

Support Domestic Violence Awareness Month and Rock the Purple



With the rise in domestic violence and bullying, the Purple Ribbon Council, a grassroots national charity dedicated to preventing domestic abuse, has adopted May as their National “Go Purple Awareness Month to Prevent Domestic Abuse.” By holding “purple” events across the country, the Council aims to inspire people to create awareness about this horrible issue that impacts 1.3 million women each year.

To kick things off, select Hard Rock Cafes will sponsor Rock the Purple, a Purple Ribbon Council Concert for a Cause to raise awareness for the prevention of domestic abuse and dating violence. Rock the Purple was first launched in May

2010 at the Hard Rock Cafe in Phoenix, Ariz. with more than 250 people in attendance rocking out to local bands.

This year, Rock the Purple will take place in three cities: **Phoenix on May 6, Philadelphia on July 6 and Seattle on July 28**, with local bands and musicians performing for the cause. Additionally, hairstylists will be on site to create a "sea of purple" for participants with SHE by So.Cap.USA purple hair extensions. The event is open to the public and is absolutely free, but cash donations are accepted at the door. Donations will assist children who have lost their parent(s) to domestic violence homicide and support Purple Ribbon Council's prevention projects. Last year, the Phoenix event raised more than \$2,000 from donations.

In addition, the organization also supports **Pretty in Purple Week**, a fundraising effort that benefits the Council's **Purple Ribbon Fund for Children**. The campaign which runs from May 1 to 7 is a time when select salon and spa professionals will raise awareness by informing their clients about ways to recognize and respond to the signs of abuse. Many establishments will also hold fundraising events like cut-a-thons and manicure parties, and will sell and display purple paper butterflies to support the children who were left behind because of domestic abuse. [Click here](#) to see a video about Pretty in Purple Week.

If you'll be near Phoenix, Philadelphia, or Seattle on any of the above dates, make the time to attend the event and help spread awareness about domestic violence and bullying. For directions, performing acts, or general information, visit Rock the Purple.

Giveaway: Diana Kirschner, Ph.D. Discusses Building A Successful, Committed Relationship with 'Sealing the Deal'



This post is sponsored by Dr. Diana Kirschner.

By Tanni Deb

Are you or someone you know in a situation where you're having difficulty finding love? Or if you've found The One, do you feel insecure about the future because you don't know where the relationship is heading? If so, psychologist Diana

Kirschner, Ph.D., author of *Sealing the Deal: The Love Mentor's Guide to Lasting Love* can help guide you through your love life. As a relationship expert and best-selling author of *Love in 90 Days*, Dr. Kirschner has helped thousands of women find true love. In her latest work, which is based on clinical research and experience, she reveals her strategies of building the perfect relationship, creating a deeper bond, getting him to commit and how to deal with infidelity. She also discusses how to avoid mistakes that can ruin a relationship, the importance of getting a love mentor, things to know if you're considering marriage and even 13 secrets that will make love last – no matter how long the relationship has been.

Cupid interviewed Dr. Kirschner last month via email about her book. Take a look at what she had to say:

Why did you choose to write a book geared towards women who are uncertain about the future of their relationship? What was challenging about writing the book?

I receive a lot of feedback from women who used my first book, *Love in 90 Days: the Essential Guide to Finding Your Own True Love*, to find a terrific man whom they considered to be the One. But sometimes, as they continued dating him, they had anxiety and uncertainty about where things stood. They asked for further advice on how to help things move along from casual to committed.

I have also gotten many emails from women who wanted to turn around a relationship – or even marriage – that was floundering. *Sealing the Deal* is designed to help women solve these love problems. And it works. You can watch the 31-Day Love Life Makeover Challenge, a video series in which I help 45-year old Nadette use *Sealing the Deal* to reignite her relationship with her ex so that they are madly in love.

In a brief summary of your book, you said that it is possible

to “...deepen any relationship – even if you have been dating two months, on and off for 10 years, or in a relationship where you feel uncertain, tense, or afraid that it is ending. Even if your partner has cheated.” Do you think that a relationship can truly survive and be healthy and loving if one of the partners has cheated in the past?

Yes, because people can realize that they have made mistakes, and grow as individuals. Also when the affair comes out they realize that they may be losing their partner. Which sets the stage to appreciate their partner in a whole new way! So it becomes worth it to them to step up, make apologies and reparations and create a whole new level of connection and commitment.

What do you think is the most important step in having a healthy, loving relationship?

Developing loving-kindness towards oneself and towards one's partner.

Did you write *Sealing the Deal* based on the experiences you've had in your relationship and the advices you received?

Yes. I had a brilliant Love Mentor who gave me the support and advice that I used to create my own passionate, lasting marriage of over 25 years. These are the same principles I write about in *Sealing the Deal*.

What is the best advice you can give to women who have a difficult time creating a loving, lasting relationship?

Find a Love Mentor or coach who can give you the support, smart advice and a bit of a kick in the butt as needed in order to help you move forward in a love relationship.

Cupid thanks Dr. Kirschner for her time! If you're searching for The One or are attempting to keep the passion alive in your relationship, visit Amazon to purchase *Sealing the Deal*:

The Love Mentor's Guide to Lasting Love. For more information on Dr. Kirschner and her book, visit her website at www.LoveIn90Days.com.

~~**GIVEAWAY ALERT:** Cupid's Pulse has teamed up with Dr. Kirschner to give a copy of Sealing the Deal to one lucky reader! To enter, tell us what love problem you'd like to solve in a comment below. Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown. If your email is not included you will automatically be ineligible to win. This giveaway will run until **11:59 PM EST on Tuesday, May 3.** Good luck!~~

This giveaway is now closed.

Top 10 Sexy, Successful and Single Celebrity Women Over 40





By Krissy Dolor

Think women over 40 don't have a place in Hollywood? After reading this list you'll see that isn't the case. While The MovieFone Blog came up with 40 actresses over 40 that are killin' it on the big screen, we wanted to narrow it down to our favorite 10 – but they had to be single. Why? Simple! While there's no doubt that every woman on the list is sexy and successful, we wanted to highlight the celebrities who prove that you don't need a man (or woman!) by your side to make it big. So go ahead ladies – keep doing what you're doing! Read on to see our picks for powerhouse women in Hollywood:

1. Jennifer Aniston (42): Though Aniston is constantly singled out as *the* icon for unmarried and over 40 women (which some tabloids don't view as a good thing), she brushes it aside and continues to make us laugh alongside funnymen like Adam Sandler and Ben Stiller. She'll continue the comedy streak in *Horrible Bosses*, which includes a cast of Jason Bateman, Jason Sudekis and Jamie Foxx. With a list like this, being single is *definitely* a good thing!

2. Halle Berry (44): Not only is Berry a Revlon spokeswoman and a former Miss USA runner-up, she is *still* the only African-American woman to have won an Oscar for her role in 2002's *Monster's Ball*. Though she is currently in a custody battle with ex Gabriel Aubrey over daughter Nahla, she hasn't let it slow her down completely. In fact, rumor has it that she's dating Oliver Martinez, her co-star in their upcoming film, *Dark Tide*.

3. Sandra Bullock (46): This woman won a Razzie for comedic flop *All About Steve*, an Academy Award for *The Blind Side* the day after, then went through an excruciatingly public breakup with husband Jesse James, handling it with extreme grace. Need we say more? While baby Louis is the only man in Bullock's life, she is working with a few good ones in her upcoming films, including Tom Hanks, John Goodman and James Gandolfini for 9/11-themed drama *Extremely Loud and Incredibly Close* and George Clooney for sci-fi flick *Gravity*.

4. Courteney Cox (46): Though Cox currently has an estranged relationship with longtime husband, David Arquette, she openly supported his decision to check himself into rehab for alcohol abuse and depression. While their future still remains to be seen, the two currently star in this year's *Scream 4*, the movie that brought them together in the first place.

5. Jodie Foster (48): We've all seen Foster on film – but did you know she's a director, too? Check out May's *The Beaver*, where she'll co-star alongside drama-daddy Mel Gibson. If anyone came tame that guy for a few months of filming, that's considered success!

6. Melissa Leo (50): You may not have heard of this longtime actress, but Leo made news when she won a Golden Globe, Screen Actors Guild and an Oscar for best supporting actress in 2010's *The Fighter*. You'll see more of her this year next to Robert Duvall in *Seven Days in Utopia* and Jesse Eisenberg and Tracy Morgan in *Predisposed*.

7. Susan Sarandon (64): Though many have speculated that Sarandon is dating ping pong business partner Jonathan Bricklin, she insists she doesn't have a boyfriend. But let's be serious – who *doesn't* like imagining a little cougar action when it comes to this sexy starlet? After all, she was in the Beastie Boy's *Fight for Your Right Revisited*, a Sundance short – a sure sign of her staying with the times.

8. Sarah Silverman (40): This funny lady keeps it controversial, addressing racism, sexism and religion in her comedy stints, but everyone knows that a woman who isn't afraid to speak her mind is sexy. You'll see in her in this year's *Take This Waltz* with Michelle Williams and Seth Rogen.

9. Marisa Tomei (46): She's starred in hits like *My Cousin Vinny*, *The Wrestler* and *The Lincoln Lawyer*, and you'll see her next in *Crazy, Stupid, Love* along bigwigs like George Clooney, Ryan Gosling and Julianne Moore.

10. Robin Wright (44): After her highly-publicized divorce from Sean Penn, this former soap star threw herself into new projects, including crime thriller *Rampart* with Steve Buscemi and Sigourney Weaver; *Moneyball*, an adaptation of author Michael Lewis' (*The Blind Side*); and the adaptation of Stieg Larsson's *The Girl With the Dragon Tattoo*. With all that on her plate, who has time to think about exes?

Katie Price: She Keeps On Kissing Frogs



By The Hopeful Romantic

Katie Price, previously known under the pseudonym Jordan, cuts a lonely figure even when she's not alone.

The British television personality, occasional singer and former model has been in love and then she's been out of it ... Then she's been in love again and fallen out of it ... again. It's kind of sad.

When Price got together with singer Peter Andre, I was quietly pleased for her. It wasn't because I'm the biggest Jordan fan on earth, but because I felt that she needed someone stabilising in her life. She needed someone who genuinely cared about her. Of course, a few years and a couple of years later, that marriage crashed and burned, and she was left single again. She didn't let it get her down, however, and struck up a relationship with professional fighter Alex Reid and tied the knot with him in 2010. Not long after, that

marriage dissolved as well.

There's something that feeling so sadly familiar about that situation, isn't there? We've all got those friends or relatives who are pretty, intelligent and every other adjectives that you could throw at them that would describe 'a good catch'; yet they go bouncing from one horrible relationship to another. They're so wedded to a particular ideal that they can't even see when they have someone genuine standing right in front of them. They can't see the person who isn't like all the others – someone who will remain faithful and just wants to unpick every little bit of hurt that has been ever caused to them. The problem is, they never seem to see it until they're left trying to make do with the next loser that they choose to let in.

And it's just so incredibly sad.

I don't know what the psychology behind that is, do you? It must be really hard living out your life under the spotlight – having people like me and you watch celebrities' every moves and commenting on how they might have done things better. The reality is, people like Katie Price could do better. Let's face it: she needs to do better for not only herself, but also for the sake of her three children.

Everyone wants the fairy tale, the castle and the prince. They want the oh-so-elusive dream. But at some point we need to wake up and focus on what's really important, which is quality love. When we find it, we need to hold on tight.

Wishing you all the best of luck, Katie!

Keep Going!

#THR

'Water for Elephants' featuring Reese Witherspoon and Rob Pattinson



Following the death of his parents, Jacob Jankowski (Robert Pattinson), a student who is almost finished with his veterinarian degree, jumps on the train that is home to Benzini Brothers Most Spectacular Show on Earth. Before he knows it, he's in charge of the caring for the circus menagerie. While at his "salvation and living hell," Jankowski meets Marlena (Reese Witherspoon), who is married to August (Christoph Waltz), described as the charismatic

yet demented animal trainer who is unable to train a special elephant, Rosie. *Water for Elephants* has the elements of popular love stories such as *The Notebook* and *Moulin Rouge*, while set in a time period where love is something available to very few.

How far should you go in the name of love?

Cupid's Advice:

It's tough to know if you've gone too far for love. Cupid has a few things to keep in check when you're in pursuit:

1. Patience is a virtue: Although most love movies that depict a love triangle show them ending happily, in real life that's hardly the case. If things are truly supposed to be, then you'll have to wait for the opportune moment.

2. Don't quit your day job: There's a fine line between love and obsession, and dropping everything you have for true love is pushing that divide. It's one thing to make sacrifices for love and another to abandon your life.

3. Blood runs thicker than water: When in doubt, talk to family or close friends. Even though they can't make your decision for you, they can definitely help give you insight for your decision.

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Celebrity Couples Saving the Earth



By Tanni Deb

With Earth Day this Friday, people everywhere are making pledges to support the planet and show appreciation for the environment. Whether it's planting trees, recycling, or just walking instead of driving, plan to do a something eco-friendly on April 22 – you'll join the countless celebrities who continue to raise awareness about persevering our planet. Here are some celebrity couples who are not only committed to each other, but to Mother Nature as well:

- 1. Bar Rafaeli and Leonardo DiCaprio:** DiCaprio is one of the most outspoken celebrities to discuss environmental issues,

and girlfriend Rafaeli is no different. In 2008, the *Titanic* star purchased a condominium in Riverhouse, an eco-friendly building in New York City. He also drives a hybrid, flies commercially to reduce his carbon footprint, inspires other celebrities to go green, founded the Leonardo DiCaprio Foundation to support many eco-friendly causes, and created a documentary about the global environmental crisis called *The 11th Hour*. Meanwhile, Rafaeli is an activist in promoting alternative energy sources.

2. Miranda Kerr and Orlando Bloom: The Victoria's Secret model has an organic skin care line called Kora, was named Earth Hour's global ambassador for 2011 and modeled nude for *Rolling Stone's* Green Issue to raise environmental awareness. Bloom, Kerr's husband, built an eco-friendly house in London and was named a UNICEF Goodwill Ambassador in 2009.

3. Jessica Alba and Cash Warren: In 2008, this couple bought an eco-friendly house in Los Angeles to raise their daughter, Honor Marie in. The couple also lives green. In an interview with *InStyle*, Alba said, "I would like to see a cleaner earth for my child."

4. Rachel Bilson and Hayden Christensen: They might keep their relationship private, but when it comes to causes like Aeropostale's Teens for Jeans, Bilson and Christensen enjoy discussing its recycling campaign. In addition to encouraging people to donate their jeans, Bilson uses reusable shopping bags, drives a hybrid Toyota Prius and wears cloths made from organic cotton. Christensen owns an organic farm in Canada.

5. Angelina Jolie and Brad Pitt: These two have been praised for all the charity work they participate in and the organization they founded in 2006, the Jolie-Pitt Foundation, which assists with worldwide humanitarian crises. The couple is also dedicated to creating eco-friendly communities. Shortly after Pitt received permission to run his project, Make It Right NOLA, which focuses on building affordable green

houses in New Orleans, he volunteered to be a designer of an environmental luxury hotel in Dubai.

These are just a few of the dozen celebrities who are committed to creating a healthier planet. Follow in their footsteps and make a difference this Earth Day.

When The Party Is Over In Relationships



By Marla Martenson, Author of *Diary of a Beverly Hills Matchmaker*

There's a new survey out in Britain that suggests the "three-

year glitch” has replaced the “seven-year itch” as the tipping point where couples start to take each other for granted. I notice that when I’m asked how long my husband and I have been married, I get a response that is a mixture of surprise, shock and awe. “Ten years? Wow!” The reaction is then followed by a knowing nod of the head and a silly grin, as if we have unwittingly found the cure for cancer or something equally as impressive. That said, marriages do seem to be getting shorter and shorter. 50% percent of first, 67% of second and 74% of third marriages end in divorce, according to Jennifer Baker of the Forest Institute of Professional Psychology in Springfield, Missouri.

The British survey shows the top two passion killers as being weight gain/lack of exercise and money/spend thriftiness.

It doesn’t seem to make sense in the celebrity world, where couples seem to change partners as fast as Lindsay Lohan goes in and out of rehab. After all, celebs don’t seem to gain weight; they all have personal trainers and private chefs, right? Money woes? Puhleeze! But one thing that celebs tend to do is rush into marriage. A few romantic scenes with their sexy co-stars and whamo! The oxytocin kicks in, and the girl is gliding down the aisle all decked out in Vera Wang.

What can we learn from our beloved celebs? Take it slow.

Really get to know the person that you are dating. Don’t let your biological clock’s tick tock rush you into thinking that it’s now or never and that you’d better grab onto anything with a pulse. Finding out if this person has the qualities and values that you are seeking will help ensure a lasting marriage and happy family.

JJ Flizanes Helps You Attract Your Mate Through Fitness and Health with 'Fit 2 Love'



By [Jessica DeRubbo](#)

What if incorporating fitness into your life actually helped you meet the love of your life? Turns out there's a correlation between fitness and love, which JJ Flizanes, celebrity fitness trainer and exercise architect explains in her book, *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life*. If you're single or looking for a better relationship with your partner and you struggle with weight loss or body issues, Flizanes' book may be just the thing you need to gain love and security through fitness and health. She says it's possible to attract

your life mate by creating the body you desire from a place of self-acceptance, rather than self-loathing. Named by *Elite Traveler Magazine* as their 2007 Global Black Book pick of Best Personal Trainer in Los Angeles and one of *Shape Magazine's* top six fitness trainers in 2003, JJ Flizanes knows what it takes to get long lasting results in both fitness and relationships.

We had the privilege of speaking with Flizanes via phone last month. Take a look at what she had to say:

How do love and fitness go together?

Love and fitness go together in a couple different ways. The first way is in how someone approaches fitness. Most of the fitness industry supports the idea that if you lose weight and have a nice looking body, then you'll love yourself. And unfortunately, that approach doesn't come from love; it comes from fear. It comes from the fear and the frustration and the disgust most people have with their bodies. And they get so upset and beside themselves that they want something different, and so they go and work out. But most of the time, that way of working out comes from a place of not liking your body ... You're coming from this attitude of negativity. There is another way, and that's honoring the body and doing things for it to support the future, and that feels differently. And that's how fitness and love go together.

I'm in an industry that loves to catch people in that very dark moment and then capitalize on it, which is why we're all fat and continue to not find solutions. And it's coming from a different place where you can empower yourself and have it become part of your life. Your self-care is a blueprint. How you take care of yourself are the exact signals and messages that you're sending out into the world of how it's acceptable to treat you. If you don't take care of your body and respect your health, why would you expect someone else to?

What were your goals in writing *Fit 2 Love*, and what inspired you to write it?

I always saw myself as different in this industry, and I was never able to quite pinpoint why until I read Geneen Roth's latest book, *Women, Food and God*. I read that book and I was inspired by her stories, and as far as I know, she doesn't have any credentials, yet her credentials are her life. She's gained and lost over 1,000 pounds throughout her life. I was sitting there thinking, "Well, what's my story?" because I'm not the trainer that's gained and lost 300 pounds in my lifetime. It didn't come from that place. It came from being in the gym and looking at the trainers and saying, "Wow. That looks good. I'd like to do that."

And then the love came from what my real story is: being able to attract my husband; being able to attract men and relationships into my life from how I was treating myself. I was watching different stages of my life and comparing them with how I was treating myself at those points. The time when I was taking care of myself on every level was the time when I met my husband. I know a ton of very smart and very attractive women who don't understand why they're single, and they don't take care of their bodies. And there's a correlation there.

Many trainers use the fear factor to get their clients in shape. Why haven't you adopted that approach?

I didn't feel right about instilling fear in people. It's different coming from a place of love than from a place of fear. I looked at my body and said, "I don't have any pain. I'd like to stay pain free." I see all these older people who have all these issues and I don't want to end up like that. I want people to feel better now; I don't want them to have to wait. You'll always have that "push, push, push," for

where you are with both your body and your relationships. And if you can't accept where you are right now, you delay the kind of results you can get. The people who get lasting results are those who accept working out as a way of life, a new habit and a transition.

One review says you are a “rare commodity” because you actually live the truth that you preach. Is that true?

Well, the “rare commodity” comment comes from my passion and my drive for wanting people to be better and to be happier ... and to not force a way of being with pressure. When there is pressure, you're never focused on the person ... you're just focused on the results. It just dehumanizes us down to these numbers. I just try to help people find what works for them.

There is no perfect body, or standard that we all have to meet. I think half the population that doesn't work out don't do it because they're fighting against the idea that in order for someone to accept them, they have to look a certain way.

It just goes back to loving yourself first and taking care of yourself. You will not have long-lasting results until you're from that place.

What would you say is the answer for women out there who are single or unhappily in a relationship?

Ask yourself how you want someone to treat you and if you're treating yourself that way.

What's the most important piece of advice you've learned through this approach to love and fitness?

Your results will come faster and last longer when you come from a place of love.

Is there anything else you'd like to add?

The book outlines a 5-step process. I think these steps are very easy and very do-able for people. You can follow them in

my book or in my workshop, and actually try to apply them to your own lives. It's something everyone can do no matter where you are with your body or where you are with your relationships. It can help you attract your ideal mate and it can also help improve any current relationship you're in.

Cupid thanks JJ Flizanes for her time! *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life* is available on Amazon. For more information about her book and workshops, visit her website at www.invisiblefitness.com.

Male Perspective: Don't Strike Out On That First Date





"Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer." – Ted Williams

By Andrew Pryor

It's April and we're in the midst of baseball season, where men strike out on a regular basis in front of millions of people...and step right back up to the plate minutes later. Take your inspiration from them when preparing for a crucial first date and know that there will always be another fastball headed your way. With that said, here are seven tips to increase your odds of getting onto the base path – and steer clear of the dugout:

1. Control your appearance: First impressions are key in any situation, so make sure you look the way you want to be seen. Trim your facial hair, tuck in your shirt, shine your shoes; look as flawless as you have to. They're called *impressions* for a reason – you want to give your date a reason to be impressed.

2. Be polite: You don't have to show up at her front door with a bouquet of roses to prove that chivalry isn't dead. Just stick to the basics. Hold the door open. Say please and thank you. Compliment her on her looks. Be nice to the waiter. And by all means, please pay for the check.

3. Be positive: The great Yogi Berra once said, "When you come to a fork in the road, take it." Don't get down on yourself if you think the date isn't going well. Just remember to keep your chin up and be someone she wants to be around. Focus on the runs you score, rather than the errors you commit.

4. Be yourself: As soon as you have tips one, two and three locked down, you can let the rest all hang out. You want to dazzle your date, but you also need to look like a human being. Let your own interests play a role. Find out her hobbies, what she does for a living and what she aspires to do and see if you have common ground.

5. Know when to talk...and when to listen: Conversations should be like tides, not tidal waves: they should ebb and flow. If you feel like you're dominating the table talk, ask her a question and give her the opportunity to speak. By the same token, don't be a brick wall – if she's the only one talking, tell her a few things about yourself.

6. Have confidence: They say that few batters go for a home run on every swing, but you should at least be able to go into a first date planning for a second date. Walk up to her knowing that she needs you in her life. And if you feel a first kiss coming on at the end of the night, go for it.

7. Don't go to a baseball game for your first date: Seriously – watch the game from your favorite bar if you really want, but the ballpark is a grand old disaster of a first date. Peanut shells and spilled beer, nasty bathrooms, screaming fans, lethal line-drives, and a date that might be more interested in the pitcher's perfect game than your perfect

evening. No thanks.

Money, Honey: 5 Fun Ways to Spend Your Tax Refund with Your Sweetheart



By Breanna Olaveson

Spring is a magical time. The cold grayness of winter fades away into the freshness of spring, bringing clearer skies, brighter colors and warmer temperatures. And as if it could get any better, there's one more yearly miracle headed your

way – the much-anticipated tax return.

This extra income comes as a pleasant bonus this time of year. There are a lot of ways you could spend the money, but what could be better than using it to make memories with your love? Here are a few fun, romantic ways to spend your tax refund as a couple:

1. Splurge on better seats: Use the extra money to get better seats to whatever entertainment you both enjoy most. Go see a play, a professional sporting event, or a concert, and give yourselves royal treatment: third-row seats, some snacks and a cab to take you home. It will feel good to not worry so much about money for one night.

2. Play tourist: Pretend you're visiting your town and go to all the local tourist attractions. Buy souvenirs at local museums, historical sites, famous landmarks and local restaurants – and don't forget to take lots of pictures! This is a fun way to spend some extra cash while getting to know more about your city.

3. Take a road trip: With gas prices so high, this simple pleasure is becoming more of a luxury. Fill up the tank and hit the road. Bring plenty of snacks and make sure you have your favorite music. This is especially fun if you start driving without a destination in mind – just go wherever the wind blows you!

4. Visit an amusement park: April is a great time to visit local amusement parks because they're less crowded than during warmer months. Bring a sweater and enjoy having the place all to yourselves!

5. Take a class together: Learning new skills can be expensive, but that's what tax returns are for! Enroll in a pottery, ballroom dance, golf, or ski class. This is a fun way to spend your day together, and you can practice your newfound skills for future dates.

Breanna Olaveson is a professional writer and editor and has been featured in various magazines, including Utah Valley BusinessQ, Utah Valley Magazine, Liahona, Ensign and MainStreet. She has a B.S. in communications and continues to write about business, entrepreneurship, marketing, success, lifestyle and more. Breanna is currently working with Professional Marketing International helping entrepreneurs reach their goals.

A Cozy 2011 'Bachelor' Reunion in Colorado!



Bachelor reunions are always a good time, and this year's

event in Breckenridge, Colo. was no exception! Hosted by Jesse Csincsak, Breckenridge native and winner of *The Bachelorette* season 4, the weekend was filled with skiing, snowmobiles, and of course, partying. Other attendees included Csincsak's wife, Ann (*The Bachelor* season 13), their 2-month-old son Noah, Vienna Girardi (season 14 *Bachelor* winner) and new boyfriend Kasey Kahl (*The Bachelorette* season 6), and Suzie Williams (*The Bachelor* season 5). Though Williams suffered minor injuries from a snowmobile accident, the rest of the weekend seemed to go without a hitch.

But we wondered – were there any hookups that weekend? After all, that's how Jesse and Ann met! And who can resist a person wearing cozy footie pajamas (which have been featured on our site!)?

Top 10 Ways to Get Invited to the Royal Wedding





By Tanni Deb

Prince William and Kate Middleton invited an astronomical number of guests to their wedding: 1,900 people! Yet most of us are wondering how we can get invited without having to work the affair itself. Sure – you can watch the fanfare on NBC (at 4 a.m. EST no less!), but it's not the same as getting dressed, attending the event and bumping elbows with A-listers from around the world. If you feel left out and want to see the ceremony in person, here are strategies that worked for some of the hundreds of guests that will be at Westminster Abbey on April 29:

1. Embarrass yourself in public, Kanye West-style: West's infamous humiliation of Taylor Swift at 2009's MTV Video Music Awards didn't stop the royals from inviting him. While millions of us watch the wedding overseas, West has the honor of mingling with many notable international figures – and may even get to offend some of them as well.

2. Open a pub: Middleton's favorite pub owner, John Haley, is attending the nuptials. If you want an invite, follow suit!

Open your own bar close to Buckingham Palace, pray that someone in the royal family is a regular visitor, and hope that you'll score an invite when Prince Harry gets engaged.

3. Stay close to the family: If Ellen DeGeneres, the queen of comedy, stayed in touch with her distant relative, she probably would've been dancing down the aisle at Westminster Abbey. Sadly, the 15th cousin of Kate Middleton won't get that opportunity. Check your genealogy – you just might be royalty.

4. Become a popular sports player: Think British football (or as Americans call it, soccer). It's no surprise that David and Victoria Beckham are on the guest list. If you want an invite, start working on your athletic skills now.

5. Mind your manners: Simon Cowell, former American Idol host, won't be in attendance. Last month, he told Jay Leno, "I may have said something to the Queen about her hat when I met her..." In that case, you can't *really* blame the royals for not inviting him. It pays to play well with others, Cowell.

6. Be a nanny: Rumor has it that former royal nanny, Tiggy Legge-Bourke, will be a guest. While it's too late to take care of these princes, positions are sure to open up once they have kids, so stay on guard.

7. Don't humiliate your fellow royals: Prince Andrew, the Duke of York, and his daughters, Princesses Eugenie and Beatrice, received an invitation. However, ex-wife and mother, Sarah Ferguson, was left out. Well, that's embarrassing – and bound to happen when you try to sell access to your ex-husband. Moral of the story: If you ever wish to attend a royal event, never mess with the royal family.

8. Become a charity volunteer...: Volunteer at a charity where Prince William is the president; you'll automatically be invited. Who says it doesn't pay to volunteer?

9. ...or join the military: In Britain, of course. It was reported that 30 members of the country's Defense Services will see the nuptials in person. Join the forces now; that number might increase when the next ceremony takes place.

10. Don't run for President of the United States: If the emperor of Japan, sultan of Brunei, and the kings of Malaysia, Tonga and Thailand are invited to this affair, you'd think the president of a leading first-world country would be as well. Unfortunately, President Obama didn't make the cut. Why, you ask? Blame it on the expensive costs for security to protect him and the First Lady. Looks like the Prince has also been affected by the recession.

Well, there you have it! If any of these strategies work for you, let us know. However, if you're unsuccessful, the 'Not Flippin' Invited' party at London's Mahiki nightclub would love to have you around. And if that's too far for you, consider throwing your own, "Where's *My* Royal Wedding Invitation" party.

Cupid Exclusive: 'Divorce Court' Judge Lynn Toler Talks Divorce, Domestic Violence and Hollywood Couples





By [Lori Bizzoco](#)

The celebrity lens can make relationships look frivolous. Two year courtships disintegrate as easily as a pair of worn-out running shoes, and headlines of “Betrayed,” “Cheating,” and the big “D” – Divorce – along with paparazzi shots of miserable stars fill the newsstands daily. Divorce is an issue Cupid’s Pulse takes seriously, and who better to talk about it than Judge Lynn Toler from the popular TV series *Divorce Court*? As a celebrity divorce expert, she has more than enough experience to offer solid, real-world advice for our readers.

For the past five years, Judge Toler has been the host of television’s longest running court program. A Harvard graduate, she has written two books, including *My Mother’s Rules* – which not only shares the wisdom of her mother, but takes an honest look at her childhood as the daughter of a man who struggled with both mental illness and alcoholism. She has seen divorce firsthand countless times and has been part of the messy situations that can arise when two people who took vows of love are now each other’s worst enemies. We asked Judge Toler for her perspective on divorce,

relationships and Hollywood couples. Take a look at what she had to say:

What's the number one reason people get divorced?

It's hard to say, but people who marry young have the most number of divorces. They don't know how to manage the marriage. You think if you get married the relationship will just handle itself. You need to decide how to argue, you need to make plans about the money, or that mother-in-law that you don't like. You need to manage your relationship, and I think most people don't end up doing that.

How can people who marry young sustain their relationship when divorce statistics are so high?

Marriage counseling before marriage. Don't wait until the boat is swamped. Get somebody who is older, who has been there and done that. You don't have to have any problems, but problems will arise. You have to be mature and in a position to respond appropriately. The first thing I would do is get marriage counseling.

Are there signs that suggest a relationship is heading for a breakup or divorce?

Yes, there are signs:

1. Withdrawal: When somebody is non-responsive, not engaging. When the fighting has stopped, and this person is like, "whatever." That's usually what they call one of The Four Horsemen of the Apocalypse.

2. Globalizing: When "You don't take the garbage out," becomes, "You never do anything I want you to do." You're adding pieces to the "I'm getting ready to go" pie.

You can tell when people make that shift. It's either everything or nothing bothers them. Of course, infidelity is always a big one too.

Are there red flags that women should be aware of before heading into marriage with the wrong man?

Yes, I think this is important for women who are attracted to controlling men. I call this the “Widdled Away Women” and I see them on *Divorce Court* a lot. These are the folks who really want to get married and tend to overlook stuff. Some of the things you cannot overlook:

1. Needs you too much too soon: If he met you on Tuesday and can't live without you on Friday. That's a possessive personality; it's not romance.

2. Gets angry easily: If he gets mad easily with other people, or about other things, it's only a matter of time before he's comfortable enough to get angry with you.

3. Always check out the family: How do the women in the family get treated? What is the script that he is reading off of? Is his pops mean to his mom?

These are some of the signs that this guy may not be the guy that you want. When speaking in general when you are talking non-gender, always remember that this is as good as it gets. Don't get married and think that your problems will be over. If it's not good now, imagine it half as good – and can you live that way? Remember: In the beginning, everyone is looking good and compromising. So if it's not good now, don't even bother.

Who would you say had the messiest Hollywood divorce?

I think the LA Dodgers McCourt divorce in my opinion right now is the messiest. Others would include Alec Baldwin because of the children, and of course, Britney Spears and Kevin Federline.

Do you think that celebrity couples in some way contribute or play a factor in real-life relationships?

Yes, absolutely. The quintessential example of that is the royal wedding: "Some day your prince will come." It's the dream of all women to find their soul mate. Kate (Middleton) and Prince William are on every cover, and this news feeds the fairy tale that so many women want.

What are some lessons we can learn from reading about celebrity relationships?

Again, it's a fairy tale. Celebrities have a lot of problems with the fairy tale belief of love. They are used to getting what they need and want. They have the elaborate wedding, the vacation, and then they are off for six months making a movie and they don't see one another. Their partner is lonely and temptation sets in. Or, they wake up next to a spouse and the fantasy is over when they realize someone has to take out the garbage. They realize it's not the person they thought they married.

Which celebrity couple has surprised you most?

I would have to say Angelina Jolie and Brad Pitt really surprised me, even more so that they have stayed together. It was concerning when they started having all of these kids, but they are doing so well. Raising these kids is probably keeping them together.

So many single women feel at a loss because they haven't found someone. Is there a message that you can share with them?

Our primitive minds or emotions want us to hook up with a guy, because in the prehistoric times, your chances for survival increased dramatically when you were with a guy. Don't let that hereditary desire define how you feel about wherever your life is; it's not as necessary as you may think it is, even if you might feel that way. Single is OK. If you just live fully, and not in anticipation and not looking for someone, you actually become more desirable, and half the time that's when you end up finding someone.

Judge Toler also raised the issue of domestic violence and how that issue weighs deep in her heart. It's something that she sees far too often, and even among the famous, she says love can blind you, as she noted with successful women like Marlee Matlin or Tina Turner. For more information on domestic violence, check out her appearance in Rock the Purple Campaign 2011's Public Service Announcement.

Cupid thanks Judge Toler for her time! For more information, you can visit her Facebook pages, Judge Lynn Toler of "Divorce Court" and Divorce Court, or follow her Twitter handles, @judgelynnntoler and @divorcecourt.

Focus on Friendship for a Peaceful Dating Experience





By Naini Nakagawa

Spring is in the air, and so is dating! With the fresh spring air comes a new way to approach dating. The goal for this season? Focus on friendships, which may lead to romance later on when you truly know your mate-to-be. Celebrities like Ryan Phillippe could certainly use this wisdom right now.

Phillippe's recent relationship with Amanda Seyfried seems to be on and off, and he was also recently accused of having "innocent sleepovers" with Rihanna. It seems to be a game of celebrity musical chairs in Hollywood these days, filled with all sorts of drama. For the rest of us, who prefer to keep drama-free peaceful relationships, the following tips could go a long way:

1. Rid your life of toxic people: Keep those who are discouraging and who don't support and believe in you on the sidelines. Your energy field can take a turn for the worst with negative influences in your life.

2. Consider your spiritual path: Celebrities like Scarlett Johansson, who received an Ally for Equality Award at the 2011

Human Rights Campaign Los Angeles Dinner and Awards Gala, keep things in perspective by prioritizing things like helping those less fortunate than themselves. Give off positive energy by taking each interaction throughout your day and adding some cheer to it. Smile! It could make a big difference in someone's life. Plus, confidence attracts. It's one step closer to finding your future mate.

3. Exercise and eat right: Being healthy will not only make you feel good about yourself, but your healthy glow will attract potential partners. Bring out the Jennifer Aniston inside yourself! Some foods with special vibrations to consider are cherries, which bring joy, and strawberries, which foster dignity. Working out can help to keep you balanced so that you're in the mindset to make the right choices.

4. Be friends for 8 months before dating: Meet as many people as possible and keep it friendly, even if the attraction is strong. Longtime Hollywood actress Goldie Hawn had a deep friendship with Kurt Russell before they were romantically involved, and they're still together after 25 years !

5. What's meant to be will be: Let the gods get working already. Sometimes the universe needs some time to work its magic, so instead of micromanaging your love life, try to have faith that things will work out the way they're supposed to work out.

6. Meditate: Meditation brings on a sense of delicious peace, which no other activity can accomplish. A-list celebrities like Richard Gere, Gwyneth Paltrow and Angelina Jolie are no strangers to the practice, as they're known to make quiet time for reflection a regular part of their busy schedules.

7. Be proactive: After you've taking the time to get to know someone on a spiritual level, it's time to make a move. Plan a date that doesn't involve drinking alcohol, so that your minds

are clear and ready to connect.

By utilizing these tips, you can increase your magnetism to such a level that you'll attract someone with the same vibrations as yourself, even if he or she isn't currently anywhere near you. It will lead to a peaceful dating experience that few celebrity couples in Hollywood have thus far achieved.

'Bad Teacher' with Cameron Diaz, Justin Timberlake and Jason Segel





After being dumped by her sugar daddy, outspoken junior high teacher (Cameron Diaz) starts making drastic attempts to woo a studly colleague (Justin Timberlake). The Bad Teacher's approach to getting his attention takes an unexpected turn as she slowly starts to get better at her job, and the decision causes her to be up against a highly respected co-worker.

Is it healthy to be in a relationship with a colleague?

Cupid's Advice:

Every school has that cute teacher couple, but it's not always as easy as they make it seem. If you're thinking about dating a colleague, Cupid has some things to consider:

1. Little privacy: When you're dating someone you work with, there's sure to be gossiping around the office. Not only do your co-workers constantly see the two of you during the day, but you or your partner are sure to tell someone about your Friday night. If you really want the relationship to work,

look into transferring. Otherwise, you're sure to be the hot topic at the water cooler talk for a long time.

2. Pressure: If you think there's pressure at work now, working with your significant other could do a number to your stress level that no deadline could. From wanting to look nice to being better at your job, you'll find yourself focusing more on impressing your mate than getting any work done.

3. Awkward: Even though we avoid it all all costs sometimes, you have to look to the future. What if you break up? Having to see each other every day could be painful and awkward. If your partner is really worth the risk, it won't kill you to figure out a more healthy working situation.

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Cupid's rating 4/5

Sean Penn and Scarlett Johansson: Is the Age Difference an Issue?





By Christie Hartman, PhD

After 14 years of marriage, Sean Penn and Robin Wright divorced in July 2010. Now Penn, who's 50, has been caught canoodling with Scarlett Johansson, 26. Yes, your calculations are correct: Sean Penn is dating a woman who is literally half his age.

Of course, the obvious questions are: Why would Sean Penn go for someone so young? And why would Scarlett Johansson date a man so much older than herself? That's when all the pseudo-scientists come out of the woodwork and start spouting evolutionary theory – i.e. that older men like young and pretty women because they represent fertility, and that younger women like older, not-necessarily-good-looking men because they have the maturity and means to care for her and her young. While there is some truth to these theories, it's only a small part of what drives dating (and mating) behavior. More often, such theory is used as an excuse for older men to chase women who are too young for them, and for younger women to seek sugar daddies.

That said, many people assume a May-December romance is somehow typical, and that it's what every man wants. Single women in Penn's age bracket may wonder, "What chance do I have if men my age can get women in their 20s??"

Here's why you shouldn't fret much when you see a relationship like Sean Penn and Scarlett Johansson:

1. Older men often rebound with younger women. In fact, dating a much younger woman is an ironclad sign a man is still recovering from a past relationship. He's looking for fun, sex and an ego boost after the difficult time he's been through.

2. Celebrities are not like regular people. You will often observe more extreme mating behaviors in celebrities, including multiple marriages, rapid transition from one partner to another, marrying after having dating only a few months and partners with vast age differences. These behaviors are far less common among the rest of us. In fact, only 7.5% of U.S. marriages include a husband who is more than ten years older than his wife.

3. Most older men admire younger women, rather than prefer them. A youthful, pretty face is a pleasure to look at, but most men want a partner with whom they connect. That special connection will rarely occur with someone half your age. Likewise, most women prefer men much closer to their own age.

Christie Hartman, PhD is a psychologist, dating expert, and the author of Dating the Divorced Man and It's Not Him, It's YOU.

Cavanaugh Lee Talks 'Save as Draft'



By Erika Mioni

In today's fast-paced world, more and more people rely on technology. Fortunately (or unfortunately), relationships are also caught up in cyberspace. Cavanaugh Lee's *Save as Draft* tackles love's latest hurdle – the Internet. Protagonist Izabell Chin is an actress-turned-lawyer struggling to find true love. She soon finds two love interests: Peter, from her law firm, and Marty, from eHarmony. As her relationships with each guy take their course, the reader is privy to an in-depth look at the e-mails and text messages that were never sent. Too honest to reveal, those messages were saved as a draft. As Izabell's relationships slowly fall apart, the reader is able

to understand that though e-mail, texting and online ventures are nearly inescapable during these modern times, it is important to remain honest and always say what needs to be said.

We had a chance to talk to Lee about her past technology-related experiences and her motivation for writing the novel. Here's what the author had to say:

What inspired you to write *Save as Draft*?

I wrote SAVE AS DRAFT ("SAD") in the aftermath of a breakup. Actually, it was a little bit more than just a "breakup" – it was an engagement to be married. Rough, I know. Anyway, while I was mourning the loss of my relationship, I went back and read through all of my old emails to and from my ex. I noticed that there were tons of emails in my Inbox, dating back two years, proving that we had conducted our entire relationship online (even though we actually lived together for a good portion of that time!). I also noticed there were a ton of unsent emails in my Draft folder. At that point, I polled my friends about their own Draft folders. Turns out, we all seem to have a hard time sending the "honest" emails, and save them as draft instead (or delete them altogether). That was when I started writing the book...

Throughout the novel, you included a lot of input from Izabell's friends. How important are friends when deciding on a love interest?

Very (even if we won't admit it). By nature, we long for approval from our friends. If they don't like someone we're dating, we subconsciously start to wonder why... I mean, our close friends know us better than anyone (save for our parents) so if they disapprove, then they must have a valid reason for it. A best friend's disapproval can be the end-

game for a budding new relationship. Of course, friends often don't tell us they don't like our beau until it is O.V.E.R.

Do you feel that new technology (e-mail, Facebook, eHarmony, etc.) has harmed or helped people in their efforts to find love?

A little of both. All of the new technology has made it easier to communicate, but it has also made it easier for us to say absolutely nothing if we chose to. Explanation: we can spend all day "communicating on-line," but our emails may lack substance and honesty upon closer examination. Email has given us the ability to edit and fabricate ourselves upon the stroke of a key. That is not going to benefit any attempts to find love. However, if we use email to express ourselves fully, then we're on the right electronic track and it'll be a lot easier to discover a genuine connection (as opposed to just a wireless one).

Why do you feel that saving messages as drafts is so common?

Because we are scared to send an honest email, especially when said email may deal with "feelings." Think about it. How difficult is it to email: "I love you." Or, "I'm scared." Or, "I don't want to date you anymore." Or, "I think we should go slow." Or... the hardest one of all, "Do you like me?" We're scared of the response we may get. We immediately hit "pause, rewind, reevaluate," and then "save as draft." We think to ourselves, "It's much easier to simply be witty and disingenuous" – we send that email instead.

What's the most valuable advice you have learned from your past relationships?

When it comes to in-person and online, say what you mean, and mean what you say. Don't edit. Just hit send instead.

How much of your own past experience went into the creation of the novel?

SAD is loosely based on real life events. I was engaged. Then I was unengaged. I started dating someone else almost immediately. That didn't work out either. That is the basic plot line of the book. Interspersed in between everything, I had to imagine how the men felt, what they went through. That is obviously fiction as I don't live inside their minds. What I experienced from my end, however, is the "loosely based on real life events" part.

What do you hope people take away from your novel?

I hope people can learn from my mistakes. I hope I've provided some tidbits on this thing called "love." Most of all, though, I hope the readers enjoy the book and that I've provided a fun heartfelt read for a few moments out of their otherwise crazy, high-tech lives!

Cupid thanks Lee for her time! You can find *Save as Draft* on Amazon. For more on the author, you can visit her website at www.CavanaughLee.com.

David Arquette and Courteney Cox: Did Over-Complaining Kill Their Marriage?





By Guy Winch, Ph.D., author of *The Squeaky Wheel*

While it's natural to moan and complain to our spouses and expect support and understanding from them, too much complaining can change the very nature of our relationship and damage it beyond repair. When David Arquette and Courteney Cox announced they were splitting up last October, Arquette mentioned that Cox was sick of “mothering” him. For a celebrity couple, the two have been relatively close-lipped about the details of their separation. However, it's fair to assume that if Cox was doing too much mothering, Arquette was doing too much complaining.

When one member of a couple becomes an over-complainer, it creates significant stress on the relationship and the entire household. Unproductive complaining such as venting, whining and moaning, creates an atmosphere of negativity and dissatisfaction that pervades the home. Over-complaining of the unproductive kind can also make it difficult for other members of the household to express their own joy and happiness.

The problem is that such habits can develop slowly and go unnoticed until the problem is severe. For example, a husband might go through a period of employment instability and feel down about himself and the world. His wife might be supportive at first. She might try to help out by offering regular dollops of sympathy and taking on more responsibilities. However, by doing so she is reinforcing her husband's complaining and enabling him to remain miserable and passive. Over time, the husband in this scenario can become comfortable in the situation and expect his wife to continue "mothering" him.

When left unchallenged, this kind of dynamic can lead to a shift in the very nature of a couple's relationship. Instead of being husband and wife, they now relate to one another in a manner more reminiscent of mother and child or mother and teenager. As a result, their relationship suffers, their marital satisfaction drops and their sex life erodes. Whining is rarely a turn on.

Although it's natural to go through difficult times and expect support from our spouses, couples should never let negative circumstances turn into an enduring reality. If your spouse is over-complaining so much that you begin to think of him or her as a whiner, alert your partner to his or her behavior and how it is affecting you. Ask your mate to learn how to use complaints sparingly and productively—for everyone's sake.

Cupid Exclusive: Jaimie Hilfiger on Old Hollywood

Romance



By **Vicky Sullivan** of **Aspiring Socialite**

Supermodel Jaimie Hilfiger, niece of famed fashion designer Tommy Hilfiger, has been seen around town wearing the latest in fashion – which includes old Hollywood styles. During L.A. Fashion Week, she wore a light pink cocktail dress complete with old world-inspired lace and Edwardian beadwork designed by Sue Wong to the designer's *My Fair Lady* Champagne Brunch/Fashion Show at The Cedars, the former historic Hollywood home of silent-screen icon Norma Talmadge, which was purchased by Wong in 2004. Hilfiger's most recent project is being the face of boyfriend Igal Dehan's jewelry line, Cuffs of Love, worn by celebrities like Kim Kardashian, the Hilton sisters, and Stevie Wonder.

Hilfiger took time to speak exclusively with **Cupid's Pulse**

about love, dating and celebrity style. For hopeless romantics intent on experiencing the romance and chivalry of old Hollywood, this young model reveals how to glam up your love life simply by bringing back nostalgic designs and genuine class:

What do you like best about old Hollywood styles?

Old Hollywood has inspired so many recent styles, with high-collared fitted outfits and of course, hats. Kate Middleton has taken a lot of her style from old Hollywood and *My Fair Lady* inspirations. There is just so much one-of-a-kind craftsmanship that goes into these fashions.

How do you incorporate the romance of old Hollywood into your everyday life?

My boyfriend, Igal Dehen, is from Paris so it's always a romance movie in my house. At the height of old Hollywood, men had a lot of manners and courted women with the utmost respect.

Do you feel that wearing these soft, glamorous styles evoke old-school romance?

Yes, you're absolutely treated differently. When you present yourself with class, you're treated with class. People also tend to take you more seriously in classically beautiful styles.

How has being from a famous family affected your dating life?

You have to find someone who doesn't care either way and is there for you. They must be successful in their own right and aren't looking for a free ride.

Besides a man, what is your favorite accessory?

Diamonds are a girl's best friend.

What tips can you give our readers on how to get ready for a date?

The day of the date you should wake up early and go to the gym. Make time to talk to your girlfriends that day. Wear something hot, but not slutty. It is very important that you're comfortable in what you wear, or you won't be comfortable on the date. Don't be exactly on time, because chances are he won't be. But don't be any more than 10 minutes late, because otherwise you look like a diva.

How do you dress for a casual vs. formal date?

No matter if the date is casual or formal, you should always be comfortable in what you're wearing. Always ask what you're doing first so you know what to wear. Even if you're wearing heels to a fancy dinner, you should bring along a pair of flats in your purse in the event that you take a walk on the beach after dinner.

What other dating tips and advice can you give us?

Don't text or be on your phone while on a date. Be polite and ladylike. Always say "please" and "thank you." Remember that 90 to 95 percent of the time he's more nervous than you are.

Cupid thanks Jaimie Hilfiger for her time! For more on Hilfiger, visit her website at www.JaimieHilfiger.com, Facebook page and follow her on Twitter: @JamieHilfiger.

Dating Tips for Renee

Zellwegger and Other Singles Over 40



By Rosalind Sedacca, CCT

The pain of dating and breaking up isn't just reserved for the young. Singles dating in mid-life and beyond face the same heartbreak, confusion and anxieties as those in their 20's and 30's. These challenges are compounded by the insecurities that frequently come with age, especially for women: Am I still desirable? ... Am I still attractive? ... Will I ever find another partner?

Celebrity couples are no exception. After 24 years of marriage, Tony Danza, age 59, filed for divorce from his 52-year old wife, Tracy Robinson. Jennifer Aniston, who has been in the headlines with several unsuccessful relationships over

the past decade, is now telling reporters that she's happily single.

Recently, celebrity couple Renee Zellweger and Bradley Cooper, considered one of Hollywood's top power couples, broke up after dating for two years. When asked during an interview about the nature of their relationship, Cooper mentioned that marriage was not in the picture. Chances are that Zellweger thought she was in a different relationship – one with a more committed and long-term outcome. It appears both partners were not “on the same page.”

This is one of the most common deal-breakers for long-term relationships. Often, couples get together and make assumptions that the other person shares their goals and intentions. The problem is that they don't discuss these options and spell them out clearly. If you're not on the same page when it comes to monogamy, time spent together, decisions about raising children, as well as other values and cultural beliefs, you set yourself up for disappointment and inevitable conflict.

Some other success tips for over 40 singles entering a new relationship include:

1. Be aware of unresolved baggage: Emotional scars and wounds from your past can easily sabotage any new relationship. Take the time to identify unresolved feelings of anger, hurt, guilt and disappointment from the past and accept these feelings as lessons learned. It then becomes easier to move on.

2. Avoid “fairy-tale” thinking: It's not your partner's job to make you happy. It's your responsibility to love and value yourself when you enter a relationship. Dependency and neediness are not attractive qualities. It is also an illusion to assume any one person can meet all your needs or desires.

3. Start with friendship first: This level of comfort translates into a solid foundation for love to blossom and intimacy to develop. Be friends first before you open the door to the physical and emotional closeness that is so essential to a solid partnership.

4. Be sure your expectations are realistic: Are your demands about weight, age, height, financial success and other factors limiting your ability to find the right partner? Being flexible, objective and fair prevents us from setting ourselves up for the pain and disappointment of unrealistic expectations.

5. Communicate effectively by encouraging open, honest dialogue: In addition to your words, be attuned to your partner's nonverbal cues and body language. Also, be aware of your own cues that can trigger messages and unconscious signals to your partner.

Rosalind Sedacca, CCT, is the co-author of the new book, 99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60! Visit www.womendatingafter40.com to receive a complimentary Tip Sheet, along with a Tip of the Week which spans every facet of dating success – from preparing for your first date to determining whether your partner is a “keeper.”

Cupid Event: Finding Mr. Bright at Bloomingdale's



By Vicky Sullivan of Aspiring Socialite

I fell in love with Bloomingdale's long ago. However, over the weekend, I got to experience love in an entirely new way during the Cupid's Pulse Finding Mr. Bright event in the cosmetics department. As I have grown to know all too well, New Yorkers never have enough time. Therefore, multitasking is a must. Getting both makeup and dating advice in one session is just what any social or corporate ladder climber needs. The fabulous [Lori Bizzoco](#) (pictured left,) founder and editor-in-chief of **Cupid's Pulse**, opened the program with a star-studded presentation on how to find love based on lessons learned from celebrity romances and heartbreaks. As a blogger and Aspiring New York Socialite looking for love, Lori has been an excellent mentor and complete inspiration to me.

Stylish representatives from Benefit Cosmetics, a makeup brand founded in San Francisco based on the principles of fast and

fabulous, demonstrated how a few brightening tricks can actively enhance your natural beauty. While “That Gal” brightening face primer can give you that Kim Kardashian glow, BADgal Lash Mascara can make your eyes pop like Scarlett Johansson. As a blue eyed girl, I have my eyes on the Smokin’ Eyes Sexy Eye & Brow Makeover Kit.

After The Breakup: Should You Stay in Contact With Your Ex?



By Natalie from Baggage Reclaim

One of the trickiest aspects of modern dating and

relationships is the etiquette minefield that is keeping in touch with your ex.

There are two important things to consider:

Are you over them?: Have you worked through the loss of the relationship, grieved your feelings good, bad, and indifferent, accepted that it's over and reached a point of not being emotionally invested?

What is your *purpose* for staying in contact?: If it's friendship pure and simple, working together or sharing kids necessitates contact, these reasons are understandable. Anything else is a hidden agenda.

Unless you were 'over' him by the time you broke up, you need space before contact.

Many people believe that the mark of a good person is one that can remain friends with an ex...even one that didn't treat them well in the relationship. As a result, often the 'dumper' pushes for contact because gaining agreement makes them feel less guilty. The 'dumpee' might push for contact so that they can be validated and try to potentially 'win' their partner back.

Those who break up pretty amicably and understand and accept why the relationship ended are often OK with letting a friendship evolve naturally. Those who want to ease their conscience or keep a foothold in case they change their mind or who are seeking validation and don't want to let go will not have the patience for space. They're afraid of their partner moving on without them.

If your motives are not purely friendship or for professional/civil reasons, evaluate what you're doing because your agenda will create expectations that your ex cannot or shouldn't meet. You're likely to seek emotional and

affectionate displays that are not appropriate for a friendship, and you may inadvertently try to control their agenda so that you don't have to let go. If you're keeping in contact in case you change your mind, you could be wreaking havoc in their lives. If you still look for things such as sex and attention from them, you are using them.

Remember if you have any other agenda beyond being friends or professional/civil, it means you're not their friend so you shouldn't be keeping in touch.

Beastly featuring Vanessa Hudgens, Alex Pettyfer and Mary-Kate Olsen





Beastly, a modern day depiction of *Beauty and the Beast*, tells the tale of Kyle Kingson (Alex Pettyfer), the ideal handsome high school student who has anything he could ever want. His only downfall is his love for picking on those inferior to him. Things take a turn for the worse after Kyle ditches a goth girl (Mary-Kate Olsen), who casts a spell and transforms Kyle into a hideous creature. The spell can only be broken if he can find someone who's able to love him for his inner qualities. Kyle's father (Peter Krause) isn't one who can do this, sending Kyle off to live in Brooklyn where he vows to protect a local addict if he lets his beautiful daughter (Vanessa Hudgens) live with Kyle. Over the course of the film, this couple forms a deep relationship unlike anything Kyle had in high school.

How important is physical attraction in a relationship?

Cupid's Advice:

Sure, good looks draw attention, but how far does that really

go? Cupid has a few things to consider and other important traits to look for when finding a long-term mate:

1. Old age: As gruesome as it sounds, everyone gets old, and looks will fade in time. Dating based entirely on physical attraction probably isn't the best idea.

2. Carrying conversations: Probably the best long-term commitment is one where you and your partner are able to sit down and talk for hours about anything ranging from current events to your deepest feelings. Once looks are gone, the only thing left is your ability to communicate.

3. Moral character: You may get along with someone on the surface, but if you're not on the same page morally, your relationship may be doomed. The longer you're in a relationship, the more moral character plays an important part.

Release date: March 18, 2011

Cupid's rating: 3/5

Babe Scott Talks Men and Food in 'Delicious Dating'





By Kari Arneson

Ever heard the expression, “The way to man’s heart is through his stomach”? In Babe Scott’s hilarious and insightful book, *Delicious Dating: The Single Girl’s Guide to Decoding Men by Their Wining and Dining Styles*, the self-confessed “manthropologist” proves that a man’s eating habits are a good indicator of what kind of boyfriend he’ll be. Babe decided to test her theory by going on countless dates and interviewing more than 200 people about men, food and dating. Her research led her to conclude that there are 10 male dining types, including the Transfat Type, who has the “culinary and romantic skills of Homer Simpson,” and the Culinary Con Man, a guy that will tell you he knows a lot about wine and food but really, doesn’t even know how to operate a hot plate. Babe took some time out and talked to us about her unique, funny and insightful look at the relationship between cuisine and courtship. Take a look at what the Aussie dating expert had to say:

What inspired you to write a book about men, dating and food?

I had an epiphany that men are what they eat during a dyspeptic anniversary dinner with my ex-fiancé. He excavated a meal out of the back of his freezer that looked it like it had been frozen before the Bosnian war. It was covered in a rubbery goo masquerading as cheese and tasted like the tread on a tire.

As I tried to suppress my gag reflex, I realized our dietary differences spelled doom for our relationship. It wasn't even just that the meal was unsavory, but that we were two strangers across a table. My Ex had everything going for him – he was funny, successful and cute – but our palates lived on different planets. I realized that I had been unerringly dating the wrong Male Dining Type – guys with the dietary and romantic habits of Homer Simpson – and that I didn't want to spend my life being Marge. I threw in the tea towel on my relationship and decided to research my food theory as a litmus test for lovers. I thought I would be able to change my own romantic destiny and potentially save other women from needless heartburn.

What kind of research did you do for the book and what is the most important thing you learned from your research?

I embarked on an empirical study of the male species. A manthropologist on a mission, I dined with more than 100 men and had every type of culinary experience I could – from dumpster diving to foraging to five star restaurants. I also interviewed 200 men and women about the connection between a man's wining and dining style and his mating style. I learned that you could distill a man's true essence from his culinary style.

The research gave me an insight into the male species and what type of guy worked for me. It helped me transform my love life and I now have a relationship I relish. Most importantly, I learned to heed my own appetites. In the past, I'd focused on feeding male appetites rather than satisfying

my own. Hence, my relationships had become increasingly unfulfilling. Instead, I put the emphasis on seeing if a guy could get me salivating. I honestly think seeking the Delicious is the secret to love as well as living with zest. I learned so much about myself on my dating and dining odyssey and discovered what my tastes were in food, wine and men, the three things that keep the rosy hue in our cheeks. We put so much emphasis on our degrees and our careers, but sometimes we can learn from our everyday lives.

In the book, you identify ten types of male diners, from Trans Fat Types to Culinary Con Men. Which type of man was the most appealing to you and which type should women definitely avoid?

I would avoid men that don't give a kebab about courtship. Even if a guy lacks finesse but makes an effort to whet your appetite, then he might be a keeper. It's not the money he spends, but the effort he puts in that counts. A guy is investing in you by taking you out for dinner. He is serving up a sliver of himself and trying to stir other appetites. The Pretzel Player doesn't have any nutritive value, hence his culinary totem. He is the sort of guy who texts you late and asks you out to a bar. This guy is only interested in sexual conquest, not connection. His seduction strategy involves plying you with enough vodka shots to pry you out of your pants. He will be all over you like a bad case of dermatitis but the next morning he will do a disappearing act. Even if you are only after a lover, you are better off with someone who considers your needs and puts a value on getting to know you.

As far as the other types, I don't think there is any prescription when it comes to love. One woman's perfect male dish is another's plain unpalatable. I think it is a good idea to test-drive the testosterone smorgasbord and get an idea of what sort of man suits your palate and preferences.

What is the most important piece of advice couples and singles

can take away from your book?

I think it is really important to bond over shared meals. I don't mean just a conveyor belt dinner where you talk over the kids' heads or ramble absentmindedly while you rattle off mental grocery lists. I mean a proper dinner date with wine, candles and a thought-out menu that gets both your juices flowing. We don't live by beer alone, nor do our hearts thrive on to-do lists. It is really important to keep romance alive by enjoying special dinners, whether they are at home or at a restaurant. During these dinner dates, try to talk about what you like about each other, rather than children or chores. It will help you keep the fires of intimacy burning and will remind you of what attracted you to each other in the first instance. Every person I interviewed said they had a presentiment that a relationship was going cold when they didn't make time anymore to have special dinners together.

Do you have any upcoming projects we should know about?

I am blogging regularly for The Huffington Post in the Living Section and I am also revving up the Eat, Pour, Love blog on my website at BabeScott.com. My blog will be dedicated to all things decadent. My ultimate goal is to turn it into something like an online cocktail party. I will be interviewing "Inspiring Women Who Drink," hunky chefs and also writing about all things to do with mating, masticating and martinis. I do have a top-secret special project that I am also working on, but I'm not ready to spill the Fava beans on that just yet. But as soon as it's cooked, I will be serving up the hot gossip on Cupid's Pulse.

Cupid thanks Babe Scott for her time! You can purchase *Delicious Dating: The Single Girl's Guide to Decoding Men by Their Wining and Dining Styles* on Amazon. Visit BabeScott.com to purchase merchandise and to learn more about Babe Scott, and check out her blog on The Huffington Post.