolly, and oftentimes brings them to the set of his latest projects so they can see their dad at work.

**9. Jay-Z**— This rap mogul is smitten by his daughter Blue Ivy and even wrote a heartfelt song about her when she was born.

**10. J.R. Martinez**— Last but certainly not least, GalTime couldn't resist adding new father J.R. Martinez to the list. Even though his daughter Belle just turned one, he's got quite a handle on fatherhood and there's no denying how deeply devoted he is to his precious baby girl.

"I believe I'm a great dad, thus far, because I don't shy away from getting my hands dirty, whether it be by changing her diaper (constantly), making the bottle or setting up for bath time. I believe these are great opportunities to bond with your child," Martinez said.

Martinez also has a piece of advice for all those dads out there who just might be reading this. "I know we're working hard to provide, but don't leave it up to the mom to be hands-on. Show them you're more than capable, because you are."

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# Relationship Advice: Maintaining a Positive Image While Going Through Divorce



By Joanne Pittman of Pittman Consulting & Image for Hope After Divorce

The teenage son of a dear friend of mine said something one day that really stuck with me. He was speaking about a relationship his mother was building with a new boyfriend, and he flatly stated, "He is not the star of my show!"

As an image consultant who has worked with celebrities, models and public figures as well as professionals and individuals, I see all of my clients as "stars of their shows." Life is filled with transitions, and divorce is one of them. While in



a transitional state, it's common and needful to make adjustments to our images that allow us to circumvent needless and costly detours on our road ahead.

In fact, we are each the stars of our show – train wrecks, triumphs and all. We have our own paparazzi in the form of friends, peers, colleagues, parents and children. Dare I mention the long line of predators ready to take advantage of our tender state while undergoing divorce and all of its rigors?

**Related Link:** [The EX Word](#)

While most people don't have the advantage of having a team of public relations (PR) experts ready to announce or confirm rumors of personal relationships in failure, the need to have help managing the distress of divorce is no less significant. In order to attract the best people into your world, I impress upon you the importance of maintaining an authentic and clear image statement during this precarious time in your life.

Two celebrity couples that have navigated their divorces brilliantly are Jennifer Aniston and Brad Pitt and Courteney Cox and David Arquette. Each leading lady maintained consistent appropriate looks and, with the help of her PR team, was clear about her messages. They both managed to appear simple, chic and tastefully put together and demonstrated their resolve to stay true to themselves while going through divorce with dignity.

Pitt and Arquette also managed the very public ending of their marriages gracefully by preserving a well-defined message and image presence. Despite the media blitz making Pitt out to be the man who broke the heart of America's sweetheart, he maintained his impish good looks by keeping his intentions clear. Similarly, Arquette has kept his understated look with a slight modern edge while being committed to a healthy and friendly co-parenting relationship with his former wife.

**Related Link:** [Must We Remain Friends With Our Ex-Husband?](#)

***Consider your image just as important as that of a public figure or a rising actor.***

Here are a few tips for you as you move forward with reshaping your storyline. As the leading character, choose your look wisely. Be clear about who you are and why you matter. This isn't always easy to ascertain when going through the metamorphosis of divorce, but I assure you, now is the time to create your outline, your plot and your script.

- Create a personal mission statement. Use key character traits that you possess like integrity, loyalty, highly-organized, etc. Then include character traits that you wish to improve or that you admire in others. Doing so helps keep you focus on goals and desires which are meaningful.

- Rid your closet **and** overall image of anything that is incongruent with your intended message. For example, if you have the goals of becoming "holistic, natural and healthy," refrain from elective and excessive plastic surgery, implants, hair extensions, filler injections, etc. We all know those choices are fake and far from holistic! For clothing, you would choose natural fibers and textures as well as colors and prints that are soothing.

- Create a budget and acquisition plan. You're not an A-list celebrity; you're not going to be offered free clothing from the A-list designers so they can use you for their PR campaigns. However, ***you are a star*** and should dress yourself accordingly. Therefore, take time to work out a budget that will allow you the ***BEST*** for your needs. Don't settle for less!

While you may not live the dream of receiving an Oscar, Tony, or Emmy, you can live the dream of a happy and authentic self as the star of your show!

*For more information about Hope After Divorce, visit our*

Experts page.



As founder of Pittman, Lamitie & Associates, Joanne has developed their proprietary IMAGE Authenticity™ Training Programs which address the multifaceted work and lifestyle demands on employees and executives in the corporate world today. Her innovative approach has evolved over the past twenty three years in the fashion, fitness, luxury retail and image consulting industries.

Joanne has been writing training curriculum and presenting developmental workshops to large and small audiences for over eighteen years. She is known for raising new questions and expectations which successfully foster authentic corporate and personal brand presence.

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## Celebrity Couples Where Opposites Attracted





By Meghan Fitzgerald

It's true – opposites do attract, but it's odd for outsiders to look in at these partners because it seems so...strange. Although it's unknown for others, the ones involved in these types of relationships are usually the couples who have it all together. Opposite attraction is new, exciting and can result in a strong and healthy relationships. Cupid takes a look at a few cases where opposites attracted in popular celebrity couples:

**Related:** [Famous Women Dating Non-Celebs](#)

**Megan Fox and Brian Austin Green:**

Once *Transformers* hit theaters and Megan Fox began to be known as the hot it girl, Brian Austin Green was just that 90210 guy who had a kid with Vanessa Marcil. Even though she became one of the world's biggest sex symbols, they have still managed to keep their relationship going strong. In fact, the couple has been married since 2010 and have a son, Noah Shannon Green, together.

### **Mariah Carey and Nick Cannon:**

Mariah Carey has had quite the extensive dating record, from her first marriage, to record executive, Mottola, to a Latin pop singer and briefly to Derek Jeter. The bold and bodacious singer settled down to a small, lanky rapper, Nick Cannon. The duo has been married for five years now. They are also parents to fraternal twins, Monroe Cannon and Moroccan Scott Cannon.

### **Brody Jenner and Avril Lavigne:**

The born Californian *Hills* star, Brody Jenner didn't seem to fit right with punk rocker Avril Lavigne. Although others thought they wouldn't mesh, they dated from February 2010 through 2012.

### **Demi Moore and Ashton Kutcher:**

Golden Globe and Emmy nominee Demi Moore found an unlikely match in *That '70s Show* star Ashton Kutcher. Despite the 16-year age difference, the pair began dating in 2003. They married on September 24, 2005, but the happiness didn't last for long. Kutcher filed for divorce in December 2012 after a year of separation and rumors of his infidelity hit the newsstands.

### **Hayden Panettiere and Wladimir Klitschko:**

The 23-year-old petite blonde known for her breakout role in *Heroes* settled down with the 37-year-old, 6'6" heavyweight boxing world-champion Wladimir Klitschko from Ukraine. Despite the 1'4" height difference, the odd duo make it work with their relationship.

### **Tom Cruise and Katie Holmes:**

The ex tomboy from *Dawson's Creek* was interviewed to be Tom Cruise's real life girlfriend after her engagement with Chris Klein ended. Holmes seems to be the more down- to-earth type while Cruise stars in super thrillers and actions films.

### **Lindsay Lohan and Samantha Ronson:**

The *Mean Girls* actress dated DJ Samantha Ronson in 2008 and 2009. When questioned about her sexuality, Lohan said, "I don't want to classify myself." Since the brief romance the couple shared together, Lohan has been recently linked to Avi Snow.

### **David Cross and Amber Tamblyn:**

The 26-year-old actress best known for her parts in *The Sisterhood of the Traveling Pants* and *Joan of Arcadia* tied knots with now-hubby David Cross in 2012. The 43-year-old comedian has quite the ego boost with dating a woman 19 years younger than him.

**Related:** [Finding Your True Destiny](#)

### **Rachel McAdams and Michael Sheen:**

The *Midnight in Paris* co-stars were rumored to be a couple far before they announced their relationship. Sheen has a past relationship with Kate Beckinsale. The two have a daughter, Lily Sheen, together.

**Who are some other celebrity couples with opposite personalities? Share your thoughts below.**

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# **Date Advice: 5 Conversations Every Couple Should Have**



# Before Getting Married



By Mark B. Baer ESQ.

While it may seem odd receiving marital advice from a family law attorney, remember that people retain us to assist them in dissolving their marriages. Although the people and situations may differ, the reasons marriages fail tend to be rather consistent. We are therefore in an excellent position to give marriage advice. Here are five conversions every couple should consider having before tying the knot:

## 1. Communication

Poor communication happens to be a major cause of divorce. Since you are planning on marrying, you should already be familiar with each other's communication style. If you believe that your fiancé could use some improvement in that

regard, it is advisable that you address that concern before marriage. After all, if the problem exists before marriage, what makes you think that it will improve with marriage?

**Related:** [How to Communicate to Get What You Need](#)

## **2. Finances**

Before people marry, they have little need to discuss their relationship with money because it is not of particular importance. After all, as long as each person is pulling their weight financially in whatever manner is acceptable to both, there is no need for any discussion. However, as Harvey A. Silberman, family law judge for the Superior Court of Los Angeles County, in California likes to remind people, “Getting married in and of itself creates a pre-marital agreement – the *Family Code*.” In other words, the terms of your pre-marital agreement can either be the terms set forth in the *Family Code* or terms that you specifically negotiated as part of the pre-marital agreement. What do pre-marital agreements address? They address financial issues. Therefore, you automatically become financial entangled with each other just by virtue of getting married. The failure to discuss such issues before marriage is a major regret for many. Such conversations should include the nature and extent of your respective pre-marital assets and debts, your values and beliefs with regard to spending and saving, expectations you each have with regard to the source of money to be used to pay for marital expenses, and many other such issues.

**Related:** [Celebrity Couples Who Let Money Ruin Their Relationship](#)

## **3. Commitment**

Marriage is a wonderful institution that affords couples significant psychological, emotional and financial benefits, in addition to being a commitment of their love to each other. Problems ensue when the couple’s level of commitment

are not aligned. How will this play out if one spouse is a workaholic? Are you committed to the marriage if you are disrespectful of your spouse? A conversation on the issue of commitment would be wise.

#### **4. Expectations**

People's expectations for themselves, their spouse and their marriage change over time. Those with the most successful marriages share these expectations with each other.

#### **5. Human Nature**

Rounding off the list is human nature. People don't change and nobody is perfect. The question is not whether you can change someone, but whether you will be happily married to them warts and all. This requires a conversation because one might expect to change the other.

Enjoy a happy and healthy marriage.

*Mark is the owner of Mark B. Baer, Inc., a Professional Law Corporation. His is a Family Law Attorney, Mediator, Collaborative Divorce Practitioner, Author, Lecturer, and Keynote Speaker. He has been licensed to practice law in the State of California for over twenty years.*

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**Relationship                      Advice:  
Understanding How Assets Get  
Divided In Divorce**



By Jeff Landers for GalTime.com

Dividing the family's property during a divorce can be quite difficult, especially if there are significant assets such as houses, rental property, retirement and pension plans, stock options, restricted stock, deferred compensation, brokerage accounts, closely-held businesses, professional practices and licenses, etc. Deciding who should get what can be quite a challenge, even under the most amenable of situations. But, if your divorce is contentious, then this can be especially complicated.

Assets should not necessarily be divided simply based on their current dollar value. You need to understand which assets will be best for your short- and long-term financial security. This is not always easy to discern without a thorough understanding of the asset itself – its liquidity, cost basis and any tax implications associated with its sale.

However, before we go any further, we need to discuss the differences between Separate and Marital Property and why that's critically important to you. In my experience, this is an area that is not well understood by most people.

States differ in some of the details, but generally speaking, Separate Property includes:

- Any property that was owned by either spouse prior to the marriage;**
- An inheritance received by the husband or wife (either before or after the marriage);**
- A gift received by the husband or wife from a third party (your mother gave you her diamond ring);**
- Payment received for pain and suffering portion in a personal injury judgment**

Warning: Separate property can lose its separate property status if you commingle it with marital property or vice versa. For example, if you re-title your separately owned condo by adding your husband as a co-owner or if you deposit the inheritance from your parents into a joint bank account with him, then that property will most likely now be considered marital property.

All other property that is acquired during the marriage is usually considered marital property regardless of which spouse owns the property or how the property is titled. Most people don't understand this. I've had many clients tell me that they were not entitled to a specific asset, because it was titled in their husband's name – such as his 401K. This is not true! This is worth repeating because it is that important. All property that is acquired during the marriage is usually considered marital property regardless of which spouse owns the property or how that property is titled.

(State laws vary greatly, especially between Community Property & Equitable Distribution States, so please consult with your attorney).

Marital property consists of all income and assets acquired by either spouse during the marriage including, but not limited to: **Pension Plans; 401Ks, IRAs and other Retirement Plans; Deferred Compensation; Stock Options; Restricted Stocks and other equity; Bonuses; Commissions; Country Club memberships; Annuities; Life Insurance (especially those with cash values); Brokerage accounts – mutual funds, stocks, bonds, etc; Bank Accounts – Checking, Savings, Christmas Club, CDs, etc; Closely-held businesses; Professional Practices and licenses; Real Estate; Limited Partnerships; Cars, boats, etc; Art, antiques; Tax refunds.**

In many states, if your separately owned property increases in value during the marriage, that increase is also considered marital property. However some states will differentiate between active and passive appreciation when deciding if an increase in the value of separate property should be considered marital property.

### **So what's the difference?**

Active appreciation is appreciation that is due, in part, to the direct or indirect contributions or efforts of the other spouse (e.g. your husband helped you grow your business by giving you ideas and advice; he entertained clients with you; he helped raise the kids and did some household chores, which allowed you to work late, entertain clients, travel to conventions; etc.).

Passive appreciation is appreciation that is due to outside forces such as supply and demand and inflation. For example, a parcel of land increases in value even though you and your husband made no improvements to it. However, if you used marital income and/or assets to pay the mortgage and/or taxes on this parcel of land, you might have a very good argument



that this property, or at least the increase in value during your marriage, should now be considered marital property. As you can see, this can get quite complicated and convoluted. Hiring a good divorce financial planner can help you sort this out.

It is also very important for you to know if you reside in a Community Property State or an Equitable Distribution State. There are nine Community Property States – Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington and Wisconsin. Community Property states consider both spouses as equal owners of all marital property (a 50-50 split is the rule).

The remaining 41 states are Equitable Distribution states. Settlements in Equitable Distribution States do not need to be equal, but they should be fair and equitable. In Equitable Distribution, several factors are taken into account, including the financial situation of each spouse when dividing assets.

**Some of the factors considered are:**

- The length of the marriage
- The income or property brought into the marriage by each spouse
- The standard of living established during the marriage
- The age and physical/emotional health of each spouse
- The income and earning potential of each spouse
- The financial situation of each spouse when the divorce is finalized
- The contribution of a spouse to the education, training or earning power of the other

– The needs of the custodial parent to maintain the lifestyle for the children

In addition to these, a court can consider any other factors that it feels might be relevant. This makes it very difficult, if not impossible, to predict the outcome. The bottom line here is that you want to stay out of court, if possible. There's a good reason why more than 95% of all divorces are ultimately settled out of court.

Also, please remember that debts usually get divided in divorce as well. However, Community Property states treat debt differently than Equitable Distribution states, so please make sure that you consult with an experienced divorce specialist.

Hopefully this basic description of how assets get divided in divorce will help you as you are going through your divorce. But as you can see, this can be an extremely complicated process filled with unseen potholes. Having a competent divorce financial professional on your team can help you get your fair share of the assets that you've worked so hard to accumulate.

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**‘Anna Nicole’ Star Agnes Bruckner Says People “Need to Be Loved, Feel Love and Give Love”**



By Kristin Mattern

Agnes Bruckner, well known for her recurring roles on television shows like *24*, *Alias* and *Private Practice* as well as for playing one of the lead roles in [Lifetime's \*The Craigslist Killer\*](#), is now the star of Lifetime's Original Movie, *Anna Nicole*. Her diligent research in preparing to play such a character, along with the help of an innovative pair of prosthetic boobs designed by Greg Cannom, enabled her to capture both the Anna Nicole Smith in front of and beyond the flash of the paparazzi cameras. The woman whose ability to make people smile inspired and awed Bruckner, who believes that Smith "loved life."

*Anna Nicole* follows the story of Smith (born Vickie Lynn Hogan) from a Texas high school dropout and single mother dreaming of a better life to a stripper who shockingly marries oil tycoon J. Howard Marshall (played by Martin Landau), 62

years her senior. Smith's Hollywood career takes off when she becomes a centerfold for *Playboy* and models for Guess. Sadly, her life begins to deteriorate after her husband passes away and her partying, yo-yo weight fluctuations, drinking and ceaseless pill-popping catch up with her. Deprived of financial support, constantly in and out of court over Marshall's estate and still hungry for the limelight, Smith decides to launch a reality show about her life. The starlet enjoys a brief upswing, but when her son Danny dies of an overdose while visiting her in the hospital after giving birth to her daughter, a grief-stricken Smith falls hard into her self-destructive ways and dies of an overdose herself a year later – an end eerily similar to her idol Marilyn Monroe.

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

The movie avoids focusing too much on Smith's silly side, though Bruckner promises there are plenty of "hot mess" moments in the movie. Instead, the heart of the film focuses on where the model came from, how she grew up and her relationships with her son and husband. "I think it came together," the 27-year-old explains. "We found the perfect balance of fun, goofy wild traits and the heartfelt, human characteristics. I think that a lot of times we saw her as someone who wasn't a real person. For the film, we definitely wanted to show all of her."

To physically transform into the blonde bombshell, Bruckner had to undergo four hours of makeup and the application of faux breasts that took her from a B to a DD. After the experience, the tomboy says, "I took a little piece of Smith away with me. She made me realize that it's okay to be girly."

As we eagerly await Bruckner's portrayal of the tragic star and her relationship with Marshall, everyone wonders if Anna Nicole was just in it for the cash when she married the octogenarian oil tycoon. In the actress's opinion, however,

there was more than money tying this couple together: “I really think that they had something for each other. I think he wanted companionship, love and joy in his life, and she gave those aspects to him with her charisma and love for life. She never really had a ‘father figure’ or a good relationship with her family, and this guy showed her love and treated her the best she’s ever been treated. I do think they both had something for each other and they kind of came together.”

And what about Marshall? “He really did love Anna so much,” she adds. “His eyes lit up when she walked into a room.”

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

Bruckner calls the people who surrounded Smith after Marshall’s death “enablers” who did nothing to stop her boozing, drug habits and over-exposed lifestyle. “I think she put people in a sort of trance,” the California native shares, “especially men. Besides her son, there weren’t any men who were really there for her.”

Bruckner’s favorite moments were when she was filming scenes that depicted the struggle between Anna Nicole as a struggling mother and the relationship with her son. She notes that Smith and Danny really had a “special relationship, and there was so much love.” To Bruckner, Danny was more than a son; he was Smith’s rock and best friend.

During her time on the *Anna Nicole* set, Bruckner says that she realizes how fortunate she is to have friends and family who care about her career, health and happiness. This is what keeps her grounded.

Regarding her love life, Bruckner seeks someone who is a potential partner. “I look for someone who is honest and fun,” she says. “At the end of the day, what matters is being with someone you have strong feelings of love for. As a human being, we need that. We need to be loved, feel love, and give love. I think that is so essential.”

For more information about Agnes Bruckner and the upcoming Lifetime Movie [Anna Nicole](#), which premieres Saturday, June 29th at 8pm ET/PT, follow her on [Facebook](#) and [Twitter](#)!

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# 'Between Us' Tests the Boundaries of Old Relationships



By April Littleton

In this comedy drama directed by Dan Mirvish, two couples reunite over two evenings. Grace and Carlo (played by Julia



Stiles and Taye Diggs) are newlywed New Yorkers who decide to visit their old friends Sharyl and Joel (played by Melissa George and David Harbour) in their Midwestern home. Behind closed doors, the hosts are in a disastrous marriage, but an unlikely meeting between the couples years later, shows the roles have reversed.

### **Should you see it:**

If you're a fan of Hollywood actresses like Julia Stiles and Melissa George, then this is the movie for you. Let's not forget to mention the eye candy that comes in the form of Taye Diggs. If you're familiar with David Harbour and some of his previous roles in films such as *W.E.* and *Kinsey*, you won't be disappointed with his performance in *Between Us*.

### **Who to take:**

This film will be perfect to see with a best friend, family member or spouse. Don't feel left out if you're in the early stages of a new relationship, you and your new boo will be able to relate to some aspects of this movie as well. *Between Us* isn't just your typical "chick flick." Considered a dark comedy, this film is sure to have intense moments and plenty of comedic scenes, so the fellas won't be sitting in the back of the movie theater bored out of their minds.

**Related:** [Katy Perry and John Mayer Hang with Friends](#)

### **How do you turn a failing marriage around?**

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

Marriages begin to self-destruct for many reasons – whether it be from lack of trust, intimacy or communication. When your marriage reaches a certain point, it's time for you to decide whether you're going to fight to save the relationship or let it go. If you choose to take the steps toward reconciliation,

you have to know where to start first. Cupid has some advice:

**1. No fighting:** When you and your partner have an issue to address, don't resort to verbal abuse. Think about what you say before you say it, no matter how emotional you may be feeling at the time. If you feel yourself reaching your boiling point, take a step back and cool off. Don't let your rash decisions and emotions ruin a relationship you considered perfection not so long ago.

**2. Get to know each other:** Sometimes you have to start all over to get back to the relationship you used to have with someone. You've probably been out of touch with your partner for so long that you don't even remember the little things that make him or her smile. Start from scratch. Let go of all the bad memories and try to rebuild from the good ones. Talking to each other again – even if it's just about the basics (like your spouse's new favorite song) is taking a step in the right direction.

**Related:** [Second \(and Third\) Marriages: Destined For Divorce?](#)

**3. Be patient:** Don't assume your marriage will be fixed overnight and don't give up at the first sign of struggle. It's going to take some time to gain back the love and trust the two of you once had in each other. When you do finally bounce back, the two of you, as a couple, will be stronger than ever.

**Are you in a marriage that almost didn't last? How did you turn the failing relationship around? Share your experience below.**

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# Dating Advice: 10 Tips to Being Successful With Online Dating



By Sarah Ribeiro

Do you constantly find yourself telling your friends “there are no good guys?” You’ve gone on a million dates on every dating site and you just can’t seem to find the one. It’s true, online dating is tricky. It’s a grueling process to deal with searching through thousands of profiles, hoping to find your true love in a mass of duds. Plus, you deal with the awkwardness of sitting with a stranger who’s a complete creep or is nothing like you hoped. However, if you do it the right way, you can skip all the awkward uncertainty and find your perfect match in no time. Here are some tips for being

successful with online dating:

**1. Take everything with a grain of salt:** Recognize that your date may not be entirely truthful on his profile. Before you head out with an expectation of that tall, dark and handsome doctor, consider the possibility that he may be posting an older photo, or that he may work in a hospital – just not as a doctor.

**2. Be true to yourself:** If you're not honest on your dating profile, you can't expect anyone else to be. Be sure to upload a recent photo and keep your information up-to-date so there's no surprise on your end.

**3. Fill up your profile:** The best way to avoid awkward silences on your first date is to have a lot to talk about. Upload plenty of photos and include all of your interests to easily initiate conversation.

**Related:** [Four Dates and a Wedding](#)

**4. Don't write a novel:** While you want a lot of information about yourself that will reveal your personality, no guy is going to read an 800-word description. Stick to the basic information like your job, hobbies, and interests and limit yourself to five sentences per category.

**5. KeepItSimple101:** A complicated or inappropriate username may keep the good ones away. Stay away from a confusing and random username or one that is too suggestive and stick with something simple and straightforward, like your name or your favorite sports team.

**6. Know your limits:** Limit yourself in every aspect. First, don't share too much information. Your date doesn't need to know every detail about your ex-boyfriend. And, of course, don't overindulge. Drinking too much makes you a sloppy date and will likely end the night early.

**7. Keep it on the DL:** A 5-star restaurant probably isn't the best idea for a first date, never mind a blind date. Skip the luxury and head out to a café or a free concert in the park so you don't have to spend money on someone you'll never see again.

**Related:** [Online Dating Isn't a Threat to Monogamy – It's a Blessing](#)

**8. Utilize multiple sites:** The best way to find the perfect guy is to widen your scope. Make multiple profiles, mixing free sites like OKCupid or Zoosk with paid memberships on sites like Match.com and Chemistry.com to give yourself a bigger population to pick from.

**9. Don't talk for too long:** While you want to get a good idea of a guy before you date him, try to limit your messaging to about five days before you establish a place to meet. Any longer than that, and he may grow bored with the chitchat and move on. Remember – you're both still actively looking for a partner.

**10. Relax:** The biggest date-killer is your own lack of confidence. Stop worrying about having the perfect night and instead walk into your date with your mind set on having fun. Once you stop focusing on everything that can go wrong, you can start focusing on everything that's going right.

**How have you succeeded in online dating? Share your tips with us in the comments.**

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# Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage



By Marisa Spano

Imagine inviting strangers into your home to observe your first year of marriage and allowing millions of people to watch the honeymoon stage of your love life. Newly-minted reality star Blair Late can tell you a thing or two about that experience – all good things. Late and his spouse Jeff Pedersen were all for having cameras follow them around as they transitioned into married life.

Of course, reality television was a familiar world for the couple: “I first met Jeff when I was working on a reality



series for Melanie Brown from Spice Girls,” he explains. “A producer friend who hung out with us commented that we were a really odd couple.” A year later, they got engaged, and that same friend suggested that they audition for Bravo’s new documentary series, *Newlyweds: The First Year*. They soon got a call from the network, and after an extensive three-month background check, they agreed to be part of the show.

**Related Link:** [EXCLUSIVE: Jill Zarin Says, “Women Can Have It All, But Not All At The Same Time”](#)

So why did these lovers decide to showcase their new beginning? “It was done by a very prominent documentary team who had won Oscars and Emmys, so knowing that it was a style of show that hadn’t been done before definitely influenced our decision,” says Late. “Plus, we were the only gay couple on the series and the first gay couple to really be featured on a show about marriage. It’s a big deal when you consider that gay marriage isn’t completely legal yet.”

That’s not to say that the couple is hoping to be spokespeople for gay marriage. They just want to share their story, a story about “a guy from Texas who has been ‘out’ for quite a while, who has support from his family, who’s in the entertainment business and who is fun, dramatic and just loves life. That same man falls in love with a man from California who’s a bit older, who didn’t get family acceptance, who isn’t in the business of entertainment and who is more responsible.” The couple seems to be sculpting a little chunk of history with their appearance on the show.

The amount of feedback and admiration they’ve received is incredible. In response to whether he thinks their inclusion on *Newlyweds* is impacting public opinion, Late says, “We have opened people’s eyes to the fact that domestic partnerships and gay marriages have little if any equal rights to straight marriages. We’re certainly educating people.” He believes that

they're empowering young gay people across the country. "I've had so many people say, 'Oh, I'm just like you, Blair, and I hope I can find a Jeff someday.'"

Some would argue that couples often suffer from a failed relationship when they are cast into the reality show spotlight. However, Late says that the show actually *helped* their marriage. "We were forced to discuss certain topics and to put things on the table because of the cameras."

Even though their personal thoughts and problems were viewed in public, it never made the duo feel uncomfortable. "I try not to regret anything that happened or be embarrassed about it. Sure, people complained about us talking about our sex lives on television, but maybe it won't be such a weird thing for gay men to do in five years."

For Late, his view on relationships was affected by his parents' divorce. "It had a negative psychological impact and made me feel more needy and have a fear of abandonment. One thing that I've really focused on this year is figuring out what triggers me and what makes me a little more dramatic sometimes."

**Related Link:** [What Does Unconditional Love Look Like?](#)

"My parents' divorce made me realize that I only want to get married once," he adds.

It's easy to see that Late's love life is going well, and he appears to be having success in his career too. He's found fame as a songwriter, actor, television presenter and pop singer – he'll soon be performing his new single "Love Calling" in San Francisco. Additionally, he's working on his own cardigan line called Crest and Letters. And, of course, he'll be appearing on tonight's final episode of *Newlyweds* as well as on *Watch What Happens Live* with Andy Cohen after the finale airs.

We can't wait to see what he does next!

For more information about Late, visit his [Facebook](#) and [Twitter](#) page.

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## Date Idea: Celebrate Half-Christmas



By [Sarah Ribeiro](#)

It's been six months since the cuddling and gift-giving time of year, and you're running out of summer date ideas. This weekend, ditch the summer activities and celebrate the half-way point to Christmas with your love.

Start by decorating your home like it's Christmas: hang garland, lights and maybe even mistletoe in every room. You can even get a little crafty and make paper snowflakes or a DIY Christmas Tree. Try involving every sense so that it really feels like the holidays. Light an evergreen tree-scented candle and pop some gingerbread in the oven, making your whole place smell like Christmas. You can even turn up the air conditioning just a bit so you can wear your favorite Christmas sweater (ugly or not).

Plan a holiday feast that you and your beau can make together. Make the traditional holiday foods, such as stuffing, turkey, ham, sweet potatoes and roasted vegetables. This half-Christmas is also a chance to try out unique and innovative recipes in advance of the next holiday. Try a color-themed menu of red and green foods, including baked apples filled with brown sugar, butter, and cinnamon, an egg frittata with green spinach and red or green peppers, kale soup or cherry pie.

Don't forget the holiday beverages. To cater to the warm summer weather, try making frozen hot chocolate. Serendipity sells a mix with directions to make things easy for you and your sweetheart. Sip on some eggnog while you bake cookies for Santa. Be sure to play some holiday carols on your iPod while you cook and bake!

After dinner, you and your partner can watch one of your favorite holiday movies. If you're in the mood for something classic, watch 'It's a Wonderful Life' or 'Miracle on 34<sup>th</sup> Street.' Or go for a more contemporary film, like the Jim Carrey adaptation of 'The Grinch' or the hilarious holiday favorite 'Elf.'

Then you and your honey can swap gifts. Maybe you just want to fill your stockings with little presents for each other. Plan in advance whether you will be buying something serious or a gag gift. Either way, be sure to set a price range.

Wrap up the night with an all-time favorite Christmas activity. Get that gingerbread out of the oven and build a house with your sweetheart! For something simpler, you can build marshmallow snowmen. You can even plan ahead to next Christmas, thinking up early gift ideas for family and friends and going so far as to design your own wrapping paper.

**How do you celebrate half-Christmas? Share your ideas in the comment section below!**

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## Plan a Summer Wedding in Eight Weeks or Less



By Kelly Rouba for GalTime.com

If you recently got engaged and just can't wait to tie the knot, famed party planner Martie Duncan says it's not too late to plan a summer wedding.

A summer wedding can be put together in under two months, assures Duncan, who shares many of her expert tips on her website MartieKnowsParties. Duncan's experience in planning weddings on the fly began when a friend recruited her help not long ago.

"They got engaged on a Saturday and wanted to get married the next Saturday," she recalls. "It wasn't a joke, and we did it! (It turned out to be) a beautiful, simple but sweet and sentimental family wedding with a seated reception dinner for 30. We even ended with fireworks!"

Contrary to what one might expect, the planning process went rather smoothly. "The reason it was so easy is because the couple had seen my work and knew my style. They trusted me," says Duncan, who gained popularity as the runner up on Season 8 of Food Network Star.

After the couple first approached Duncan for guidance, they agreed to meet to go over details. "We sat down for one planning meeting to discuss what they wanted and what it would cost. Within hours, I had most of it pulled together because I knew what was important to them," she says.

It also helped that Duncan's friend had already found a farm to serve as the venue for the ceremony and reception. "That made things easy," Duncan says, adding that she made sure the wedding theme reflected the couple's personalities. "The flowers, decor, food and drinks were all very rustic—a perfect fit for both the setting and their laid-back style."

For all those other couples out there who are ready to march



down that aisle, Duncan offers these simple tips for planning a summer wedding in eight weeks or less:

## **SET A BUDGET**

“The first big step is to decide on the budget,” Duncan says. “Often, planning a wedding quickly means you may pay more for things because you do not have time to shop around or delay making purchases.”

Also, keep in mind that the vendors you have to select from at the last minute might be more expensive, and there could be added expenses you never anticipated. In fact, while helping her friend plan her wedding, they realized there wasn’t a kitchen at the farm. “We had to create everything,” Duncan says, noting that it certainly made things more difficult, especially since they only had a modest budget.

In the end, it worked out because “we communicated openly about what was possible and what was not under the circumstances. Since we had to bring everything in, we kept it all very simple,” she said.

## **HIRE A WEDDING PLANNER**

If the couple or their close friends have experience planning events, know vendors they can rely on, and have plenty of time on their hands, then a wedding planner might not be necessary, Duncan says. Otherwise, “I would always advise finding someone who knows the ropes to make the process easier. The biggest problem is finding trustworthy vendors who might still have the date open. A planner can certainly help, since they typically know all of the vendors in their area.”

Always make sure you have a contract in place with the vendors you select. “Don’t skip over these precautions just because you are trying to pull things together quickly,” Duncan warns.

## STICK TO A SCHEDULE

“When planning a wedding in a short amount of time, you have to make decisions quickly and move on,” Duncan says. “There is no time to procrastinate or labor over the choices you have to make.”

## BE FLEXIBLE

“Most importantly, the couple has to have some degree of flexibility when making decisions,” Duncan says. “For example, if the peonies you always dreamed of are not available, you might have to settle for something else. You just cannot be rigid when you only have days to plan. Decide on a few basics, like overall style and color. After that, you almost have to see what’s available and go from there.”

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# Royal Young Explains Why Fame Isn't Everything In His Memoir 'Fame Shark'





By Marisa Spano

There is something special about Royal Young, and it's not just his name. Perhaps it's his hefty quantity of charisma and understanding of the world around him. The 28-year-old writer was born Hazak Brozgold to a Jewish family on New York's lower east side. He spent much of his young life looking for a spotlight, and now that he's finally got one, he's urging people to understand the downsides of fame.

To the American culture, fame means money, mansions and adoring fans. Most people think of the perks instead of the downfalls. But is fame a good thing? That's the very question that this author and [Interview Magazine](#) writer answers in his recently-released memoir, *Fame Shark*. Young's memoir outlines his past obsession with being famous and uses his history to illustrate to young people why a fixation with celebrity can be damaging. When CupidsPulse.com chatted with Young, he opened up about initial resistance to his memoir, the story behind his name and his new perspective on fame.

**At what moment did you realize that you wanted to write a**

## memoir?

When I was 18 years old, I was kind of crazy. I was drinking a lot and chasing all of these different means of getting attention instead of looking for love from my parents and relationships in general. One of the ways I was doing that was modeling. I met some shady people in that industry, but I also got to meet someone amazing at Wilhelmina. I sent him some of my writings and photos of myself. He sat me down and was like, "Dude, I read your writing, and you have a real talent here. You can keep being a crazy downtown New York City kid and messing up your life, or you can write a book. I think you have that in you." That was the first time I had heard that from anyone. I was so excited by it that I actually started a very tiny piece of *Fame Shark* right then and there.

**Related Link:** [Amanda Bynes: When Help Is Needed But Not Wanted](#)

## What was the initial reaction to your book?

Honestly, it was hard. So many people were very skeptical, and I dealt with a lot of rejection and resistance. But for me, being so young is kind of the point of writing the memoir. I think we live in a culture that is very obsessed with celebrities and very obsessed with youth, and I think that can be taken to a dangerous extreme. Writing a book like *Fame Shark* at a young age is kind of a comment on that culture.

## Are you still obsessed with fame? If not, what changed for you?

It has definitely changed. When I started writing the book, I was still under the kind of weird, narcissistic delusion that the book itself would be my final catapult to celebrity. However, writing a book doesn't really work that way because it's such hard work and there's so much rejection. I have worked incredibly hard for seven years as a journalist – that delayed gratification was so helpful to me in terms of these disillusionments. Do I still want to be famous? No. Do I still

want to be successful and visible? Do I want my work to get to the largest audience possible? Absolutely.

**In your book, you have an infatuation with Winky, a 14-year-old girl you meet on MySpace. She's the one who gave you your name, Royal Young. Tell us about that!**

Winky had nicknames for all of her *Gossip Girl*-type, upper Westside friends. She would call us "The Lost Boys." It felt awesome – she was like this weird Wendy figure, and I was like a drunk Peter Pan. It felt great to be a part of that and be saved from my horrible Hebrew name, which always set me apart and made me feel like an outsider. I legally changed my name eight years ago, and it changed who I am. Even my old friends call me Royal now. It's a persona and a personality that I have grown into and that I feel so comfortable with.

**Related Link:** [The Pros and Cons to Taming a Bad Boy](#)

**You say that you went to art school to live out your father's dreams of becoming a famous artist. Do you feel like you were living your father's life instead of your own?**

I certainly felt that way. I think the peril of trying to fulfill someone else's fantasies is that you really end up resenting them. That's something that my dad and I had to work through, but what's so cool now is I feel like I am in a position to help him. My dad's images are in the hard copies of the book. So in that sense, I am still connected to my dad's dreams. I still want to help him live them out, but I'm not the one who is doing the living – he is.

**What advice do you have for young people looking to be famous?**

Don't do it! Get rid of your grand ideas; get paparazzi, flashbulbs, money and all of that out of your mind. Just enjoy your life and work hard at your passion. I think it's so important to stay grounded and really keep those connections to friends and family. Work on those key relationships in your

life because that'll help you; pursuing a path of solitary success is very dangerous and scary too. Focus on knowing yourself before you go out into the world.

**And finally, what's next for you?**

I want to go silver screen. I want *Fame Shark* to have a red carpet premiere. I'm negating everything I just told you! I really do see *Fame Shark* as an evolving brand though. When it started off for me, the definition of fame shark was someone who is so lonely that they mistake success or being a celebrity for love, and now, I feel like that's changing. Now, it's about tenacity; it's about hard work and hustle. So I would love to see where that goes next. I'm also working on a novel.

*Fame Shark is available now on Amazon. You can follow the author on Twitter @RoyalYoung*

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## Celebrity Couples Who Cannot Wait to Become Parents







By Meghan Fitzgerald

Most couples are ecstatic when they find out they're going to be parents. The thrill of being a mother or father is indescribable. The moment you find out you're going to be a parent is one you'll never forget. The baby showers, clothes, registries and birthing classes – it all can be very exciting for parents-to-be. Numerous celebrity couples can't wait to become parents. Here's a list of some of seven of our favorites who are expecting:

**1. Fergie and Josh Duhamel:** Fergie announced via Twitter “Josh & Me & BABY makes three!!!!.” According to [UsMagazine](#), husband Josh sings to Fergie's pregnant baby bump. The two lovebirds are more than excited to welcome a new member into their family this upcoming year.

**Related:** [10 New Celebrity Moms](#)

**2. Maya Rudolph and Paul Thomas Anderson:** The former *SNL* star is expecting her fourth child this year with partner, Paul Anderson. Although this child is coming “faster” than they

thought, they are more than thrilled to have another baby on the way.

**3. Penelope Cruz and Javier Bardem:** These two are expecting their second child this year. The actress confirmed they are both “tremendously happy and excited.” The couple already has a son, Leo.

**4. Alec Baldwin and his wife, Hilaria:** The couple is expecting their first child together. The *30 Rock* star stated, “It really is the most amazing thing. I’m lucky.” Baldwin already has a 17-year-old daughter named, Ireland, with ex-wife Kim Basinger.

**5. Evan Rachel Wood and Jamie Bell:** Two months after denying she was pregnant, the couple’s rep stated they both were “thrilled” over the upcoming birth of their first child together.

**6. Kate Middleton and Prince William:** With all of the media surrounding the royal couple, most people know how excited these two are for having a baby. Who wouldn’t want to create a baby who will be inducted into the royal family?

**Related:** [Kelly Bensimon: “I Am A Single Parent & It’s Not Easy”](#)

**7. Busy Phillips and Marc Silverstein:** Although her pregnancy was unexpected, Phillips and husband Marc Silverstein are excited to take on the challenge of parenting again. The duo are already parents to Birdie Leigh.

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# Your First Trip Together? 10 Packing Tips



By Laura Seldon for GalTime.com

Packing for any vacation can be exhausting, but it gets even harder when you're deciding what to take on your first trip with your new flame. But just like in relationships, when it comes to packing for a trip, it's best to leave all extra baggage behind! To help you "pack for success," here are the top 10 things to take with you whether you are hitting the wide-open road together, or jetting away to somewhere exotic!

## 1. Comfy Walking Shoes

Start your trip off on the right foot with a good pair of walking shoes. While you may want to look good in front of

your new love interest, it's important to bring a reliable pair of sneakers "so you can walk and explore together," says author Carrie Knowles.

## **2. Picnic Provisions**

What's better than a romantic meal for two? A romantic picnic for two! "Bring a small backpack with a corkscrew and knife for an impromptu picnic," suggests Knowles. This way you and your new suitor can enjoy some alone time in the great outdoors!

**Related:** [10 Relationship Behaviors You Think Are Odd...That Are Totally Normal!](#)

## **3. Reading Materials**

Consider sharing more than just a hotel room on your romantic getaway – how about sharing a book as well? "That way you can read to each other," explains Knowles. "There's nothing more romantic." Not only will reading together give you something to talk about, but reading something sexy (think *Fifty Shades of Grey*) could really heat up your excursion!

## **4. First-Aid Kit**

Allergies, indigestion and bloating will cramp your style on a romantic getaway. "Bring a first-aid kit," says Bonnie Joy Dewkett, a professional organizer and packing pro. "Because nothing is worse than having your time spoiled by a headache, sunburn or upset stomach."

## **5. GPS & Maps**

Navigate your way to romance with the help of your trusty GPS! "Couples notoriously fight over directions," says Dewkett. "The key to a road trip is to have a GPS, maps and a plan!"

## **6. Denim with Diversity**

Be sure to pack a pair of jeans that can be dressed up or down. “Who knows what activities your romantic getaway will entail,” says Jennifer Kelton, a dating advisor and the founder of DressForTheDate.com. “Pack a pair of jeans that can be dressed down for activities like horseback riding, but can also be dressed up for hitting a trendy pub.”

**Related:** [Fend Off the Post-Wedding Blues](#)

## **7. Unisex Toiletries**

If you’re already sharing a book (as advised in #3), then why not share a few bathroom products as well, including shampoo, conditioner and lotion? “Sharing is caring,” says PR pro Stephanie Scott. “And it also cuts down on the amount of products that you need to pack. Try travel-sized goodies that couples can share.”

## **8. A Good Playlist**

When there’s a moment of awkward silence, it’s best to fill it with the sound of music! Just make sure your playlist (for the car or bedroom) include songs you both like, advises Dr. Jane Greer, a marriage and family therapist. “It will destroy the whole trip if your car ride isn’t enjoyable.”

## **9. A Solid Set of Snacks**

Don’t rely on a run-down convenience store for your snack supply! Instead, ask your new flame for a list of their favorite snacks (granola bars, chips, apples, etc.) and pack some provisions. “Bring some of your favorite snacks to ease tension on the road,” suggests Aimee Cebulski, author of *The Finding 40 Project*. “It will also ward off the crankies and make each of you happy.”

## **10. An Open Mind**

One of the most important items you can bring with you on any vacation is an open mind. “It sounds cheesy,” says Cebulski.



“But this might be the first time you see your sweetheart clean his ears... or he sees that you are an extreme over-packer. Go easy on each other. It’s supposed to be fun!”

The best part about taking an open mind on your trip? It takes up hardly any space in your suitcase!

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## Jill Zarin Says, “Women Can Have It All, But Not All At The Same Time”



By [Lori Bizzoco](#) and Marisa Spano



America watched the zesty and talkative redhead on *The Real Housewives of New York City* for four seasons as she threw sophisticated parties and worked for her husband's fabric shop. While we may not be seeing her on a feisty Bravo reunion again, she's still making a name for herself. She took a quick break from her hectic schedule to share some advice with CupidsPulse.com on how she manages to juggle it all.

Zarin is definitely one woman who seems to have figured out how to balance her family, career and social life. So we asked her opinion on one of the hottest topics in the news today: Can women really have it all? The former reality star believes that women "can" have it all but goes on to admit that "you can't have it all at the same time." She knows firsthand that you need to prioritize. "Maintaining a marriage is the most important thing because the truth is that children grow up and leave home."

**Related Link:** [Celebrity Women Who Built Business Empires With Their Husbands](#)

As most viewers know, Zarin has a close bond with her college-aged daughter from her first marriage, Ally Shapiro, and a loving relationship with her husband, Bobby, whom she married in 2001 after five years of dating. But the *Housewife* tells us that having a strong marriage wasn't always her priority. Over time, she's learned to be mindful of her husband's needs. "The priorities in my life are constantly moving around," she says. "I know when Bobby doesn't like being in the back row, so I move him quickly to the front row. He's the first one to get a ticket. If he wants to move his seat, he can move his seat anytime he wants."

When asked if there was other advice or tips she'd give women to help them have a successful marriage, she says that "being present" is very important. "Nowadays, relationships are so complicated by electronics. It's difficult to sit down for dinner because you're dying to see that text or e-mail that you've been waiting for."

**Related Link:** [Is Your Perfect Man Criteria Keeping You Single?](#)

Of course, when Zarin was growing up, technology was much different. Her house had only one screen: the television. Now, screens are everywhere – on computers, tablets and smart phones and in the living room, bedroom and even the car. It's no surprise that these "screens" affected her parenting skills. "I don't think that I was present a lot of the time for my daughter. I was home, but I wasn't present," she candidly admits. "My daughter would come home from school, and I'd be on the phone. My daughter would want a snack, and I'd be on the computer. I was always like, 'Just wait one minute, one minute, one minute.'"

She feels that technology has a big impact on dating and relationships too. "There are a lot of things that can make dating challenging, and our phones and computers are two of them," she shares. "People are uncomfortable with verbal communication nowadays." That's one strict rule that Zarin has taught her daughter: don't date through text.

**Related Link:** [Five Reasons Why Men Text Instead of Call](#)

Currently, Zarin is working on a relationship with herself and taking her own "spiritual journey." One of her commitments is to be present as much as possible. This means that wherever her feet are placed, she needs to be in that moment. "If I'm at home, I shut everything off. My feet are there, and that's where my mind needs to be too."

Still, the reality star doesn't plan on slowing down anytime soon. She'll be promoting her Skweez Couture shape wear line on QVC this month, and she's filming an *Open House* segment at her new home in the Hamptons. She also has a line of beautiful baubles called Jill Zarin Jewelry Collection.

Zarin is certainly focusing on the good stuff!

*For more information about Jill Zarin, follow her on [facebook.com/jillzarin](https://www.facebook.com/jillzarin), Twitter @Jillzarin, or check out her website, <http://jillzarin.com/>.*

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# Date Idea: Summer Sightseeing



By Sarah Ribeiro

Every town, no matter how small, has special hotspots. Some cities have historic sites that draw crowds or a landmark that's famous nationally. Others just have beautiful locales in the nooks and crannies of town that only the locals know about. This weekend, you and your sweetheart can see the sights as an insider without having to leave your hometown.

The first step for this touristy date is to find out what's unique about your hometown. Does it have a factory that specializes in a weird or impressive trade? Is the water there bluer – or browner – than anywhere else in the country? Check

a Tourist Directory to see what attractions are in your town or nearby. There may even be something that you and your partner have never visited or even heard of before.

Then, take on the role of the tourist couple. This date requires a bit of acting skill, but it's worth the fun. Pretend you and your love are new to the area and have never been to any of these sightseeing spots. You can even grab some friends who aren't familiar with the area to add on to the illusion of being a visitor to your town.

Grab a camera and head to your nearby tourist attraction. If it's a sightseeing location or a physical landmark, you and your partner can take turns posing in front of the spot and get a few shots of the two of you as a couple. You can also soak up the beautiful scenery. Some great sightseeing sites are lighthouses, rose gardens, rivers, or even weird monuments, like Muffler Men or the Jolly Green Giant statute in Minnesota.

If you're hitting up a historic site, try and get a guided tour. Places like the Freedom Trail in Boston offer guided tours with a thematic twist – all the tour guides dress up as historical figures or as colonials. It's worth the money: not only will you learn a lot, but you and your honey won't have to worry about getting lost as you wander around a historical neighborhood.

The best part about this date is that you don't have to travel too far. It's a great way to explore your hometown and learn about where you live while spending an entire day doing something new with your significant other.

**Have you ever taken a tourist-style date in your own hometown? Share your comments below.**