

# What Celebrity Marriages Can Teach Us About Love



By Sherry Amatenstein, LCSW, and author of *The Complete Marriage Counselor*

It sounds simplistic, but the primary key to a successful marriage, whether the couple are superstars or just plain folk, is for the pair to make each other a priority.

This advice is easy to say, of course, but hard to implement, especially when your every move is followed by Twitter, Facebook, 24/7 cable news, and paparazzi. In the case celebrity couple John Travolta and Kelly Preston, their union endured the scrutiny that arose after a blackmail attempt surrounding the death of their autistic son. No couple is immune from trauma and strife, but they must band together in

the face of the trouble, instead of becoming separate camps. Travolta and Preston exhibited grace under unimaginable sorrow and pressure, and their union seemingly emerged stronger for the ordeal.

Compare that grace to the four star bad judgment exhibited by David Arquette, by blabbing to Howard Stern about how his estranged wife, Courtney Cox, was tired of being his mother and had given her blessing to his having sex with other women.

He added that sex with Cox was scheduled to some degree. Loose lips may not sink ships, but certainly can further puncture troubled marriages.

Another lesson to be gained from Arquette is his seeming unwillingness to compromise. On *The View*, he professed to love his wife, the mother of his child, but says she wants a quiet, calm life, while he (seven years younger) still wants to party. Is this really a gulf that cannot be bridged if both partners agree to give a little?

If star couples in love exhibit a little more Travolta and a lot less Arquette, perhaps the shelf life of these unions will be longer than a carton of milk!

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# Election Day Celebrity Style



By Kaitlyn Monteiro

With this year's 2010 midterm elections coming to a close today, we aren't seeing the celebrity star power that we witnessed in 2008. Make no mistake; it's not the Presidential election but it's still an important time to vote. According to experts, Hollywood is staying home this election period. Why the lack of star power now? Where's Brad and Angelina? Demi and Ashton? Whether we like it or not, these famous folks can influence public opinion. If you and your partner are ready to vote but don't see eye-to-eye when it comes to politics, there are still ways that you can make a stance while maintaining a healthy relationship:

1. One way to achieve neutral ground is by educating others. Instead of focusing your attention on who you're voting for, put the spotlight on the traditional lack of voter turn out instead and help increase the numbers.

2. Stand behind a group. While Jay-Z has made it clear in the past Presidential election who he was voting for, this time around he's working with the Vote Again 2010 campaign headed by HeadCount, a nonpartisan organization that works with musicians to promote participation in democracy. Find ways to get involved with groups that share the same political viewpoint as you.

3. Avoid trying to change your partner's opinion. You're with them because of the person they are, not the political candidate they support. Respect that they have the right to an opinion that differs from yours. Don't ridicule your significant other's views on certain issues – instead, listen and work to understand their stance.

Without becoming a political celebrity staple, celebrity couples are taking on a more open-minded and neutral stance when it comes to the midterm elections, and you and your significant other can try this out too. While issues dealt with during political elections can be the breaking point for some couples, that doesn't mean that Republicans, Democrats, and all parties alike cannot find mutual grounds in the dating world.

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**Due Date Starring Robert**

# Downey Jr. & Zach Galifianakis



When Peter Highman (Robert Downey Jr.) finds himself on the no-fly list at the airport, he turns to other means of transportation in order to get back home in time for the birth of his child. In the new fall comedy *Due Date*, out November 5, 2010, Peter partners up with Ethan Tremblay (Zach Galifianakis) for the road trip of their lives. What should be a harmless cross-country trip turns into a maze of obstacles for the two strangers to overcome. Will it all end in disaster? What seems to be a modern-day take on the late eighties classic *Planes, Trains and Automobiles*, *Due Date* reminds us that a bromance can be just as heartwarming as any traditional romance.

## **In a committed relationship, how can you make sure you don't ignore friendships?**

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

It can be difficult, especially in a new relationship, to make time for friends. But in order to maintain social equilibrium, it's important to cut out some quality time that is meant for you and your friends.

**1. Time off:** You may not realize how much you miss your friends until you're with them again. Setting aside specific blocks of time to reconnect with your pals is crucial to maintaining not only a friendship with them, but also a solid relationship with your partner. If you're dating someone who purposely makes it hard for you to spend time with your friends, perhaps it's time to reevaluate your relationship.

**2. Schedule it:** Everyone is busy, and sometimes it can be difficult to set aside time. Coming up with set times or dates, or making a pact to always get together for specific occasions (such as birthdays) will allow you to have something to get excited about. Even with all of today's technology outlets, nothing beats spending time together face-to-face.

**3. Get a hobby:** If you and your friends have a common interest, you may be able to find time to pursue it together. Having some downtime from your partner will strengthen your friendships as well as your romantic relationship.

Release Date: November 5, 2010

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# Wicked Celebrity Breakups



By [Jessica DeRubbo](#)

Let's face it: It's not often that breakups and divorces are civil and lacking in drama. In fact, most are ridden with angry fights, jealousy and revenge. America's A-list celebs prove that theory better than any other group! Consider Bristol Palin, Courteney Cox and Mel Gibson.

## **Bristol Palin**

After revealing that she was expecting a baby during her mom's run for Vice President, a teenaged Bristol Palin announced her engagement to baby daddy Levi Johnston. Things eventually turned sour, however, when the couple called it quits and both of their families turned to the media for revenge. Johnston bad-mouthed Palin's family in an attempt to destroy it in a



famous interview with [Vanity Fair](#). He said that Sarah Palin originally wanted to keep her daughter's pregnancy a secret and then adopt the child as her own when he was born. When the couple decided to try to make it work again recently, things went downhill pretty quickly. Bristol talked to the tabloids herself this time, claiming that she called it quits with Johnston due to his being in an intimate music video with singer, Brittani Senser. Johnston had apparently told Palin that he was going to Hollywood to film a hunting show. Even now, as Bristol stars on this season's *Dancing with the Stars*, Johnston had something to say about it, remarking that she never once danced with him while they were together. Big or small, the drama won't seem to leave this couple alone! Unfortunately, with a son in the picture, the two will have to eventually make it work in a civil way.

## **Courtney Cox**

Everyone's favorite *Friends* actress Courtney Cox isn't innocent to relationship drama either. Although we have yet to hear much from her camp after her split from husband David Arquette after 11 years, Arquette has been very vocal. What started out as a united statement to the media, saying, "The reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage.

We remain best friends and responsible parents to our daughter and we still love each other deeply. As we go through this process we are determined to use kindness and understanding to get through this together" quickly led to Arquette's shocking radio interview with Howard Stern. The actor commented on the couple's sex life, among other things.

"We're not having sex, and I completely understand," he said. "She's in a place of wanting to be real and emotional.

She's an emotional being. She's an amazing woman. If it doesn't feel right, she doesn't feel like bonding in that way." It's been reported that Cox is more than unhappy about her former flame's big mouth (I know I definitely don't blame

her!), but it remains to be seen where the two will go from here. It's so sad when a celebrity couple who seems to have it all together shocks us with buried anger and bitterness!

## **Mel Gibson**

And then, of course, there's the case of Mel Gibson. After being married for 28 years to Robyn Gibson, Mel left his wife for Russian entertainer, Oksana Grigorieva. The couple dated for two years before breaking up, at which point Gibson allegedly lost it and began leaving abusive messages for his ex. The crazy messages were recorded and eventually leaked to the public. In them, Gibson uses explicit language and is very hostile toward Grigorieva. At one point, he says, "'You're a f-ing mentally deprived idiot. You're a f-ing using whore ... I own you.'" At another point, Grigorieva says, "You control me, like marionette ... I walk on eggshells with you." Fighting words! The duo have been in a legal battle ever since. Personally, I'd want it all over and done with as quickly as humanly possible, wouldn't you?

Drama, drama, drama! Some celebs just can't avoid it. And when you add an anger-ridden break-up or divorce into the picture, A-listers seem to lose all control.

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# **Top 10 Celebrity-Inspired Halloween Costumes**





By Kari Arneson

## **Lady Gaga**

It seems impossible that just a couple of years ago, no one had ever heard of Lady Gaga. Now the international pop superstar is one of the most stylish and controversial stars of her generation. But for Halloween, which outfit (out of thousands) should you choose? Try some of her most well-known, like the blue swimsuit from her “Poker Face” music video or one of her famous VMA outfits. Warning: Be careful with the meat dress.

## **The Bachelor**

This is the perfect costume for the single guy looking for love. All you have to do is put on a nice suit and some hair gel, and you’re good to go. And don’t forget the most important part of the costume: roses. Hand them out to the cutest girls at the party.

## **Katy Perry**

Nostalgic for the summer? Now that the weather’s turned cold,

celebrate summer 2010 with the artist who delivered its biggest hit. Dress like Katy Perry in her candy-themed "California Gurls" music video with a blue wig, candy-covered dress and, if you're feeling adventurous, some whipped cream, too!

### **Sarah/Bristol Palin**

Is teen activist Bristol Palin becoming more famous than her political mom? The teen mother is on this season's *Dancing With the Stars*, the #1 show on TV, and has millions of fans across the country. If you want to go the more traditional route, go with the now-classic Halloween costume: Sarah Palin. Hey, it worked for Tina Fey!

### **Edward Cullen**

One of the most popular book series of the past decade, the *Twilight Saga*, has produced three blockbuster movies so far, rocketing its actors to superstardom. Robert Pattinson plays the brooding vampire, the romantic lead and the subject of many a teen girl's fantasies. Get the look with some white makeup, a gray peacoat and a bouffant hairdo. All you have to do now is practice your pout. Add some fangs if you're feeling daring.

### **Jersey Shore couple**

Although they may not be an actual couple, The Situation and Snooki are undoubtedly the breakout stars of MTV's *Jersey Shore*. Besides the obvious GTL (gym, tan, laundry), get Snooki's poof with lots of hairspray or a wig. For the Situation, three words: abs, abs, abs. You might need some time to prepare for that one...

### **Justin Bieber**

While the Biebs was blowing up the charts this year, Halloween costume-makers were busy making, you guessed it – the Justin

Bieber wig. All you need to complete this costume is some baggy jeans, sweet kicks, and the hair. Screaming 12-year-old girls are optional.

### **Kim Kardashian**

This reality TV bombshell is one of the most talked-about celebs on the planet. With her hit show Keeping Up with the Kardashians under her belt and the new Kourtney and Kim Take New York coming soon to a living room near you, the curvy brunette is a perfect costume idea. Try a wig or extensions to get Kim's long dark locks, a bandage dress, and if you need it, a little help in the chest area will complete the transformation!

### **Mad Hatter**

If you're a fan of Johnny Depp and/or huge top hats, this is the costume for you. Replicate the iconic character played by Depp in this year's Alice In Wonderland with a tall, raddy-looking hat, long pinstripe pants and a colorful blazer.

### **Avatar**

So a tall blue alien with long hair and very little clothing might not be the most traditional costume, but will no doubt be the most recognizable. Avatar, the highest-grossing movie ever made, came out last year and the Na'avi people featured in the movie are still all the buzz. You can find plenty of blue body paint and full Avatar costumes at most Halloween stores.

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# Wendy Shaker Talks 'Are You My Guru?'



By Veronica LaRoque

What do medicine, meditation and Madonna all have in common? For author [Wendy Shaker](#), they were all supposed to be cures for a rare autoimmune disease that struck her right when she was at the top of her game. Shaker, who had given advice to thousands of women in her hugely successful first book [The Fat Girl's Guide to Life](#), was now searching for someone to help her with the difficulties of dealing with a chronic illness.

In her new book, [Are You My Guru? How Medicine, Meditation and Madonna Saved My Life](#), Shaker tells the story of her disease. With humor and hope, she chronicles her search to find one

person who has all the answers not knowing if that person even exists.

**What can you do when life takes a turn for the worse?**

**Cupid's Advice:**

We all know what it's like to be on top of the world one evening, and under mountains of stress the next morning. But Cupid got tons of advice on how to deal with life's letdowns from Wendy Shanker. Check out the author's thoughts on taking life's lemons and turning them into one hilarious and good-for-you lemonade.

**How would you describe your journey, and how does it compare to "The Fat Girl's Guide to Life?"**

The journey in *Are You My Guru?* is much different than the story of the first book. "The Fat Girl's Guide" was almost a manifesto – a way to fight back against the pressure to lose weight and look a certain way. I really thought I had it all figured out – I could be fit, fat and healthy, and still feel good about myself! Just as that book was published, the "healthy" part got knocked out of the equation. I got so sick with this rare autoimmune disease, Wegener's granulomatosis.

I'd actually been diagnosed years before, but it wasn't until "The Fat Girl's Guide" was published that it really invaded my life – actually pulled me out of my life. That was in 2004.

So the story of "Guru" is about being in this happy place, feeling secure in my body, looking forward to whatever was next in work, love, life...and then...buh-bye. A whole new body battle to fight.

**How have you maintained a sense of humor and a universality throughout both of these books?**

I don't know any other way to do it. I couldn't help but find the funny, even in the worst of it. You know, I'd gotten bad news from doctors who unfortunately had limited resources to

treat me. So I started exploring alternative methods of treatment...and I'm like, "Someone is dripping oil on my forehead and rolling me in chickpea flour like an enchilada!

Someone is shining colored lights on my body and poking needles all over me! Someone is telling me to dialogue with my liver!" How could I not find it hilarious? That's just my coping mechanism, but I find that it's a really good way to help other people relate to my situation. Even if you don't have my problems, or haven't tried this particular treatment, there's sort of a universality feeling exposed in these ways.

### **Over the course of writing both these books, what have you discovered about romantic relationships?**

In the first book, I spent so much time feeling insecure about my body that I really held myself back from relationships.

There were some good ones, some bad ones, but I didn't feel like I could handle real intimacy until I figured out how to love and respect myself. So voila, I'm ready! And that's right when I got sick. Bad timing, because it meant going through the worst of the worst on my own. I'm really lucky that I have a lot of amazing friends and family, and there was no shortage of people around when I wanted them there (I'm one of those people who tends to shoo everyone away when I don't feel well). But during those long dark nights, there are these moments of "Where the f#\*k is he? The guy who is supposed to be stroking my hair right now?" Um, well, he wasn't there. In a way, it's kind of empowering to go through a challenge like that as a single person. It makes you realize you can get through anything as long as you have some support in your life; it doesn't have to be romantic love.

There's no reason to settle. But now that I'm feeling strong and healthy again, I'm excited to meet someone special.

### **How has your illness affected your body image and your idea of yourself**

Aside from the physical, that's the biggest challenge I faced.



This disease, and the treatment of this disease (chemo, steroids), dramatically changed my body. Weight gain, weight loss, hair loss, skin damage, scars from procedures and surgeries. I lost all the cartilage in my nose and had to have surgical reconstruction. This amazing surgeon took a rib out of my ribcage (just like Cher!) and used it to create a new nose for me. You'd never even know by looking. That's a helluva lot for a body to go through, and there are plenty of people who've gone through a lot worse. I have to give my body a lot of respect. Literally think about it, organ by organ, and say, "Hey, skin, it's amazing the way you regenerated. Thank you. Hey kidneys, it takes a lot of effort to filter all that, but you're doing a great job. Much appreciated." You have to offer lots of props to your body when it takes a licking and keeps on kicking.

**What do you feel is the most important thing you learned on your journey?**

I was so sure that I was going to find the The Guy who was going to fix me. The guru with the treatment or doctor with a trick up his sleeve who would say, "Take this pill and see you never." Not the case. I learned that there is no one person with all the answers. If anything, the closest person who fits that bill is you. You are the expert on you. No one knows your body better than you do. Your job is to find the collaborators who are willing to pool their expertise with yours to help you feel better. In other words, you are your own guru.

Cupid sincerely thanks [Wendy Shanker](#) for her time! To purchase *Are You My Guru?*, follow Cupid to [Amazon.com](#).

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# Social Do's for Dating Mark Zuckerberg



By Vicky Sullivan

In the opening scene of the recent box office hit, *The Social Network*, the fictional Mark Zuckerberg (Jesse Eisenberg) insults girlfriend, Erica Albright (Rooney Mara,) by debasing her background and education. She then says, "Dating you is like dating a stair master." And quickly dumps him. 500 Million friends and billions of dollars later, the real Zuckerberg and girlfriend Priscilla Chan, who he met while studying at Harvard, have just become Palo Alto's 'it' couple. It must be tough dating a billionaire at the helm of one of the world's most influential websites. Especially, when you have lawsuits and the paparazzi following you. However, Chan has stuck with Zuckerberg through it all.

According to [People](#), the couple live together in a modest rented house. Shortly after the release of the film, the reclusive Zuckerberg briefly let cameras into his home on a live broadcast of *The Oprah Winfrey Show*. In response to the movie, Zuckerberg said, “The last six years have been a lot of coding and focus and hard work. But, maybe it would be fun to remember it as partying and all this crazy drama.” Perhaps, he isn’t that much of a stair master after all.

**How do you keep your relationship in perspective when you’re dating someone rich and powerful?**

### **Cupid’s Advice:**

Most people dream of being swept off their feet by someone with wealth, success, and fame. If you find yourself in that situation, here are a few things to remember:

- 1. Be yourself:** Money can change everything or nothing at all. So when it comes to dating someone with wealth, remember they’re just a regular person like everyone else with the same needs and insecurities.
  - 2. Don’t get intimidated:** Your partner is and always will be your equal. Try not to feel that your partner is out of your league. After all, they chose you for a reason.
  - 3. Jealousy isn’t an option:** Jealousy shouldn’t be a part of any relationship. However, when it comes to the rich and powerful, there is bound to be competition. Try not to let it get to you.
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# 5 Signs That George Clooney May Actually Commit



By Kimberly Dawn Neumann of Dating Diva Daily and author of *The Real Reasons Men Commit*

Recently there have been all kinds of tabloid rumors working to put a chink in the bond between George and his stunning Italian amore-du-jour Elisabetta (sex and drug scandals anyone?). Though Elisabetta has chalked a lot of it up to envy (okay, we'll admit we're a little jealous but seriously...that wouldn't cause us to implicate her in a drug debacle), later this summer there was also a flurry of speculation that E and G were about to become EG (in other words, they were possibly EnGaged).

While more recent reports have explained that the reported

left-hand ring flash was actually a napkin ring with which she was playing at dinner (on her left hand while waving it to the paparazzi...ummm...okay, whatever), the reality is that there may actually be some validity to the idea that good ole' George is in a commitment frame of mind when it comes to his latest gal.

Here are some signs that George (and any man for that matter) may be ready to commit that go beyond how ridiculously stunning Elisabetta looks like in a bikini:

**1. He makes room for his woman in his home and his life:** In George's case that means that Elisabetta has been spotted frequently at Clooney's Lake Como villa. Any man that welcomes a woman into his home with such open arms is exhibiting commitment-mindedness.

**2. He takes the relationship public:** In the non-celeb world, this usually means that a man is willing to tell all his friends, family, coworkers about the lady in his life. In George's case that also means telling the tabs, the Oscar voters and the red carpet mavens. So, it is wise for him to remain mum on a gal unless he's serious. George has shown no qualms about displaying his affection for Elisabetta on a very public stage.

**3. He has a sincere desire to please and make his woman happy:** Elisabetta was quoted recently in Italian Vanity Fair stating "I feel good, I feel light. Like when I was 18 years old." She goes on to add that George pampers her like she's never experienced before and that he is the person to whom she owes the color that is back in her life. He is clearly working to make this woman happy.

**4. He is supportive and complimentary:** In that same interview, Elisabetta said that Clooney is very supportive of her and always close. A man who is there for and builds up his partner is definitely more commitment-ready because he cares about his partner's sense of self and well-being, not just his

own. "If you feel loved, you always feel beautiful," she says. Ah, well put. And if Elisabetta is feeling that kind of love from George then he's clearly invested in this relationship.

**5. He recognizes that he can be independent and in a relationship at the same time:** One reason George has previously said that he'll remain a confirmed bachelor is that he always felt the women he was with didn't understand the demands of his work and how it might take him away for long stretches. However, with Elisabetta, George seems to be comfortable since she's clearly independent and strong enough to stand on her own two feet if he has to go away. Though marriage may not be the end game here, George is exhibiting signs that this woman will be in his life for more than a blip. Sorry to all you Mrs. Clooney hopefuls out there, but the signs (for now) seem to be lining up in Elisabetta's favor.

*Kimberly Dawn Neumann is a New York City-based dating/relationship writer and coach whose work has appeared in such publications as Cosmopolitan, Maxim, Marie Claire, and online for Match.com, Yahoo, AOL, MSN, and iVillage. She is the author of two books, The Real Reasons Men Commit and Sex Comes First and an advisory board member for CanDoBetter.com. Her blog-zine is Dating Diva Daily.*

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## **Love Lessons From ABC's 'The Bachelor'**



By Erika Vujnovich

While there's no question that *The Bachelor* and *The Bachelorette* are must-watch television shows, statistics show that out of a 19 seasons, only two couples have stayed together, while waiting to see how the latest relationship between bachelorette Ali Fedotowsky and Roberto Martinez ends up. These are programs designed to produce long-lasting marriages, yet we often wonder whether we can call them reality TV or merely fantasy, designed to whet the appetite of women and men everywhere. Season after season, the program dominates the ratings with an average audience of 10 million viewers taking part in a voyeuristic game of watching desperate singles attempt to find true love.

If you're looking for "happily ever after" and contemplating the reality show route, here are a few things to keep in mind:

**1. Get real:** Each season, the contestants are whisked away to some exotic location to fall in love. Viewers watch as the couples travel over the canyons in helicopters, fly through the sky on rip cords or bask in the sun on a tropical island with a breathtaking backdrop. These settings could make even the biggest skeptic feel like they're falling in love. Let's face it, reality isn't always having the luxury to lounge on the beach and sip champagne with your partner, but rather it's realizing how you couple cope with money problems, children and everyday monotonous routines.

**2. Play the field, but keep it simple:** For those of you not familiar with the concept of the show, the series revolves around one man or woman dating 25 singles in the hopes that they will find a partner for life. Throughout the season, the bachelor goes on a series of group dates, two-on-one dates and one-on-one dates. At the end of the journey, two contestants are left standing from which a fiancé is ultimately chosen. According to [Match.com](https://www.match.com), there are several benefits of dating more than one person at the same time, "Multi-dating isn't merely a tactic for doubling your pleasure. Rather, during your hunt for 'The One', it can be a way to achieve romantic wholeness by dating partners with differing interests and personalities." This may be true but you also want to make sure you don't let your emotions get the better of you. Dating several people at one time can stir up feelings leaving you confused.

**3. Don't come across as desperate:** Put 25 singles against each other in a competition to land the perfect mate and you are sure to see some desperation among the contestants. Think about it: they all came on the reality dating show with one sole purpose – to find love and get married (or at least that's what they said). Therefore, it's no surprise that drama always finds its way into the story. When dating, try not to make yourself too available or be the one always initiating contact. This could come across as desperate. Be



confident, attentive and a bit assertive, but most importantly, just be you.

*The next season of "The Bachelor" returns to ABC in January 2011.*

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## Poker Pro Beth Shak on Millionaire Matchmaker



By Victoria Sullivan

Though the poker table may be an excellent place to meet men, it's no longer just a man's game. Cupid was there in Midtown Manhattan at the Spot at the Table Charity Poker Tournament

where Asylum.com teamed up with Poker Pro, Beth Shak, who will soon make an appearance on Bravo's Millionaire Matchmaker.

After discovering poker in 2002, Shak has conquered more than just tournaments. As the card shark, style mogul, and philanthropist told Cupid, "Poker has helped me learn so much about men." She goes on to explain that she's "treated like a women" when she first sits down at the table "but after playing for hours, men tend to forget and start to let their guards down and be themselves." When we asked Shak about men being intimidated by her she didn't think it was intimidation, she said "men just don't want to lose to a woman."

A key ingredient to playing poker is having the ability to read people. Shak uses her intuition to play the table. As a woman playing in a male-dominant sport, the advantage is that as a woman she thinks differently than they do. This helps her game. When it comes to her love life, it isn't all that different. Shak notes that if any guy claims to be too busy to see her, she's bound to call their bluff. She offers some good advice (women listen up). She notes that men can multi-task. For example, they can use the mens' room, grab a bite to eat and get back to the poker table all within a 15 minute time period. She's got a great point!

After seeing Shak in her element, Cupid is counting down the minutes for her *Millionaire Matchmaker* episode to air. Though Shak didn't give much away, she did issue the following statement exclusively to Cupid: "Millionaire Matchmaker was an amazing experience. I loved Patty. The past two years have been a life transition for me (going through divorce, etc). She helped me see clearly about a few important things in relationships."

Stay tuned for the Season Premiere of Bravo's Millionaire Matchmaker tonight @ 9/8c!

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# Emma Stone in Easy A



In high school, where everyone knows everyone else's business, [Easy A](#) takes an inside look at the ongoing wheels of the rumor mill in a California high school. Loosely inspired by the novel *The Scarlett Letter*, protagonist Olive's (Emma Stone) reputation goes from respectable girl to down-right floozy – in a matter of a week. What started out as good intentions by accepting gift cards as payment for boosting another student's reputation around school soon throws Olive's life and reputation into question. As one rumor turns into

another and that rumor turns into yet another rumor, Olive risks losing her best friend (Alyson Michalka) and secret crush (Penn Badgley). To set the record straight, Olive decides to go online and tell the world her side of the story, in hopes of redeeming her image and righting her wrongs.

**What's the best way to redeem your image in the eyes of the one you love?**

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

Chances are that something will come up between you and your beau during your relationship that will require an apology.

You may even need to redeem yourself a little. If you handle the situation with grace and poise, you'll save yourself some major time and embarrassment:

**1. Come clean:** Even if it comes to something that your partner probably doesn't want to hear, lying will always come around to get you in the end. It's best to be completely open and honest after making a mistake in your relationship. Admit that what you did was wrong, and prove that you have integrity by owning up to it.

**2. Do it in privacy:** Make sure that when you're attempting to redeem yourself, you do it in a private place. If the subject comes up in a public area, carefully maneuver the conversation into seclusion. By keeping your intimate conversation away from prying ears, your partner will realize the importance of the discussion and will be more apt to take you seriously.

**3. Keep a cool head:** If you're in a situation where you feel the need to save face, chances are that your partner is pretty angry with you at the moment. During your discussion, your mate may lose his temper. Try to stay reasonable, because the worst thing you can do is dish him anger in return. If you need to, take a break and come back to the conversation when

you're both level-headed again.

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# Single Celebrities Who Rock (and Rule)!



By Terry Hernon MacDonald of [singlewomenrule.com](http://singlewomenrule.com)

A happy marriage may be among life's greatest pleasures, but there's a lot to be said for living single. For too long, single men and women have been portrayed as unlovable, irresponsible, selfish, or childish. (The media tend to portray single celebs in their 20s as sexy, but once she – and in this case, it's usually a she – turns 30, the question, "Is

there anyone special in your life?" comes with increasing frequency and feigned concern.)

It's time to celebrate two unmarried women who make single living desirable, and they're both well over 30. If you're not there yet, they'll give you plenty to aspire to; if you are, they'll give you reasons to be cheerful.

### **Susan Sarandon**

The young woman who played the grating but endearing Janet Weiss in *The Rocky Horror Picture Show* went on to draw acclaim for her performance in *Atlantic City* and ascended from there.

She built a reputation for being the wise, sexy, and – later on – the older woman men find irresistible. (After 40, she solidified her status as a sex symbol – not a sex object – in *Bull Durham* and *Thelma and Louise*.)

And, while she's sexy, she's also one to beat the odds. According to IMDb.com, doctors Sarandon that she'd never have children. She had the last of three at 45. Today, she's 64, living on her own terms, having recently ended a 21-year relationship with *Durham* co-star Timothy Robbins.

### **Marisa Tomei**

According to IMDD.com, this 46-year-old actress says of marriage, "I'm not that big a fan of marriage as an institution, and I don't know why women need to have children to be seen as complete human beings." Tomei does enjoy relationships, though, having dated many attractive men, most recently actor Logan Marshall-Green, who is 12 years her junior.

Since hitting it big in the 1992 comedy *My Cousin Vinny* (her performance was ridiculed by the likes of Charlie Sheen), Tomei earned considerable respect for her work in *Welcome to Sarajevo* and *In the Bedroom*. She garnered an Oscar nomination

for *The Wrestler* in 2008 and will co-star with Kevin Bacon, Steve Carell, and Emma Stone in *Crazy, Stupid, Love*, due for release in April 2011.

While Tomei's acting made her famous, what we at SWR really love her for is her work on behalf of women's causes, most notably Equality Now.

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## Michele Cove Discusses Film and Book, 'Seeking Happily Ever After'



By Veronica LaRoque

From reality dating shows to speed dating events to eHarmony commercials, it seems like everyone is in a race to the altar.

Today's society might make it seem like being single is not an option and that it's just a phase until you find "the one." [Michelle Cove](#) documented people on their journeys to find love in her new film, *Seeking Happily Ever After*, and inadvertently found gourds of proud singles out there.

In her companion book *Seeking Happily Ever After: How to navigate the ups and downs of being single without losing your mind (and finding lasting love along the way)*, Cove explores why there have been more single women than ever lately, while allowing single women to reclaim their own stories. With wit, humor and sage advice, Cove uses others' stories to answer questions raised during filming and creates a self-help book expressly for women who are single and loving it.

**What are the advantages of being single?**

**Cupid's Advice:**

Cupid learned all about why women are single and what they can do to make themselves happy by finding true love – if they're looking for it. See what Michelle Cove had to say about her movie and book:

**How did filming *Seeking Happily Ever After* lead you to writing this book?**

The film poses questions about this phenomenon and allows viewers to come to their own conclusions. When the film was completed, I wanted to go a step further and try to answer some of women's pressing questions that came up during filming—and to create a self-help book that didn't lump single women into one giant category of "desperately looking for a husband," like so many other books out there.



**Before filming *Seeking Happily Ever After*, you had written a book called *I'm Not Mad, I Just Hate You* about mother-daughter relationships. How does that book compare to your first?**

*I'm Not Mad, I Just Hate You* was a book that helped mom teach their teen daughters how to handle conflict. It was a book meant to empower women by giving them concrete strategies that they could then pass on to their daughters. *Seeking Happily Ever After* is a book that strives to empower single women by helping them tune into their own needs and block out all the "noise" and pressure to get married. I think most of my projects, in one way or another, challenge women to explore their choices with thoughtful intention.

**What kind of problems do you address in the book?**

I give women the tools they need to figure out what they want for themselves in a relationship, which isn't easy in a culture obsessed with weddings. I also give them scripts to use to deal with family members, friends, colleagues and so on who treat their single status like a problem to fix. Also, I answer practical questions like, "I worry about being alone and getting sick. What can I do?" and "What do I need to know about traveling on my own?"

**In the book, what is your view on being single?**

The book is divided into 12 types of singlehood, such as "The Organic," who wants to meet a guy the old-fashioned way (by chance), but friends and family insist she'll end up alone; "The Late Bloomer" is the single who refuses to live life to the fullest now, but rather is waiting because she wants to enjoy her dreams with a husband. Then there is a chapter on "The Trailblazer," and this is the woman who has no interest in marriage and is sick of having to defend her decision. She has the challenge of carving out her own path, and I give women in this category tips for being able to create a new path even as others tell them their choice is wrong.

## **What advice do you have for single women out there?**

We are taught pretty early that happiness is “married with two kids and the white picket fence,” and many of us buy into this “happily ever after,” whether it fits us or not. I think women need to learn how to tune into their own voice and figure out what their own happily ever after looks like right now, whether it’s the conventional route or not, and how to get it. I also think we need to appreciate that our “happily ever after” notion will change over time, and it should. Our needs change over time, so we need to tune into these needs and explore them consistently.

Cupid thanks Michelle Cove for her time! For more information on the author, visit [www.seekinghappilyeverafter.com](http://www.seekinghappilyeverafter.com).

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## **‘Life As We Know It’ Starring Katherine Heigl & Josh Duhamel**





For a story about romance cropping up in the most unexpected places (with often hilarious results), check out the new comedy *Life As We Know It*. In the film, two single adults are forced to raise a baby together after their mutual friends die in an accident and leave their daughter in their friends' care. The situation is complicated even more by the fact that Holly (Katherine Heigl) and Eric (Josh Duhamel) don't exactly get along. But for the sake of Sophie, their new baby girl, they must learn to live together. In the end, after going through all the challenges that new parents face together, their relationship goes from outright hostility to mutual respect ... and eventually, maybe even love.

**How can having a baby bring you together as a couple?**

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

Raising a child is the hardest job in the world, and children often change relationships forever. Cupid has some insight on what to expect after bringing home a baby, and how to make sure the bond between you and your partner stays strong:

**1. Take a break:** The chaos that a new baby brings leaves little time to focus on your partner (or yourself, for that matter). Make sure to take a night off once in awhile to de-stress. It'll also help you realize that you couldn't do it without your mate.

**2. Learn new things:** Becoming a parent can bring out a whole new side of a person. You might learn that your partner is more caring and responsible than you'd ever imagined. Don't forget to tell him how much you appreciate his new soft side.

**3. Grow stronger:** Raising a child presents so many new challenges to a couple that it can't help but strengthen a relationship. Every time you feel so tired and stressed out that you want to give up, remember that you are in this together.

Release date: October 8, 2010

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## Julie Metz Talks Her Latest Work, 'Perfection'





By Stacey Small

Every one of us has felt the pain of betrayal at some point, but Julie Metz's came in the wake of her husband's sudden and untimely death. Just as she was beginning to heal and return to a normal life months after she was widowed, Metz learns her marriage wasn't what she thought it was. Through letters and correspondence, Metz's memoir recreates her most difficult moments as she struggles to bring her life back to perfection.

**How do you deal with the shortcomings of your spouse?**

**Cupid's Advice:**

At the beginning of a relationship, it's easy to think that life is perfect. You're blown away by all of the positive qualities your new partner possesses, and you simply can't imagine that anything could go wrong. The thought that your mate has qualities you might not find attractive never crosses your mind. Sure, you may be a great match. No one is disputing that fact. But perfection in a relationship simply doesn't exist. You have to learn to deal with the things you

view as your spouse's shortcomings – his less positive qualities. The best way to do that is to remind yourself of the strong points in your relationship, so that the negatives seem minuscule in comparison.

**You've mentioned in an interview that you have a wonderful therapist who has helped you greatly in the past. Do you find that people who've read your work now reach out to you for guidance in their own personal lives?**

What a good therapist does is help you do the work of rethinking your life by guiding you through your own process.

I do receive e-mails from readers who ask me for advice. While I do not in any way consider myself a professional advisor, I have learned some useful lessons in rebuilding my own life in the aftermath of betrayal that may be useful for others. Envisioning your future life, making a plan, doing something every day to get you closer to that vision, persevering in the face of what might feel like failure—I offer this advice to readers because it feels universal...and I try to follow it myself!

**You say that *Perfection* began as a series of letters. At what point did you realize this gripping story needed to become a full book?**

In the first weeks and months after my husband's sudden death, friends who lived far away called and wrote to me to see how I was doing. It was too difficult to call everyone, so I wrote a daily e-mail and sent it to whoever had contacted me that day. The correspondence was deeply comforting and helped me feel connected to the world at a time when I felt myself retreating. When I found out about my husband's affairs, I took another giant step backwards and began again. The correspondence with friends became even more comforting.

Two writers suggested that I think about writing a book about my experiences. At first I dismissed the idea. I wasn't a

professional writer and I wasn't sure how to begin. One of the writers was insistent that I try, and she sent me home with directions: go home, sit for twenty minutes a day, write.

As the writing process became more a part of my life, I found myself engaged. I was certain that there were other women and men who had been through something like my experience, and I hoped that my story might bring them comfort.

**Of the women who were involved with your husband that you confronted, did any of them react in unexpected or surprising ways? What did it take for you to truly accept their apologies?**

The whole experience of contacting my husband's lovers was surprising for me. Most of the women didn't seem too surprised to hear from me. In fact, in a few cases they seemed to be expecting my call. The fact that they spoke to me in an open way about their relationships with my husband helped me find forgiveness more quickly than I might have imagined.

It was harder to find forgiveness for Cathy, the woman in my town. She had not only engaged in a long-term affair over several years, but had used our daughters' friendship to gain access to my home. She was not open with me once the affair came to light and seemed to be in complete denial about the emotional consequences of the affair, eager to cover it all up so that life could continue as it had before. It took a long time for me to make sense of this so that I could move on.

Other women I have talked to who have discovered long-term affairs have told me that it took a few years before they could wake up in the morning without thinking about the betrayal first thing. That was my experience as well. It takes time to rebuild trust in yourself and in others.

**In the FAQ section of your book's website, you state, "I hope that my daughter and other young women can learn something from my painful experience." Now that she is a teen, has your**

**daughter read any of this book, and if so, how has it helped you and/or her grow?**

When I received the offer to publish *Perfection*, I spoke to my daughter about the project. She was 11 at that time, and while many people might think that is too young to discuss such adult subjects, we have always been close, and the loss of her father strengthened our bond. While I worked on the book, I left my laptop out in the open, and when I received printed copies I left those out for her to read. My goal was to depict her father with compassion, as a man who was flawed, but who loved both of us. She has always been supportive and described my book as “a real woman’s story.”

My daughter is now a wise 14-year old. I do think of my story as a cautionary tale, and I hope that she and other young women will think carefully about the choices they make and learn to see through the slick surfaces our culture often rewards. It’s harder than ever to make good personal choices in our celebrity-driven media culture. For this younger generation, becoming media savvy—learning how to see through the artificial surface of advertising, “reality” shows, fashion magazines, websites, and social networking sites—is more difficult, and more important than ever. I am on Facebook and Twitter, I text plenty, and I love my iPhone...but I try to live with the awareness that online connections do not replace real relationships.

**What advice would you give to those who are hiding or have hidden their infidelity from their partners?**

We can see in our own lives as well as those of celebrities that even when you think you have successfully hidden your secrets, they will come out of hiding anyway. The secrets, even while they are still hidden, will cause damage to yourself and people you care about: your partner/spouse, your children, and your friends. When you are keeping big secrets, you begin to compartmentalize your life in a way that is sure



to mess up your own thinking.

And eventually, because it is hard to keep secrets forever, you will be found out. Your story may not be international Tiger Woods/Sandra Bullock news, but it can still upend your life. However painful it may be, I would encourage people who are keeping secrets to come clean. If you are unhappy in your relationship, there are better and more honorable ways to resolve your issues.

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## SWR Singles Blog Crawl: Day 3



## Rachel Buddeberg Muses on All Things Single

2010 SingleWomenRule.com Blog Crawl for National Unmarried and Single Americans Week

September 19 – 25, 2010

Crawl over to a new blog by Dr. Bella DePaulo, All Things Single (And More), where **Rachel Buddeberg** will share her musings.

**Bella DePaulo** (Ph.D., Harvard) is the author of *Singled Out*, *Single with Attitude*, and a blog “All Things Single (and More).” She also writes the “Living Single” blog for Psychology Today. Her op-ed essays have appeared in publications such as *The New York Times*, the *Chronicle of Higher Education*, and *Forbes*.

**Rachel Buddeberg**, a feminist and freethinking humanist in the San Francisco Bay area, muses on her blog about meaning making; redefining community and relationships to build alternative ways of relating, which avoid cultural trances and thus support equality and democracy; and anything else that interests her.

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## Nicole Porter Discusses ‘The Break-Up Cookbook’





By Vicky Sullivan

In honor of National Singles Week, Cupid interviewed Nicole Porter, the self-published author of *The Break-Up Cookbook*. This witty collection of recipes, stories, and quotes, is a must-read for singles everywhere. Though it is said that the way to a man's heart is through his stomach, the way to a woman's broken heart seems to have always been through the same vital organ. Being from Minnesota where the temperature can hit 40 degrees below 0, comfort food is in Porter's blood. Don't be fooled, however, because this book puts the "party" back into the phrase "pity party." In spite of dealing with issues such as the tragedy of a broken heart, *The Break-Up Cookbook* is nothing, but funny and optimistic.

Though Porter will never lose faith in love, she celebrates singles everywhere by recognizing their many achievements. "Now is the time to recognize what you wouldn't have done if you were busy worrying about someone else. For example, when I broke up with a guy a while back, I finally had the time to take salsa lessons. So I did. I ended up meeting the next

guy there.” Porter also suggests that singles take action by never waiting around for the next person to find them. “Everyday you have four missed opportunities. Try to take at least one of them. If you see a cute guy on the subway, go for it. What do you have lose? You will probably never even see him again,” advises Porter. Be sure to pick up a copy of *The Break-Up Cookbook* as soon as possible because this is something every woman should have either on her nightstand or in her kitchen.

### **Cupid’s Advice:**

Sometimes it’s hard to get back on your feet after a brutal break-up, but Cupid caught up with Nicole Porter to get some advice. See what the author had to say:

**After a break-up, what is the best chick flick to watch while eating your fabulous recipes?**

*300* because you realize your boyfriend never had abs like that. So why were you with him in the first place? It’s even great with the sound off.

**Why do you think the way to a woman’s broken heart is through her stomach?**

Girls always want to eat and talk, but I have never had a girlfriend want to come over [after a break-up] for a salad. If it’s chocolate cake, then they will be over in 10.

**What are you looking for in a man?**

A guy who can make me laugh. Looks fade and money goes away, but the guy who can make me giggle is the one to look for.

**What break-up occasions go best with sweet treats? What about salty?**

The ones where you throw things – sweet. The ones where you cry – salty. If it’s both, I recommend caramel corn.

### **What is your personal favorite break-up recipe?**

It's a toss up between Lip Smack'n Mac n' Cheese and Flourless Chocolate Cake. I try to do just one or the other, but if it's really that kind of night, it's both. Invite friends. It's fewer calories that way.

### **What would you say is the secret to a successful relationship?**

Something that is honest. You are only going to find that one person you are supposed to be with. The others just show you who you are, and it's with the last person that you can truly be yourself.

### **Where is the best place to meet men?**

The grocery store, because there you can really tell if a guy is single or not. If he is buying meat, potatoes, and beer, he is single. If it's yogurt and chicken cutlets, he is taken.

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## **Jennifer Lopez's new film: The Back-up Plan**





With Zoe's (Jennifer Lopez) biological clock ticking away, she gives up on love and makes a plan to have a sperm donor create her family. No sooner is the in vitro process finished and Zoe meets her soulmate, Stan (Alex O'Loughlin). The problem is, Zoe can't see past her personal love issues, which stem from a childhood where her mom died, her dad ran out, and her grandmother was left to raise her. Not long after discovering that her procedure was a success, Zoe begins falling for Stan. She struggles to hide her pregnant 'condition,' but eventually chooses to let him in on the truth, including the fact that she's having twins! Although Zoe expects Stan to run away, he steps up and expresses his desire to stick around. Anyone can fall in love but doing it backwards, in a nine-month window, with two kids on the way could stress out even the best of us.

**How do you find time for love when you have a busy schedule?**

**Cupid's Advice:**

Like most people, you probably take on more than you should.

You manage to get by, but would love to feel that you've accomplished tasks instead of just getting through them. Cupid has some great ways to strike a balance:

**1. Put it down on paper:** The first thing you should do is write down your schedule on a calendar in advance. Then, mark your top priorities with easy-to-read bold colors. Staying organized is key!

**2. Share your activities:** If you and your partner have equally busy schedules and find that you never see each other, take an hour each week to compare notes. With effort and a little schedule juggling, you'll find some quality time to spend together.

**3. Avoid distractions:** Sure, you may be tempted to watch a *Survivor* re-run with your beau even when you still have work to do, but it's best to resist, resist, resist! Losing focus and concentration in the middle of a project means it will take even longer. Being efficient and completing tasks will give you quality time together.

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## SWR Blog Crawl-Step Outside Your Dating Comfort Zone This Fall





**2010 SingleWomenRule.com Blog Crawl for National Unmarried  
and Single Americans Week**

***September 19 – 25, 2010***  
***Day 2***

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**Today's Prize:** Visit [SingleWomenRule.com](http://SingleWomenRule.com) to enter to win one  
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several great prizes including an introductory pack of cards  
to the new  
dating site, Cheekd.com, Modern Courtesan by YS perfumes,  
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more. Open to U.S. Residents only.

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Guest Post by *Melissa Braverman, Singlegalnyc.com*

Summer may be over, but there's no better time to heat up your  
love life than by stepping out of your dating comfort zone



this fall.

Some of today's hottest celebrity couples got their start because one half of the pair made a bold move. During an appearance on Josh Duhamel's Las Vegas, Fergie walked right up to him and said 'I read you had a dream about me' for her opening line. Desperate Housewives' Marcia Cross first saw future husband Tom Mahoney at a flower shop and asked the owner to give him her phone number.

As a woman, making the first move isn't always easy – and, in some countries it hardly happens at all, as I've discovered during my European Dating Blitz. Over the last five weeks, I have traveled far out of my own comfort zone to explore what being single is like in six European countries. One recurring theme I've heard, especially in England and Ireland is that neither gender feels comfortable initiating a flirty conversation. "In Europe, people don't really want to make the first move," according to Fabrice LeParc, CEO of SmartDate.com, an online dating site that caters to both Americans and Europeans. "Here, it's not accepted for a woman to make a move. A smile is the most you can hope to get."

Part of the challenge in Northern Europe is single men tend to be reserved. "Men here are more on their guard and shy than in Spain, France and Southern Europe," observes France-born single Charlotte, 37. "They just come and say hello and start a conversation." Something that most British single women don't feel comfortable doing. "I would never go and talk to someone in a bar and neither would any of my girlfriends," says London bachelorette Nichola, 34. "As a single girl, you would never go to a bar on your own."

When flirting does happen, sex happens more quickly without the so-called rules that are so much a part of the American dating scene. For European singles, though, breaking the ice isn't easy since small talk doesn't happen in the same way that it does in the U.S. "If you don't know someone in Paris, you

don't talk," says bachelor David, 35. "In Anglo-Saxon places like the U.S., it's normal to talk. We are too closed in Paris."

Perhaps one of the greatest differences between American and European dating is in how singles approach their love lives. "People in France and Latin countries, they want to feel fate has a role to play," says Fabrice. "Americans and Nordics are more organized, they want to take control of their lives."

I'm no exception. A few nights ago, I decided to venture out on my own to a bar in Berlin. I wouldn't think twice about doing this in New York, but I had a little trepidation in unfamiliar territory where a woman out on her own is not at all the norm.

"Are you here alone?" asked the bouncer, clearly surprised to see that I was.

Once I was inside, I spotted a cute redheaded guy also alone, at a table by the window. Drink in hand, I gingerly walked in his direction and placed my glass on the table. He said, "hello" and we ended up talking the night away.

Like Fergie and Marcia Cross, I've found that your love life can be full of surprises when you step outside of your comfort zone. Here are three tips for shaking up your routine this fall.

**Skip The Same Old, Same Old:** Take a break from your favorite neighborhood haunts and venture to a new zip code. Whether it's exploring a watering hole you've never been to or discovering a new restaurant, act like you're visiting your hometown for the first time.

**Take The Why Not Approach:** If there's something you've always wanted to try, whether it's speed dating or a singles lock and key party, don't ask yourself why. Ask why not? and just do it. You've got nothing to lose and everything to gain by

putting yourself out there.

Recruit A Wingman: It's no secret that getting out of your comfort zone is a lot more fun when you've got a wingman by your side. Recruit a fellow single friend to join you as you embark on new season of adventure and romance.

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## MTV's Video Music Awards: What You Missed



By [Jessica DeRubbo](#)

Well, the MTV Video Music Awards have come and gone yet again, and the celebs in attendance this year didn't disappoint!

Some of the more notable duos walking the white carpet this year were Justin Bieber & Selena Gomez, Usher & Justin Bieber, *Jersey Shore's* Ronnie & Vinnie and Stephanie Pratt & Lo Bosworth, according to [Hollywood Life](#). And, of course, there was the much-anticipated awards show participants Taylor Swift and Kanye West. After last year's debacle where West barged on stage during Swift's acceptance speech, he was on his best behavior. The two stars separately sang two brand new songs addressing last year's event, "like a pair of dueling attorneys making closing statements in front of a jury," according to Tris McCall at the New Jersey [Star-Ledger](#).

That's not to leave out the host of this year's VMA extravaganza. E!'s popular comedienne Chelsea Handler took the podium, and the question is: how did she measure up?

Here are three reviews that seem to sum it up:

1. "As the live portion of the show began, Handler turned in a moderately funny Gaga sendup, appearing amid red-lycra-clad dancers wearing a dollhouse on her head. Though, again, it felt a little like Host the VMAs Paint-by-Numbers – Gaga's both the easiest and the lamest (not to mention the most willing) target around," said Jennifer Armstrong in *Entertainment Weekly's* PopWatch.

2. "And then there was the awkward plight of the night's host, Chelsea Handler. She was among the worst in the show's history – purposefully out-of-touch, with brief, alarming flashes of off-color racial humor," said Jon Caramanica of the [New York Times](#).

3. "But there was little smooching or feuding on Sunday, despite some nudging from the host. 'I want to encourage everyone to be on their worst behavior,' comedian Chelsea Handler declared in her opening monologue, a string of flat

punch lines that felt a few degrees below crass,” said Chris Richards in *The Washington Post*’s Click Track.

Although the VMAs usually make for some stories full of cat fights and on-stage duels, the show was pretty tame overall this year. But with the best ratings since 2002, according to Just Jared, Chelsea Handler can’t complain!

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## Giulia Melucci Talks ‘I Loved, I Lost, I Made Spaghetti’



By Stacey Small

Lovers, losers, and a whole lot of linguine are at the forefront of Giulia Melucci's new memoir, *I Loved, I Lost, I Made Spaghetti*. Whether a kindhearted alcoholic, a novelist with a Peter Pan Complex (there were two!), or the classic commitment-fearing Manhattanite, Giulia has been courted by, cried over, and has cooked for them all. But this woman's tale is far from woeful. After each romantic letdown, she recovers by indulging herself in the comforting concoction of a good cry and a bowl of pastina. Recipe—along with a heap of other delectable dishes—included. Melucci's *I Loved, I Lost, I Made Spaghetti* is a personable, at times laugh out loud adventure of a strong woman who knows the importance of nourishing her stomach, and even her soul, no matter how many times her romantic flames fizzle faster than what's cooking on the stove.

**What is the number one thing you should do to attract the right partner?**

**Cupid's Advice:**

Feel like you're looking for love in all the wrong places? Unhappy with your lack of amorous adventures? When it comes to finding that special someone, you need to begin the search closer to home: with yourself. Sure, you've heard it before, but it's true. The first step to setting yourself up for a successful relationship is learning to lead by example. Enjoy your presence, respect yourself, indulge every now and then; your confidence may very well attract someone looking to treat you in a similar fashion.

**Are there similarities between your creative processes of cooking and writing? How does one influence the other?**

Well, cooking is a lot easier than writing, but I suppose both of them are about making something palatable out of disparate

elements. With *I Loved, I Lost, I Made Spaghetti* I tried to combine humor, sadness, and food, to bring something entertaining and nourishing to my readers. Cooking is another way of expressing how you'd like life to taste. I try to keep it simple, because life is hard enough.

**Were there ever any instances where the guy you were dating took advantage of your culinary talents?**

Did you ever date someone who made you not want to cook, either for him or yourself? Every guy makes me want to cook, until he doesn't anymore. I cooked as a way to get people to love me, but also because I just really love to cook and I will do it for anyone who wants to eat with me. But yes, on occasion resentment built up around cooking in my relationships when it became clear that nothing, not even my most perfect Bolognese sauce, was going to inspire Ethan, or Lachlan, or whomever else to love me. That's my fault, not theirs. It is silly to think that cooking could change the way someone feels. I wish it could but it can't. It can't change me and it can't change them. Food is not as powerful as I hoped it would be.

**You mention that your idea of comfort food never involves a pint of Häagen-Dazs. What are some of your favorite pick-me-up treats?**

I don't use food to pick me up when I'm sad. Cake and ice cream are for celebrations, not pity parties. When I'm down I eat nourishing food; a bowl of pasta with broccoli and garlic or a grilled salmon fillet with a side of sauteed spinach. Just something good to keep me going.

**Having spent the majority of your life in Brooklyn, what restaurants have given you the most inspiration for your cooking?**

I'm inspired by Anna Klinger's wonderful cooking at Al Di La in Park Slope. Her malfatti—lovely lumps of swiss chard held

together by a bit of flour and sauced with brown butter and sage—is one of the most perfect dishes I can think of. But mostly I’m inspired by the cooking my mother did for our family when I was growing up in Bay Ridge. One of her typical dishes was a bowl of penne topped with tomatoes and fresh basil, with the delicious surprise of a few slices of fried eggplant hiding underneath. That recipe’s in the book.

**Your book is filled with charm and humor, but are there any foods or recipes you now avoid because they rekindle negative memories?**

No, everything I ever cooked belongs to me and me alone. They are my creations and no bad memory can spoil that. It’s one of the good things I got out of my failed relationships; I learned to be a better cook. I’m happy for every dish in my arsenal, no matter who might have been waiting at the table while I was creating it.

**In your interview with The New York Times, you agree that this book is like a “Sex and the City” with wittily-titled recipes, but that it’s not all about going to the hottest nightlife and dining spots. What are some ‘dos and don’ts’ for other single city ladies looking for romance?**

Don’t do anything you don’t feel like doing. Don’t go out if you’re not in the mood just because you feel you have to because you might meet someone. Don’t go on a date with someone if the idea of it makes you miserable. Do trust the universe’s timing, it is spot on. Thing is, you’re never going to meet the right person until you are ready to meet him. The moment you are ready, he’ll be there. You may think you are ready when you’re not. I know I did.

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# 'The Romantics' Starring Katie Holmes, Anna Paquin, Elijah Wood & More



By [Jessica DeRubbo](#)

Interested in seeing a love story that transcends the rom com genre by breathing new life into it with a unique plot and A-list actors? Eager to settle into a theater seat with buttery popcorn in your lap and your girlfriends giggling by your side? *The Romantics*, which premieres today, September 10, may be just what you need. Based on the novel by producer/writer/director Galt Niederhoffer, *The Romantics* is directed by its original novelist and follows the story of seven close friends, all members of the same college clique, as they get together to watch two of their own get married.

Lila (Anna Paquin), the bride, and Laura (Katie Holmes), the maid of honor, have long been coveting for Tom (Josh Duhamel), the groom. In fact, Laura is his former lover. As if this heated love triangle doesn't create enough tension and drama already, the drunken group of friends takes a late-night swim the day before the wedding and return without the groom. Ominous weather is looming overhead, and the night is sure to be eventful.



**Want some solid reasons as to why you should start making your way over to the movie theater?**

Check out what these reviews had to say:

1. "*The Romantics* gets much of the female chitchat right, from catty asides to sisterly chase-fights in bare feet," says *Time Out New York's* Joshua Rothkopf.
2. "Replete with unconventional music choices, hand-held camerawork, and a rather simple, yet dramatic and funny plot, the film balances itself out with its share of hits and misses," says [Limité Magazine's](#) Daniel Quitério.
3. "So one enjoys *Romantics* for the genre trappings – the

inebriated toasts, feverish gossiping, unexpected trysts, the de rigueur wedding dress snafu and bright lines that cut through the mood of sentimentality and nostalgia,” says the [Hollywood Reporter](#)’s Kirk Honeycutt.

Other notable actors and actresses in the film include Adam Brody, Malin Akerman, Elijah Wood, Diana Agron, Jeremy Strong, Rebecca Lawrence and Candice Bergen.

Release date: September 10, 2010

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## Tina Fey & Steve Carell in ‘Date Night’



This comedy action film is about a hardworking couple and exhausted parents, Phil and Claire Foster (Steve Carell from the "The Office" and Tina Fey of "30 Rock"), that can barely find the energy and enthusiasm to go on their routine date night. Aware that the romantic spark is going out of their relationship, Phil and Claire decide to do something different for this night out. When they can't get into a popular restaurant in the city, they take another couple's reservations and are mistaken as the Tripplehornes by the bad guys who are hunting the other couple down.

## **Can a couple rekindle the spark in a relationship?**

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

Couples set into a routine may find themselves doing nothing instead of something exciting because they find no enthusiasm or energy left. In order to avoid being stuck in a 'rut,' Cupid has found some much safer ways than Phil and Claire Foster's date night to re-ignite your relationship below:

- 1. Make the relationship a priority:** Spend time alone together and focus on each other. Touch often. Reconnect by talking more about dreams, fears and personal stories and avoid discussions about schedules, kids and to-do lists.
- 2. Mix it up:** Break out of your comfort zone and stop following a routine. Try a new place or activity. Steal away a few minutes early in the morning or cut back on late night TV.
- 3. Go with the flow:** Show your trust in your partner. Whether something bad or good happens, you're in it together. Don't be afraid to show a different side of yourself.

It's not always easy to come up with a special way to spend time with your partner. Follow Cupid to Weekend Affairs:

Nighttime Thrills! for some fun suggestions.

**DVD Release Date:** August 10, 2010