

An Introduction for a Lifetime: Sarah Jessica Parker and Matthew Broderick



By Bari Lyman, author of *Meet to Marry*

With so many options for meeting a potential partner these days, like dating sites, speed dating or singles events, we often forget that one of the most successful ways to find that special someone can be through an introduction. It's a time-tested and successful model for creating a good match and since the person introducing you is usually a close friend, family member or mentor, they typically have your best interest in mind.

An example of a happy celebrity couple who met via

introduction are Sarah Jessica Parker and her husband, Matthew Broderick. The duo have been happily married for 14 years and were originally introduced through her brother.

If you're looking for a way to meet someone special, following are some Meet to Marry, Date To Marry tips I share with singles who want to find "the one." Hopefully this advice will lead you toward a wonderful and inspiring union.

Be marriage ready, make dating a priority and be open to all possibilities!

Sarah Jessica Parker and Matthew Broderick met when her brother introduced the two during a trip to the movies.

Shortly after their initial meeting, they were inseparable. Because they were both open to the possibility of love, they still have a successful marriage to this day.

Never marry potential.

Broderick told *People* magazine in 1998, "We love each other and let the other person be themselves. We don't try to convince the other to be something they're not." A key element for a successful relationship is to be happy with your partner without trying to change him or her.

When it's right, it will flow.

This celebrity pair was clear about who they were in their relationship and they were both ready to become involved in a serious commitment. Throughout their marriage, Broderick says that the two have never spent more than two weeks apart.

Marriage-ready people understand that a relationship requires maturity, generosity and self-awareness in order to work.

Be clear about your vision, values, and goals when dating for marriage.

While these two celebrities are from different parts of the

country (Ohio and New York City), they share the same important underlying vision. They are both half-Jewish, so their backgrounds reflect similar religious values as well. Having a common ground is important for building a family. They also share mutual admiration for each other and find the same characteristics (such as humor) to be important.

If you're looking for your happily ever after, try out the tips above and let us know how they work.

Were you introduced to your partner through a friend or family member? Share your experiences below.

Relationship Expert, Andrea Syrtash, Teaches You How to “Cheat on Your Husband (with Your Husband)”





By Diamon Hall

To outsiders looking in, marriage is a sign that your life is complete, and both people are still “head-over-heels” in love. Privately, however, the husband may be thinking, ‘my has she changed,’ while the wife is often silently wondering, ‘is this really what I signed up for?’ Andrea Syrtash is a dating and relationship expert, on-air personality and author. With her new book, *Cheat on Your Husband (with Your Husband)* ready to hit the stands in September, she gives women solutions and advice that will help their marriage prosper for years to come.

Although she is married herself, Syrtash says the book isn’t only from personal experience (although there are some personal lessons shared), but also from interviews she conducted with other women and by citing the latest research on marriage, giving her readers a wide variety of opinions. Syrtash didn’t want the book to come off as a desperate attempt to save your relationship, but rather as a source of tips and advice to rekindle the romance. This book is ideal for anyone who feels they’ve lost track of why they’re married and don’t know where to go from here.

Recently, Cupid had a chance to chat with Ms. Syrtash, and here's what she had to say:

How did you come up with the title of your new book?

The original title was *How to Date Your Husband* and that became the subtitle to *Cheat On Your Husband (With Your Husband)*. I chose the word 'cheat' because too often we feel guilty when we focus on ourselves and our marriage when we have so many other competing demands; but cheating in this case is a good thing! I wanted a title that was fun, playful, and a little provocative. I didn't want it to be a relationship rescue book, but rather a relationship renewal book.

What made you choose this career field?

I actually went into it undecided, but I knew I loved journalism and connecting with people about their experiences. I was always the advice-giver amongst friends and family, but didn't know that I would eventually do that professionally. After journalism school, I earned a certificate in life coaching. Over the last decade, I've interviewed hundreds of people and spent thousands of hours focused on relationship research. I love it.

Is the book more so you speaking from experience, or is it mostly advice?

The book opens by telling the readers that I'm not just interested in lecturing them, but I do want to inspire them into action. It's not a memoir, but I do share my marriage experience so that I can have a little more intimacy with my readers. My advice is driven by my journalism and coaching background. I know the best advice I can share comes from interviewing real women in different situations.

What is the best piece of advice you give to couples in the

book?

Marriage is a choice that you have to make every day. People need to realize they can't just be complacent because that's the easiest option. Another theme in the book came from an 80-year-old woman I interviewed. She said, "The most important thing you can offer in a relationship is your presence." One of the big elements of my book is "Small steps will create big changes."

How does being a dating and relationship expert come into play in your own life?

The irony is that sometimes I'm not taking my own advice! As I'm writing about a topic and researching it, sometimes I get a wake-up call, because I'm immersed in the material. In my last book *He's Just Not Your Type (And That's a Good Thing)*, I talked about how I was writing advice columns to follow your heart, and I discovered I wasn't. I don't wanna be a hypocrite. I definitely want to practice what I preach.

I know you interviewed our founder, [Lori Bizzoco](#). What type of advice did she give, and what was it about her story that interested you?

I love that Lori is a mother of two and has her own business. She strikes me as a person who's loyal to her passion. She models advice in my book very well: You can't be passionate in your marriage if you're not passionate in your own life, and I saw that in Lori. She's featured in my "Sweat the Small Stuff" chapter, and that's because I see her and her husband doing small things for each other all the time, just to show their appreciation. I dedicated the book to jugglers (women who are juggling a lot of different responsibilities). Lori is definitely a juggler.

Do you think women need a book like this, and why?

I hope that people see my brand of advice as upbeat and

inspiring. My advice isn't driven from a place of fear or scarcity. I try to focus on what is there already – and how to make it better. This is intentional because I want to inspire my readers to try new things...not because things will be doomed if she doesn't, but because her life will be great if she does.

In addition to the release of the upcoming book, Syrtash has also been a regular advice columnist and contributor to numerous popular sites, including Yahoo, The Huffington Post, and Oprah.com, as well as being the on-air host of 'On Dating', produced by NBC Digital Studios. She has shared advice in various media outlets across the country, including *The Today Show*, *USA Today*, VH1 and NPR, among others. Syrtash also speaks regularly about effective relationships at conferences and workshops across the country. For her upcoming schedule, refer to www.andreasyrtash.com.

Syrtash feels the book will give readers' marriages a boost! She stresses the fact that this isn't heavy relationship self-help; but a positive, encouraging tool full of keys to a successful (and fun!) marriage.

Cupid wants to give a big thanks to author, Andrea Syrtash for giving us some of her time. Be sure to check out her new book *Cheat on Your Husband (with Your Husband)* at Amazon..

Check Out Upcoming Hot Fall Movies



With the end of summer comes a new batch of films. Entertainment reporter Sara Edwards tells us her picks to look for at theatres:

9/2: **The Debt**

The espionage thriller boasts a stellar cast. The story centers around retired Mossad secret agents Rachel and Stephan played by Helen Mirren and Tom Wilkenson. They discover they need to settle unfinished business started 30 years earlier while on a secret mission for Israel. They were sent to track down a Nazi war criminal, using Rachel as “the lure” to draw him into a trap. Jessica Chastain plays the young Mirren who struggles with her duty when romantic feelings surface. The film bounces back and forth between two time periods with John Madden, who directed “Shakespeare in Love”, at the helm, this promises to be a winner.

9/9: **Contagion**

Another terrific cast is assembled, this time for a thriller about a highly communicable virus that wipes out millions of people worldwide in just weeks. Amidst the international chaos, Matt Damon plays a Midwesterner whose wife, played by Gwyneth Paltrow, is one of the first to get the disease. Kate Winslet is a doctor for the Center for Disease Control and Marion Cotillard plays a World Health Official. Add Jude Law to the mix as a crusading blogger and Steven Soderbergh as director and you have a recipe for a heart pounding journey.

9/16: I Don't Know How She Does It!

Carrie fans will be thrilled that Sarah Jessica-Parker is back on the big screen in the romantic comedy about a working Mom who's high wire act is dangerously starting to come crashing down. The premise isn't original, but it will be fun to watch her navigate that slippery slope that all too many women cope with every day.

9/23: Moneyball

Based on a true story, Brad Pitt plays Oakland A's general manager Billy Beane as he struggles to reinvent his cash poor and undervalued team in the early 2000s. But don't call this just a baseball movie. Life lessons abound as Pitt and Jonah Hill, a clever young A's exec, toss out the rule book and realize that thinking outside the box gives everyone a chance to start again. Word is that Pitt hits this dramedy out of the park!

9/30: 50/50

I've loved Joseph Gordon-Levitt ever since he played the sweet and vulnerable guy in 500 Days of Summer. In 50/50 he plays a young man diagnosed with spinal cancer who bonds with his best pal played by Seth Rogen who helps him through the chemo and the tough diagnosis with heart and humor. In real life, Rogen's best friend went through this harrowing scenario and he asked his pal, now in remission, to write the screenplay.

Poignant and funny.

10/7: **The Ides of March**

George Clooney stars in this. Need I say more? *Ides* is a political thriller that takes us inside the intense climate of a presidential campaign. Clooney plays Gov. Mike Morris, an inspiring Democratic candidate, who discovers that his young media strategist has a secret that could destroy his campaign. He's forced to choose between morality and winning. Clooney co-wrote the script. I'd like to see the Sexiest Man Alive run for office one day!

10/7: **Footloose**

Come on! Consider this a guilty pleasure, especially if you grew up with Kevin Bacon's 1985 version. The new "Ren" is played by 27 year old newcomer Kenny Workman of MTV's *Dancelife*. And former *Dancing with the Stars* favorite Julianne Hough is the preacher's daughter who loves to shake things up on the dance floor.

10/28: **Like Crazy**

This love story won the Grand Jury Prize at the Sundance film festival this year. It's the tale of a long-distance relationship about college lovers who try to sustain that passion on opposite ends of the world. Felicity Jones and Anton Yelchin are the appealing couple who are determined to be together despite work, immigration laws, and their own insecurities.

11/04: **Tower Heist**

The comic dream team of Eddie Murphy and Ben Stiller stars in this caper. A group of employees at a luxury apartment complex decide to steal 20 million from one of the residents, a Bernie Madoff type who lost their pension funds in a Ponzi scheme. Given the recession, this stealing from the rich premise

becomes even more satisfying, as well as hilarious.

11/18: The Twilight Saga: Breaking Dawn Part One

We finally see Bella and Edward's long-awaited wedding and passionate honeymoon consummation. And then, a half-vampire baby? That's the big news in the beginning of the end of the insanely popular series. If you have followed it this far, you will see it through until the bitter end.

11/23: The Descendants

George Clooney au deux! It's a busy fall for George on the big screen. I have high hopes for this drama helmed by Sideways director Alexander Payne. Clooney is a Hawaiian land baron whose life is turned upside down after his beloved wife goes into a coma and he learns that she'd been having an affair. A complicated affair of the heart.

12/16: The Iron Lady

Meryl Streep who has recently brought us the likes of Julia Child and Vogue's dragon lady Anna Wintour to the big screen, this time morphs into former Prime Minister Margaret Thatcher during her peak of power in the 1980s. The film is about her extraordinary political career, along with the love she sacrificed on the way. Hey, Meryl reading the phone book would be interesting.

12/21: The Girl with the Dragon Tattoo

I loved the Swedish film based on Stieg Larsson's best seller, but I'm ready for the American version now. I just can't get enough of his trouble heroine Lisbeth Salander who is now played by Rooney Mara. Daniel Craig takes on the role of the Swedish journalist Mikael Blomkist. As a fan of the book I'm looking forward to this, but the pressure is on for director David Fincher to come through!

12/23: We Bought a Zoo

Matt Damon plays Benjamin Mee, a real-life London newspaper columnist who moved his family to a decrepit rural zoo, and after the death of his wife from cancer, worked to reopen it. As the animals prosper, he finds his own healing gifts. This feel good tearjerker is perfect for the holidays.

12/28: **War Horse**

Steven Spielberg is back at the helm with a World War I story about a British farm boy who nurtures a pet horse until his father sells the horse to the British Army. He enlists as well and hopes one day to be reunited with his equine pal Joey. Bring hankies to this one too.

12/18: **Carnage**

Based on the hilarious and searing Broadway production God of Carnage, the top notch cast of Kate Winslet, John C. Reilly, and Oscar winners Christoph Waltz and Jodie Foster star in this film adaptation. Two couples meet to discuss the fight between their two sons. A civil discussion descends into an all out brawl between the parents that will have you laughing out loud. I just hope the movie is as good as the play!

10 Restaurant Ideas to Help Your Relationship Grow Stronger





By Molly Borter

You've heard it before: "The way to a man's heart is through his stomach." While men all over the world "eat up" this saying, what they forget is that food is a major way into a woman's heart, too. More to the point, couples who share a mutual love of food form stronger bonds with each other.

Statistics show that 75% of Americans eat out at least once a week, so why not spend that meal with your special someone?

Here's a list of restaurant genres that should be on every couple's food forecast:

1. The Quiet Café

They say that breakfast is the most important meal of the day, so why not find a café that both of you love that's calm and cozy. It will make waking up every Saturday morning even better, and there's nothing more comforting than a place that knows exactly how you like your eggs and coffee, without even asking. The best cafés are less crowded and more secluded, so find a low-key spot that not a lot of people know about. For extra intimacy points, opt for al fresco seating!

2. The Favorite Pizza Joint

On nights when neither of you really want to cook, pizza makes a great fail-safe plan. Better yet, pizza can be taken to go, when a Friday night spent cuddling in front of the DVR is in order, or eaten right at the “joint” itself, when a laidback, Italian atmosphere is just what you need to relax and wind down. Having a favorite pizza joint to turn to, where you can enjoy some quality, casual conversation, is the perfect pair pleaser.. Bon appétit!

3. The Swanky Bar

Every once in a while, a couple needs an excuse to dress up and enjoy a few cocktails and hors d’oeuvres over sultry music and hushed voices. A swanky bar makes it easy for you and your significant other to spend a sophisticated evening together – sipping, snacking, and schmoozing. On evenings like these, let loose and explore the city together, because you never know where it might lead you.

4. The Neighborhood Park

It’s not technically a restaurant, but a park can be the best place to snuggle up together on a blanket and enjoy a homemade meal, especially if there’s live music playing nearby. Whether it’s hummus and pita chips or a new dinner recipe, grab a picnic basket, throw a bottle of wine into your cooler, and have yourself an instant (and affordable) meal full of deep conversations and quality time stargazing.

5. The Local Brewery

What guy doesn’t love beer tasting with his babe? Local micro-breweries are popping up left and right these days, and they’re the latest choice for a fun date night. Not only will the beer be a hit with your man, but with menus that feature all the American classics, like juicy burgers, hearty

sandwiches, and baskets of fries, these bustling establishments score points on all levels. Go spend a rowdy evening together and enjoy one of the newest dining phenomenons around.

6. The Ice Cream Shop

Not just for after dinner anymore, spending a random afternoon at an ice cream parlor, with one hand clutching a giant waffle cone, and the other hand intertwined with your significant others, can be a playful way to eat together. Spontaneous moments like these can spark childhood nostalgia and help you connect to the memories you're creating at the moment.

7. The Go-To Ethnic Food

Some like it hot. Others like it with chopsticks. Decide on your go-to ethnic food, whether it's Mexican or Thai, and make an attempt to visit every restaurant in town specializing in your favorites. For example, become sushi experts together by sampling different types of rolls at each place. You'll not only love trying dishes together you previously might not have eaten alone, but you'll be able to recommend your top picks to other couples as well.

8. The Quirky Diner

Most towns have an old diner that everyone loves because of the endless menu, eccentric wait staff, and a hodge-podge of tacky décor. Diners have a little bit of this and that, from chicken to pancakes, and usually serve a majority of their items all day long—which is perfect for when you two get the craving for breakfast at dinner time. Channel your old-fashioned side as a couple.

9. The Trendy, Upscale Restaurant

An upscale, modern restaurant is ideal for the times when you want to create perfect evenings together under dim lighting

and listening to soft background music. And with fresh, innovative food, whether it is a premiere seafood restaurant or the latest steakhouse, you both will enjoy the chance to bond on a whole new, elegant level. Special restaurants make you feel special together.

10. The Classic

This is probably the easiest to choice on the list, because you've already been there. Perhaps it's the place you went on your first date, the place you got engaged, or the place you find yourselves going to over and over again. It's the restaurant where you relive special memories, and it never fails to keep the spark alive.

As you start to find your favorites spots to frequent from the list above, your choices will shape and shift to include the atmospheres and menus you both love. Soon, you'll find that each restaurant becomes a classic, where you can sit and talk for hours, sharing hilarious and meaningful conversations and creating memories together that earn the coveted title, "Your Place."

Molly Borter is a writer from Fishers, IN, who specializes in women's sunglasses. She loves trying new restaurants with her chef boyfriend, keeping up with the latest celebrity gossip and fashions, like the must-have sunglasses for fall, and giving helpful relationship advice to her girlfriends.

Should a Woman Propose to a

Man?



By McLean Robbins, GalTime.com

A woman dreams of the day when that special someone sinks to one knee, looks them lovingly in the eyes and utters those four magical words, “Will you marry me?”

But in today’s glass-ceiling breaking, two-income household holding, Mr. Moms-are-totally-cool day and age, is this notion a bit antiquated? Has the women’s liberation movement come so far that we can now propose our own version of happily ever after?

Our initial reaction after being presented with this topic was a resounding “heck no,” but naturally, more exploration was necessary. So we queried leading relationship experts, lawyers, dating coaches and wedding professionals to get their

opinions.

We'll warn you – there's no concrete answer, but our industry experts did come up with some valuable arguments for and against the issue.

Traditionalists Say “No Way”

Tasha, a love coach who appeared on VH1's *Secrets of Aspen*, says that when a woman proposes to a man, she castrates him. “When you take the proposal away [from the man], you cut off their ability to make you [the woman] the happiest you could be.”

“If you're putting the best product you have out there, you will capture your rational mate [without proposing] rather than drag him [to the altar],” says Constance Dunn, M.A. etiquette specialist and author of *Practical Glamour*. “And this is coming from a card-carrying feminist!”

“It's all about perceived mate value,” she says. “Sure, you might be able to drag some dude to the altar, but he's always going to wonder if he could have done better.” “If something is readily available, it isn't as valued ... look at the success of the Birkin bag wait list.”

Letting a man take charge isn't about letting go of your own self or conceding that he has more power in the relationship, says Tasha. It's about allowing the person you love to make a grand gesture.

“There's something important about that ritual of a man making that commitment to a woman,” Dunn says. But, she admits, women have the ultimate power – saying yes or no.

Dunn agrees that as society continues to evolve, the idea of women proposing may become both psychologically and socially more acceptable. “But it's only been a few decades ... we aren't there yet.”

Moderates Say “You’re Doing It Every Day”

Laurie Puhn, lawyer, couples mediator and author of the national bestseller *Fight Less, Love More: Five Minute Conversations to Change Your Relationship Without Blowing Up or Giving In* says that women “propose” to men every day – they just don’t call it that. “It’s called an ultimatum.”

“The reality is that women initiate probably over fifty percent of the ‘are we in this for the long haul’ conversations,” says Puhn. This gives the man the information he needs to know that when he asks you to marry him, he’s assured you’ll say yes.

Of course, Puhn cautions, conversations of that nature should not be brought up lightly. But if you’re nearing or over 30 and have been seriously dating for six months or more ... it’s natural and fine for a woman to want to bring up the topic.

A huge number of changes in relationships, for good and for bad, come about as a result of women initiating, poking, prodding, and setting time frames, she says. The issue isn’t necessarily what one says, but how they phrase it. Relationship discussions of any nature won’t be successful if phrased as “you’d better do it,” she says. Women who feel the need to issue proposals – of the mini or major variety – need to know before speaking what they are and aren’t comfortable with ... and how to walk away if they don’t get the answer they need.

“You’re never too young to value your time.” If you want to make sure you’re giving yourself ample opportunity to meet Mr. Right before you have to meet Mr. Right, that’s the outlook to have, says Puhn.

While this type of proposal isn’t “fun or exciting,” it’s the reality of many relationships today.

And, if a woman wants to get down on one knee and ultimately

do the proposing, Puhn is fine with that – so long as she has the confidence and guts to “make that the story [you tell your grand kids].”

But will it ever become commonplace? No. “When we get to the male birth control pill, you can talk to me about a woman proposing.”

Progressives Say “Go For It ... Selectively”

In the Old World where civility is king, the man should always make the moves,” says Paul A. Falzone, CEO of eLove, a dating and matchmaking service with a three-decade history. “But now we’re in 2011 and the world has evolved quite a bit. If a guy can take a woman’s assertiveness, God bless her; let her run.”

Of course, he says, this type of forward thinking need require a certain type of man. If your sweetheart is a traditionalist, a subtler hint might be the better route. But, as Falzone cautions, “at the stage in the game where you’re getting down and proposing, choice shouldn’t really be in the game. You should have it pretty nailed down by then.”

In other words, are you damn sure he’ll say yes? For some women, it’s about taking life into their own hands and being the master of their own destiny. “You’re the most important person in your life and you’ve got to look at yourself and think, what’s best for me?”

If the answer is marriage and your relationship and timing are right, a proposal might be the way to go.

If you’re determined to do the asking, make sure you’re planning a proposal the man would enjoy, says Sandra Aaron, owner of Mindless Sophistication Events in Toronto, Canada. “This isn’t the moment for a female’s fantasy proposal. This is the moment to make him feel appreciated.”

Sometimes, Falzone says, men need a god kick in the pants.

Just remember, he cautions, that one should make sure they're doing it for the right reasons – that they're truly ready to get married.

What about you? Would you propose to your sweetheart, and under what circumstances?

Love & Laughs: Comedian Eric Patrick Shares His Relationship Advice



Comedians are usually social anomalies, and that's why they're

so respected. For anyone to stand in front of a gigantic crowd of people, living and dying purely on the words they say while at the same time trying to make a personal connection—takes a special type of person.

Eric Patrick is one of the hottest young comedians on the scene today—in more ways than one. His time on *The Real World: New Orleans* may have introduced him to a wider audience, but his good looks, charm, and captivating comedic style have kept his audience growing, from the NYC scene, all the way to far-off Johannesburg and London. Described by MTV.com as a “handsome ladies man,” and by Entertainment Weekly as “energetic and engaging,” Eric Patrick knows how to create and cultivate a relationship, as well as a crowd. Here are a few tips to help daters of either sex lighten up, straight from Patrick’s experience:

Don’t take rejection personally—it’s a fact of life. “A woman can usually tell within the first 10-15 minutes whether she likes a guy or not,” says Patrick. “As you get older, you learn not to get hung up on it. If a girl’s not into me, I just move on, because there are other ones out there.”

Don’t put too much emphasis on physical appearance. “Women just want to hear something cool. If you can be funny or interesting, she’ll keep you around, regardless of what else you’re working with.”

Work in groups. It’s easier to win over a group of four to five people than one person, so try and work with groups of people instead.

Go with what you know. Change the subject to something you’re confident about if you want to feel comfortable in a conversation, rather than trying to seem knowledgeable about something you’re not.

Look for a change of scenery. Go to a foreign country if

you're having trouble meeting new people—the cultural difference gives both of you common ground. “I went to South Africa to perform, and they love Americans over there. From the minute they hear your accent, you have something to talk about. I've never been attracted to so many bald, black women in my life.”

“Don't be afraid to put your best self forward.” Fear of rejection will keep you from getting anywhere—and honestly, it's only the creepy, weird guys with three gold teeth who are completely unafraid of going for it. We need more normal people out there.”

As for dealing with a relationship once you're in one, try to be more forgiving and look at things from a comedic point of view. “As a comic, I'm usually more abstract with my feelings than upset when something bad happens in a relationship,” says Patrick, “because I'm always thinking about it in terms of potential material.” The comedian type can also be needy though, says Patrick, so be prepared.

Patrick's energetic stage presence certainly attracts attention, but it helps him stand out, in the right way. Patrick describes it as being like an NFL quarterback: “the younger ones are the ones scrambling and running all over the place, and as they get older, they either stay in the pocket, or they get hit hard.”

Right now, Patrick certainly isn't afraid to give his audience all that he has to offer. More than anything, Patrick exemplifies the idea of “putting your best self forward” and being unafraid to try new things. His time in the U.S. State Department gave him plenty of life experience to work with, as did his stint on *The Real World*, where his on-and-off again relationship with housemate, Sahar, gave him plenty of future material.

But, as he says himself, Eric Patrick is always on the move,

always looking forward, not back, and his best tip for women involved with comics isn't sugar-coated: "If you're a woman dating a comic, be patient with him. We *can* be emotionally involved and patient, but our instinct is to be nomadic. I took this job because I didn't want to punch numbers every day. I wanted to get out and see the world."

Hopefully, the world will get to see a lot more of Eric Patrick. He's developing an animated television series called *Twenty Below*, as well as a digital rooftop talk show. And he's talking about returning to MTV to do another show for them. In the meantime, you can catch him on his website, www.ericpatrickcomedy.com, or follow him on Twitter at www.twitter.com/theericpatrick.

He Said/She Said: Natalie Getz and David Good Answer Questions about Bachelor Pad 2 Episode 3





By Jennifer Harrington

Things got pretty crazy in the latest episode of *Bachelor Pad 2*. We saw Melissa flip out, Erica make the moves on Jake and a showdown between Kasey and Jake for the final rose. After the episode, we were left shaking our heads that Mr. Pavelka was actually eliminated, and were anxious to get thoughts about the dramatic episode from David Good and Natalie Getz, winners of *Bachelor Pad 1*.

Were you surprised the men did better at the synchronized swimming challenge? What factors were most important to you as you were judging the performances?

He Said: I was a little surprised until after and sat down and thought about it. Guys in the house on all the shows get along better than the girls do. The producers always talked to me about the *Bachelor* and *Bachelorette* – the guys are typically easy going, whereas the girls tend to be catty and backstabbing to each other. It's the same reason most of my guy friends have like 15 good friends and the girls I know have like three or four, at most. This makes it easier for the guys to work together as a team, and it showed.

She Said: I wasn't surprised, because most of the boys were once athletes. They say athletes have a lot of rhythm and grace! Also, Jake was on *DWTS*, so I figured he would be pretty good. Michael Stagliano is a dancer and choreographer, so he was a shoe-in to win. I looked for personality, technique and humor. I must say, looking out at all my friends with money hungry eyes, it was really difficult to disappoint everyone by not choosing them. But, Michael and Michelle deserved the roses in the end.

The promise ring Kasey gave Vienna – romantic or cheesy? Did you expect for it to be an engagement ring? And ... your thoughts on the song he sang to Vienna?

He Said: Everything they seem to do is kind of cheesy. He has good intentions, but the fact we see how they act towards each other and how bad it is, makes everyone cringe. I did not think it was an engagement ring. Her response "please don't let that be an engagement ring" was one of the biggest mood killers I have ever seen and is the exact reason everyone does not like them together. Who says that at that moment? They just don't get it. I want them to be happy, no reason to wish them harm but come on – disaster waiting to happen. As for the song, do I really have to say anything here? I wanted him to laugh like it was a joke at some point but he didn't!

She Said: I think very highly of Kasey, but we are different people in the "love" department. Personally, I think promise rings were romantic in high school, but since I've grown up, I find them very cheesy. Some women eat that up, but I'm definitely not in that category. I didn't think it would be an engagement ring, only because Vienna told Kasey prior to the show that she did not want a public proposal. The singing.....oh the singing! I get embarrassed for people so easily when I watch them on TV and it makes it so much worse when you know them! Kasey said he was joking around with the singing ... maybe that explains why Vienna was laughing at him?

Melissa seems to be the craziest person in the house. At this point in the competition, do you see her as a strong contender for the money, or not really, given she doesn't have a reliable partner?

He Said: First off, can you imagine being called "the craziest" out of this house? That is saying something! I do not see her as a strong competitor. She plays with emotion (and not with her head), and can clearly be swung by anyone who gives her attention in the house. I actually feel bad for her, but this is not a game full of rainbows and unicorns. When you're talking \$250,000, easy come, easy go!

She Said: She will probably go home next episode. I think people in the house are getting really fed up with her crying and frustrations. She is obsessed with Blake, and that's making it highly uncomfortable for everyone in the house. I think Melissa is a very sweet, kind hearted girl who wears her emotions on her sleeve. Unfortunately, this is a mind game and she wasn't prepared.

Were you surprised when Jake was ultimately voted off? And were you looking forward to seeing Jake and Vienna in the same house, without her "protector"?

He Said: I was not surprised he got sent home. He did his best, but I think they had been trying since the beginning to get him out. He did do very well at the swimming though! I am so tired of seeing Vienna cry and complain. I wonder what goes through her head watching this show. Does she think she is normal or a good person? I know when I watched my *Bachelorette* show, I was mortified and knew there were some character flaws that needed to be addressed. However, she makes me look like a choir boy! Kasey is right – without him there, she would have been gone a long time ago.

She Said: I wasn't entirely surprised after Erica's hard work. She was the only smart one outside of the powerful six that

actually attempted to play the game. She, Blake and Jake tried to convince Kirk that he should vote Kasey off, but Kirk said he couldn't leave his alliance. Wake up, Kirk! You aren't in the powerful six, meaning the six of them would vote you off before each other! Had Kirk voted for Kasey, he and Ella would have been the new power couple alongside Jake and Erica. The whole show could have changed, and it would have made some great TV!

Bachelor Pad always needs a villain. Now that Jake is gone, who do you think the group will turn against next?

He Said: The group is going to turn against Melissa, I think. They would turn on Kasey and Vienna, but they might be a little scared to at this point. Too soon to make a stand!

She Said: So true! When the person causing problems leave, it generally gets boring. When Bentley left, I hate to admit this, but I was bummed. Happy for Ashley, but bummed that the show wouldn't be as dramatic! I think the group will turn on Blake and Melissa. Possibly Erica for going against Kasey and Vienna, but Erica is super smart and I'm sure she will get back in the tight alliance she had with Kasey. Erica's greatest strength is not acting smart. She is by far the most entertaining on the show!

Thanks for your insights, David and Natalie! Tune in **next Monday night for the latest installment of Bachelor Pad 2** madness, and while you are watching, send us your questions about the episode for David and Natalie.

Swag or Peacocking? Rappers Use Big Bling to Show Off Clout



By Steven Zangrillo

As August winds down and we start to tuck away our beach bodies, once again the focus returns to Fall fashions and lifestyles for 2011. It's interesting to see how the dating world is affected by our turbulent economy. Since we now need to tighten the strap, we also need to re-evaluate the way we spend money on that special someone – you know the drill... flowers, drinks, dinner, a new outfit. That new outfit, in particular, can really bust the bank and cause a headache or two. However, if you reside in the “young and wealthy rapper” demographic, chances are that you can still use that chunk of

bling to woo the lady of your dreams.

It's difficult for most of us to work up the cash to don a \$3000-\$8000 chain and pendant. Rappers of the right means, however, have the ability to display their fiscal clout. Financial stability displayed through ostentatious mediums is a tried and true recipe for romantic success (although it may not always attract the right partner). Psychologists call this bold style of dress for the purpose of attracting a romantic partner "peacocking", but if you ask a rap artist... they'll flash a gold and diamond encrusted smile at you and utter one word.

"Swag."

According to Andrew Streyer, Director of Evaluations at Pawngo.com – the new online pawnshop by the founders of Groupon at Lightbank – you might be surprised at the cost for some of these pieces.

Below are three signature styles, the MCs who popularized them, and the estimated worth of each piece:

Rapper: Nelly

Bling in Question: Silver (iced) nameplate and St. Louis Rams Chain

Estimated Appraisal: \$6000+ each

The "Grillz" hitmaker and St. Louis native is known for showing his NFL team pride in concerts via his signature 18-inch pendant, which he couples daily with an 18-inch nameplate pendant. Further showing his taste in high-end luxury, Nelly said in a 2000 interview, "Where I'm from, this Rolex could take care of the whole block for a year. It's crazy like that, but this is something you work for." Also, just to clarify, Nelly's aforementioned hit song about grills wasn't expressing the love of a fine hibachi. Which brings us to...

Rapper: Kanye West

Bling in Question: Permanent Gold and Diamond Stud Grills

Estimated Appraisal: \$5000+ not including dental work

Artist. Producer. Songwriter. *Metalmouth?* In 2010, Kanye West followed in the steps of friend Lil Wayne by having custom-made permanent grills, or molds, imprinted on the bottom row of his teeth. Kanye premiered them on *The Ellen Show*, insisting that the diamonds were real and not cubic zirconia, as rumored. While it's unclear whether this gold is the "40 Carats" dropped in his Lil Wayne collaboration, gold is nevertheless one of the safest precious metals to have in one's mouth, as it's relatively non-toxic and rustproof. Who knew?

Rapper: Lil Jon

Bling in Question: Various handmade studded glass and Metal Pimp Cups

Estimated Appraisal: \$1000-\$2000

Lil Jon often calls upon Chicago artisan Debbie "The Glass Lady" Harrison to create lavish signature glass-blown and 24 Karat gold chalices exceeding the thousand-dollar price range. He made no exception for his second annual Crunk Cup Ball in Las Vegas in 2008. The Atlanta rapper and *Celebrity Apprentice* contestant premiered a custom gift from Debbie that was molded from metal and sported Debbie's encrusted name, with imprinted crystals on the handle and a studded crown on top. Of course, all of the cups are fully drinkable and non-toxic. For protection, Lil Jon uses a custom padded carrying case to tote each of his goblets when traveling.

About Pawngo:

Pawngo is the first full-service online pawn shop in the US and allows individuals immediate access to the cash they need

for life's countless unexpected moments without leaving the comfort of their homes. As evidence of the market for this unique lending model, the company to-date has funded over \$2 million in 46 states. Pawngo is venture-backed by Daylight Partners, Access Venture Partners and Lightbank, the \$100 million fund started by the founders of Groupon

Celebrity Couples We Can't Wait to See at MTV's VMAs



By Tanni Deb

From Britney Spears to Nicki Minaj, this year's MTV Video Music Award (VMA) nominees are teeming with A-list music stars. The three top contenders include Katy Perry, with nine nods (the most of any performer this year), and Adele and Kanye West, both with seven nominations each. While it will be exciting to see which stars take home a trophy for their designated categories, we're also eager to see which of our favorite celebrity couples will attend. Although we won't know for sure who will show up to the VMAs until Sunday, Aug. 28, here are five celebrity couples we hope make an appearance:

1. Beyoncé Knowles and Jay-Z: Listed as the "most powerful couple" for *TIME* magazine's "100 Most Influential People" in 2006, the duo dated for six years before secretly getting married in 2008. *OK Magazine* reported that "the couple is very supportive of one another – making sure to attend performances and appearances together." That means we can definitely count on them to arrive together, since Beyoncé is up for a nomination, right?

2. Britney Spears and Jason Trawick: Although these two love birds have made many public appearances together, the first time they stepped out as a couple was at the St. Bernard Project Event in May, 2011. Spears' relationship with Trawick seems to be getting serious, but now the question is whether he'll attend the VMAs to support his pop singer lady, or not?

3. Katy Perry and Russell Brand: In May, 2011, comedian Russell Brand visited Japan to see his wife perform, but unfortunately, he was deported due to criminal incidences that happened more than a decade ago. Distraught with the news, the *Firework* singer tweeted, "So...my husband just got deported from Japan. I am so sad." Don't worry, Katy. Since the VMAs take place in L.A. this year, your hubby should have no problem attending. After all, how could he miss the opportunity when you have the most nominations?

4. Selena Gomez and Justin Bieber: The teen heartthrob and the *Wizards of Waverly Place* beauty were set up on a date by her mother and his management team at the end of last year. In an interview with *Seventeen* magazine, the 18-year-old Disney star admitted that she is head over heels for Bieber, and the pair were even seen exchanging 'I Love You's' while shopping in New York City last month. This year, they attended many award shows together, including the Oscars, the ESPY Awards show, and the Billboard Music Awards. Let's just hope they won't miss out on this one.

5. Lady Gaga and Luc Carl: The mother monster credits her boyfriend for helping her become "successful" in the music industry. Last year, she told *Rolling Stone*, "I've really never loved anyone like I loved him. Or like I love him." Despite break-up rumors, hopefully her supportive boyfriend will be by her side to cheer her on at the VMAs.

Who did we forget? Anyone you'd like to see? Let us know in a comment below. Don't forget to tune into **MTV on Sunday, Aug. 28 at 9 p.m. ET**. For a complete list of nominations, visit [MTV](#).

10 Tips for Dating Your Friend's Sister





Submitted By Donna Cullen

It's not uncommon for guys to become attracted to sisters of their friends. When the attraction is mutual and a dating relationship develops, there are some guidelines that should be followed in order to keep the original friendship intact. Here are ten tips to avoid issues when you're dating your friend's sister:

1. Don't take sides: If there's a disagreement between your friend and his sister, do not take sides. Insist on remaining neutral and not being brought into the middle of the argument. It is a no-win situation for you, should you voice any opinion at all.

2. Don't share stories: This works both ways. Don't share stories about his sister with him, and don't share stories about things your friend has done with his sister. Keep your lips sealed tight.

3. Don't double date: There may be some brothers and sisters who would be comfortable on a double date, but most would not be. You don't want your friend watching your every move with

his sister, and she probably doesn't either.

4. Stay on good terms: This would not be a good time to get your friend upset with you. He has the ear of your girl, and he could do irreparable harm to your relationship with her, if he was inclined to do so.

5. Gain inside knowledge: Use your relationship with your friend to gather some insight into what his sister likes and doesn't like. You have access to a great resource, if he's willing to assist.

6. Treat her well: If he hears news from her, or anyone else, that you have been anything, but a knight in shining armor, you could lose a friend and gain an enemy, very quickly. Be on your best behavior with this lady.

7. Watch what you say: This can be applied in several ways. Anything you say about your friend, may be carried back to him via his sister. Anything you say about her, could be carried back to her through her brother. Do not discuss your relationship with one, with the other.

8. Remember the relationship: This fits along with the previous tip. Be careful about what you say about the sibling in front of your friend or your girl. Always remember that, in their eyes, you're talking about their brother/sister, not 'your friend' or 'your girl'.

9. Don't break her heart: This is one of the biggest dangers that you risk in dating the sister of one of your friends. What will happen when you break up? If she feels wounded or betrayed, her tears are not likely to go over to well with her brother. Ending your relationship with her could potentially end your relationship with your friend.

Don't neglect him: Be careful not to give the impression that you're no longer interested in your friend, or don't have time for him, once you start dating his sister. See #4 for one good

reason; the other is that you don't want to give the impression that you were using his friendship to get connected to his sister.

Weigh out the complications before deciding to enter into one of these sibling relationships. They can get a bit sticky at times, depending on the maturity of those involved.

Is He Husband Material?



By Kelly Rouba, GalTime.com

The other day, my friend was distraught over how his wife has been treating him lately. The two had begun the process of getting divorced when she suddenly had a change in attitude

and promised she would change. Sadly, that promise lasted only a couple of weeks.

After we discussed the situation, we began exploring what he should expect from his partner and it led me to think about what characteristics I should be looking for in a man so that I don't end up in a similar situation someday. For those single ladies, like myself, who are hoping to get married one day, allow me to share some expert advice on what you should be looking for in a partner:

“What makes a man husband material are emotional characteristics, including stability, reliability and honesty. These are the hallmarks of what makes a man a good long-term partner,” says Dr. Seth Meyers, a licensed psychologist, relationship expert, and author of *Dr. Seth's Love Prescription*.

In addition, and perhaps “the most surprising factor that is important is empathy, or the ability to be sensitive and understand how the other person feels,” Meyers adds. “When problems develop, as they inevitably will, having a man in your life who listens and cares about your feelings is one factor that helps to solidify mutual respect and intimacy.”

Stacie Ikka, founder of Sitting In A Tree, a consulting service that was created in response to the dating community's need for customized and innovative approaches to help facilitate sustainable relationships, offers the following tips:

1. You feel as good about him when you're not with him as you do when you are with him.
2. He's never made you cry and you're confident he never will. (There's a saying that goes something like this: No boy/man is worth crying over and the one who is will never make you.)
3. He shows a genuine interest in the things that are

important to you.

4. He fights fair.

5. He holds your hair back if/when you're sick.

6. If your child were to come out EXACTLY like him, you'd be thrilled.

As for my own advice, which I shared with my friend, you need to learn to love yourself first. Learning to love yourself and finding self-fulfillment while single is crucial because you cannot expect a mate to fill those voids for you. Depending on a partner to meet those needs will never work and you'll remain emotionally needy, not to mention more likely to put up with bad behavior just to be with someone.

Personally, I also promised my parents I'd never bring someone into the family who didn't fit in with them or get along with them because they mean too much to me. Plus, I want to be with a man who respects me, values me and treats me well because I will do the same in return.

Maybe this piece of advice seems obvious, but Robert Epstein, Ph.D., who is a distinguished research psychologist and former editor-in-chief of *Psychology Today* magazine, reminds us that the man needs to be "available (meaning not married or in a serious relationship), and he needs to be ready for a long-term commitment." Emotional availability (don't want someone who's pining for his ex) is also key.

Beyond that, women also need to watch out for deal breakers, meaning threats to having a future together, Epstein says. "When there is a deal breaker, that means that extremely important relationship needs – either your's or his – are not met by the other person. You want kids, for example, and he hates them. Forget about it!"

If you feel an issue is at-hand that could be a deal breaker, it's best to address it right away. "When there are deal breakers, you need to put them on the table and talk about

them. If you try to hide them, they'll turn up anyway, eventually, and probably destroy your relationship – or at least make you miserable. Get them out in the open and see if you can work something out! Hey, maybe he can handle having just one kid! You never know until you talk.”

Here's to happily ever after!

'One Day' featuring Jim Sturgess and Anne Hathaway



Dexter and Emma (Jim Sturgess and Anne Hathaway) are two college-friends who sleep together on the night of their

college graduation, and then they go their own ways while still remaining friends. Dexter goes into the entertainment business and Emma becomes a teacher. The film shows the two of them each year on the anniversary of their college graduation to see where the two are in their lives. Sometimes they're apart, and other times, they're together. An original idea for a romantic movie, "One Day" captures the power friendship has in a person's life.

Is it possible to remain just friends after it crosses the line once?

Cupid's Advice:

Yes it is possible, but it at times be difficult to keep it a platonic friendship. Cupid has a few suggestions:

- 1. Boundaries:** It's important that you and your friend keep your distance and don't have your friendship turn into something more if you're not ready.
- 2. Talk to your lover:** Your partner shouldn't feel threatened by a friendship, you just have to reassure them you are just friends.
- 3. Mutuality:** You and your friend need to stay on the same page on the status of your friendship, meaning if feelings blossom, they need to know so you two can act accordingly.

Release Date: Aug. 19

What Your Favorite Summer Song Says About Your Relationship Style



By Melissa Tierney and Molly Jacob

Almost everyone has a song that reminds them of summer. Whether it's a tune you jam to in the car, or a melody repeating on your iPod, summer anthems represent a piece of who you are and how you think, particularly when it comes to love. That's why we've taken a look at this summer's hottest hits and analyzed what we think they mean about your relationship style.

Check out what we've come up with below:

1. 'Sugar' by Maroon 5: If you crank up the volume when this song starts playing, then you're probably in a passionate and dependent relationship. You crave your significant other like sugar, and you just "need a little sweetness" in your life. You may be in desperate need of attention from your partner; when all else goes wrong in your life, you just need "one little taste" of their love.

2. 'I Can't Feel My Face' by The Weeknd: If you're into this summer hit, you're a tragic lover. You love being in a whirlwind romance and think that "misery is necessary when we're deep in love." Your significant other is more than just your baby, they're the "death" of you. Dating advice: don't take dating so seriously; it can be fun, too!

Related: [Love Advice: What Your Sleeping Position with Your Partner Says About You](#)

3. 'Cheerleader' by OMI: This fun song has been playing over the radios nonstop this summer and if you find yourself grooving along, you're in a great relationship. You've found someone who is there to support you and to give you "love and affection"! Dating advice: keep your "cheerleader" close to you well past the end of the summer.

4. 'Shut Up and Dance With Me' by Walk The Moon: Obsessed with this song? If so, you've probably been dancin' the summer away! This upbeat song is all about letting go of your troubles and hesitations, and enjoying the moment. Perhaps you're hitting the town in your "backless dress and some beat up sneaks" or you're just grooving with your baby, but no matter what, you're just enjoying summer as it comes. Love advice: keep enjoying yourself, but know when to settle down and get serious with someone!

Related: [Love Advice: 5 Signs You're in a Lukewarm Relationship](#)

5. **'Honey I'm Good' by Andy Grammer:** This song is all about someone enjoying their night out on the town and avoiding the temptation of "those long, long legs." But if you're into this song, you're all about being faithful in relationships and love. You're all about being devoted to the person you have waiting for you back at home!

What do you think your favorite summer song says about your relationship style? Share your thoughts below!

Celebrity Lighting Designer, Bentley Meeker Offers Advice for the Perfect Date





By Whitney Baker and Krissy Dolor

You spent hours preparing tonight's meal. You carefully selected the background music. You even pulled out the "special occasion" dishes. With your date set to arrive at any moment, you quickly – and without any real thought – set the lighting: you turn off the overhead lights and ignite a beautiful scented candle in the center of your table. You step back to admire your efforts; everything's perfect, right? Not quite. With help from lighting expert, Bentley Meeker, a little bit of tweaking can add just the right touch.

"If you're going to use candles, use them sparingly and keep them out of the direct line of you and your partner's vision," advises Meeker, event lighting extraordinaire and president of Bentley Meeker Lighting & Staging, Inc. "I do recommend using candles because of the quality of light and how flattering they can be, [but] a little thought needs to be put into the placement."

If you haven't heard of Meeker, no doubt you've heard of the places and events that he's touched. He's staged designs for a multitude of soirées, ranging from Chelsea Clinton's

wedding, concerts for Kanye West and Elton John, runway shows for Victoria's Secret, birthday parties for celebrities like P. Diddy to events and dinners at The Plaza, and The White House. This man is one of the top, if not *the top*, lighting designers in the country. His new book, *Light X Design: 20 Years of Lighting*, is a compilation of all his work, in which he shares his inspirations and motives for the wonderful illuminations he produces.

It's no surprise, then, that he also knows just the right kind of effect to make your date a splendid success. "Lighting that is too bright and uncomfortable can kill the mood very easily and quickly. Even if it's the street light shining in through the window," he says.

If you're having trouble setting the room just right for that special date, you're not alone. It can take a little trial and error to figure out how to make things perfect. Meeker has had his own dating experiences where the lighting was just not right.

"I've been in situations where bad lighting kills the mood, and I've been in situations where great lighting just makes you feel so good that anything can happen."

Fortunately, Meeker has some suggestions for couples who want those sparks to fly. He recommends Blue Hill and Erminia, both in New York City. In his own words, Blue Hill "nailed it!" and Erminia "is an amazing Italian restaurant [in which the] lighting is so conducive to the environment, it actually makes the whole place and the experience romantic."

Lighting is more than just a switch flicked on and off. It's about creativity; it's about romance; and it's about achieving the mood that you desire. "You'll know when the lighting is right," Meeker says. "It just feels unbelievable, and there's a feeling of resonance that you can't find anywhere else!"

His Website beckons visitors to enter with a simple thought in

mind: "Light is the energy of truth." Meeker's work truly embodies this idea, with his past projects ranging from The Museum of Modern Art to the ravishing wedding of Catherine Zeta-Jones and Michael Douglas. He is a creator of more than just romance, and his book will tell you so; he is a man of innovation.

To learn more about Meeker, you can check out his website at www.BentleyMeeker.com or purchase his illuminating book on Amazon.

Top 5 Ways to Get Him to Propose By Labor Day





There may only be three weeks until Labor Day, but that's still plenty of time to encourage your beau to pop the question by the end of the summer ... or at least get him in the right mindset to do so. **Dana B. Myers**, sexy lifestyle expert and author of *The Official Booty Parlor Mojo Makeover*, has a unique take on how to do just that. Here are her top five tips:

1. Work It Out: Boost your confidence by adding some extra gym or spa time to your routine this summer. Taking this time to yourself will give you a new self-assured attitude that your man will find to be oh-so-sexy.

2. Take Charge: Plan a date night that is all about him. Incorporate some of his favorite date night activities and make a reservation at his favorite restaurant. Then, prep your bikini area because if everything goes well, your night will just be getting started when you return home. Dana suggests the painless at home hair removal device, no! no! Hair. And another tip: share your little secret at the beginning of the night so that the anticipation to see what you've done will make the date even better.

3. Heat Things Up: The best way to a man's heart is through his stomach, so make him an old-fashioned, home-cooked meal, like roasted chicken or lasagna. The traditional meal will remind your man of family and starting his own. And, if you're in with his mom, ask if you can borrow one of her recipes.

4. Get Hands-on: Let your man know you're there for him after a long, stressful day of work by setting up some special pampering time just for him. This can be as simple as giving him shoulder, neck and/or foot rub. For a full body treatment try the Don't Stop Massage Candle. The candle provides a seductive glow, and when you're ready to start the massage simply blow out the flame and drizzle the warm oil onto bare skin for a uniquely intimate, exciting massage experience.

5. Change Locations: Plan a romantic summer getaway together. The vacation could present the perfect opportunity for him to pop the question, or inspire him to plan a special event on his own.

Have some ideas on how to get your man to pop the question? Share your thoughts below.

Rebecca Friedman, Exclusive Hair Colorist to Kim Kardashian, Unveils Her Client's "Big Day" Look –

Will It Be Light or Dark?



By Whitney Baker

Before her big day, a bride-to-be has so many details to consider: location, music selection, flower arrangements, seating chart, menu choices, and, of course, her personal style. She needs to pick out a dress and jewelry, as well as decide how to do her make-up and hair. When it comes to her hair, she not only needs to choose a style – keeping in mind her choice of veil – but also a color.

That's where Rebecca Friedman can help. Co-owner of Goodform Salon in Hollywood, and a celebrity colorist expert, Friedman knows just how critical it is to achieve that perfect hair color – and most recently, as the exclusive colorist to Kim Kardashian, she's helped one bride-to-be do just that.

With Kardashian's wedding to New Jersey Nets' basketball star, Kris Humphries, only two days away, Friedman reveals, "I just saw her the other day. I took her lighter chocolate brown color back down to a dark, minky sable, closer to her natural hue."

In light of these upcoming Hollywood nuptials – a wedding that's expected to be as grand as the royal wedding – this celebrity hair colorist offers a bit of advice to future brides. "Unless it's in your personality to make bold decisions with your look, I wouldn't recommend a shocking change before your big day," she says. "You want to look at your pictures and feel timeless. I think most brides want to look like the most polished version of themselves."

Of course, other factors, like season and location, impact a bride's choice of hair color, as well. According to Friedman, "If you're getting married in the summer time, or on the beach, beautiful, hand-painted highlights on slightly deconstructed waves seems fitting. On the other hand, for a winter wedding in the city, you may want to opt for a deeper, richer shade styled into a more-textured low bun."

While a bride-to-be should stick with what she knows, single girls have the flexibility to be a bit more playful. "You are single and want to look your best – you never know who you will run into! Lightening up your color, or using multiple tones to add sparkle and dimension, is sure to make you feel flirty," she says.

But remember: you should never change your hair color for a man. Friedman regards this reasoning as a big no-no and says, "The attraction should be there regardless of your hair color."

A broken-hearted girl, however, should be a bit more cautious. "Wait until you're less emotional or start slowly by adding a few face framing highlights or a gloss,"

recommends Friedman. "You can always go more drastic later."

After all, "in the throes of a heart ache, what seems like a good idea, sometimes is not – like eating a whole container of ice cream!" Friedman cautions.

At the end of the day, whether you're a bride-to-be, a single girl ready to jump back into the dating world, or a girl with a broken heart, there is a "golden rule" when it comes to changing your hair color: "Honor your personal style."

Before making a color change, Friedman advises all girls to do their homework. "Find a very capable hair professional to [make the color change] for you. Be realistic about how achievable the target color is for your complexion and your hair," she says.

Since the right hair color is different for every girl, Friedman believes that you should "play up what you have," offering this advice to girls of every shade: "If you're a redhead, add a fiery, copper gloss. Blondes can try painted-on, surfer-girl highlights with a few random low-lights. As for brunettes, they can stay multi-tonal by adding some sparkly toffee and toasted-walnut strands around their hairline and tips."

According to Friedman, regardless of your base color, there are six important questions to ask your stylist before making a major color change:

1. What is a realistic level of lightness for me to achieve given my current hair color?
2. Will previous chemical treatments on my hair affect how light I can go?
3. What tones will best suit my complexion?
4. Will the texture of my hair change after I lighten it?

5. How often will I have to come in for touch-ups?

6. Do styling products for color-treated hair really work?

While the answers to these questions will provide you with invaluable information before making the big decision, the most important question to ask yourself is: Will my color change make me feel like my *most* confident self? Friedman says, "Wearing your hair color with confidence, no matter what color it is, really is key."

We couldn't resist asking Friedman one last question – something everyone wants to know: Do blondes really have more fun? She shows off her own confidence and answers unabashedly, "Well, as a natural and currently very blonde girl, I must be biased and say yes!"

To make an appointment with Friedman at Goodform Salon, please call 323.658.8585.

'TORN' Author Samantha Walravens Addresses Career and Motherhood: Can Women Do it ALL?





By Melissa Tierney

In the world of modern motherhood, it's believed that powerful professional women should be able to "have it all" without a problem. By watching celebrity moms like Angelina Jolie and Reese Witherspoon who are able to maintain loving relationships with their beaus, amazing careers and happy and healthy family lives, it inspires the rest of us to think, 'Hey, why can't I have that, too?'. Samantha Walravens, author of the new book *TORN: True Stories of Kids, Career and the Conflict of Modern Motherhood*, shared with us her wisdom and insight on what it actually means to "have it all" and just how normal a little bit of chaos can be.

In addition to her take on modern motherhood, she also shared her personal take on how to maintain a healthy and loving relationship with your spouse, a successful career and a great family life, something she happens to know quite a bit about.

Walravens is an accomplished writer, wife and mother of four, giving her enough life experience to navigate the everyday conflicts even the most organized moms are facing today.

If you feel like you are about to have a meltdown because you just can't manage it all, worry no more! Our interview with Walravens will reassure you that you're doing just fine. Here's what she had to say:

How do you manage it all (successful career, family and a healthy loving relationship)?

Honestly? I don't. One of the key messages of my book, *TORN* is that women today are admitting—and learning to accept—the fact that nobody can “do it all.” Trying to be the perfect mother, the perfect wife AND the perfect professional—all at the same time—is a recipe for a nervous breakdown. And I'm only stretching the truth a bit when I say “nervous breakdown.” What I have learned—with age, wisdom, and each successive child (I now have 4)—is that by trying to do it all, I am not doing anything at a level of 100 percent effort or enjoyment. There is simply too much to accomplish to feel 100 percent about anything other than my stress level.

What made you go back to writing after having children?

One of the keys to being happy—as a mother, worker and wife—is to find a vocation or hobby that brings you joy. Writing is, and always has been, my joy. From childhood on, I've kept journals and written stories and poems. I'm one of the lucky few that have been able to combine my passion with my work. If you can't combine the two, you just need to look outside your job to find your passion—be it gardening, tennis, reading, or just enjoying time with friends.

How do you keep the “spark” alive with your husband? Do you have date nights?

We've been married for 15 years and together for 20, and we actually still like being with each other. Imagine that! I agree with Michelle Obama when she said of her marriage to the President: “I think in our house we don't take ourselves too

seriously, and laughter is the best form of unity in a marriage.” My husband and I work hard on our relationship—we’ve done a weekly date night since we started having kids 13 years ago, and we’ve had our share of marriage counseling. But we try to remember to have fun together and to laugh often. At night, we like to watch a funny show in bed together—30 Rock or Modern Family. It’s nice to go to sleep with a smile on your face.

In your opinion, what are the 3 most important things to maintaining a healthy, loving relationship?

Managing conflict in a healthy manner. Recognizing that conflict is not the end, but a situation awaiting resolution. This has been an essential component in helping my husband and I deal with arguments and conflict. Early on in our relationship, I used to think that if we had a serious difference of views on something, it meant that he didn’t love me anymore and would possibly leave me. Over time I learned that it was safe to disagree and that we could talk our way through problems.

Feeling appreciated and letting your partner know that s/he is appreciated. With four kids, my husband and I feel like we are both “on” at all times. Coming home from work isn’t a break—it’s just more work, but with the kids and the household. We have learned to tell each other frequently how much we appreciate the other person’s efforts and to say “thank you” even for the little things, like putting the garbage out. Since we are both working, we are in murky territory when it comes to who does what—with the kids, the house, etc. And we have learned to take turns doing things: One night I will be in charge of dinner; another night, he will be. One night, I will put the baby to sleep; another night, he will. Gratitude is one of the key things that keeps our romantic relationship alive. The old complaint, “My husband doesn’t appreciate me” or “My wife takes me for granted” points to what happens when gratitude is not

expressed often enough.

Keeping your sex life alive! Let's call a spade a spade. If you are not having sex with your partner, then there's a good chance your partner will seek sex elsewhere. Don't fall into the trap. If you are having problems in your marriage that make you NOT want to be intimate with your spouse, seek help. The money spent on a marriage counselor is well worth it—and it's a lot less expensive than what it costs to get a divorce these days. Sex can definitely get better with time as you feel more comfortable communicating your desires with your partner.

Are there any celebrity couples that you feel are doing a good job at “having it all”?

One celebrity couple I feel is doing it really well is John Travolta & Kelly Preston. John and Kelly have been married now for 29 years. Believe it or not, lists are John and Kelly's secret to marital bliss. The couple uses lists to make sure they make enough time for each other, and for sex, among other things. According to John, “We make lists of what we need and want from each other and check them regularly, we list everything, from how much sex to what kind of food we want”. This may seem like a chore but according to them, it helps them find out what the other person needs and reminds them that they are going the right direction. Sounds a little unromantic but hey, if it works!

Cupid wants to give a big thanks to author, Samantha Walravens for giving us some of her time. Be sure to check out her new book *TORN: True Stories of Modern Motherhood* at Amazon and for more information on Samantha, check out her website at www.SamanthaWalravens.com.

Top Summer Hotspots If You're a Celebrity Couple



By Diamon Hall

Hard work and dedication. Cameras constantly flashing. People relentlessly gossiping. Not to mention, lack of free time and sleep. We must admit, celebrities have very hectic schedules, ones that the typical person probably couldn't handle. Therefore, not only do they desire long and relaxing vacations, but they also deserve them.

Take a look at the top five hot spots that a lot of celeb couples swarm to when it's time for recess:

1. Los Cabos, Mexico: Better known as Cabo, Los Cabos, Mexico is one of the most popular spots for A-listers from Tinseltown

to vacation. Offering beachfront villas, indoor and outdoor suites, top-of-the-line restaurants and high-quality spas, this is the perfect place for celebrity couples to be. And to prove it, Gwyneth Paltrow and musician Chris Martin honeymooned in one of the beachfront villas. Other celebrity couples that have visited include Will Smith and wife, Jada Pinkett-Smith and Michael Douglas and wife, Catherine Zeta-Jones.

2. Cannes, France: This popular vacation spot, located on the French Riviera, hosts the annual Cannes Film Festival, which is a pretty big deal to most celebs. This is one of the many places where celebrity couples get to show off their new trends, and add to their collections by shopping at some of the city's luxurious shops. What sizzling celeb couple wouldn't want to be in the midst of all the glitz and glam in Cannes?

3. Vail, Colorado: When celebrity couples are looking to cool off, they hit the slopes in Vail. As if skiing isn't enough fun in itself, the Red Lion in Vail Village lays live music nightly and has therefore earned its reputation as the spot to be after skiing. When it's time to wind down, The Tap Room is the place that all the hot commodities scatter to for martinis. Celebrity couples don't want to miss being cool at these famous ski ruins.

4. Saint Barthelemy: This hot, beautiful vacation spot, more commonly known as St. Bart's, is located in the Caribbean. This island collects so many celebs each year that it has gained the nickname "Hollywood South" by some writers. As if the fact that this romantic island was discovered by Columbus isn't enough reason to visit, celebrity couples can get very intimate at St. Bart's.

5. Aspen, Colorado: Another popular ski resort for the stars is this place. Some even have second homes in Aspen, while others simply vacation there for the holidays. Either way,

Aspen has all the celebrity couples attracted to wearing fur coats and cuddling with each other after long ski cycles. The uniquely-named ski trails such as “Buttermilk Mountain” have all the celeb buzz.

Want to vacation like the A-listers? These five hotspots are only a sample of some of the fun and relaxing vacations that they routinely enjoy. Be on the lookout for more of your favorite celebrity couples and their exclusive vacation spots. You’ll be surprised!

Do’s and Don’ts of Flirtexting and Sexting





By Olivia Baniuszewicz and Debra Goldstein

We were eating dinner the other night with our best guy friend, and the topic turned to sexting. Not too soon after, he handed us his cell phone to show us close to a hundred naked photos of different girls. Can you believe he actually created a folder on his phone to archive them because there were so many? Sigh. Anyways, all of these girls sent him photos for one reason and one reason alone ...because he asked. He didn't think twice about showing them to us nor is he shy about sharing them with his boys.

Ladies, we don't particularly want to see your privates on our friend's phone, in the news (yes, you Andrew Weiner, Blake Lively, Vanessa Hudgens...) or anywhere else for that matter. We thought a nice refresher on some do's and don'ts of sexting may be just what we all need to keep our privates, well, private.

What is Flirtexting?

Flirtexting is what you do in the beginning stages of a relationship to build a connection.

What is Sexting?

Sexting is sending suggestive flirtexts that are bold and blunt and used to spice up an existing relationship.

Do's:

- Sexts should be used by mature adults in a committed relationship to avoid risky backlash
- Stay classy by sending simple sexts telling him what you want to do when you see him later, or what you plan on wearing
- Use the casual and safe environment of text to forgo shyness by sexting to reveal your fantasies
- Spark fire in a long distance relationship with an exciting bedtime sext
- Send a flirtext to spice up an existing relationship during work
- Less is more, send sexy photos of new lingerie or a picture of your legs to get him aroused

Don'ts:

- Never include your face in a naked photo text.
- Avoid your kids seeing these photos by deleting them immediately from your phone after sending them.
- Don't reveal everything in a text message exchange, leave him wanting more.
- Stay away from racy photos unless you're in a serious relationship to avoid unwanted leaks and criticism.

You Should Know:

- Guys have said that they will often test girls by sending them a sext to see how they will respond.
- Nothing is going to happen if you refuse to take it all off for a sext, except for maybe gaining more respect from the person asking you for it.
- Unlike phone sex, you don't need to be anywhere private to send a sexy text.

Flirtexting: How to Text Your Way into his Heart is a dating guide that spells out the rules, the guidelines and the do's and don'ts of the dating phenomenon of flirting over text message. "We date, therefore we text," was Debra Goldstein and Olivia Baniuszewicz's motto and inspiration for writing Flirtexting. Once guys stopped calling and started courting them over text, they decided to equip themselves, their friends, and the greater cell carrying public, with the tools to cleverly respond to get what they want. www.flirtexting.com

He Said/She Said: Decoding the Text Message



By Analorena Zeledon, GalTime.com

I don't think anyone really thought about how complicated text messaging would turn out to be when it was first invented, not to mention how talented we'd have to become with our thumbs. Seriously. If you think emails can be misinterpreted easily, think about those short, abbreviated messages specifically designed to say a lot in as little space as possible. They are minefields when it comes to romance.

Even the most simple messages can be over analyzed. Ever received a text with a "ha ha" and a period after it? How do you interpret that? First of all, why is the "ha ha" separated? Was the person showing sarcasm, did his I-Phone auto-correct it or did he genuinely find it funny? And if he found it comical, then why did he end it with a period? Periods are meant for formal sentences in emails, letters, papers, books, etc. But NOT in text messages! Especially after a vague "ha ha." So at this point, you are psychoanalyzing his attitude. "Is he mad at me? Did I do something wrong? He never uses periods. So I definitely messed up. Oh no, is he going to dump me???" See the problem? OK, maybe that is a little extreme and you're not quite that insecure, but tell me you haven't had moments of doubt after sending and receiving a text where you've stared at the message and re-read it a million times.

How about when you impulsively reach out to the cute guy from the gym and text, "Why don't we go out for drinks?" And he responds with "Sure." What does that mean, SURE? Now, take a step back. What if he wrote you that same message but added the word "sometime." Then what then? When is "sometime?" Is that in a day, a week, a month, a year??!

Men say that they are simple and straightforward. They mean exactly what they say. But do they? Read the following text messages and think about them (really think). What do YOU think they mean? Then we'll give it to you straight. We've

polled some of the best love & relationship experts in America to clarify these vague texts. Giving us the male perspective is **Thomas Edwards Jr.** known as **the Professional Wingman**; he has been featured on *Maxim* and *E! Online*. From the female perspective, we have funny but no-bull, **Ensley Gilchrist**, the proud author of a humor and dating blog, **Haughty By Nature** and **Laurie Davis**, the founder of **eFlirt Expert**.

“I wish you were here”

GIRL INTERPRETATION: “He really likes me! Awww and he misses me!! So cute!”

Actual Meaning:

THOMAS: “I want something and only you can give it to me.” It could mean he actually misses you, the way you kiss his lips or the way you make his favorite Italian sandwich. Whatever the case is, he misses you and you are appreciated. But beware, too early in the game and he might be a High-level Clinger.

LAURIE: If you’ve been on more than 3 dates, this is absolutely adorable and he’s a keeper! But, if you only grabbed drinks once, this reeks of desperation. He’s basically admitting that he’s sitting around his lonely apartment-for-one clinging to the memory of how the light hit your hair in the bar din.

“Are you going out tonight/ What are you doing later?”

GIRL INTERPRETATION: “He wants to hang out with me! He can’t stop thinking about me!”

Actual Meaning:

ENSLEY: “Maybe I can get this one in the bag before I have to buy her too many drinks.”

THOMAS: "Can we have sex?" Not much science to this one.

LAURIE: If it's after 8PM, this is definitely a booty call. If sent earlier in the day it could be genuine, but beware, you've got a last minute planner on your hands! Same day scheduling too early in the courtship process means you might be a fill-in for a cancelled date.

"Can we reschedule for another night? I am not feeling well."

GIRL INTERPRETATION: "Poor little boo boo! He needs me to bring him chicken soup and some lotion-infused Kleenex!"

Actual Meaning:

THOMAS: "Whatever responsibility I had, I'm bailing" or "I want you to take care of me."

It could be a cheap bail out of something he doesn't want to do. Or he's not feeling his best and may want to be alone. Pay attention to the context in which he says this one.

ENSLEY: "That hot girl from the bar Saturday night just told me she was free."

LAURIE: This level of sharing is actually a good thing. A statement like this is one way of showing vulnerability and you can expect more to come from your relationship. But if you have plans, watch out! Your date is about to get cancelled.

"I'll text you later."

GIRL INTERPRETATION: "He must be really busy right now. He has such a stressful job! Why can't his boss give him a break?!"

Actual Meaning:

THOMAS: "I'm bored and I'm going to do something else." OR "I want to call you later but I'm too scared to do it." If you get that message mid-conversation, it probably means he's losing interest and wants to get back to playing video games. Texting is also an easy way out and it takes the pain away from actually talking on the phone so he may be avoiding that. This also can apply to anyone that will text, "I'll call you later," and ends up texting you.

LAURIE: Generally, this means, "I'm still too lame to pick up the phone and call you."

Now, if he just mentioned he was about to run into a meeting or have dinner with friends, this is acceptable. But, if you're in the middle of a conversation, it is NOT. He might as well be saying he's bored and/or has better things to do.

Were you surprised? Or are you a text-messaging fiend who can read men's minds with as much ease as adding 1 +1? If you're the latter, well then my hat's off to you! If you are however, more like me, then I guess we still have some work to do (but don't worry, I am sure you have all the other bases covered *wink).

Experts Corner

Thomas Edwards Jr.: Founder of **The Professional Wingman** (www.theprofessionalwingman.com), he has been featured in *Maxim*, as well as *E! Online*, *CNN*, *MSN*, the *Wall Street Journal* and *Blast Magazine*.

Ensley Gilchrist: Author of humor and dating blog, **Haughty By Nature** (www.haughtybynature.com).

Laurie Davis: Founder of **eFlirt Expert** (www.eflirtexpert.com). *eFlirt Expert* markets your "single-dom." Helping singles establish the ultimate virtual first impression and transition their digital selves to meaningful, in-person dating experiences.

Millionaire Matchmaker: Patti Stanger on Being Single, Celebrity Relationships and Love in NYC



By [Lori Bizzoco](#)

Can't get enough of Patti Stanger and her millionaires? Here at Cupid's Pulse, we can't either. That's why we were excited to talk to her about the upcoming premiere of The Millionaire Matchmaker.

This season, Patti and her team (Chief Operating Officer, Destin Pfaff, and his fiancée, Vice President of Matchmaking, Rachel Federoff), are back in her hometown of Los Angeles, ready to put their matchmaking skills to work to find love for those millionaires and one millionairess. Newly-single and ready to step out into the dating world again, Patti not only is looking for love for her clients this season, but she is also on the prowl herself, looking for her very own “Mr. Right.”

That’s right! Patti is back and she’s skinnier, nicer and single as ever! Cupid’s Pulse participated in a recent media conference call where Patti offered some words of wisdom and insight on what we can expect to see this season:

This season, you’re going to be featured on dates. Can you tell us about your experience?

Yes. In the 13th episode, I actually date and do the mixer process. It was the scariest time of my life. When I’m dating, I am a totally different Patti. I’m soft, subdued, and submissive – completely different than business Patti. My ex used to ask, “Can we switch the business mode off and go back to sweet Patti?” My show-runner turned to me one day and said, “No one is going to believe you. They are going to think you are acting.” I’m very quiet when I date – that’s just how I am.

Related Link: [Find Out Why You’re Single](#)

Is there something now you realize about dating on-camera that you didn’t before?

Yes. I’ve realized that I usually tend to date down. I’ve never dated a rich guy. This guy I met on the show is probably one of the richest guys that I’ve dated, and he isn’t even that rich. I think I would like to date a millionaire, but I think it would be nice if I did it off-camera. I’d like

to date someone who makes equal or more money than me and romances me that way, but I haven't met anyone like that. I would still have to be sexually attracted to them. One question on my application is: "Would you rather have looks or money?" I'm a looks-person, whereas a money-person is someone who doesn't care about that. The reason that I say that is, getting looks *and* money together is *really* hard to find. It is never easy, especially at my age.

What are your thoughts about having a baby?

I would not have a baby without a man. It's not that I couldn't, but I wouldn't feel comfortable. I am adopted, and my mom was married three times. I had a lot of issues with that. I've wanted a kid forever, and I've wanted to adopt, but I want to have a partner when I do it.

How did guest stars Jenny McCarthy, Tori Spelling, and Perez Hilton impact your show this season?

Jenny is one of my closest friends. Actually, she was one of my first famous friends. She comes on the show to help a guy who is kind of a nerd in Silicon Valley find his sex appeal and figure out what to say on a date.

Tori is on the second episode. We have a multi-millionaire who believes that when you're pregnant, you have to stop working and never work again. He doesn't think that you can do both at the same time. So I wanted to show him that Tori didn't live off her family's money. She built her own career, and she didn't marry rich. Tori proves that you can work and also have babies – and chickens too (she has an animal farm in her house)!

I really wanted Perez to date, but he didn't want to do it on camera, so we met at his house. He is adorable and lost all that weight, so he looks hot and happening. He actually interviewed me for his online show and asked a lot of personal questions. He really has an ear for music and has been

my source of music inspiration. It is going to be really fun – he is a really good interviewer, and a different person these days. Since he lost the weight, he is nicer. I think that’s what happened to both of us – we both lost weight, and now we are nicer. At least, that’s what people tell me. You tell me when you watch – do I still have the bitch in me?

Related Link: [Tori Spelling Calls Dean McDermott Her Soul Mate](#)

Last season, we interviewed Millionairess Beth Shak. She ended up surprising us all by bringing her “gay husband” on the date with her. What shockers can we expect to see this season?

We only have one millionairess this season. I wanted more, but Bravo didn’t want it. They had a nightmare with the women last season. But, we do have one woman who is British and owns a stripping facility. She probably makes Shawna look sane. When you see this girl, you’ll have to tell me what you think. I give her the most amazing guy, and she doesn’t see it.

Are there any celebrities out there who you’d like to help find love?

Well, I probably would put George Clooney in boot camp with Tiger Woods, Jesse James, and Arnold Schwarzenegger. Although, I think George is a serial monogamous. He dates someone for two years, and then gives his woman a parting gift. He is like Simon Cowell – you get cash and a car. He is not as bad as Tiger, Jesse, and Arnold though. They are in a world of their own.

Other than that, I would probably want to help Sandra Bullock, because I feel so bad for her. I would set her up with someone outside of Hollywood.

In fact, there are a lot of girls in Hollywood that need to look for love off of the red carpet. J. Lo is going to be one of them. It’s like I’ve said: no Hollywood husband is safe.

She needs an entrepreneur, who lets her shine on the carpet; who has way more money than she does, like billionaire status; who gives her the world, but lets her walk the carpet alone. Because her life with Marc Anthony was like they were competing in the boardroom and in the bedroom. It's never going to work. I knew it wouldn't work. I mean, she was literally unengaged to Ben Affleck for five minutes, and then went straight to Marc Anthony and married him a week later. It was ridiculous.

What are your thoughts on Jennifer Aniston?

We don't know what goes on behind closed doors. But, the guy she is with now is pretty good for her. He produces and writes major movies, and he acts. He is a triple-play for her, which is a good fit for her right now. I'm hoping that they work out. And I hope his [Ex](#) finds someone, but if not, she can give me a call.

What advice would you give to singles in New York City based on your experience last season?

The problem is that there are five women to one guy and the men in NYC know that they have the power, whereas in LA, it is much closer to 50/50. For women, it is a terrible thing to be in a city where you feel like you don't have power. Eventually, they get bitter. So one of the rules I would say to single girls in NYC is keep your appearances up – look good, hit the gym, put some lipstick on – and then be nice to the men. They might notice you more if you are sweet and not bitter towards them.

If you could share five tough dating rules that everyone should live by, what would they be?

- 1) TMI – too much information.
- 2) Two-drink maximum. Women tend to share too much information when they drink too much, and then the guy gets scared...and they are no longer dating.

- 3) Let the man lead, and if you are the man, lead!
- 4) No sex before monogamy is my fourth rule. Obviously, this one is a major rule. If you sleep with him too soon, you may feel like you are in love, even if he is a loser.
- 5) My last rule would probably be that if you're dating, but nothing is working for you, don't fret. The right man or woman is probably just around the corner. It's usually those down times that you have to give in to. Once you give in to it, the phone will start ringing. I learned that lesson the hard way.

Or, if you're still in doubt, refer to what the matchmaker often says, "It's all in the kiss!"

Keep your eye out for the Season Premiere of BRAVO's **The Millionaire Matchmaker 5**, Monday 8/15 @ 9/8c

Date Idea: Play Games **Amusement Park-Style**





Going to the movies and dining in a nice restaurant can make for a great evening, but it can also make time pass by way too quickly. After all, the best types of dates are the ones that last for hours and involve a lot of excitement. Are you searching for a date idea that will consist of hours of fun? Then feel the thrill of love in your relationship by visiting an amusement park with your significant other this weekend.

The best amusement parks may not be located in your area, but it's definitely worth it to drive there. The live entertainments, expositions, game booths and rides will make your day unforgettable. And who better to share these memories with other than your partner?

Take some risks by riding on roller coasters. Not a fan of heights? Then take a journey on a train around the park or ride on the bumper cars. Nothing is more romantic than taking a spin on a carousel and riding on the Ferris wheel, while looking at the skyline.

Perhaps the most exciting part about theme parks are winning games. Excite your mate by trying your luck at playing a few and winning him or her a prize. If you plan on competing with

each other, make a deal at the booth – first to win will get a kiss! Of course, that would be a win for both of you.

As the day comes to an end, plan on grabbing a bite to eat before hitting the road home. Amusement parks have an abundance of great eateries, ranging from hot dog stands to five star restaurants. Maybe keeping it simple with some cotton candy or funnel cake will make for an oh-so-sweet ending.

Have a favorite date idea? Comment below and share with our readers. Until next time, have a great week!

Five Dates That Will Brutally Backfire





By Sam Greenspan

There's a fine line between thinking of innovative ideas for dates and ending up with disastrous thoughts for dates. About five years ago, I happened to see that a circus from Mexico was here in Los Angeles. I had a first date that night and took the girl to that circus, even though neither of us spoke Spanish. I thought it was brilliant and would help us bond. She got an "emergency call" from her "grandma" who had suddenly come down with "dying" and left after 45 minutes. That's a date backfire on a grandiose scale.

In my semi-bestselling book *11 Points Guide to Hooking Up*, I have a list of 11 Dates That Will Brutally Backfire. Because I blew through 25 percent of my allotted words for this guest post with that circus anecdote, I will only be able to relay abbreviated snippets of five of them:

1. Comedy club: Because somehow, every comedian on the planet has a built-in radar for a nervous couple on a first date. It must be a side effect of cheap beer and mild depression. Anyway, he'll joke you guys right into never seeing each other again.

Socialite Alexandra DiNovi Opens Up For the First Time About Her Virginity and Saving Herself for Love



By Vicky Sullivan of **Aspiring Socialite**

It was only a few years ago when Hollywood actress and socialite, Alexandra DiNovi, was discovered in a restaurant in her hometown of Hinsdale, Illinois. Soon after, she was dancing with Vince Vaughn in the poker scene of *The Break-Up*. Having been romantically linked to celebrities, such as Jack Osbourne, DiNovi has a lot to say on Hollywood dating. However, despite the temptation and appeal of the glamorous red carpet life, she remembers to stay true to herself and her

values when it comes to relationships.

In 2010, DiNovi took home Best Actress at the New York Film Festival for *Purity: A Dark Film*, a short film about virginity, sex, and emotion that she wrote, directed, and starred in. Seeing that art often imitates life, much of the film is based on real events in her life, including her virginity. For the first time ever, this rising star is opening up about her very personal decision to remain pure and save herself for love. As she explains it, "Love isn't about sex; it's about friendship and respect."

How much of your personal life was incorporated into the film *Purity*?

Most of it was completely true.

I heard you wear a purity ring. Can you tell us more about it?

I bought myself a purity ring the week before I moved to L.A. I had it shipped to myself because I wanted to remember to stay true to myself in L.A. I wanted a constant reminder of who I am and what I believe in. I was thinking I would be dating different types of guys, and I didn't want to lose my virginity or myself to some random hot guy.

Why is saving yourself for love so important to you?

I think that my soul mate will appreciate me giving my body and soul to him. He won't be sharing me with anyone else. When I do fall in love, I will love him unconditionally.

What advice would you give girls looking to save themselves for the right one?

What is the point of having sex without love? That doesn't even make sense to me. Sex is a special gift, and it's really

supposed to be for marriage. It is something that soul mates share. I wouldn't have it any other way. I've been in love, so I understand how the rush feels. I won't settle for sex without love ever. Self-control is underrated in our society.

How would you describe true love?

I've been in love once in my life, and it's the best feeling in the whole world. Sometimes, you can't even eat. It's like an entire body high. Love is patient. True love is not about sex. It's about friendship. True love has to do with a genuine partnership where two people love unconditionally, forgive, and respect each other. It has to do with listening and being there for each other always.

Who is your celebrity crush?

I have a few crushes, and I'm actually already talking to them. The only other slight celebrity crush that I have is Ryan Phillippe. He's such a cool guy. I admire him. I also think he has a great work ethic, especially regarding health and fitness. Ironically, I like bad boys.

What do you look for in a guy?

I like a guy who is genuine, athletic, and fun to be around. He has to make me smile a lot. I love a playful guy who I can laugh with.

What do you do to get ready for date and where do you like to go?

I work out, head to the steam room, get a few new dresses, get my hair and nails done, and assemble the perfect outfit (preferably with one of my gay friends). I have two favorite "secret" spots where I like to go when I'm on a date in West Hollywood. One is a private hotel and the other is a low key Italian restaurant that has a great vibe.

How do you keep yourself from giving into temptation?

It's sometimes a challenge when guys who I admire want to hook up, and there's nothing behind it. I think that sex is empty without love. I used to date this actor and he always told me that. We're still really close. He said, "From my many sexual experiences, sex without love is meaningless." This is coming from an extremely attractive movie star. He encourages me to wait for my soul mate. Although, he often tells me he thinks we will end up together and that I am his ideal wife. Who knows? We might.

To learn more about Alexandra DiNovi, visit her website at www.AlexandraDiNovi.com. You can also follow her on Facebook and Twitter.