

# Kelsey Grammer and Wife Expecting Twins



It looks as though Kelsey Grammer has even more to celebrate than his recent win at the Golden Globes. Grammer and his wife, Kayte Walsh, are expecting twins! “I’m really looking forward to meeting these new arrivals,” Grammer announced the news to reporters backstage at the Golden Globes Awards after winning the award for Best Actor in a TV Drama. “Fatherhood’s always different based on the character that comes into your life. They arrive and tell you what you have to do,” he said. The actor, who plays a powerful Chicago mayor on Starz’s *Boss*, is especially excited to welcome the new additions to the world with the person whom he adores. “[Kayte is] extraordinary,” Grammer said. “She’s one of the most loving, amazing, warm human beings I’ve ever met...and I think she’ll blow [the kids] away.”

**How do you prepare for twins versus a single child?**

## **Cupid's Advice:**

Having twins can be double the blessing and a wonderful experience, especially when you're ready for them. Here are a few tips to help make things a bit easier when you're prepping for two instead of one:

**1. Get started early:** Think of how much time you have to run errands when you have one child- then, divide it by two, Don't procrastinate on putting together the swing sets and setting up the nursery, as you won't have time when the babies are born. Do you want one crib with a divider or two cribs? Planning early allows you time to make changes and gives you the opportunity to do things one at a time without having to frantically rush through the process.

**2. Budget for two more:** Having twins, especially when they're your first children, can put a major dent in your bank account. You have to buy two car seats, two sets of clothes and two cribs. So, buying in bulk can save you a lot more money and time, causing you to shop less. Also, to save some extra cash, purchase some things your babies will need such as shoes or clothes, at thrift stores and garage sales.

**3. Relax.** It's easier said than done to relax when you're expecting, but it's so important. It's necessary to get a lot of rest and relaxation during pregnancy because when the due date comes, you won't have nearly as much time as you did before. Read books, go for walks, meditate and do yoga- anything that will calm your mind and give you a little "me" time before the big day.

**What are some other ways you prepared for the birth of your children? Share your suggestions and experiences below.**

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# Is Facebook Destroying Your Love Life?



By Jennifer

Harrington

Popular social networking sites, such as Facebook, are great for many things. Re-connecting with old classmates, checking out your best friend's vacation photos and sharing the news that you had an exciting celebrity sighting, are some of the best reasons to log on. But when it comes to your love life, is Facebook your friend... or foe?

Social media provides access to all of the key information about the object of your affection. Status updates revealing their whereabouts, wall posts indicating updates from their friends and photos that can point to previous romantic partners, offer you a glimpse into their private world. If relationships are about getting to know the other person better, it's easy to see how checking your better half's page

many times per day might be justified.

With newspapers like *The New York Times* dedicating articles to teaching kids how to break-up nicely online, it is apparent Facebook has changed how we interact with each other.

Therefore, Cupid advises you that when it comes to Facebook and your love life, Facebook is a relationship mine field that must be navigated carefully. So, before you hit the “refresh” button on your sweetie’s page again, ask yourself a few questions to figure out if Facebook is destroying your love life:

### **Are you using Facebook as a window into another person’s life?**

If so, get off the computer immediately. Pick up the phone to chat with your special someone, or make a date to catch up over coffee. Nothing takes the place of live interaction when building and maintaining a relationship.

**Related:** [5 Ways Technology Is Ruining Your Dating Life](#)

### **Do you get upset about things you see on Facebook?**

There’s a lot of room for misunderstanding; from old pictures being posted to comments from friends taken out of context.

If you see something that upsets you, take the time to talk it through with the other person. Don’t draw conclusions solely based upon what you’ve seen online.

### **Does your honey know you are stalking their page?**

If you have found yourself slipping and mentioning to your significant other things you’ve noticed on their page, this is a warning sign. People like to be noticed, but not stalked online. If your partner knows you are snooping, it may make them feel like you don’t trust them.

### **Have you de-friended your significant other (or their friends) out of anger?**

Always avoid de-friending in a moment of fury. Reports suggest that *The Jersey Shore*'s Sammi "Sweetheart" Giancola has de-friended her on-again, off-again boyfriend, Ronnie Ortiz Magro's friends in moments of rage – and everybody knows that is not a model relationship.

**Related:** [Are Jersey Shore's Sammi and Ronnie Back Together?](#)

While it's hard to imagine life without Facebook, don't lose sight of the fact that relationships are built on love and trust and not what appears on Timeline. If you're interested in learning more about maintaining healthy relationships both online and offline, check out a recent article from The Huffington Post titled "6 Tips for Healthy Relationships" which highlights relationship advice from experts including Dr. Drew and Dr. Phil.

**Has Facebook destroyed your love life? Share your stories below.**

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## **Newly Engaged Jessica Biel Wears Bridal Style Dress at Golden Globes**





We don't need to see an engagement ring to know that Jessica Biel is excited about getting hitched to Justin Timberlake. After rumors of an engagement were confirmed, the pair have been lying low ... that is, until Biel stunned at the Golden Globes without her fiancé. There to present an award, Biel wore a white lace Elie Saab that resembled a wedding dress. Could the actress be giving us an idea of her bridal style? According to [UsMagazine.com](http://UsMagazine.com), the bride-to-be was glowing and very happy.

**What are some ways to channel your excitement about your engagement?**

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

Getting engaged is exciting! Whether you are planning to get married right after the engagement or plan to wait awhile, wedding details can be hard not to think about. Here are some ways to tell the world that you are happy:

**1. Style:** Try out different wedding gown fabrics with your everyday clothes. Lace, tulle and satin are always fashionable and romantic.

**2. Manicure:** Bridal manis and pedis, anyone? Trying out french manicures and pretty pink nail polish hues are always



in style and great paired with a new engagement ring.

**3. Technology:** Wedding apps and magazines are so much fun to read. Why not rip out pages or save pics and post them around your office for wedding bliss inspiration?

How have you channeled your engagement excitement? Comment below.

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## Rumor: Did Prince William Give Kate a Puppy for Her Birthday?



It looks as if the Duke and Duchess of Cambridge have added an adorable black Labrador to their royal court. According the [People](#), the two

were seen with a new puppy on a romantic stroll in North Wales. It had been rumored that Prince William was getting his new bride a dog for Christmas. Around the New Year, Will and Kate were seen playing with a few dogs at the Middleton home in Bucklebury, Berkshire. Later, speculation rose that the recently spotted puppy had been a gift for Kate Middleton's 30th birthday, which was celebrated with a low-key private party.

**What are the advantages of giving your partner the gift of a pet?**

**Cupid's Advice:**

There are many advantages to giving your partner a pet, but only do so if you know for sure that both of you are ready for the responsibility. Cupid has a few ways that a pet can bring joy to you and your partner:

- 1. Pets are cute and cuddly:** Pets bring people so much joy, and there's nothing better than sharing that joy with someone you love.
- 2. Responsibility:** Having a pet is a huge responsibility that can prepare you and your partner for sharing the responsibility of children one day.
- 3. Sharing the love:** When you share the adoration and love for an animal with your partner, it can bring you closer together.

**What kind of a pet do you want to share with your partner? Share your ideas below.**

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# Katy Perry and Russell Brand: What Went Wrong?



By [Amy Osmond Cook,](#)

[Ph.D.](#)

The fairy tale marriage of Katy Perry and Russell Brand is over, fourteen months after it began. Katy and Russell join the ranks of celebrities whose wedding nuptials were . . . temporary. Kim Kardashian and Kris Humphries lasted only 72 days. Britney Spears and Jason Alexander lasted two.

We've all heard a jumble of less-than-educated guesses as to why many celebrity relationships don't last: "They spend too much time apart." "They have intimate scenes with other people." "They're too obsessed with themselves." "They only care about fame." But what are the real reasons for so many celebrity break-ups?

According to Judith Wallerstein and Sandra Balkeslee, authors

of *The Good Marriage: How and Why Love Lasts*, all good marriages have one thing in common: Both partners feel *respected and cherished*.

In a study of 50 married couples who described themselves as “happily married,” Wallerstein identified nine building blocks that created a foundation for a good marriage, which we can condense into three major take-home recommendations for a happy relationship: (1) create your own space; (2) fireproof; and (3) go organic.

### **Create Your Own Space**

Happy couples carve out their own little piece of the universe—a place where only *they* have the final say. They listen to mom-in-law pontificate about the advantages of hardwood floors, but choose carpet if their partner has a penchant for shag.

Happy couples enjoy each other’s company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness, but foster autonomy.

Katy and Russell certainly had autonomy, but they had trouble staking a claim and prospecting together in the gold rush of marriage. Katy’s parents may have been toxic. Russell may have sown his seed in places it didn’t belong. But certainly, as time went on, it became clear that the couple didn’t have a real sense of “place.” They failed to make the transition from “you and me” to “us.”

### **Fireproof**

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don’t leave the dishrag next to the gas stove. And you certainly don’t let your three-year-old play with matches.

Happy couples fireproof a relationship in much the same way.

They create a safe place for conflict by avoiding inflammatory communication like name calling, stonewalling, or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

As Katy and Russell's marriage progressed, it was clear that they lacked fireproofing skills. According to Rick Mahr, a music executive and friend of Katy, their communication skills needed an overhaul—they fought almost every time they were together. It was clear that their reactions to life's stresses were creating a wedge (not the hoped-for solidarity happy couples experience) as they spent more and more time apart, even on holidays.

### **Go Organic**

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another, and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

Much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual, and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're really too tired for sex, because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when

everyone else groans.

It is clear that Katy and Russell felt passionately about each other; but their frequent fighting and long stints apart prevented them from cultivating a relationship in which they both felt respected and cherished. (Russell's tweeting of unflattering pictures of his wife probably didn't help matters, either.) Their relationship withered because they weren't able to give it the nutrients it needed to grow.

## **Conclusion**

Now, there's no doubt that Katy and Russell are exceptional people. They exude talent, personality and charm. Perhaps the time wasn't right for this couple to make a go of it, or perhaps they still have more to learn about creating happy relationships. But we *can* learn from their all-too-public divorce. Create a space for your relationship, fireproof it, and cultivate it into something special.

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# **Ashton Kutcher and Demi Moore Have Pre-Golden Globes Run-In**



It looks as though Ashton Kutcher and Demi Moore may be having a case of the exes. Besides having continuous awkward run-ins with each other at different locations in Hollywood, it appears the two haven't been seeing much of each other since announcing their decision to split-up this past November, amid rumors that Kutcher was unfaithful. Although going through a divorce, the former couple was cordial with one another as they crossed paths at the CAA Foundation pre-Golden Globes bash this past Friday. Sources told [UsMagazine.com](http://UsMagazine.com) that the exes kept their distance most of the evening and briefly said "Hi" to each other.

**What are some ways to avoid awkward run-ins with an ex?**

**Cupid's Advice:**

Depending on the breakup, bumping into your ex can be a bit awkward. Here are some positive ways to react when you encounter a previous mate:

- 1. Be kind:** Even if your ex hurt or cheated on you, try to

be kind when you run into them. You don't necessarily have to jump up and give them a big hug as though you're trying to be their best friend for the next few seconds, but you don't want to come off as bitter either. Keep it simple with a smile and "hello."

**2. Keep it simple:** Prolonging the conversation may bring up old feelings which can cause even more awkwardness. So, depending on whether or not you and your ex want that old thing back, keep the conversation to a platonic minimum.

**3. Be confident:** Show your ex that you're doing just fine without him or her. Don't boast or brag about how great a new partner is or how your life has been extremely over-the-top-magnificent without them. Wear your confidence on your sleeve and give a friendly and quick update on the new accomplishments in your life since the split.

**How did you avoid running into you ex? Share your stories below.**

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## **Jennifer Aniston and Justin Theroux Go On Ski Vacation in Colorado**





Jennifer Aniston and

Justin Theroux didn't seem to have any trouble staying warm in the chilly weather as they spent their holidays in Telluride, Colorado. The two lovebirds rented a house and although they ventured out during the day to take ski lessons, a source told [UsMagazine.com](http://UsMagazine.com) that "Jen and Justin spent every night in" during their romantic winter getaway.

## **What are some romantic winter vacations to take as a couple?**

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

Avoid the winter blues this season with a romantic getaway for you and your partner. Cupid has some tips:

**1. Fun in the sun:** If winter just isn't your season, take a trip somewhere warm and tropical. A cruise or a flight down south could be the perfect way to melt away the cold and heat up your relationship.

**2. Scenic route:** Snowfall can turn parts of the world into a winter wonderland. Embrace the season with an Alaskan cruise, and you're guaranteed to see some of the most breathtaking sights you've ever seen.

**3. Hit the slopes:** Go play in the snow adult style – on the mountains! Take a trip out West for some great skiing



opportunities and time to bond with your partner while being active.

Where do you like to travel during the winter season? Share your comments below.

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## 'American Pie' Actress Mena Suvari Files for Divorce



After less than two years of marriage, *American Pie* actress Mena Suvari is ending her union to concert producer Simone Sestito. According to [People](#), the 32-year-old actress had her attorney file divorce papers on her behalf, citing “irreconcilable differences and asking that Sestito receive no spousal support.” The two met

in 2007, were engaged in 2008, and married in 2010. Suvari, set to appear in another *American Pie* movie this year, was excited to have children, but the couple had none and this will be her second divorce since 2005.

**How long should you try to fix your marriage when it's not working?**

**Cupid's Advice:**

Sometimes a marriage hits some rough spots that you have to work through. Cupid shares how long to keep trying to fix a broken marriage:

**1. If you're playing the blame game:** Don't blame each other for the problems in your marriage. Accusations can only cause a further rift. If you and your partner are unable to discuss things without blame, this could be indicative of a larger, unfixable problem.

**2. Questions:** If you or your partner constantly asks why you are together, it may be time to seriously sit down and weigh the pros and the cons of the marriage. If the con list far outweighs the pro list, it may be time to consider other options.

**3. Control:** Do you have control over the problems in your marriage? If they can be fixed by mutual work between you and your spouse, you should continue to try to fix it. If it's something beyond your control, you may have to seek outside help in fixing your marriage.

**How do you know when to stop trying to make your marriage work? Share your ideas below.**

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# Courtney Cox Says Kissing Co-Star Was Confusing to Daughter



Courtney Cox's involvement with *Cougar Town* costar Josh Hopkins is too complicated for daughter Coco to comprehend, reports [UsMagazine.com](http://UsMagazine.com). "[Coco] shouldn't watch *Cougar Town*, but she does," said Cox. "She's always like, 'Mommy! Did you really kiss Josh? And I'm like, 'I'm just faking it!'" Though Cox and Hopkins were seen vacationing together with Coco in March of last year, both deny a romantic relationship.

**What are some ways to explain moving on after a split to your child?**

## **Cupid's Advice:**

Moving on is a difficult hill to climb, even without the added

pressure of telling your child. Here are a few things to consider before breaking the news to your kids:

**1. Your new relationship:** Before introducing your new partner to your children, make sure that you're serious about the relationship. Children look for stability, so introducing your kids to a mere fling could harm them in the long run.

**2. Your past breakup:** Let your children adjust to the changes in their life before you change yet another element. Instead of introducing your new partner immediately, give your children some time. Eventually they will be more accepting of a new relationship.

**3. Your children:** You know your children's personalities better than anyone. Use your best judgment before introducing your partner. Decide if a face-to-face meeting or a discussion is the best way to break the news.

**Have you ever had to explain a new relationship to your child? Feel free to leave a comment below.**

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## Ten Signs You're Dating A Jerk





By Che Blackwood

Valentine's Day is a great excuse to strap on your tallest heels and reserve a window seat at a chic lounge for some champagne and brie. Or, for the more traditional lady, there's no greater treat than spending an evening enjoying red wine and dark chocolate with your love, be it your soul mate or your best friend. The only wrong way to spend this special day is with a jerk. Sometimes hard to spot, these heartbreakers have a pension for making their dates feel awful and are experts in keeping a relationship miserable.

Fortunately, enough women have been there before you and there are now many easy to spot red flags. Keeping a lookout for these top ten signs you're with a jerk is the first step to ensuring you won't have a Valentine's Day to regret:

**1. He talks down to you:** If he talks to you as if you're a child, or incapable of making smart decisions, you deserve better. The same goes if he acts like you're unable to live a productive life without him, speaks poorly of you in front of his friends, or treats you like a servant. There's nothing funny about a man talking to his girlfriend as though she's less than he is.

**2. He doesn't support you:** So you want to be a famous ballerina who sells diamond encrusted dog collars on the side?

Fine, your best friends support you and so should your man. If your beau acts like your dreams are unattainable or stupid, or if he refuses to encourage you at all, forget him. Everyone needs a support system and if he can't believe in your dreams, he certainly shouldn't reap the benefits of your eventual success.

**3. He tries to make you jealous:** If he talks too fondly about his [ex](#), still excitedly mentions his single hook-ups or reminds you of the tanned, muscular legs on your best friend, he's trying to make you jealous. He's probably insecure, and the worse you feel the more confident he becomes, meaning this behavior is never going to end. Move on and make a brighter future for yourself while he's stuck daydreaming about the past.

**4. He makes you feel second best:** We all deserve to spend a guilt-free night out with our friends and sometimes work and other real world obligations demand our immediate attention. That said, if your man is constantly canceling dates to grab a beer with the guys or to score some overtime at the office, then the last thing on his priority list is you and that's not OK.

**5. He forgets your anniversary:** It's not difficult to remember the dates that are important to us. Think of it this way – has your man ever forgotten his own birthday? If he can't find the time to recall your wedding anniversary or the night the two of you became official, then it's not important enough to him.

**Related:** [Dave and Odette Annable Celebrate Anniversary at Wedding](#)

**6. He doesn't make you feel beautiful:** Whether it's waking up on the wrong side of the bed or forgetting to tweeze the brows, no one can constantly look perfect. But, if your date is *always* bringing up your curves, wrinkles and bad hair days

without once mentioning your great attributes, it's time to find someone new.

**7. He never pays:** Most partners know that their sweethearts can't afford extravagant dinners or weekend getaways more than a few times a year. However, if your honey refuses to ever foot the bill, then there's a good chance he isn't taking your feelings seriously. It doesn't cost a lot to treat you to a movie or to share a few appetizers at your favorite restaurant and he should love seeing the look of appreciation on your face when he does.

**Related:** [Five Ways to Cut Down on Dating Costs](#)

**8. He doesn't fight well:** One of the greatest tests of a relationship is seeing how your partner reacts during an argument. If he is quick to raise his voice, insult you or, even worse, hit you, then he's a certifiable jerk. If he loses his cool completely during an argument, then he is losing sight of the relationship all together.

**9. He won't forgive you:** We *all* make mistakes, but being bold enough to acknowledge your wrong doings and apologize is an attribute your date should appreciate. However, if your man refuses to accept your apologies, or if he constantly holds your past missteps over your head, then he's too immature and petty for a woman of your caliber.

**10. He cheats on you:** If your man is willing to disrespect you and disregard your feelings enough to become intimate with another woman, whether physically or emotionally, you need to drop him today. Every woman should require a partner that loves, respects and cherishes them.

**How did you know you were dating a jerk? Share your experiences below.**



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# 'American Idol' Alum Brooke White Is Expecting Her First Child



Brooke White, who made her performing debut as a finalist on season 7 of *American Idol*, is expecting her first child in May with husband, Dave Ray. “By the time the baby’s born, we’ll have been married eight years. I met Dave when I was 19 years old – we’ve been together a really long time, and we’ve always wanted to be parents,” White told [People](#). Last January, the *Idol* alum showed off her acting skills in the FOX TV movie *Change of Plans* ironically about how the unexpected things in life end up being the best.

**How do you prepare your relationship for a child?**

## **Cupid's Advice:**

Having your first child is one of the most exciting and scary experiences you'll have in your life. Here are some ways to embrace it:

**1. Enjoy your alone time (while you still can):** Welcoming a new baby into the world is a big responsibility that involves almost all of your time and energy. Spend as much quality alone time with your partner as you can before the baby is born.

**2. Decide on how the child will be raised:** Prior to bringing a baby into the world, you need to make important decisions about issues such as what religion you will be raising your child with and what school they will attend.

**3. Baby proof your home:** Getting your home ready for a new baby can be a great bonding experience for you as a couple. It's a form of "nesting."

**What are some other things to prepare for before having a child? Share your thoughts below.**

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# **Jay-Z Performs New Song in Honor of New Baby Blue Ivy**





On Monday, Jay-Z posted a new song titled “Glory” on his website, *Lifeandtimes.com*, with the statement, “Life just got REALLY good.” He was clearly referring to the birth of his baby daughter Blue Ivy Carter, with Beyoncé. According to *Marqueeblog.com*, Jay-Z’s lyrics include, “You’re a child of destiny/you’re the child of my destiny/you’re my child with the child from Destiny’s Child/that’s a hell of a recipe.” He added, “The most beautiful thing in this world/is daddy’s little girl.” Pharrell Williams produced the emotional and personal track. A baby’s cry is heard at the end of the song. Among other things, Jay-Z also revealed the couples’ struggle with a miscarriage. “Last time the miscarriage was so tragic/we was afraid you disappeared/but nah, baby, you magic.”

**What are some unique ways to welcome your child to the world?**

### **Cupid’s Advice:**

So maybe you’re not Jay-Z and producing a hip-hop track is not an option to introduce your new baby, but there are plenty of other special ways to welcome your new child. Cupid has a few:

**1. Make a photo collage to share:** Document your pregnancy all

the way up to the big moment, and create a photomontage. Putting something together is a project you can work on with your partner. Your closest friends and family will appreciate your effort and will enjoy your new baby.

**2. Send out a birth announcement:** Let the world know how proud you are of your new baby with adorable snapshots on a note card. Without being too personal, you can let everyone know you have brought a beautiful new life into the world.

**3. Welcome party:** Your family and friends are all going to be dying to meet your new bundle of joy, so why not throw a party? Let everyone share your joy and meet your baby all in one shot. It's also easier for you in the end (not having to look presentable every day for a different family member).

**What are some ways you welcomed your child into the world? Share your stories here.**

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## **Molly Sims Says She's Pregnant with 'Honeymoon Baby'**





Newlyweds Molly Sims

and Scott Stuber are pregnant with a honeymoon baby. In her blog, Sims wrote, "Today, I am absolutely, positively, downright over the moon to announce that we are pregnant!" Sims is due at the end of June. "There are simply no words to describe the feeling... I finally get what they mean when they say pregnant women GLOW," she said. She even made an event out of telling Stuber the big news. She took a fortune cookie and altered its contents to announce her pregnancy. "The look of surprise and pure joy on his face was priceless," said Sims.

**What are some good ways to announce your pregnancy to your partner?**

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

Telling your partner you're pregnant should be one of the most exciting moments of your life. Here is how to do it right:

**1. Go out for a special evening:** Try Sims' method and make a meal for your sweetheart. Incorporate the message into the evening. Spelling the news out on the frosting of a cake (with pink or blue icing), or a message in a fortune cookie are two surprising and special ideas.

**2. Wrap the pregnancy test:** This may sound a tad gross, but what better way to share you're pregnant than by showing proof? There won't be any questions when your partner opens that gift.

**3. Shout it out:** If your lover is around when you discover you're pregnant, just run over and share the exciting news. It will be all the more fun to jump for joy with your beau.

**How did you tell your partner about your pregnancy? Share your stories below.**

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## Rumor: Halle Berry Is Engaged to Olivier Martinez



Halle Berry is no longer on the market, or at least that's the rumor going



around. According to [People](#), “Olivier Martinez, Berry’s boyfriend of more than a year, has given her a diamond-and-emerald engagement ring.” The two co-starred in a French film in 2010 and became a couple shortly after. This would be Berry’s third time tying the knot, as she was previously married in the early 1990s as well as in the early 2000s.

## **How do you know when it’s time to tie the knot?**

### **Cupid’s Advice:**

It’s not always clear when it’s time to take the big step of marriage with your partner. Cupid has ways to know if you’re meant to be:

**1. No need to impress each other:** You’re able to be yourself around your partner. There’s no longer a need to pretend you like their weird music or have a taste for fondue.

**2. Trust:** You trust each other. When you go out, you’re not wondering what they’re doing and vice versa. A secure relationship is critical when taking it to the next level of commitment.

**3. Ready for forever:** Once you’ve truly grasped what marriage means and that you want to be with this person for the rest of your life, then marriage may be the next step. If you can’t imagine your life without them, maybe you should make them a more permanent part of it.

**What are some other ways to know you’re ready for marriage? Share your thoughts below.**

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# Rumor: Evan Rachel Wood is Engaged to Jamie Bell



It looks like actress Evan Rachel Wood is engaged again, but this time it's not to Marilyn Manson. British actor Jamie Bell and Wood have been dating since 2005, and it looks like they're finally ready to tie the knot. Although a source confirmed the engagement with [UsMagazine.com](http://UsMagazine.com), Wood's rep had no comment to confirm the rumor. That said, Bell was spotted shopping for engagement rings in late December, and Woods was photographed leaving The Hotel Cafe in Hollywood with some bling on her ring finger.

**How do you keep your impending engagement under wraps?**

## **Cupid's Advice:**

Don't let someone spill the beans before you get the chance to pop the question. Cupid has some tips:

**1. Family first:** If you plan on asking her father for his blessing, ask him to keep it between the two of you, so that it can come as a surprise for the rest of the family.

**2. Keep quiet:** Once you've bought the ring, you're going to be excited, but try to maintain your excitement instead of blabbing it to the world.

**3. Be prepared:** Make a plan for the big day, and don't tell anyone else how or when you're going to ask.

**How did you keep your soon-to-be engagement hush-hush? Share your comments below.**

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## **How to Get Back Into the Dating Scene After Divorce**





By Nicola Winters

Divorce is on the rise. We all know it and we all, at some point in our lives, have been a part of it. But whilst Kim Kardashian may not be able to relate to the below experience, maybe you will.

After a lengthy marriage, a person's confidence is lacking and the thought of getting back out onto the dating scene is daunting. It might not be so hard for Kim Kardashian or Jennifer Lopez to find themselves a new man after the ordeal of a divorce, but it's not so easy for the likes of us non-celebrities. 72 days has nothing on 30 years, four children and a mortgage, and that's not to mention the few extra pounds you may have gained along the way.

We all don't want to be gossiped about like former singleton Jennifer Anniston, so to ensure that doesn't happen, follow these steps to restore your confidence in both yourself and the opposite sex:

**It's important to take care of yourself:** Now is your chance to look after number one. Join a gym or exercise class. Not only will you meet new friends, but you will also feel better about yourself, inside and out.

**Develop new hobbies:** Engage in activities that you never had chance to before. By developing a new hobby, you will automatically find that you have something new to talk about and new people to discuss it with. However, if new isn't really you, and you aren't that susceptible to change, then why not re-visit an old hobby? Work, home and family commitments can get in the way of enjoyment. Now is the chance to re-kindle that special love with a particular activity or past time.

**Be true to yourself:** Remember that you are more likely to meet someone special at a place of genuine interest. Ever wondered why actors are dating actresses, models are dating designers and footballers are dating...well...whoever really? You're not going to find the man of your dreams on the dance floor of a packed nightclub if clubbing really isn't your thing.

**Related:** [Five Reasons Why Opposites Attract](#)

**Don't rush things.** Finally, and probably the most important point of all, is to take your time. Don't expect to jump into another long-term relationship immediately. Take the time to learn about yourself before committing to another. It's almost too easy to rely on another person and sometimes even string them along. Cheryl Cole was never really serious about Derek Hough; she was simply grieving for a past love. Not only is it unfair on them, but on you as well.

Divorce can be a really awful experience for any person (including celebrities). But back here in the real world, we can't rely on lavish parties, celebrities' ceremonies and movie premieres to get us back out again. We have to rely on ourselves. So keep busy, look after yourself and make the most of the support network you already have.

*This is a guest post by Nicola Winters on behalf of Panonne, the divorce specialists.*

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# Lauren Conrad Has a Friendly Run-In with Ex-Boyfriend Derek Hough



Lauren Conrad is who we look up to as a cool ex-girlfriend! While enjoying a night out at Beacher's Madhouse in Hollywood, Conrad ran into her ex, Derek Hough. How did she react? She didn't even try to take cover in the ladies room or give him the cold shoulder.

According to [People](#), the designer was happy to see Hough and embraced him with a hug. Way to be the bigger person, Lauren!

**What are some ways to react when you run in to an ex partner?**

**Cupid's Advice:**

Depending on how your relationship with your ex ended, bumping into your former lover can be an awkward moment. Here are some positive ways to react when you encounter in old flame:

**1. Don't be fake:** If you're not too happy to see your ex, don't jump up and give them a huge hug and don't slap them in the face either. Smile, say "hello" and end the conversation politely. Your ex should get the point. Acting upset seems desperate.

**2. Keep the convo simple:** Ask your ex what they've been up to since the break-up, and make sure to talk about your accomplishments. Don't get into each other's love lives. Keep the conversation platonic unless you're thinking about rekindling the relationship.

**3. Take the attention off of you:** Chances are that if you bump into your ex, you won't be alone. To avoid awkward silences, introduce them to your friends and let your ex know that you are in a hurry, whether you are or not.

**How have you reacted when you bumped into an ex? Share your comments below.**

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## **'Felicity' Actress Keri Russell and Husband Welcome Baby Daughter**







Former *Felicity*

star Keri Russell and husband Shane Dreary brought their second child into the world this past December. The couple's first child, River, has taken on the role of big brother to his new baby sister Willa Lou Dreary. According to *Celebrity Baby Scoop*, the actress mentioned that becoming a mother has transformed her. She also said that there's "just a whole new set of feelings that aren't as accessible to you before you have kids."

**How does having a child change your priorities?**

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

Once you have a child the world you once knew will no longer exist, and life will never be the same because you'll have different priorities. Cupid has some tips to help you prepare:

- 1. Focus:** Remember when the world revolved around you? Well, those days are over. The majority of your energy and concentration will be about raising your child.
- 2. Flexibility:** You can't just get up and go anymore. Going out and family trips have to be thoughtfully planned, and your wallet is going to tighten up as well. You're not going to



have money to blow like you might have before.

**3. Family:** If you're already close with your family, you're in luck because everyone is going to want to take their turns babysitting and you'll have a great support system for advice.

If you're not close with your family, a newborn in the family might be just the thing you needed to regain that connection.

**How did having a child change your life? Share your comments below.**

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## Lady Antebellum Singer Hillary Scott Ties the Knot



Congrats to Lady Antebellum singer Hillary Scott and drummer Chris Tyrrell, who are officially married, as of Saturday. The couple, who has

been engaged since July, held a small ceremony in upstate New York in front of family and close friends, according to [People](#). “We got married,” Scott, 25, said as she flashed a wedding ring in a video on Lady Antebellum’s website with her new hubby. “We just wanted you to hear it from us first. We love you. We’re so excited to be starting our life together and we just had to let you in on the exciting news.” Scott said she couldn’t be happier and loves having someone in her life who completely accepts her. “Everything is brighter. Everything has a deeper meaning. I’ve found a guy who truly embraces me for who I am and appreciates the things that I don’t necessarily love about myself.”

**How do you know if your partner embraces you for who you are?**

#### **Cupid’s Advice:**

While most people say they accept their lover, it’s sometimes can be difficult to believe it. Cupid has some ways to help you be sure:

- 1. Closeness:** Ask yourself where your partner is whenever you’re having a tough time. Someone who truly accepts you isn’t fair weathered.
- 2. No judgement:** Your significant other should be the person you confide in, and they don’t hold what you say against you.
- 3. Return the favor:** A person is more likely to accept you if they feel welcomed by you. Be sure to let your partner know how you feel toward them.

**How do you know when your partner accepts you? Share your ideas below.**

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# Stacy Keibler Says George Clooney Keeps Her 'Locked Up'



George Clooney knows a good girl when he's got one. The actor jokingly told reporters that he doesn't let girlfriend Stacy Keibler go out. According to [UsMagazine.com](http://UsMagazine.com), the former WWE star played along with the reporters saying, "George keeps me locked up." They have much more in common than not wanting to go out on the town, however. The duo also have similar taste in fashion, according to Keibler. "Whatever I end up liking, he likes it, too. So it works out good because if he didn't, then I don't know what I would do!"

**What do you do if your partner begins to hold you back?**

## **Cupid's Advice:**

Not all relationships are like Clooney and Keibler's. Sometimes a partner can stop you from doing things you want

to do. Cupid has some tips:

**1. Support:** Ask for support. Sit down with your partner and let them know that you need them to be a friend to you first and foremost. Friendship means supporting you in whatever you choose to be passionate about.

**2. Trust:** Some partners keep their loved ones from going out due to a lack of trust. Not believing in your partner can be a huge mistake. If your partner doesn't trust you, or vice versa, think about what is causing this mistrust and fix it if possible.

**3. Moving on:** Ultimately, if your guy or girl refuses to be there for you, it may be time to find someone who isn't going to hold you back, but rather, will push you forward.

**What are some other ways a partner can hold you back? Share your comments below.**

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## How to Keep Weight Gain from Ruining Your Love Life





It's easy to indulge in the mountain of cookies, candies and other calorie-packed goodies we stuff in our mouths over the Holidays without considering the consequences. However, if you pack more padding on your belly, it could have less-than-exciting ramifications for your love life.

Not to mention the fact that a few extra pounds can have an impact on your psyche. If you're looking for ways to improve your relationship whether it's losing a few inches or finding the self-confidence to love yourself, no matter what your jean size, here are a few tips to get you started:

**1. Eat healthier:** Although easier said than done, a few simple changes to your diet will kick start your metabolism – and the sparks between you and your man. Start by cutting out bad habits, such as having a daily dessert. Limit treats. Instead, save the raspberry swirled cheesecake when you are on a special date with your partner.

**Related:** [Stop Counting, Start Eating: Feel Fresh for Fall](#)

**2. Get moving:** Jump up and start moving. Dancing with your girlfriends, going for a walk with your man or even a shopping trip are some fun ways to work up a sweat. Of course, if you challenge each other at the gym and make fitness goals

together you may be surprised at how your relationship can come back alive.

**3. Enjoy Ambiance:** If you're a proponent of ambiance and mood lighting, candlelight or other dim lights can engage a smoldering mood. Plan a romantic evening, and fill your home with a warm glow of cinnamon scented tealights. Mood lighting will provide a calm, relaxing background so you and your partner can enjoy each other's company even more.

**4. Talk to your partner:** For all you know, your man is a fan your curves. Many guys enjoy a full sized woman, as there's more to love. However, if you're feeling insecure about your shape, let your partner know how you feel. When you communicate the concerns you have with your body, he will most likely be supportive.

**Related:** [How to Communicate to Get What You Need](#)

**5. Learn to accept your body at any size:** According to *Good Morning America*, 68% of women wear a size 12. The average woman is not a size two, ladies; don't feel bad if you don't look like Angelina Jolie. Self-confidence is sexy. So what if you have a few extra pounds hanging around your middle? Find ways to work around it. The most important thing is to own your body. Have a little self-confidence and you'll be surprised at how your relationship can improve.

**Is your weight gain affecting your love life? Share your stories below.**

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# Drew Barrymore Is Engaged To Will Kopelman



Drew Barrymore is already having a very happy new year. Barrymore's rep confirmed to [UsMagazine.com](http://UsMagazine.com) that Barrymore and her beau, Will Kopelman, 34, are now engaged. An art consultant, Kopelman popped the question in Sun Valley, Idaho, sometime during the holiday season, according to a source. The newly-engaged twosome, who was first spotted as a couple around February last year, briefly dated in 2010, but split up at the time, only to reunite later.

**What are the advantages of getting engaged on a special occasion?**

## **Cupid's Advice:**

There are quite a few advantages of getting engaged on a special occasion. Cupid has a few:



**1. Family get together or party:** Depending on the occasion, proposing in front of family and friends can make the event even more special to your partner and to your loved ones. What a way to celebrate uniting love than with the people who love you the most.

**2. Anniversary:** Imagine both you and your love taking a much-needed vacation for your anniversary. Not only is your mind right and ready for some relaxation and quality time to celebrate your relationship, but you're also ready for some romance. It would be perfect timing to propose.

**3. Birthday or holiday:** By getting engaged on one of your birthdays or on a holiday you both love, you're already excited for the occasion before it's made even more special.

**What are some other special times to get engaged? Share your thoughts below.**

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## **Katy Perry Says Her Heart Is 'Happy Again'**





Katy Perry made it clear that the only opinions about her impending divorce, filed on December 30, that matter are her own. She tweeted about the gossip saying, “I want to be clear that NO ONE speaks for me. Not a blog, magazine, ‘close sources’ or my family.” According to [People](#), the newly single Perry also thanked “supporters for their concern and well-wishes during a difficult time.” She tweeted that she was “grateful for all the love and support” and that her fans had “made her heart happy again.”

**What are some ways to start to feel happy again after a split?**

### **Cupid’s Advice:**

It can be hard to move beyond the negative emotions of a divorce or break-up. Cupid has some tips:

**1. Make it a clean break:** It can be difficult not to contact your ex after having them in your life for so long. However, the only way to truly move on and find happiness in other things is to cut off contact for a while.

**2. Refocus your energy:** Put the time and energy that would’ve gone towards the relationship into something positive in your life. For Katy Perry, she’s focuses on her fans and her music

to get over the ending of her marriage.

**3. Acceptance:** Accept that he or she wasn't the one. Perhaps your ex was only meant to be around for a season or two. Understand that this experience will help you grow and that you will find someone new.

**What are some ways you were able to find happiness after a split? Share your thoughts below.**

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## Five Ways to Cut Down on Dating Costs



By Cory Reynolds

Dating can be stressful and expensive in the best of times. With the economy in the dumps and extra money being harder to

come by nowadays, searching for that special someone seemingly got much harder. Daters are not the only ones feeling the pinch, however. Many local businesses that thrived on expendable income and romance are feeling it, too. Almost every business is trying new things like coupons and specials to bring in some of that lost revenue, so the economy is actually a good climate for those that do a little extra work to find some deals, and those that are looking to cut down on dating costs. Here are five ways that you can do it, too:

### **Check Groupon**

Groupon is one of the best things ever to happen to daters. From restaurant specials and farmer's markets, Groupon has really leveled the playing field when it comes to savings. Finding a 75% discount on a flight simulation may not seem like a great idea to do solo, but if you are paying pennies on the dollar, it could really be a memorable experience.

### **Date during off peak times**

Another way that businesses try to rake up business is to offer specials during off peak hours. Movie theaters, dining and theme parks offer great deals if you choose to go during the week, or during the day. Instead of waiting until Friday or Saturday to go on a date, consider seeing a movie earlier in the evening on a Tuesday, or even going on a Sunday afternoon. Another advantage to going during off-peak hours is that there will not be as many people around, and you will be able to enjoy whatever you are doing without the throngs of people getting in the way of romance.

**Related:** [First Date Outfit Ideas: Dinner and Movie](#)

### **Go Dutch**

Splitting costs, especially earlier on in a relationship, can help with dating costs, and no unneeded pressure is placed on

either dater. There is nothing wrong with today's modern woman paying her own way to the movies or to dinner and most people understand about being frugal.

### **Get outdoors**

The typical dating traps like dinner and a movie are not only clichéd, but they can be expensive, too. There are tons of great things to do outdoors that are free to see. Being outside is almost guaranteed to be good for conversation and takes pressure off the moment. There is hardly anything worse than sitting over a costly dinner with a glass of wine and straining for conversation. Doing an activity outdoors can save not only money, but also win you points for being unique as well.

**Related:** [First Date Outfit Ideas: Outdoor Festival](#)

### **Cut your date short**

Your date has gone well, you have impressed one another, and you two have really clicked. It is still early on in the night and that twinkle in her eye says she is hoping for a nightcap or drinks after dinner or that long walk through the planetarium. One way to save is to cut the evening short, and call it a night. Alternatively, consider finding a park bench near a lake or the beach, or even a table at a Starbucks. If you can save on drinks, or paying more to spend more time together, you have that little bit of extra cash for next time. If you decide to call it a night, then you will also help to build suspense for the next date.

*Cory Reynolds is a writer for [classesandcareers.com](#) – a site with great information about online classes.*