

A Healthy Romantic Dinner for Two



By Brian Steele

Making a meal with your partner can be one of the most romantic things you can do. It's a fun and cheap way to enjoy yourself on a date night, and a simple way to get closer to your partner. The best part about this is getting a home cooked meal – and who can resist the simple pleasure of eating in the comfort of your own home?

However, you *do* want to make sure you're enjoying your meals, not suffering through them. Many individuals find it hard to maintain healthy dining habits because they don't want to sacrifice taste for a decrease in calories and fat. Luckily, you don't have to compromise taste for health, as it's

possible to have a dining experience that satisfies both your taste buds and your body.

What's more is that it's simple and rewarding to cook a great meal at home and share it with that special someone. Your significant other will appreciate that you care about their health. In addition, dining together will go far in strengthening the romantic bond you already share with each other.

Make the meal with your partner and feed each other while you're cooking. This can be a very intimate and sensual experience, so get creative!

The following is a recipe for two that will not only satiate your hunger, but will provide a romantic evening at home:

Ingredients:

Four Portobello mushrooms

Shredded mozzarella cheese

8 tablespoons of tomato sauce

Steps:

1. Wash the mushroom and remove the stems. Once removed, the stems should be put aside as they will be chopped and used as a topping.

2. Place the washed and dried mushroom caps in a baking pan. Place two tablespoons of tomato sauce on each cap. Then sprinkle the mozzarella cheese over the sauce. When you are finished, set your oven to preheat at 350 degrees.

3. Take the stems that you had removed earlier and chop them up. Once chopped, spread evenly over the four mushroom caps.

4. Once the oven is ready, place the baking pan in the oven and let it bake for 30 minutes.

5. After 30 minutes remove and serve. The cheese may be

really hot at first, so be careful!

Wine:

This dinner pairs well with red wine – in particular, a merlot or cabernet sauvignon. Red wine has two major benefits: It helps set a romantic mood and is also chock full of antioxidants, which research shows is advantageous to the promotion of good health.

Dessert:

This main course can be followed with a simple dessert of tea and Greek yogurt. Tea has additional antioxidants and Greek yogurt contains probiotics. Probiotics has been shown to aid in proper digestive health and no healthy lifestyle would truly be complete without them.

If you are looking for a great romantic evening in, consider trying this delicious, healthy recipe for two. Your partner (and body) will thank you!

Brian Steele is a contributing writer at various sites like Probiotics.org.

10 Ways To Get Into A Summer Romance





By Melissa Tierney

Summer is the perfect time to go out and have fun. While you're at it, why not aim to have a season filled with some love and lust. Everyone wants that perfect, warm weather romance that will hopefully last past Labor Day, but how do you find the one that will sweep you off your feet? Here's some advice on how to get into the, passionate relationship that will keep you glowing every single day!

1. Aim to have fun: Everyone says you're likely to find someone when you least expect it. Go out with your friends, dance the night away and stop aiming to find 'the one' while you're out. Who knows – you might be having such a good time that your future significant other can't help but notice you!

2. Have an open mind: Be willing to go out and meet new people. Keeping your eyes wide open will help you meet someone that may be perfect for you that you would have otherwise overlooked.

3. Head to the beach: Relaxing at the beach is a great way to

meet that hottie playing volleyball or the new summer lifeguard while also soaking up some rays. If you're calm and relaxed, you're more at ease when chatting up a new guy, which is a great way to start off a summer romance.

4. Take a break: Instead of eating lunch at the office, take a break and go to an outdoor café. You may befriend other singles taking a break from work, and one of them could be Mr. Right.

5. Join a dating site: Summer is the perfect time to join a site like Match.com or eHarmony.com because everyone is looking to have a good time when the weather gets warmer. If you're already part of these networks, change your profile – maybe an updated interests list or new picture will spark that special someone's interest.

6. Go to a new place: Check out a new bar or club over the summer. In addition to enjoying new scenery, you'll meet people who aren't typically at the bar or club scene you're used to.

7. Be a social networker: If there's someone you've been crushing on for awhile, why not add him as a friend on Facebook or follow him on Twitter. You might just come home to a Facebook chat or mention in your timeline, asking you out on a date!

8. Go outside: Instead of doing activities inside, head outdoors. Go for a run in the park, read a book outside a cafe, or simply go for a walk. You can't meet anyone new indoors, so expand your horizons and enjoy the weather!

9. Put down the technology: When you're out, live in the moment and stay away from your phone. If someone sees that you're constantly attached to your iPhone or BlackBerry, they'll assume you're always busy or preoccupied, which won't open doors if you're looking to meet someone.

10. Be outgoing: If you're normally shy, summer is the perfect time to let loose and be yourself. Feel comfortable with who you are and try interacting with people you normally wouldn't chat up. Heading outside your comfort zone may yield to get comfy with your next fling!

Do you have any tips on how to get into a summer romance? Share your stories below!

5 Best Wedding Movies Ever



By Jeanne Bowyer

If you love weddings – and let's face it, in their heart of hearts, who doesn't? – there's nothing like a nice wedding

movie to fill up a quiet weekday evening, especially if you're spending a lot of time and energy planning a wedding of your own. Break out the popcorn, because we're about to give you a list of the five top wedding movies you won't want to miss!

1. 4 Weddings and a Funeral: How much funnier can you get than this movie? The opening scenes alone are enough to make grown men cry with laughter, and the rest of the film has long rendered it a comedy classic. Interlaced with moments of real humanity and poignancy, this film will have you laughing – and crying – all the way through. The characters are real and the storyline will touch your heart – and, of course, it's the first starring role for the swoon-worthy Hugh Grant, too!

2. The Wedding Singer: Adam Sandler and Drew Barrymore make the silver screen come to life with their romantic antics in this gorgeously sweet comedy about love in the eighties! Set in 1985, the story follows the falling in love of Robbie Hart – the wedding singer – and Julia – a waitress – who are both initially engaged to the wrong people. Possibly one of Sandler's finest career moments, this movie is bound to become a favorite and a resident in your DVD or Blu-ray collection.

3. Father of the Bride: Who could forget this absolutely awesome classic? A very fine remake of the 1950's original, this movie stars Steve Martin in an endearing and captivating role as the father of a bride-to-be (played by Kimberly Williams). His wife Nina, played by the ever-stunning Diane Keaton, is the perfect sidekick, and of course, who could forget the flamboyant Franck – the wedding planner – as he rushes around installing geese on the lawn? ... Unmissable!

4. My Big Fat Greek Wedding: This movie is one of the sweetest wedding flicks ever made. It's not sensationalist or bold in the classic Hollywood sense; it's simply the following of a couple as they fall in love and start planning their wedding. Of course, that doesn't mean there's no drama. It's quite the

opposite, as it's full of real down-to-earth comedy as the bride's Greek family attempts to mesh with the groom's middle class white American family. The laughs are huge and the film worth every second spent watching it!

5. The Princess Bride: It's impossible not to put this utter classic on the list of wedding movies; it's just simply one of the most fun romantic comedies ever made! Follow Westley (played by Cary Elwes) and his Buttercup (played by Robin Wright) as they prove that the course of true love never does run smooth, but can be very entertaining! The Dread Pirate Roberts, the Six Fingered Man and an early appearance by Mandy Patinkin (who played Gideon in Criminal Minds) provide many a humorous moment. It'll have you kissing your sweetheart with gusto for days to come, as well as whirling around in the grocery store boldly declaring "you killed my father...prepare to die!"

Jeanne Bowyer writes tips about how to plan the best Westchester weddings. Check out what the wedding business marketing insiders have to share.

The 5 Best Steamy Movie Kisses





By Tanni Deb

From the spaghetti dinner kiss between Lady and the Tramp to John and Savannah's passionate liplock in *Dear John*, Hollywood love scenes never fail to make our hearts race. Although there are plenty of romantic movie kisses that are list-worthy, here are our five favorite onscreen smooches ever:

1. *Titanic*: James Cameron made us laugh, cry and fall in love with leading characters Jack (Leonardo DiCaprio) and Rose (Kate Winslet) in his most romantic movie to date. Coming from different classes, Jack, a penniless American who won the tickets in a poker game, and Rose, the uptight daughter of an English aristocrat, fell in love and sealed their first kiss on the bow of the movie's namesake.

2. *The Notebook*: This love story is another tale of love that knows no boundaries, with country boy Noah (Ryan Gosling) and southern socialite Allie (Rachel McAdams) finding themselves in a heated summer romance. After seven long years of no communication, the two find themselves passionately kissing in the rain. This long awaited kiss, filled with both unrequited

love and ashes of a teenage angst, is fit for anyone's teen dream.

3. *Pride and Prejudice*: Although Elizabeth (Keira Knightley) and Mr. Darcy (Matthew Macfadyen) had nothing but distaste for each other when they first met, sparks flew when they fell in love. After taking a stroll at dawn on a field, Mr. Darcy expresses his undying love for Elizabeth. Since the two went from resenting one another to finally holding hands, their kiss at the end of the movie was gladly accepted by the audience, who has come to know this classic Jane Austen movie quite well.

4. *Spider-Man*: Who would have thought that watching a man wearing a spandex hanging upside down in the rain while kissing his heart's desire could be romantic? Since he's a superhero, anything's possible! The smooch between Tobey Maguire's alter ego and Kirsten Dunst's Mary Jane was so amazing that they were awarded the best screen kiss by MTV in 2003.

5. *Breakfast at Tiffany's*: Locking lips in the rain must make for a great kiss, since this is the third smooch on our list that occurred during a shower! When Paul (George Peppard) leaves Holly (Audrey Hepburn) in the car after wondering how and why people fall in love and belong to one another, she runs after him. As rain pours down, their lip lock expresses the love they have for each other – and sort of answers Paul's question! *The Sun* reported that the 1961 film was voted cinema's best snog in 2004 by a poll of 4,000 movie fans for Valentine's Day.

Which of these movie kisses is your favorite? Share with us in a comment below!

The Premise of Monogamy



By Richard Woods

In our celebrity-driven American culture, it's become all too common for us non-celebrities to sit on our expanding posteriors and criticize public figures whenever they make headlines for being romantically reckless. The truth is that despite our moral indignation, there are fewer of us who could resist similar temptations than we'd like to admit. For many, monogamy is merely caused by a lack of opportunity.

But much of the difficulty we have coping with monogamy and infidelity may very well be due to how we operate. Is monogamy instinctive, or even healthy? For many, our natural inclinations are in direct contradiction to what we've been taught to believe regarding how we should express love for one another in committed relationships. However, this

contradiction leads to dishonesty, which is the root of infidelity in the first place. In a modern world where Americans have their libidos constantly engaged, the reality is that monogamy is becoming a less realistic expectation.

Still, even though most Americans know better, we continue to engage in this failed romantic notion. Moreover, when we correlate committed relationships with celebrity gossip, it often comes at the expense of being able to make rational choices within our own relationships. We tend to view the entire concept of “cheating” as if loving commitments occur in a vacuum, and that circumstances, emotions and a suppressed libido are incidental dynamics where it concerns monogamy. It’s rarely as black and white as we’d like to believe.

Consider what our collective view might be if we took the lie that accompanies the romantic premise from which we operate out of the equation? What if honesty about expressing our intimate predispositions became the standard? What if we were able to stop apologizing for our libidos without fearing any social reprisal? What if we were able to put jealousy in its proper perspective? What if, rather than “cheat,” we were able to negotiate non-monogamy?

Whether we like it or not, the very nature of the way men and women romantically interact is evolving. And as with other forms of evolution – unless we’re able to unlearn many of the “vanilla” precepts we have been inundated with regarding monogamy as the singular marital standard – there will be unnecessary pain associated with the process.

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www.unlearn.tv . Catch it Live every Tuesday @ 7pm EST.

5 Ways to Flag Down Your Love Tonight



By Tanni Deb

With the arrival of June, days become longer, nights become shorter and summer flings are perhaps the most popular activity taking place. Though Flag Day (June 14) is a holiday that celebrates the adoption of the American flag, why not use it as an excuse to throw a party – or better yet, attend one. Whether you go all out or stay simple, take advantage and get

noticed by that special person. Not sure how? Take a look at these five tips to flag down a hottie:

1. Eye contact: If you're anything like me, then you're not fond of people who stare. But in order to get noticed by your crush, making eye contact and throwing a few glimpses his way is a must – it's a simple wordless gesture that can be just as captivating as a moving speech. Don't forget to smile!

2. Wear red: As the color of fiery romance, a LRD (Little Red Dress), pair of crimson lips or the backs of Christian Louboutins are sure to catch the gaze of any man. Red embodies passion, lust and of course, screams sex appeal – Psychology Today did a study and found that a woman wearing red was seen as sexier than when she was wearing a different color shirt. Red will not only attract your future squeeze, but you'll also keep in tune with the red, white and blue of the American flag. If you plan to spend Flag Day at the beach, wear some All-American swim wear. You're bound to turn heads!

3. Initiate contact: Nothing's worse than being a standing wallflower, staring at the cutie across the room. If you want him to be interested in you, just strike up a conversation. If you just be yourself, you'll realize whether or not this person is someone worth pursuing. Have nothing to say? Ask him if he likes your red outfit (we told you this was a good tip!).

4. Paint your face: If you can't find the perfect outfit to wear, try perfecting your makeup. Smokey eyes and bright eyeliners are in this summer, as well as red lipstick and body shimmer that will make your skin glow. *Allure* recommends these five summer makeup colors to help you stand out among the crowd.

5. Scent it up: If you've followed the above four tips and you're chatting up the guy of your dreams, don't bet on him to

stick around for more than a few minutes if you don't smell good. That *doesn't* mean you should swim in a pool of your favorite perfume or body splash, but a hint of your signature scent (whether it's fruity, clean or woody) is bound to get you noticed. Try mixing a few complimentary scents to make your own unique blend!

Follow these tips and hopefully, the guy of your dreams (or the guy for right now) will notice you. Need somewhere to go? Downtown New York will hold a Flag Day parade on June 14. Don't miss this opportunity; you just might meet someone special. If you do, don't forget to thank us later. Happy Flag Day!

How To Approach Financial Issues In a Relationship





By Stephen L.

Being in debt can be an embarrassing situation, but talking about it can feel even worse; especially when discussing it with someone you plan to live with for the rest of your life. However, it's important that you explain any financial problems that you have with your partner and that they discuss theirs with you before you head down the aisle. There are many problems that can arise if you hide your situation and the deceit could cause the end of your relationship before it has the chance to begin.

Hiding Does Not Help

Hiding your debt will never help you or your relationship with your partner. Not to mention that the people you owe that money to will eventually find you. If you know you owe money, arrange to pay it off slowly; most people, even big companies will be more inclined to do this if you call them early on and let them know your situation. You also need to make a list of all of your debt, as scary as it may seem. When it's done, sit down with your partner and explain that you want to talk about finances. This will show them that you are serious about

the relationship; and it may give them the platform to open up and do the same. You should go through the entire list of debt with your partner and explain if and how you are trying to pay it off. This can help significantly when it comes to discussing living together and how much you can both afford in rent, or if obtaining a mortgage is out of the question.

Credit Cards are the Biggest Downfall

Having a credit card can be beneficial if you have an emergency, but you have to stay on top of payments and not let the debt and interest accumulate each month. Before you head into forever after, it's important that you ask your partner about their credit cards. If you both happen to own a Master Card issued by the same company, see if you can consolidate your cards and maintain a joint credit limit. Coming to an agreement to clear the debt as soon as you can, and making extra payments each month, will put you in a situation where the debt is worked off much quicker than you had anticipated.

Consolidate Your Debt

Another idea is to consider consolidating your debts with a bank loan. If you can't get a loan due to your credit rating, but your partner can, see if he will get the loan for the both of you. If you aren't married, and you're worried what will happen with the loan if you break up, ask your partner to sign an agreement to pay it off.

When you do marry, your credit ratings will be joined together; an unfair advantage if one of you has bad credit and the other person's credit is good. That's why it is important to talk this out and be open with one another. If your partner has hidden debt and you decide to put your home in both of your names, you could find it repossessed if you aren't aware of the situation. Discussing it does not have to be hard but it is one of the best things you can do for your relationship.

Stephen L. is a guest writer for Brookside Patio Furniture which specializes in resin wicker patio furniture that one can store in this recommended Toledo storage facility.

How to Get Back Into Dating After a Divorce



By Elizabeth Cutten

Divorce can be a stressful process, especially when you consider all of the worrying you have to do about what you're getting, what you're going to owe, and the attorney fees. It may seem like it's going to never end! That said, it's

important to stay positive about love. Eventually, you'll find that there's going to be a point where you will want to settle down with someone again.

The question is, how do you date after you get divorced? While I haven't personally been divorced, I have had some friends that went through the process, and this is what I've learned.

Things to Do Before You Start Dating Again

Be patient: Make sure not to jump into anything too quickly. While you may feel lonely without a significant other, it's not good to rush a relationship. Set your priorities straight and know what you want in life before you take your leap of faith.

Fix the problem: Why did you get divorced in the first place? Be honest with yourself. Were you the problem? Did things you used to do annoy your significant other? While you can't be perfect, try your best to fix your own issues before you start dating again.

Enjoy yourself: Find your single friends and hang out together. Check out all of your favorite bars and restaurants. The more you do, the more you can take your mind off of things. This is a great way to release stress and avoid sitting at home thinking about your ex.

Don't get revenge: Don't start dating someone because you want to get back at your ex. Not only is this going to hurt another person, but it's going to cause more stress for yourself. Set out to find someone that you want to start a relationship with, and move on.

How to Start Dating Again

Try online sites: There are a lot of great dating sites out there that can match you up with others similar to you. Sites

such as OkCupid.com and Match.com are a great place to start. While many frown upon online dating, be open to it. Just make sure that you always meet in public places.

Speed dating: Find speed dating clubs that can help you meet with people in your local area. The cool thing is that if you instantly know there's no connection with someone, you're on to the next person in less than five minutes!

Hang out with friends more: By doing this, you're able to let loose and have fun. Plus, you may even be able to network with some single friends of theirs. You will find that just like your career, networking is always a good idea.

Keep your head up high, and keep your stress level low. You're going to find that as long as you don't jump into things, a new life can work wonders in the long run. Good luck!

This was a guest post written by Elizabeth Cutten. You can find more of her work over at FindSecuredCards.com, a blog /resource helping those in debt get out of it for good!

Summer Lovin': 10 Ways to Heat Up Your Relationship





By Diamon Hall

Relationships require just as much attention as a newborn baby. While they start off sizzling with love and affection, they can easily fizzle out if they aren't handled with care. Since summer is almost here, the heat under your relationship's fire should be kicked up a few notches! Here are 10 tips to keep the blaze alight:

1. Reminisce: Go back to the very first moment you met each other and the feeling that came with it. Remember the fire in your partner's eyes when they were first laid on you? Bring back that fiery moment time and time again.

2. Hold the phones: Turn off your BlackBerry. Shut down the laptop. Cut off all outside communication and focus on your significant other.

3. Surprise, surprise: Men, you can never go wrong with sending flowers to her job. Ladies, light some candles and put on his favorite lingerie for when he returns home from a hard day at work. Occasional, unexpected treats keeps the suspense and

awe alive in any relationship – even long-term ones.

4. Communication is key: No partnership can sizzle without it.

5. Plan a getaway: A weekend trip by yourselves, especially if you have children, may be just what you need. Alone time gives a couple the opportunity to tune the world out and bond.

6. Thank your partner: Let your better half know how much you appreciate him or her. Whether your mate has done something for you recently or not, just thank him or her for being a part of your life.

7. Spoil your companion: Without spending too much money, pamper your lover in the comfort of your own home. Massage his or her back. Bring out the strawberries and whipped cream and feed it to your guy or gal. Have fun showering your partner with some extra love and affection – who knows, you might get some extra lovin' in return!

8. Compliment your helpmate: A praise can go a long way. Tell your loved one how hot he or she looks today. If your significant other changes hairstyles, make it known that you've noticed it. A simple positive may be just what your partner needs to boost his or her confidence.

9. Little things: Pack a lunch for your beau or gal the night before work with a love note attached. Wash the car and cross that extra thing off his or her to-do list. Prepare a hot bath to soak in after a long day. Sometimes it's the little things that can make a big difference.

10. Three simple words: Last, but certainly not least, let the three words "I love you" roll off your tongue every single day. These words are the fuel that keeps every relationship a fire.

If you follow these 10 tips for summer lovin', your relationship should be one of the hottest!

How Internet Dating Creates A New Mindset



By Dr. Simon Casey

Internet dating has created a different mindset among individuals and has changed the dating game forever. There are some people who may give the appearance of exclusive dating, but they aren't giving up their online profiles.

There are two major reasons for this:

- 1. Doubt:** About 40 percent of people fall into this category. What happens is, after the first couple of dates, one person starts realizing that something is missing in the relationship

and/or that the other person doesn't completely meet his or her expectations. As casual dating slowly starts turning into more of a relationship, one partner becomes more committed (while believing that the other person is feeling the same way), and the other one choose to be pretentious and somewhat dishonest with his/her feelings. Keeping an online profile active is a clear indication that someone wants to keep his or her options open. This is what I call "emotional cheating."

Any relationship that starts with this kind of dishonesty is doomed to fail. If you find out your partner is still involved in the online dating community after you've committed to each other, walk as far away from that person as possible. Any person who starts a relationship in this fashion is more than likely to continue their dishonesty even after marriage.

2. Inability to commit to one person: There are many people who love the excitement of internet dating. Creating relationships without leaving your home can also be called "fantasy dating." This built-in excitement is a modified addiction and a large ego booster. The score and mind games are a priority. There's always an agenda and being honest in order to form an intimate and loving relationship is not one of them. But don't fret! There are ways to find out about your date's motives providing you are willing to ask the right questions. If you're somewhat emotionally involved or have some feelings for the other person, it may blind you or hold you back. Remember, desperate people end up finding other desperate people. Knowing what you want comes from achieving emotional mastery. Don't ever settle for less because, you're worth more!

5 Memorable Summer Fling Movies



By Andrew Pryor

It's true that movies take inspiration from real life, but real life can also take inspiration from a good movie. So if you're not looking forward to this summer because you think the passion's gone away, get inspired by these five movies about summer romance. These tales of fair-weather flings are sure to raise your temperature and make you want to go looking for your own co-star – or create a love scene with the one you already have:

1. Grease: Starting off senior year with some passion-filled “summer lovin, ” there's no way this movie wasn't going to top

our list. John Travolta is greased lightning in a bottle all throughout this rocking tribute to Rydell High, and his duet with Olivia Newton-John is the perfect ode to all that is loved and lost in the summer months.

2. Dirty Dancing: The movie that launched a thousand dance programs, this sizzling dance-floor drama defined Patrick Swayze's career through his dynamic moves, along with his chemistry with his dance partner (and future *Dancing With the Stars* contestant and winner), Jennifer Grey. Watch it and be amazed at how much grace and passion is in one summer movie romance.

3. Body Heat: William Hurt is a womanizing lawyer and Kathleen Turner becomes his vice. When they meet, sparks fly and things begin to burn – including their chemistry. A reminder of the all-encompassing – and sometimes dangerous – nature of passion and romance, *Body Heat* depicts what happens when a torrid affair turns into “all is fair in love and war” during a dry and unforgiving summer.

4. How Stella Got Her Groove Back: For every woman who needed a vacation and found so much more, *How Stella Got Her Groove Back* centers around Stella's (Angela Bassett) summer fling with an exotic islander (Taye Diggs). It's a reminder to every lady that love can be found in the most unexpected places.

5. The Notebook: This tried-and-true tale of mismatched love between Noah, a lowly country boy with a modest upbringing and Allie, a girl from the upper-crust of society with the world at her feet, is a movie-interpretation of romance king Nicholas Sparks' bestseller. This 2004 hit proves that happiness with your soul mate trumps sticking to class ranks any day!

The Dating Double Standard



By High Yield Hottie

Ever thrown a drink in a man's face because he said something piggish? I have (and highly recommend it). However, while recently out to dinner with a male friend – let's call him Master Key – I curbed my natural reflex and listened to what he had to say. As we cocktailed, our conversation turned to how many intimate partners were acceptable for men and women in this day and age. Master Key crudely summed it up as follows:

“It's a key/lock situation. Well, a man is naturally the key. The woman is the lock. A key that opens many different

locks is an amazing key. But a lock that is opened by many different keys isn't worth anything at all."

Cue my desire to give him a martini facial and poke his eyes out with the plastic olive skewer.

Yet despite my disgust for his sexist point of view, he has a point. While women have been tirelessly shattering glass ceilings and income bracket double standards professionally, there's one area where the double standard seems to persist, and that's in dating. Even as adult women, in the eyes of many men (and women, too), we're still held to the binary categorization of "slut" or "nice girl." So what's a gal like you to do with this infuriating double standard? Take a cue from some of our celebrity friends and choose to own it, call it out, hide it or accept it.

1. Own It: In the words of Rihanna, "I might be bad, but I'm perfectly good at it!" You're comfortable with your sexploits and prefer to flaunt them.

Ex. Madonna: Not only was she the "material girl," but she was the ultimate alpha female. She embraced her sexuality and made a whole career out of it, which has since been emulated by many.

2. Call It Out: Not quite rising to the level of an "Own It" woman, you operate in a gray area between "nice girl" and "slut." You prefer to fight the double standard with verbal double entendres, rather than with double Ds in people's faces.

Ex. LeAnn Rimes: Labeled a home wrecker, she spoke out against this double standard. While I certainly don't approve of dating a married man, her comments are right on the mark; a cheatin' woman is always lambasted more than a cheatin' man. This woman might slink around, but she never slinks away in silence.

3. Hide It: This woman seems to be your classic “nice girl” on the surface, put together and demure looking. While she might not show her naughtiness to the world, someone has seen it. There might even be irrefutable proof!

*Ex. Natalie Portman: Knocked up. Is there any other way to say it? Despite her good girl image, she shocked us when she got herself prego (sans ring) with her *Black Swan* co-star.*

4. Accept It: If you can't beat 'em, follow along. You're the type of woman who adheres to the Sandra D 1950's nice girl code: “Keep your filthy paws off my silky drawers!”

Ex. Jessica Simpson (well, before Nick Lachey): She took Master Key's lock/key theory to heart and kept her own lock key-less until marriage.

While Master Key may disagree, there's no universal right choice when it comes to how you feel about the dating double standard and how many keys unlock your lock!

High Yield Hottie is an independent (and sometimes intimidating) woman. Originally from a flyover city in the Midwestern United States, she now lives in a major metropolitan city and has spent the last decade pursuing both her romantic and career goals. Her blog, Six Figure Siren, explores dating as a successful professional woman. You can friend Six Figure Siren on Facebook or follow her on Twitter: @SixFigureSiren.

5 Reasons Why Powerful Men

Like Arnold Schwarzenegger Cheat



By Terri Orbuch PhD, The Love Doctorâ„†

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

1. The illusion of invulnerability. Often, powerful men have affairs because they think they won't get caught. And even if

they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

2. Ample opportunities for temptation. Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples. Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

3. Adrenaline dependency. Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

4. Enabled by yes men. Powerful men tend to be surrounded by people who protect them, idolize them, and even "enable" their vices in order to remain inside their influential orbit. Being surrounded by people who don't challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

5. Desire for change. Let's not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man's life or his relationship isn't okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the explanations above are certainly not excuses for the behavior of those who do.

Terri Orbuch PhD, known as The Love Doctor, is project director of longest-running study of married couples ever conducted, funded by the NIH and ongoing since 1986. A practicing marriage and relationship therapist for more than 20 years, she is also a popular love advisor on radio, TV, and peopledia.com, most recently seen on NBC's Today. Her new book is 5 Simple Steps to Take Your Marriage from Good to Great (Random House). Learn more at www.drterrihelovedoctor.com.

Experts Say There's No Hope for Arnold Schwarzenegger's Marriage





By Diamon Hall

Juggling a career and relationship in Hollywood is one difficult task; between the flashing cameras of the paparazzi and the constant stream of gossip, there's just too much to live up to. To top it all off, men can be easily caught off guard by the plethora of eye-catching women in Tinseltown, causing some stars to take their gaze off their wives and dive into an affair. Arnold Schwarzenegger is the most recent man to fall into this category.

The 38th governor of California is currently facing backlash from the media after his extramarital affair with his housekeeper was made public. If that wasn't enough, a 13-year-old son erupted from the incident, adding to the drama of his separation from his wife of 25 years, Maria Shriver.

Schwarzenegger's case is far from unusual considering his fame status. As a former professional body builder, actor and politician, he's among the many celebrities before him that have succumbed to marital infidelity. We decided to dig deeper into exactly why he may have had this affair and how it resulted in a love child.

Sex expert and clinical psychologist Dr. Victoria Zdrok Wilson is the author of *The 30-Day Sex Solution*, which was co-written with her husband, John Wilson, a marriage and family therapist. The couple said the decision to write this book came from their own personal relationship problems. In addition, they knew they weren't the only couple having troubles and believe their book can help.

"We felt there was a real need for couples to reconnect," said Victoria. "Couples are more disconnected now than ever before." The book is a guide for couples to build intimacy, enhance their sex life and strengthen their relationship in one month's time.

The Wilson's offered detailed reasoning about what they thought caused the Schwarzenegger affair. For starters, testosterone may have been an issue.

"A lot of body builders are high on testosterone," said John. "Before he even met his wife, he wanted immediate gratification. People who have those traits have problems with commitment."

Victoria also thought his political career made him egoistical, causing him to want more attention from his wife.

"Politics seems to draw a certain kind of male and testosterone is a very important factor in this," she said. "Their marriage suffered from them being consumed with social life."

She also brought up the fact that after women give birth, they start paying more attention to their children. In turn, husbands feel left out when the mother and child are together while he is on the other side of the fence. In addition, she said many women may become conservative and less sexual after having children, making the man feel as if their wife is now boring and no longer adventurous.

“We think Arnold was very egotistical and felt that when he wanted attention, he was going to get it any way that he could,” said Victoria.

Neither of the experts believes that Schwarzenegger’s reasons for cheating are true for most other affairs. Their explanation: Not everyone is in front of the cameras every day. Arnold is.

“I think this relationship was going downhill for awhile,” said John. “He should’ve read our *30-Day Sex Solution!*”

However, Victoria stressed that producing a child from this affair made matters much worse.

“It was just an act of recklessness and carelessness,” she said. “Not only did he have this affair, he slept with someone unprotected, which is the ultimate level of disrespect.”

Schwarzenegger’s mistake has not only hurt his wife and children, but has also hurt himself, with ABC News reporting that he’s needed to put his movie career on hold to focus on these family issues. Furthermore, the Wilsons don’t believe these two will get back together anytime soon.

“Arnold needs divorce mediation and I’ll be happy to work his case,” said John.

The Wilsons reside in Pompton Lakes, N.J. where they will open a divorce mediation office. For ways to keep a healthy relationship, pick up their book, *The 30-Day Sex Solution*, on Amazon .

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair



By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria

says, "As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing."

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil. Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

– Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

– Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write

down all of the suggestions.

– Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

Beat That Beat This Memorial Day Weekend





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

1. Las Vegas, Nev.: Sin City drags in a New Years-size crowd to their many resorts and casinos during this three-day break. After taking in the Nevada sun poolside, head out to the hottest nightclubs on the strip – VIPnVegas lists performances from Deadmau5, Sean Paul and Drake at some of the city's top venues. Stay until the wee hours of the morning (or just don't go to bed) – maybe you'll rub shoulders with David Guetta or Tiesto at the roulette table. Now that's something you *won't* want to hide from everyone at home!

2. Miami, Fla.: Drink all day. Play all night. Let's get it poppin'. A spring break in Miami may be cliché, but during Memorial Day Weekend, it's where everyone will be. After all,

who can resist beautiful beaches, tropical drinks on the sand and tons of physically fit eye-candy at your disposal to gawk at? Check out the “Fly-AMI” 2011 Memorial Day Weekend package, where Chris Brown, Lloyd, Keri Hilson and DJ Khaled are all slated to perform.

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

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

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

7 Things NOT To Do On Your Wedding Night



By Brea Gunn

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

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

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

2. Hunger: No one feels very romantic when they're starving. So EAT! That's right. Eat. If you can't breathe in your

wedding dress, be sure that your 'going away' garb has a little extra expanding room. If you can't eat at your reception, ask that a fruit, cheese or combination be brought to your changing room.

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

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

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

6. Fighting: Don't start anything on your wedding night. Sure, the way that he wouldn't stop break dancing at the reception may have you hopping mad (and yes, it would have been nice if he had asked *you* to dance), but try to put it behind you. After all, you only get to do this night once. Make sure that your memories are happy ones. Can't keep it in? Try writing it down so that you can address your issues later.

7. Inviting friends to the hotel: Though it's tempting to continue the party (you just got MARRIED!!!), you and your new spouse need some time alone. If you invite friends back to your room, or even to your hotel, you run the risk of not being able to retire when you want to and forfeiting night of your dreams. They're your friends, so you'll see them later. Gracefully tell everyone thank you, and leave the party at the reception site so that you can get started on your honeymoon.

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

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





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

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

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

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

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

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

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

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

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

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

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

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

5 Tips for Making Your Memorial Day Memorable



By Andrew Pryor

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

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

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

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

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

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

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

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

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

Zimbio's Top 10 Sizzling Celebrity Couples





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

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

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

relationship strictly between them, giving their relationship longevity.

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

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

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

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

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

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

match made in heaven.

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

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

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

Diets and Dating





By Sally M.

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

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

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

1. Dinner Date

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

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

2. Cocktail Date

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

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

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

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

3. Movie Date

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

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

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

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

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

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

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





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

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

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

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

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

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

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

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



By Amber Belus

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

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

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

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

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

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

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

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

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

Celebrity Secrets for Lasting Love



By Dr. Diana Kirschner

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

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

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

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

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

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

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

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

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

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

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

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

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