

# Beat That Beat This Memorial Day Weekend



Memorial Day weekend is only a few days away. This year, instead of staying home and firing up the same old rusty grill, why not kick this summer off by spending your weekend dancing the night away in some of the hottest cities around the country. DJ Pauly D may be shooting season 4 of MTV's *The Real World* in Italy right now, but there are tons of other tunes you can 'beat that beat' to! Here are some events taking place in some of America's biggest party locations:

**1. Las Vegas, Nev.:** Sin City drags in a New Years-size crowd to their many resorts and casinos during this three-day break. After taking in the Nevada sun poolside, head out to the hottest nightclubs on the strip – VIPnVegas lists

performances from Deadmau5, Sean Paul and Drake at some of the city's top venues. Stay until the wee hours of the morning (or just don't go to bed) – maybe you'll rub shoulders with David Guetta or Tiesto at the roulette table. Now that's something you *won't* want to hide from everyone at home!

**2. Miami, Fla.:** Drink all day. Play all night. Let's get it poppin'. A spring break in Miami may be cliché, but during Memorial Day Weekend, it's where everyone will be. After all, who can resist beautiful beaches, tropical drinks on the sand and tons of physically fit eye-candy at your disposal to gawk at? Check out the "Fly-AMI" 2011 Memorial Day Weekend package, where Chris Brown, Lloyd, Keri Hilson and DJ Khaled are all slated to perform.

**3. Los Angeles, Calif.:** Bikinis, zucchinis, martinis; Snoop Dogg and Katy Perry explain why California is unforgettable. Why not take a trip yourself and see how the other half lives? Enjoy Summer Solstice at the Dorothy Chandler Pavilion, featuring fairs, theme parties and special guests. Watch out for appearances from actor and model Christian Keyes, R&B artist N'Dambi and artist Brotha Bill.

**3. Myrtle Beach, N.C.:** Head to Myrtle Beach MayFest's Memorial Day celebration if you have kids to entertain. Their event line-up includes performances and meet-and-greets with David Archuleta and some of Nickelodeon and Disney channel's finest stars.

**5. New York, N.Y.:** The city has a world of options – how can you pick just one? After you've spent a day at Coney Island or on Rockaway Beach, head to the Memorial Day rooftop BBQ at Sunset Jazz on The Empire Hotel Rooftop. The festivities begin at 5 p.m., just remember to RSVP – it's free! Complimentary domestic beers will be served during first hour.

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# 7 Things NOT To Do On Your Wedding Night



By Brea Gunn

Most women dream not only about their wedding, but also about the wedding *night*. That's right. We girls have the entire experience planned out from the minute that we wake up on that special day to the moment that we put on that slinky babydoll.

What we often don't realize is that there are a number of things that are sure to ruin the experience. Here are some things to avoid:

**1. Excessive drinking:** I shouldn't need to explain why this

would be a problem, but in case you need a refresher: do you really want to be tired, lethargic and possibly not remember your wedding night? Didn't think so. Have a talk with your groom *before* the wedding about what you both feel is appropriate so that the celebration doesn't get out of hand.

**2. Hunger:** No one feels very romantic when they're starving. So EAT! That's right. Eat. If you can't breathe in your wedding dress, be sure that your 'going away' garb has a little extra expanding room. If you can't eat at your reception, ask that a fruit, cheese or combination be brought to your changing room.

**3. A full stomach:** Yes, the food was to *die* for, but now you want to die. This is NOT GOOD. Be careful of eating too much, especially if you have a particularly decadent spread at your disposal. Ask mom, dad or your best friend to save you some good eats for the next day (unless you're leaving for your honeymoon).

**4. Thin walls:** You may not consider this, but take it from me, you may want to make some noise, and the LAST thing that you want is the old guy in the next room banging on your wall. Do yourself a favor and visit your wedding night room, suite, or B&B well before the big day. That way you know what you're getting.

**5. Older hotels and Bed & Breakfasts:** Sure, they're cool and have lots of charm, but some also have pitfalls. For example, one historic hotel that I looked at for my own wedding night had *communal bathrooms*. No thank you. There was no way I was going to change out of my dress and into lingerie only to walk down the hallway back to my room. Make sure that you have your own bathroom (You'll know this ahead of time if you follow the advice about an early visit above). I promise, it's worth the time.

**6. Fighting:** Don't start anything on your wedding night.

Sure, the way that he wouldn't stop break dancing at the reception may have you hopping mad (and yes, it would have been nice if he had asked *you* to dance), but try to put it behind you. After all, you only get to do this night once.

Make sure that your memories are happy ones. Can't keep it in? Try writing it down so that you can address your issues later.

**7. Inviting friends to the hotel:** Though it's tempting to continue the party (you just got MARRIED!!!), you and your new spouse need some time alone. If you invite friends back to your room, or even to your hotel, you run the risk of not being able to retire when you want to and forfeiting night of your dreams. They're your friends, so you'll see them later.

Gracefully tell everyone thank you, and leave the party at the reception site so that you can get started on your honeymoon.

*Brea Gunn is a freelance writer and blogger about Hudson Valley Weddings and wedding business marketing, as well as other family related topics. Born and raised in Washington State, she is a southern girl at heart. She thrives on frugality and money-saving solutions, but isn't afraid to splurge once in awhile.*

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## Flavor Flav Speaks to His 'Fams' Via 'In My Own Words'







Rapper and TV personality Flavor Flav has decided to use [Ascot Media](#) and Aston Publicity Groups' innovative announcement tool, 'In My Own Words' (IMOW), to speak to his fans. Check out his statement below:

"To all of my fams (I've taken the 'n' out of fans and replaced it with an 'm,' because a fan doesn't do anything for me but cool me off when I'm hot and a 'fam' is one that supports me), I thank you all for making me who I am today. Without y'all, I would just be an ordinary person in the street, no different and no better than anyone else – the only thing that makes me different is my job description.

My life has taught me that nothing is really easy. Everything in life you want can come to you, but you really, really have to earn it and deserve it. You only get to live physically once in this lifetime, so while we are living this one time – we need to make the best of it. When we die, we become nothing but memories to other people and we want to leave them the best memories ever.

If I could influence and mentor today's youth, based on my

past experience, I would tell them that I made some very serious mistakes in my life. I would like for everyone in the world to read my book about the mistakes I've made, so hopefully they won't make the same ones.

I have always been told I have a lot of interesting things to say and stories to tell. I've often thought about doing my own talk show. If I did, I would probably use the style of Arsenio Hall, but a Jerry Springer or Maury Povich style show should be a lot of fun. I have been asked if I would ever do Donald Trump's Celebrity Apprentice Show and my reply to that is it would be a pleasure to once again see and talk to Donald Trump. If I do come out with my own show some time, all I can say is... 'Once again, Flavor Flav has reinvented himself.'

Anyway, I decided to write a book. My new book is called Flavor Flav: The Icon The Memoir (Farrah Gray Publishing). My book is edgy, compassionate and often hilarious! My book is a thrill ride from the heights of my stardom to the depths of my despair and Yo! I'm still here to tell it. I've been down some pretty dark holes – but somehow I always found the strength to climb back out of them.

I get asked about regrets but I have no regrets in my life and I would change nothing. The reason is because it took the past to bring the future, and if I was to change something in my past then today I might not be able to teach what I've learned.

I want to add that I think Ascot/Aston's In My Own Words (IMOW) is a great idea for celebrities to say in their own words how they feel about their life and what's going on in it. That's why we, Public Enemy, made a record called Don't Believe The Hype, which means...don't believe everything you read or hear. The best source for the true information is 'from the horse's mouth!'

God bless you all with your life, your future, your goals, and

your families. And once again, I thank you for making me who I am today – Flavor Flav: The Icon.

God bless and peace to all. See y'all on my book tour!

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## 5 Tips for Making Your Memorial Day Memorable



By Andrew Pryor

Though Valentine's Day gets credit for being the biggest day of love, Memorial Day should be known as the day of fresh beginnings. Although it's not officially summer, its presence symbolizes the new season and puts immediate energy back into



dating, relationships and celebrations. It's the kickoff to so many great memories of the past and more to make in the future – backyard barbecues, laying out at the beach and summer travel.

Whether you're settled down with someone or fired up and looking for love, here are a few ways to make sure you have a Memorial Day (or weekend) to remember:

**1. Head to the beach:** There's no better way to enjoy a long weekend than by spending time soaking in the warm weather, especially if you live near an ocean or lake. If you're landlocked, don't despair – just get creative. Create a beach theme in your backyard, or find a local swimming pool where you can soak and sun yourself simultaneously. If you're single, strike up a conversation with the hottie two chairs over. After all, you'll need someone to rub suntan lotion on your back.

**2. Take a road trip:** If you don't want to spend Memorial Day with sand stuck between your toes, fill the car with gas and spend a day on the road. Try traveling through a state you've never had the chance to explore. Search special attractions, or just see where the highway takes you. If you're coupled up, make this an experience you'll remember for a long time to come.

**3. Pack a picnic:** Summertime is the perfect for packing a picnic and heading to the park. Grab a comfy blanket and bring the cheese, crackers, fried chicken, or homemade sandwiches with a nice bottle of Riesling to relax the day away. If you're watching your weight before summer is officially here, don't worry today. After all, you can always take a bike ride or jog around the park before you head home. This is a perfect low-budget way to spend valuable time with a loved one.

**4. Watch a parade:** Parades are *the* thing to be a part of on

Memorial Day, so don't mess with tradition – embrace it! If you're dating, take your significant other to experience the colorful and patriotic event filled with blaring fire trucks, marching veterans, wonderful songs, kids throwing candy, flag bearers and scout troops – all kinds of excitement. Spend time celebrating America, not only because of what it represents but because the person you love lives here, too.

**5. Get out there:** Yes, red, white, and blue are important colors on Memorial Day, but another important one to recognize is the color green. Green means “go,” so get out there and do something fun! Seriously, what are you still doing online?

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## Zimbio's Top 10 Sizzling Celebrity Couples





When it comes to celebrity couples, everyone wants to know which ones are hot and which ones simply don't make the cut. Zimbio came up with a list of their 100 Hottest Celebrity Couples. Celebs were rated on their levels of success, attractiveness, popularity and staying power. The total of the scores in the four categories determined each couple's rank on the list. Although one of the couples has since split, the other nine are still happily together – as of now. Let's take a look at how hot Zimbio's top 10 list is:

**1. Angelina Jolie and Brad Pitt:** Who other than “Brangelina” should get the number one spot? Jolie and Pitt's names have graced headlines ever since word got out that they were an item. On success, Zimbio said, “These two command the box office,” and their attractiveness and popularity are self-explanatory. As far as staying power, Zimbio believes they have more reasons to stay together than the average celebrity couple.

**2. Beyonce and Jay-Z:** *Parade* magazine reported that this couple racked up a total of \$162 million this year, proving their obvious success. Also, this couple keeps their

relationship strictly between them, giving their relationship longevity.

**3. David and Victoria Beckham:** Their attractiveness ranked a scorching 19 on the scale of one to 20. Posh Spice remains a feisty diva who has perfected her fashion tip, and the soccer player has always been noted for his good looks. Though rumors have circulated about the couple having affairs, they are still holding strong, 12 years later.

**4. Gisele Bundchen and Tom Brady:** There's no need to speak on success, as Brady is one of the hottest names in the NFL and the former Victoria's Secret angel continues to land many cosmetic endorsements. This is a first marriage for this seemingly ageless couple – one that will hopefully last!

**5. Faith Hill and Tom McGraw:** Though Zimbio doesn't think this couple is too hot, success sums them up in a nutshell. Hill had 1.2 million Google searches last month, and McGraw's 2.25 million was enough to put them in the top tier of most popular couples, according to the site. We predict that this couple will continue their happily ever after, as their staying power ranks 20 out of 20.

**6. Will Smith and Jada Pinkett:** You should have known this hot Hollywood couple was coming! Smith and Pinkett are the epitome of the sweet, down-to-earth duo everyone loves. They have both spoken out about divorce before, and simply put, it won't happen.

**7. Jessica Biel and Justin Timberlake:** Although this couple gained a spot in the top 10 list, the fire to their flame has been blown out. However, the former pair ranked 19 out of 20 for both popularity and attractiveness.

**8. Gwen Stefani and Gavin Rossdale:** While they aren't as successful as the others, this musical couple ranks high in attractiveness. Though Stefani used to date No Doubt band mate Tony Kanal, there's "no doubt" she and Rossdale are a



match made in heaven.

**9. Johnny Depp and Vanessa Paradis:** According to Zimbio, “Johnny Depp became the highest-paid actor for a single role in the history of film” after shooting *Pirates of the Caribbean: Dead Man’s Chest*. If that’s not success, we don’t know what is! These dark-haired lookers have an unpredictable staying power and didn’t rank high in popularity, but made the top 10. Kudos!

**10. Heidi Klum and Seal:** Seal’s album *Soul* ranked number one on the French album charts for 13 weeks straight last year, and Klum’s 2010 income was said to be \$14 million, according to *Forbes* Celebrity 100. Though Seal has a rare condition called discoid lupus erythematosus that caused the scars on his face, Klum, the bombshell Victoria’s Secret model, only noticed his flawless personality.

This Top 10 list is just a small portion of what’s on Zimbio’s Top 100 menu; if you can’t take the heat, stay out of the kitchen. For the rest of the list, visit [Zimbio.com](http://Zimbio.com).

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## Diets and Dating





By Sally M.

Let's face it – diets are personal. Add in a new relationship, and it's easy to feel insecure about bringing up a diet, even though it's part of your daily regimen. Personally, if I'm trying to drop a few pounds, I wouldn't necessarily scream it from the rooftops to a guy I just met!

These anxieties should be put to rest. Adjusting your diet is nothing to feel weird about, especially if you're doing it properly. That being said, you should always contact your healthcare provider or a nutritionist before altering your food intake.

Unfortunately for dieters, dating activities tend to revolve around food. Here are a few ways to watch what you eat while on three different types of dates:

### **1. Dinner Date**

– Have a healthy snack prior to dinner so that you won't be tempted to order excess food which you wouldn't normally eat. Remember, "bad foods" are okay in moderation and it's nice to treat yourself to a meal you didn't cook at home every once in

a while. Be yourself and order what you want (and it doesn't have to be a salad – unless, of course, that's what you want).  
– It's totally acceptable if you don't finish your meal. Grab a doggy bag to take home. This is a great idea for those on a portion-control diet.

## **2. Cocktail Date**

As a rule of thumb, alcohol is usually considered a BIG NO when dieting. However, some options are healthier than others if you decide to indulge. Regardless, know your limit and don't get drunk; the more drinks you have, the more you risk compromising your diet (and other inhibitions).

– Wine: Wine is the best diet-friendly alcohol, but that doesn't mean you should order a bottle; finishing the whole thing isn't ideal if you're counting calories.

– Liquor: Hard liquor is the second best choice, but which ones? According to [sparkpeople.com](http://sparkpeople.com), vermouth contains the least amount of calories, followed by coconut rum and Beefeater Gin. Mind you, that's a serving of 1.5 ounces.

– Beer: Order a light beer, and you won't compromise your diet too much.

## **3. Movie Date**

– Theater popcorn is tempting. If you must have it, choose the small-sized popcorn (usually seven cups of popcorn, equaling 500 calories). Even if buying the medium-sized bag is only a few cents more, don't do it; those calories will add up quickly. If you can get away with purchasing the kid's-sized version, that's even better! Also, it should go without saying ... no extra butter and no refills.

– When it comes to washing down your popcorn, stick to small-sized diet sodas or ask for water. Bonus: You won't miss the movie because of a bathroom break!

– If you have a big purse, bring in your own healthy snacks. This is technically against the rules, but until movie theaters can offer diet-friendly treats, it may be the only

way to eat well in front of the big screen. Just remember to share.

Remember, dieting and dating is only awkward if you make it that way. You can still have fun and enjoy yourself without sacrificing your personal goals. Move forward with confidence!

*Sally M. is the founder of Eat Breathe Blog. If she could be best friends with any television character it would be Carrie Bradshaw from "Sex in the City."*

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## **CNN News Anchor Don Lemon Announces He Is Gay Through 'In My Own Words'**







Ascot Media Group, Inc. and Aston Publicity Group [announced](#) that they are launching a massive project called 'In My Own Words'© (IMOW) that will allow the media to receive official announcements quoted directly from celebrities and written totally in their own words. These will not be statements written by Ascot, Aston or any other company – they will be the actual words from the individual celebrity.

Leading the effort is CNN News Anchor Don Lemon with the official statement he released to the media this week that announced he is gay:

“Today I chose to step out on faith and begin openly living my own truth. And let me say right up front that I hope many of you will be inspired to do the same thing in your daily lives. Some of the things I’ve chosen to reveal in my book *Transparent* were very difficult to share with even those closest to me.

“There was a time when I was terrified of revealing these things to the person I love most in this world – my own mother. But when I finally mustered the courage to tell her

that I had been molested as a child and that I was born gay, my life began to change in positive ways that I never imagined possible. Yet I still chose to keep those secrets hidden from the world. I, like most gay people, lived a life of fear. Fear that if some employers, co-workers, friends, neighbors and family members learned of my sexuality, I would be shunned, mocked and ostracized. It is a burden that millions of people carry with them every single day. And sadly, while the mockery and ostracizing are realized by millions of people every day, I truly believe it doesn't have to happen and that's why I feel compelled to share what I've written in *Transparent*.

"As a journalist I believe that part of my mission is to shed light onto dark places. So, the disclosure of this information does not inhibit in any way my ability to be the professional, fair and objective journalist I have always been.

"My book is dedicated to the memory of Rutgers University student Tyler Clementi, who jumped to his death from a bridge after his dorm mates streamed his private business over the Internet for the world to see. Tyler might still be with us today if more gay men and women had chosen to live proudly and openly. It is also dedicated to the millions of young, gay people who believe they are alone when dealing with their own sexual identities. You are not alone! There are people, like me and many others, who are thriving in their personal and professional lives and although we sometimes have a hard time with it ourselves, we are here to show you by example that you too can overcome any obstacle as long as you stay strong and, most of all, stay alive."

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# 5 Ways To Know If Your Relationship is More Than Just a Spring Fling



By Amber Belus

It's mid-May; the flowers are blooming, the weather is warm, and best of all, summer is right around the corner. But what does that mean for your spring fling?

If you're currently in the middle of a springtime romance, these tips will help you figure out whether your relationship will continue blossom this summer – or wilt in the heat:

**1. You let your guard down:** If you feel comfortable confiding in this person about your personal issues, you've definitely

reached a relationship milestone. After all, communication is key to any partnership. Also, ladies: if your guy has seen you sans makeup, you're beyond the point of feeling as if you need to get dolled up in his presence – another sign you've found someone with lasting power.

**2. You've met the friends:** If your other half starts bringing you around his or her crew, it's a sign they are seeking approval from their inner circle. Bonus points if there's hand-holding when you're with others; this intimate public gesture shows the world you're both spoken for.

**3. Increased date nights:** If your guy or gal is requesting more time with you, it shows they're taking this relationship seriously – and is a sure indication that they think your presence is worthy of their time.

**4. You're enjoying yourself:** Are you laughing and flirting when you're with this person or is it awkward when it's not physical? If you're still having a good time after a few weeks of seeing each other – both in the bedroom and out – shows there's chemistry.

**5. You know more about their job than just their office address:** How much do you know about his or her workplace? If he or she has griped about boss troubles or dished out water cooler gossip, your fling knows they can open up about both their professional life, as well as their personal one.

If you find yourself analyzing your situation and asking yourself if you want more, you might be ready to take your relationship past fling status. Bring up your feelings and see if they're mutual. If they aren't, at least you'll know you have the whole summer to play the field!

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# Celebrity Secrets for Lasting Love



By Dr. Diana Kirschner

“It” couple, Khloe Kardashian and Lamar Odom, are best friends who are madly in love and even launching their own reality TV series centered around their relationship. They got married after a mere one-month courtship and renewed their wedding vows at their first anniversary. How did they find committed love so quickly? It’s hard to say exactly what happened in their situation – true love always has its mysteries. But most probably there were certain factors at play – celebrity love secrets which you can use to create success in your own dating and love relationships. Here are a few of those secrets from my brand new book, *Sealing the Deal: The Love Mentor’s Guide to Lasting Love*.

One critical secret involves using the three-question reality check about a hottie you may be dating:

**1. Is he or she crazy about you?** This is a big question, since you don't want to pine after a person who is not into you!

**2. Is this person willing to grow?** There are no perfect partners out there, for sure. That said, if the person is gaga for you and willing to work on themselves, they could become an AMAZINGLY great partner!

**3. Is he or she meeting the basics?** In other words, is this a good person with integrity, who is successful, wants a relationship and shares some chemistry with you?

If your partner meets these criteria, give him or her a real chance. You could develop a crazy-in-love relationship that gets better and better... and lasts for 10, 20 or even 30 years!!

**Another key secret:** Look for consistently improving contact. When you meet a new hottie, the sparks are great and you are high as a kite. But the question is, how is the relationship changing over time?

Is there more closeness between you? Are you sharing more of your thoughts and feelings? Is the L word being used? Are you sharing each other's space, meeting each other's friends or family members? Are you beginning to talk about thoughts of a shared future together?

Really look at the trends in your relationship. Is it fading out? Is it getting boring? Are you starting to take each other for granted? Are you having longer or meaner fights?

Or is the trend improving over the months, or even years, just as it seems to be for Khloe and Lamar? There are always downticks in love, even in the beginning. But, if in the face of this, things bounce back, makeup sex happens and the

intimacy is actually getting better, this is a very good sign. This means you could be with the One.

So, while it is very rare to have a one-month courtship that leads to lasting love, like Khloe Kardashian and Lamar Odom seem to have, it's still possible to have a right-for-you courtship that works to create the love you really want. Bottom line: you can use these relationship secrets to get to your own happiest-ever-after!

*Diana Kirschner, Ph.D. is a frequent guest psychologist on The Today Show & author of the new book, **Sealing the Deal: The Love Mentor's Guide to Lasting Love** which has been acclaimed by 14 top self-help gurus, including Dr. Christiane Northrup & John Gray. She authored the bestselling book, "Love in 90 Days," which was the basis of a PBS Special on love. Get weekly support from Dr. Diana through her **FREE Relationship and Dating Advice Newsletter**.*

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## Bridesmaids featuring Kristen Wig and Maya Rudolph





She's broke, she's single and now she's the maid of honor.

Annie (Kristen Wig) is set to be the maid of honor for her best friend Lillian (Maya Rudolph), and she's backed up by a rag-tag team of bridesmaids. Annie has to find a way to surpass her life situation to prove to Lillian and the other bridesmaids how far you'll go for a best friend. Critics are saying this is *The Hangover* fused with a chick flick.

## **What are the duties of a maid of honor?**

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

It seems hectic leading up to the big day, but here are the three most important jobs if you're chosen to be the maid of honor:

**1. Go-to-girl:** From helping to pick out the venue to deciding on invitation design, you have a bigger say in planning out the little details ... maybe even more than the groom-to-be! Choose wisely.



**2. The maid's speech:** At the reception, you're going to have to give a big, heartfelt speech. A tip: avoid drinking too much alcohol prior to the address.

**3. Party, party, yeah:** Of course, you'll have to plan and host the bridal shower and bachelorette party. Try to keep it lighthearted and fun, whether that means bowling and beer or a night of Vegas-style debauchery.

Release date: May 13

Cupid's Rating: 4/5

**Have any good maid of honor stories of your own? Leave a comment below.**

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## 5 Celebrity Couples We Want to Reunite





By Tanni Deb

We've all had a moment when we've stared wide eyed in utter shock at the TV screen after finding out our favorite celebrity couple has split, trying to figure out what went wrong. After all, this pair seemed to be in such a happy relationship!

There will always be famous duos that we think about months (or even years!) down the line, wondering if they'll ever reconcile. While the possibility may be a long shot, no one can help wishful thinking. With that said, here are five celebrity couples we would like to reunite:

**1. Britney Spears and Justin Timberlake:** The famous singers first met in 1993 on the sets of *The Mickey Mouse Club* and began dating five years later. They were everyone's favorite celebrity couple in the late 90's, but their relationship ended in 2002. After their breakup, Timberlake released 'Cry Me A River,' a revenge song for Ms. Spears herself. As much as everyone loved this musical duo it doesn't seem like they'll ever get back together – romantically, at least. We

can hope for a musical collaboration, right?

**2. Jessica Simpson and Nick Lachey:** Although wedding bells are ringing for both performers, who wouldn't like this aesthetically pleasing couple to reunite? The pair met in 1998 and within weeks of meeting each other, Lachey told his 98 Degrees band members Simpson would be his future bride. He proposed in 2002 and the marriage lasted for three years. Could *Newlyweds*, MTV's reality show which aired the couple's married life, be to blame?

**3. Reese Witherspoon and Ryan Phillippe:** This blonde coupling were married for seven year when they split in 2006. While they seemed to have a successful relationship, they spoke openly about having to work on their marriage, and underwent couples therapy in 2002. Despite Witherspoon's recent nuptials, we can't stop thinking of what a beautiful couple she and Phillippe made.

**4. Scarlett Johansson and Ryan Reynolds:** After only two years of marriage, the pair called it quits in 2010. Rumor had it that Reynolds had an affair with *Gossip Girl* star Blake Lively, and *Us Weekly* reported that he told friends Johansson "treated him badly." Though the *Lost in Translation* actress has certainly moved on, we wonder if she and her ex-husband will ever reconcile.

**5. Courteney Cox and David Arquette:** They fell in love on the set of *Scream* in the mid-90s, tied the knot in 1999, had their first child in 2004 and then shocked the world when they announced their separation in 2010. However, the couple isn't giving up, as they're currently undergoing marriage counseling. We wish these two the best of luck!

These are just a few of the many celebrity couples we'd love to see together again. Which celebrity do *you* want to see back with their ex? Let us know in a comment below!

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# Every Royal Divorce Begins with a Royal Kiss



By Dr. Kenneth Ryan

It's a fact. I'm not throwing cold water on the big wedding. It was beautiful, and I wish Kate and William all the best.

I'm just saying you can't judge a relationship by the beauty of the couple or the smiles at the wedding. Kate caught the Prince's attention with her invisible dress, and now it looks like they are living the dream. But they have a tough road ahead. Diana and Fergie's marriages began the same way – just like dozens of U.S. celebrities. As outsiders, there's no way to know if the royal relationship is built on a solid

foundation or if it's as flimsy as her see-through wardrobe.

Kate and William are really no different than any other couple getting married, as they have great optimism and excitement about their future together. They've already beat the odds by converting eight years of living together into a marriage, because a University of Denver study found that only one in ten couples who live together are still together five years later.

Celebrities have it tough when it comes to relationships.

They're no wiser than you or me, but their every move is monitored and discussed. In fact, they're probably even more confused about relationships than you, because their world is so artificial. Every person a celebrity meets is suspect because so many people are awed by them, in love with them (fantasy) or just to want to exploit them. It's a tangled web of mixed motives when judging any potential suitor, but celebrities have it the worst. Therefore, it makes no sense to look upon the beautiful people with envy or to necessarily emulate their courtship strategies. You might end up emulating a "Bad Romance."

## **Top 5 Mistakes Women Make in Searching for Their Prince**

**Don't give up** – Some women feel helpless and hopeless because few men have shown interest in them, and there are so many pathetic adolescent men. That said, there are many ways a woman can improve her connections with guys and make herself more appealing. They just need to learn effective communication techniques.

**Don't chase guys** – Women who come on too strong look desperate and easy. Predatory males look for desperate women, because these women will do almost anything to get them. The good guys out there find desperate women to be less appealing.

Learn how to engage men without coming on too strong.

**Don't be naïve about men** – Too many dangerous men are lurking



out there. If a woman does not understand the risks and the huge difference between men and women when it comes to sex and relationships, she will get burned eventually. If most of her guidance for relationships comes from popular media and peers, she is working from a position of ignorance. Movie makers couldn't care less how your life turns out. They just want your \$13 movie ticket.

**Don't panic** – Some women become so fearful that they will never find a guy who loves them that they abandon their convictions and make irrational, dangerous decisions. Some painful effects are immediate, while some might not surface for years.

**Don't sleep with the boyfriend** – Every woman must make her own decision when it comes to sex, and it's a huge decision. Sex is the most common and most harmful mistake women make in relationships. It may seem romantic or exhilarating, but there are hidden fangs that can cut deep. It causes an avalanche of problems, many that the woman doesn't anticipate.

Does he love you or does he love having sex with you? That's the million dollar question that women routinely get wrong – resulting in shredded female hearts. You can't put a condom on your heart.

It's not easy to navigate the shark-infested waters of the dating world, but if you can follow these basic tips, you shouldn't have to worry about being someone else's prey.

*Dr. Kenneth Ryan is the author of Finding Your Prince in a Sea of Toads: How to Find a Quality Guy Without Getting Your Heart Shredded. Dr. Ryan offers straight talk about relationships garnered from years of not only counseling engaged couples about sex, but from his own marriage and living with three teenage daughters. He understands the yearning of most young women to be loved and cherished by a great guy.*

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# Donna Estes Antebi Talks 'The Real Secrets Women Only Whisper'



By Kari Arneson

When it comes to dating and relationships, do you ever feel confused and unsure how to maneuver around the often bumpy terrain? If so, Donna Estes Antebi is here to help. The entrepreneur, patent holder, business consultant, author, blogger and life coach has made it her mission to help women from all walks of life navigate modern-day relationships. Her

latest book, *The Real Secrets Women Only Whisper* has a warning: "Keep this book away from men!" because of her real insight into the nature of men's minds. She gives women brutally honest advice about sex, love, dating, money, marriage, divorce, cheating, children and everything in between. According to Antebi, "Every single woman who reads it will absolutely utilize one piece of information in there that will change her life for the better."

We spoke with Antebi via phone last month. Take a look at what she had to say:

**What inspired you to write such an honest book about relationships?**

I originally wrote the book because I was asked to speak to my friends' daughters who were moving out on their own. My friends wanted me to talk to them about what it's like being a grown-up woman in the world, the kind of things mothers feel uncomfortable doing. I started putting my thoughts together, and then I thought, *Oh my goodness – if I knew at their age what I know now...*and off to the races I went.

This is the right book at the right time. It's for all the women trying to play a new game by old rules. Women no longer have the luxury of learning from their mistakes. I would continually loan it out to women who were dealing with some sort of crisis. Then we wanted to make it available to all women simply because the stakes are so high.

**Where did your knowledge and advice about love, marriage and men come from?**

*The Real Secrets* is a culmination of my life experience as an entrepreneur, a life coach, a wife, a stepmother, a mother. I found a way to humorously pass on insight into easy-to-remember segments. Between myself and my husband, we have eight children. Five of his, one of mine and two of ours.

We've been together 20 years. This book is about my experience and things that I've observed from the women around me.

**Why is it important that women keep this book away from men?**

I reveal to women the secrets that allow them to fully understand the nature of men. And there are so many secrets about understanding human nature that we really don't need to give men any ideas. For example, I share with women the 21st century high-tech ways men are deceiving 21st century women.

But the interesting thing about my book is men can't keep their hands off it. My book gives them anxiety. But then when they read it, they find it valuable. They feel like it's eavesdropping on a conversation they want to hear. I think it's good to have secrets. Men can't resist anything that comes with a warning: "Keep away from men." It gives women an understanding of the nature of men and insight on how to leverage that knowledge.

**If women take away one piece of advice or life lesson from your book, what should it be?**

This book helps woman change the domino effect of her choices. The book shortcuts the learning curve for women so they don't have to learn every lesson the hard way. The single most important decision a woman will make is who to have a child with. It really will determine the rest of your life. You can have a starter marriage, but not a starter family. I have very counter-intuitive advice to help women save their marriage. There's an infidelity crisis in America. For women with marriages in crisis, I give advice on how to save it.

**Do you have any upcoming projects we should know about?**

I'm still in the middle of doing a book tour, radio and television interviews and I have a couple of speaking engagements coming up. I'm an entrepreneurial mentor in the

Founder Institute, an entrepreneurial incubator for small businesses. I do a lot of life coaching and work with women in business. I'm good with helping women get to where they want to go.

Cupid thanks Donna Estes Antebi for her time! For more information, visit her website at [www.TheRealSecretsWomenOnlyWhisper.com](http://www.TheRealSecretsWomenOnlyWhisper.com), Facebook page, or follow her on Twitter: @donnaantebi. To purchase a copy of *The Real Secrets Women Only Whisper* go to Amazon.

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## 4 Celebrity Couples That Sailed Past Stormy Weather







By Tanni Deb and Molly Jacob

Did you ever hear the phrase, “April showers bring May flowers”? Believe it or not, it means something deeper than just storms and blossoming blooms. In life, dark clouds always eventually pass, allowing the sun to shine through. Focusing on the bright side when you’re down can be difficult, but these five famous couples have gone through rough times (in the public eye, no less!) and these celebs are currently doing exceptionally well.

## **Cupid takes a look to see what celebrity couples made it through stormy times:**

**1. Prince William and Kate Middleton:** The royal newlyweds dated for eight years, but they had an off-and-on relationship. ‘Inside Edition’ reported that the pair broke up in 2007 after five years of dating, stating William’s “immaturity” was a major factor for their break. However,

this famous couple soon got back together and had the wedding of the decade in April 2011, which more than two billion people watched worldwide.

**Related Link:** [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

**2. Cash Warren and Jessica Alba:** The duo began dating in 2005, but called it quits two years later because Alba was ready for marriage and Warren wouldn't commit. The celebs reconciled in 2008, announcing that they were expecting their first child, and married in May 2008.

**3. Carey Hart and Pink:** This celebrity couple has had a tumultuous relationship. They met in 2001 and briefly split in 2003. The pair then got married in January 2006 but separated two years later. They began seeing each other again in 2009 and went through marital counseling since their divorce was never finalized. Carey even got an image of Pink's face tattooed on his leg.

**Related Link:** [Pink Says the Key to Marriage Is Only Half Listening](#)

**4. Jessica Biel and Justin Timberlake:** This famous couple finally seems to have found peace with their relationship. Their relationship was on again, off again for years until they finally got married in 2012. While they've been at the center of celebrity gossip for rumors of cheating and divorce, they seem happily married now and their first child was born this past April.

It might have taken these celebrity couples some years and plenty of time to reconcile their relationship, but if they were able to sail past their own storms, so can you. Look at the positive side of your relationship with your significant other, and soon you will also be happier than ever.

**What other celebs do you know of that have gotten through**

tough times? Let us know in the comments section below!

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## Clicking to Find Love



By Lisa Becker

I used to be a little embarrassed to tell others that I used an online dating service. Much like the heroine of my novel, *Click: An Online Love Story*, I needed some coaxing before I could embrace the experience. But, the more I talked about it, the more I found out that friends and family had met their significant others the exact same way; in fact, according to a 2010 survey, one in five new relationships starts online.

Online dating is a useful tool for young professionals who are

busy working and finding it difficult to make the right connection at the gym, bar, coffee shop or grocery aisle. It's also a great avenue for meeting new people in a relaxed, on-your-own-terms way. People today are married to their cell phones and laptops, so why not use that technology to get hitched while you're at it, right?

After my now-husband and I met online, I was recalling some of the hilarious encounters that I had during the whole online dating experience. How could I forget the guy who started every story (no joke!) with "My buddies and I were out drinking one night." I decided to capture some of them in writing and, from there and based loosely on my own experiences, my novel emerged. My book is comprised solely of emails exchanged between friends, dates, and romantic prospects as the story of online dating unfolds. This format felt like a modern way to tell my story that fit the topic, and allowed readers to develop an intimate relationship with the characters along the way.

Now that I'm considered an online dating success story (eight years of marriage in Los Angeles is apparently no small feat!), I'm often asked what advice I would give to singletons out there... particularly those who are approaching an age where they thought they would be married. My advice, whether you're 18, 41 or 73, is to concentrate on being a complete and fulfilled person on your own. Take the trip to Europe you've always dreamed of, sign up for ballroom dancing classes, or like the heroine of my book, continue to develop life-long bonds with your best friends.

Bottom line: pursue your own passions, because when you are happy and secure in your own life, you will be much more attractive to someone else.

Hungry for more? To purchase *Click*, visit Amazon. To follow updates on *Click* and share your stories about online dating,



visit the *Click* Facebook fan page.

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# Teri Hatcher Struggles with Pain on the Path to Happiness



*Desperate Housewives* star Teri Hatcher has had a year full of medical problems, including broken ribs and a “frozen shoulder,” but as she told [Prevention](#) in their June issue, it’s not slowing her down in finding love and happiness.

Hatcher’s medical problems began when she turned 45 after she cracked two ribs falling off a ladder while helping build a stage for her daughter’s birthday party. Then, while filming



ABC's hit reality show *Desperate Housewives*, she broke *another* two ribs while pole dancing. But all of these maladies have taken a backseat to her "frozen shoulder." Frozen shoulder, medically referred to as adhesive capsulitis, causes stiffness and chronic pain in the shoulder area and greatly restricts movement of the arm. It's sometimes associated with perimenopause (which Hatcher has stated that she does not have), and is found in women between the ages of 45 and 55. The disease lasts for about two years, and then, just like magic, disappears.

"It doesn't even sound like a real disease, but it's debilitating," Hatcher told *Prevention*. At her lowest point, Hatcher was found sobbing in her closet because putting her clothes caused too much pain. She has gone to three doctors to help her with her shoulder trying many different treatments, including reflexology, raw food, physical therapy and extra strength Advil. But sadly, she has not found lasting relief from the constant pain.

However, despite going through a rough year, the actress is still trying to find romance. She told *Prevention* that she has been out on dates with a few men, and even has three men calling her at the moment, which is new for her. "I'm all over the map," she said. "I want to have an open mind." Her "Mr. Right" is "fun, adventurous, funny, kind, honest, smart. Successful – but I want to be clear that doesn't necessarily mean rich."

While this past year has definitely been a difficult journey for Hatcher, she is looking optimistically towards the future, making sure she is healthy – both inside and out.

What are you doing to keep yourself happy and healthy? Let Cupid know in a comment below. And for the full interview with Teri Hatcher, pick up the June issue of *Prevention*, now on sale.

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# Mayday, Mayday! 5 Tips to Get Your Relationship Out of Sinking Waters



By Amber Belus

Trouble on the high seas? Not to worry. Every relationship, whether short-lived or long-lasting, hits shipwreck status at some point. While your sailing days may seem like they're over, this could just be a rough storm that makes you and your first mate stronger. Here are a few tips to help you get back on board:

**1. Communication is key:** If there's an issue, address it fast. Bottling it up will only hurt you in the end. If your partner is doing something you don't like or has made you upset, discuss the matter calmly. This will avoid a screaming match, an emotional breakdown and excess stress.

**2. No third parties:** Relationship problems are between you and your partner, not the entire ship's crew. You may think your friends know best, but you should follow your heart and do what you think is right. At the end of the day, it's your happiness – and relationship – on the line.

**3. Don't be manipulated:** Sometimes, you've already done everything that can be done. If your partner expects you to steer the wheel and insists on laying back, it might be time to cut ties. Breakups are due to faults from both parties, and you each need to take responsibility for your actions. Don't flip everything onto one person.

**4. In-person beats technology:** Texts or emails can be easily misinterpreted and it's a cowardly way to handle problems. Talking one-on-one will avoid miscommunication, and you'll get a better sense of how your partner feels. Sparks may even fly during your conversation, reminding you both why you love each other in the first place.

**5. Try to compromise:** However, there's just no agreeing on certain issues. You can either argue about them until one of you can't take it anymore, or try to strike a deal. If you're serious about fixing things, you should each learn to go with the flow of your relationship. After all, a ship can't sail without both partners on board.

If you and your beau can't get through these steps, it may be time to bury things at sea. Cupid wishes you fair weather and smooth seas ahead. Happy sailing!

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# Prince William and Kate Middleton: To Prenup Or Not to Prenup



By Bethany and Scott Palmer, authors of *First Comes Love, Then Comes Money*

Prince Charles and Lady Di didn't...and it cost the Prince more than 17 million pounds (\$27 million today) during their divorce. As you can imagine, as much as people were chatting about what Kate's dress would look like, just as many were speculating about whether William and Kate would sign a prenup.

As we reflect on the royal wedding, here is a statistic to ponder: the number one cause for divorce is miscommunication about money. In most cases, it's better to "get it all on the table" versus waiting until it's too late. Many wonder whether signing a prenup is setting them up for divorce. The answer is, no. There are some very practical reasons to have one in place.

Here are some tips to having a positive prenup conversation with your partner:

**1. Set the tone:** It's important to keep it positive. Obviously with this type of conversation, it's easy to become defensive. You can open the conversation by saying, "I would never want money to come between us and ruin our relationship. Why don't we explore some reasons to have a prenup. Let's talk about the positive and negative aspects."

**2. Here are some points to talk through:**

- Why would a prenup be important to you?
- What are our debts? A prenup absolves one from the others' debts.
- Is there a family home that needs to stay with one person in the relationship? A prenup ensures that the family home stays within the family.
- Are there children from previous marriages we need to think about? A prenup can help divvy assets amongst children.
- Is there a family business? A prenup will keep the family business intact and protect other siblings and parents.

**3. Once you have agreed upon a prenup take these important steps:**

- Be sure to set your prenup up a number of months before the wedding – wedding planning can be stressful, be sure have this done and out of the way.
- List all of your assets and liabilities – this can be a relationship saver because there will be no financial



surprises.

– Set it up to strengthen the relationship – start your relationship out right, clear financial communication is key to making sure your love stays strong.

Remember, no two relationships are the same. You may not be privileged into royalty but the positives and negatives of prenuptials effect us all. Decide what is the best decision for you, and move forward together.

*Bethany and Scott Palmer are financial and relationship communication experts and the authors of **First Comes Love Then Comes Money: A Couple's Guide to Financial Communication**. They are also widely known as "The Money Couple."*

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## How About We...Find a Date This Spring





After spending three months bundled up inside the house and sitting in front of the fireplace, why wouldn't you be thrilled when spring finally arrives? The best part about this time of the year isn't just the warm weather or the endless places to visit – there's tons of new people spending time outdoors. If you're lucky, maybe you'll find The One while soaking up the sun's rays.

Since it can be difficult to find a date, [HowAboutWe.com](http://HowAboutWe.com) suggests these five easy tips to successfully land a date this spring:

**1. Ladies, ask guys out:** Men and women are asking one another out at equal rates, and in fact, ladies are at a slight advantage. Dates proposed by women get an average of 5.8 responses each, while men get about 5.5. Gals, the odds are in your favor, so use 'em to your advantage!

**2. Be specific:** Dates that involve doing a particular, such as eating at a *specific* restaurant or doing a *specific* activity, are 40 percent more successful than ambiguous date ideas. Here's an example: "How about we try and complete a 500-piece

jigsaw puzzle while sampling one of Gorilla Coffee's famous maple lattes?" See – easy!

**3. Plan ahead:** Wednesday is the best day to ask someone out on a date. The worst day to propose a date? Sunday.

**4. Keep it short:** A date idea that gets communicated in 120-140 characters is ideal, so keep it to the length of a tweet.

**5. Two-part dates have the most success:** Sixty percent of the most responded-to dates are two-fold: a short, active first part followed by a more intimate second location. Here's an example: "How about we practice our swings at the driving range then get some slices at my favorite brick-oven pizza joint – it's just a few blocks away."

[HowAboutWe.com](http://HowAboutWe.com) is a dating site that focuses on helping members find a compatible mate by getting them away from a computer screen and actually going on a date. Unlike other online dating sites, where you find potential partners by looking through someone's profile, [HowAboutWe.com](http://HowAboutWe.com) allows you to suggest an ideal date and connect with those who share your interest. If you don't have a preference, then scroll through a list of dates suggested by others and see which of them fit you best. You can invent dates or browse them, then ask people out, going on the types of dates that match your interests.

*Are you interested in giving the site a try? [HowAboutWe.com](http://HowAboutWe.com) is offering our readers a **SPECIAL DISCOUNT of 33% OFF** their service! Use promo code **SpringFun**. For more information, visit their [Facebook page](#) and follow them on Twitter: [@howaboutwe](#).*

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# Celebrities Who Love the Derby



By Andrew Pryor

Known as “The Most Exciting Two Minutes In Sports” because of its rapid duration, the Kentucky Derby is a combination of old-time tradition and the fast-paced fanaticism of sports betting. Love and luck will both be in the air on May 7 – a love for the “sport of kings” and desire for the luck it takes to see something amazing happen. If you’re planning on making the trip to Churchill Downs, you might see a few amazing celebrities as well.

Here are a few of the past celebrity couples that have been to the Derby:

**1. Nick Lachey and Vanessa Minnillo:** These engaged lovebirds made an appearance at last year's races.

**2. Rebecca Romijn and Jerry O'Connell:** He's a *Bachelor* no longer and she's the farthest thing from *Ugly*. And both of them saw the Derby last May.

**3. Mario Lopez and Courtney Mazza:** The *Entertainment Tonight* personality started dating Broadway dancer Mazza in 2008. Two years later, they attended the "Run for the Roses."

And here are some celebrity singles that are looking for a win, place, or show (or maybe even love!) at the Derby:

**1. Terrell Owens:** A guest at last year's events, this high-profile football player always wants to be where the action is – and the Downs has plenty of action to offer.

**2. Maria Menounos:** This sexy television correspondent showed up to the Kentucky Derby last year, which was a welcome break from interviewing celebrities.

**3. Idris Elba:** Known best as *The Wire's* Stringer Bell, he attended last year's Derby in style.

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## Charlie Sheen: The Greatest Loss of All





By Dr. Jane Greer, Marriage & Family Therapist, Author, Radio Host & Shrink Wrap Celebrity Commentator

People are still transfixed by Charlie Sheen. Some clinical speculation about his behavior has suggested the ravages of drug addiction or an untreated bipolar episode. While all of this may be true, to me, it looks like unbridled narcissism in full fury.

The go-to definition of narcissism is thinking only of oneself. However, when you use the word narcissist you are really making a much bigger statement. A narcissist is not only selfish but actually lacks the ability to think of anyone else. Most narcissists are masters at turning things around so they're the ones being wronged, and they make it appear that they are doing you a favor by letting you make it up to them. They are typically self-righteous and have an exaggerated sense of entitlement that leads them to believe

they deserve everything and more. When they don't get what they want, they get angry and their rage knows no bounds.

You could be dating a narcissist and not even realize it. In fact, at the beginning of a relationship, it can be easy to miss the signs. If you're not sure, take a minute and consider these questions. Are most of the conversations you have centered around your partner? Are you always the one being flexible, making changes to your schedule or agreeing to new plans? If you're out to eat, does your date help themselves to your food without asking, not seeming to think twice about it and never offering you a taste of theirs? When you visit them, do they get up and greet you at the door or expect you to just walk in and join them in whatever they're doing? While each of these things might seem insignificant alone, together they are the signature behaviors of a narcissist.

The epitome of this is a specific personality type that in my book, *What About Me? Stop Selfishness from Ruining Your Relationship*, I call an ultimate controller. Their slogan is "it's all about me." They talk about how great they are, how successful they are, how they know more than anyone and how they're better than everyone else. Charlie certainly brings this to life. We see this in his public tirades on Twitter and his webcast "Sheen's Korner," along with his declaration of "winning." Ultimate controllers have little if any empathy for their significant others and they are unable to accommodate the needs of those around them. To try to get them to is likely to lead to frustration, disappointment and unhappiness. This is what each of Charlie's wives realized, and why they ultimately got out of their marriages. For ultimate controller's, when their needs aren't met they are quick to get mad and attempt to control others with their anger in an effort to intimidate so they get their way. All of this comes through loud and clear with Charlie's reported death threats, along with his talk about trolls, fastballs and

tiger blood. If you pay attention to some of the indicators you will hopefully avoid getting in so deep.

Unfortunately, because Charlie is such a money-generating celebrity he's been able to make his narcissism work for him and his out of control antics actually perpetuate his image as "the quintessential bad boy." The irony is that despite all that Charlie has lost, the one thing he is indeed the 'winner' at is being the best narcissist around.

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## 5 Fantastic Dating Tips for Cinco de Mayo



By Andrew Pryor

The Cinco de Mayo holiday was founded on May 5, 1862. On that day, General Zaragoza led the Mexican army to defeat a French force nearly twice their size. It was one of the biggest military victories ever for Mexico, allowing the Union to build an unstoppable army. Today, America and Mexico both celebrate Cinco de Mayo each year to uphold the values of liberty and national pride.

In other words, there's no reason to feel out of place on Cinco de Mayo, no matter what nationality you are. Go out with someone you love (or go out looking for someone to love) and celebrate the holiday. In honor of the fifth of May, here are five ways to get into the *espíritu de la celebración*:

**1. Learn the language:** French may be the language of love, but Spanish is the language of seduction. If you want to spend time teaching yourself or your significant other a new way to say "I love you," learn a few new phrases from Supreme Spanish. For a real challenge, try going the whole day speaking Spanish to each other – remember to roll your R's!

**2. Try new things:** Cinco de Mayo is all about exercising liberty and freedom, and there's no better day to stretch your personal boundaries. Indulge in Spanish cuisine: anything from homemade *paella* or *enchiladas* to a night out for *tapas* will do. If you're not normally a romantic person, look up some poems by Federico Garcia Lorca and read them to someone you love. Watch a film about love, like *Y Tu Mama Tambien* or *Talk To Her*. Break out of your routine.

**3. Hit the dance floor:** If learning the Spanish language is wearing you down, communicate with your bodies through the language of dance. Again, it's a great idea to try something new with someone you love. Learning an exotic dance like the salsa will bring you closer together on more levels than one.

**4. The more the merrier:** While anything more than two is a crowd, Cinco de Mayo is meant for celebration and you can't throw a party without a mob. But if decking your house in red, white and green isn't on your schedule, check if any of these famous festivals are happening near you.

**5. Fiesta today, siesta tomorrow:** May 5 only comes once a year, so take full advantage by making as many connections as you can, whether you're single and connecting with new friends or attached and bonding with the one you love. Cinco de Mayo is about loving your country – why not spread the love with others as well?

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## **Jessica Biel and Jessica Alba Among Hosts at 14th Annual EIF Revlon Run/Walk**







Making a relationship work can be challenging for anyone, couple that with a partner who is diagnosed with cancer, and that takes an additional amount of patience, support and love. Well, there was plenty of encouragement and comfort happening in Times Square Saturday morning when more than 20,000 people came out to support loved ones who have battled with cancer at the 14th Annual Entertainment Industry Foundation (EIF) Revlon Run/Walk for Women.

Revlon ambassadors Jessica Biel and mother-to-be Jessica Alba hosted the event alongside Jimmy Fallon, Dr. Mehmet Oz and Nate Berkus. The pace car driven by *White Collar*'s Matt Bomer, led participants to the Central Park end mark and four-time Grammy nominee Keyshia Cole kicked off the morning with a grand performance.

"The energy here @revlon run/walk is amazing 20,000 ppl r here 2 participate. This is the 14th yr & we've raised over 60milli for wmn's cancer!" Alba tweeted at the event.

Before the Run/Walk kick-off, the ceremony hosts walked down the red carpet and gave personal speeches that expressed the

pride and honor they felt from being part of such an event.

The EIF Revlon Run/Walk event, which launched in 1994 through the combined efforts of Lilly Tartikoff, Ronald O. Perelman, chairman of Revlon, Inc., and EIF, is one of the nation's largest single-day fundraisers to support women's cancer research, counseling and outreach programs in New York City and Los Angeles. Since its inception, more than \$60 million in grants have been raised from the combined events in New York and Los Angeles.

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## **Something Borrowed with Kate Hudson, Ginnifer Goodwin, John Krasinski and Colin Egglesfield**





Rachel (Ginnifer Goodwin) is a smart, talented and driven attorney at a top law firm in New York. She spends most of her free time with her best friend Darcy (Kate Hudson), who is a bride-to-be ... to-be married to Rachel's longtime crush from law school, that is. Friendships are tested when a series of unexpected events lead Rachel to sleep with Darcy's fiancé (Colin Egglesfield) after celebrating her 30th birthday. Rachel sucks her good friend Ethan (John Krasinski) into the mess, and the three of them try to clean things up while Darcy finds something old, something new, Something Borrowed and something blue.

**What should you do if you find out your friend is being cheated on?**

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

Knowing that a close friend of yours is being played by their partner is a tough situation. Figuring out what part you play in the messy situation can be difficult, so Cupid thought of some steps you can take:

**1. Talk:** It's always smart to talk to the cheater before anything else. Make sure you're right about what's going on, and try to figure out what he or she plans on doing about it.

If there's no plan to stop, give him or her the option of telling your friend. If not, tell your friend yourself.

**2. Hint:** A safe approach you can take is telling your friend ... without actually telling him or her. Make subtle comments about how their partner has been "working late a lot lately," and point out how it doesn't make sense with his or her schedule. This way you can help your friend without actually starting problems with the cheater.

**3. Tell:** If the cheating doesn't stop and your friend still isn't getting the hint, just be up front. Don't stall! The longer the affair lasts, the more hurt your friend is going to be.

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