

'Married to Rock' Josie Stevens Talks About Communication, Patience and Roller Skating Naked



By Shoshana Davis

Being in love under the spotlight comes with many disadvantages. All your critics have something to say about you. Celebrity marriages have lasted between nine days (Carmen Electra and Dennis Rodman), to two weeks (Mario Lopez and Ali Landry) and the infamous 72 days (Kim and Kris). With the start of "Kourtney and Kim Take New York" last week on *E!*, fans are hoping to get a glimpse into what caused the new marriage between Kim and Kris Humphries to collapse. It's not just rich and famous relationships that are tough. For every two marriages in the United States each year, there is one divorce. Most couples could learn a lot from what makes

designer Josie Stevens' marriage to rocker Steve Stevens special.

Josie, featured with her husband of Billy Idol Fame on another *E!* Network reality show, "Married to Rock," knows what it takes to keep that wedded bliss going and not fall victim to the typical relationship hurdles. "What keeps the spark alive starts outside the bedroom," she said. "We video chat, we text, we call each other, we send each other cute emails, photos, little presents or flowers." Josie also claims that the key to a stress-less relationship is communication and patience. "No one is perfect, and everyone is going to have a few quirks that drive you crazy, but you have to remember that you have a few that drive them crazy too."

Related Link: [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

The couple met in person for the first time at a store called The Pleasure Chest almost ten years ago and have been together ever since. They avoided having a public wedding in 2008, and were married in a park by a justice of the peace they found online. The decision to have a smaller ceremony was largely because Steve's father had just passed away and they did not feel it was appropriate to have a big event. A year later they joined the cast of "Married to Rock", and during the taping of the show they threw a rock star sized wedding of their dreams. Josie and Steve's dream wedding took place in a castle and had lots of pink accents. It was also broadcast on the same network that televised the Kardashian mega-wedding.

Kim has been quoted in the media as saying she felt a burden to move forward with her nuptials due to being a public figure, but Josie felt quite the opposite. "The only pressure I got was from some of my friends to have a more traditional wedding, but I knew what I wanted and just followed my heart." She continued, "I think a wedding should reflect your personality, relationship and love." The Stevens' wedding

did just that. Josie came down the castle roof on a trapeze, and the bridesmaids wore Hello Kitty necklaces.

Josie is a makeup artist by trade, and just launched a new clothing line called Josie Loves JValentine. Steve tours on his own, with Billy Idol's band, and occasionally with The Magnificent Seven and Camp Freddy. Although the two lovebirds travel between two to nine months a year, they make an effort to be together whenever they can, and often go on the road as a pair. Josie credits Steve as an inspiration for her work, and she acts as his stylist, make-up artist and day to day business manager.

Related Link: [Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid](#)

"One of the most important things in any relationship is to always make the other person feel loved and appreciated, whether you are together or apart. It's easy to take the other person for granted or get too comfortable." "On Married to Rock," Josie went as far as to create a "Josie Doll," which was a complete replica of herself to send to Steve while he was on the road. "Don't get so caught up in life that you stop taking time to just have fun and enjoy each other. Do something silly now and then."

The Stevens' are a good example of a couple who know how to keep the romance alive, and still focus on their careers. If all else fails, Josie has "found roller skating through the studio naked tends to work wonders," for getting Steve's attention.

For more information on Josie's fashion line, you can find it at www.jvalentinecatalog.com.

Khloe Kardashian Says Sister Kourtney Will Be a 'Pro' at Raising Another Child



The tabloids are exploding, as Kourtney Kardashian and longtime boyfriend Scott Disick are expecting their second child. According to [People](#), her sister, Khloe Kardashian is overjoyed that Mason is going to be a big brother. “I can’t wait to see her with a kid in each arm,” said Khloe. “She’ll be a pro. LOL. And if this next baby is anything like Mason, then we will truly be the luckiest family in the world.”

How do you prepare for raising two children instead of just one?

Cupid's Advice:

Building your family is both exciting and scary. The best

thing you can do is to be prepared and get your current child ready for the addition:

1. Expand your nest: It may be time to turn that two-bedroom into a three. Whether that means moving or adding on to your current home, it's time to make the necessary arrangements.

2. Talk to your child: Prepare your first child for the new addition to the family. Tell them what to expect and get them excited about being a big brother or sister.

3. Get rest: It's hard enough to get rest when you only have one child, but it's twice as hard when you have two. Stock up on sleep!

How did you prepare for your second child? Share your experiences below.

Five Reasons Why Opposites Attract





By [Jessica DeRubbo](#)

Why are nice girls attracted to bad boys? Because opposites attract – duh! For decades, we’ve been throwing around this cliché without really investigating why it may be true. I mean, at one time or another, haven’t we all been drawn to those who are so different from us that we’d be hard pressed to actually find a similarity?

For instance, your idea of having fun is to hit the bar scene and meet new people, while he wants to sit at home and watch sports. You’re super bashful at a dinner party, and he’s the life of the party. You were always a straight “A” student with no “naughty” record, while he struggled to pass in school and spent the majority of his time in the principal’s office. Despite those glaring differences, the thing is, sometimes being in a relationship with an opposite personality *works*.

So, let’s find out why those who have very little in common find each other irresistible. Here are five solid reasons:

1. It’s all in the science: A recent study shows that females are naturally attracted to men whose immune systems differ from their own. In fact, the more unlike a man’s immune system is to a woman’s, the more likely the woman is to remain faithful. Pretty soon, a simple DNA test may be the answer to

all of our relationship problems.

Related: [Laws of Attraction Between Celebrity Couples](#)

2. Curiosity: Sometimes it's simply that we want to know how "the other half" lives, according to Ronnie Ann Ryan, MBA, CCC (known as The Dating Coach and author of *MANifesting Mr. Right*). "I am the type that wants to get from point A to point B as fast as possible," she says. "My husband wants to go the long way so he can see the sunset at the beach on the way to his destination. Learning to slow down has been very good for me."

3. New and improved: Having a relationship with someone whose perspective on life is completely different than yours serves to bring out a spanking new, and sometimes better side, of each person. Plus, being with someone who has a completely different opinion than yours can keep the spark alive in a relationship.

Related: [Male Perspective on How to Not Strike Out in Dating](#)

4. Divide and conquer: "Opposites can make fabulous partners because they complement each other," says Ryan. Instead of arguing over who gets to do the "good" chores and who gets stuck with the "bad," your likes and dislikes don't overlap. You prefer washing the dishes, while he's totally fine with drying.

5. It's a challenge: Let's face it: they don't call it the "dating game" for nothing. Yes, eventually dating can turn from a contest into a serious relationship, but it starts out as a challenge to overcome. It becomes even more of a feat when you add opposite personalities to the mix. Bottom line is – the Venus vs. Mars dynamic is exciting!

What are some other reasons that opposites attract? Share your thoughts below.

Kris Humphries Files to Annul Marriage with Kim Kardashian



Kris Humphries is finally taking action. Ex-wife Kim Kardashian filed for divorce on October 31st, but Humphries wishes to bypass divorce proceedings by getting the marriage annulled, reports UsMagazine.com. Humphries is crediting “fraud” as the reason behind the couple’s split, but only because the other options were unfitting. “The whole ‘fraud’ thing is ridiculous. If the marriage was a sham, he was in on it,” said a source. “Did he not see the cameras or get a cut of whatever money was made? The marriage was real. It was just a terrible and unhappy one.”

What are some reasons to annul a marriage?

Cupid's Pulse:

Annuling a marriage is often much easier and quicker than getting a divorce. Here are a few reasons to do so:

- 1. Infidelity:** If your new spouse is unfaithful within the first few months of your marriage, an annulment will most likely be granted by the Superior Court.
- 2. Bigamy:** If your spouse is married to another person at the time of the marriage, the marriage can be annulled.
- 3. Force:** A marriage will most likely be annulled if one partner forced the other into the marriage, either by making threats, abduction or physical force.

Have you had a marriage annulled? Feel free to share your thoughts in a comment below.

Olympic Skier Lindsey Von and Husband File for Divorce





Olympic gold

medalist Lindsey Vonn and her husband of four years Thomas Vonn have filed for divorce, according to [People](#). Thomas is not only a former Olympic skier, but he is also Lindsey's coach. "It is with great sadness that I announce that Thomas and I have begun divorce proceedings," she said in a statement to *The Denver Post*. "This is an extremely difficult time in my personal life and I hope the media and my fans can respect my need for privacy on this matter. I will continue to be coached by the U.S. Ski Team and look forward to competing the rest of the season."

Should you keep your spouse as a business partner if you decide to end your marriage?

Cupid's Advice:

You should only continue to be business partners if you can both agree that remaining partners is what's best for the success of the business. Here are three things you'll need to apply:

1. Trust: If your divorce has caused a lack of trust between the two of you, it may be a struggle to trust each other as business partners.

2. Understanding: It's important that you both realize your relationship is now strictly business. Don't budge on this or it will inevitably cause problems.

3. Maturity: You're going to want to get under each others' skin, but you need to act like adults so you can make the best decisions for the business.

Are you business partners with your ex? Share your comments below.

Kourtney Kardashian Announces She's Pregnant



Keeping up with the Kardashians just got a little more interesting as Kourtney recently announced that she and her boyfriend of five

years, Scott Disick, are expecting their second child. Kardashian took a pregnancy test about five weeks ago and didn't hesitate to wake Disick with the positive results.

"Now I'm nine weeks along," she told [UsMagazine](#). "You're supposed to wait 12 weeks to tell people, but I feel confident." The couples first son, Mason, almost 2 now, came as a surprise, but this pregnancy had more planning involved. "It wasn't like we weren't trying," Disick said. "We kind of just said, 'If it's meant to be, it'll be.'"

Why do women wait 12 weeks before announcing their pregnancy?

Cupid's Advice:

1. Risks: The first 12-16 weeks are the most dangerous for the possibility of a miscarriage. Don't risk making the announcement too soon, and shortly after having to explain that you're no longer pregnant.

2. Emotions: You're going to feel a lot of different emotions upon finding out you're going to be a mother, so it's important that you take time to sort out your feelings.

3. Time to settle: You and your partner are going to want time to yourselves so you can agree on important concerns that come along with having a baby. This way you'll be more prepared to face the bombardment of questions from friends and family.

How did you announce your pregnancy? Share your comments below.

Sources Say Jason Trawick Is Ready to Pop the Question to Britney Spears



It's Britney Spears' birthday, and what better present can she receive than her long term boyfriend and former assistant Jason Trawick proposing marriage to her? Well, according to sources, this very well may happen. "They've been talking about marriage for a long time, it would be surprising if they are not engaged by the end of the year," said the sources, according to [People](#). It's no secret that Britney Spears has had one crazy ride through life, but her shaved head days seem to be officially behind her.

What are ways to tell your boyfriend is getting ready to pop the question?

Cupid's Advice:

For many couples, marriage is the next exciting chapter in their lives. Before the wedding, however, comes the engagement, and before that comes popping the question.

Proposing marriage is probably the most angst-ridden thing a man (or sometimes woman) goes through. Here are some ways to tell that your partner is gearing up to ask for your hand in marriage:

1. He gets giddy around you: All of sudden your boyfriend has become somewhat shy around you. He says “I love you” more often and seems to need your affection. He’s given up on the tough guy persona, and is now showing you a softer side that is more opened to PDA.

2. You spend more quality time together: Your guy seems to be spending more time with you. Forget about poker nights with the boys. He’d rather be in bed with you watching a rom-com.

3. He’s planning for the future: You know how guys always say they live day by day, while girls tend to think about the long run? Well, now he has his calendar out and is planning Christmas with your parents. Gone out the days he had a commitment phobia.

How did you know your man was getting ready to pop the question? Share your experiences below.

Demi Moore Tweets Cryptic Messages



It looks like the drama hasn't ended now that a divorce is imminent. Despite a calm public statement, Demi Moore has been sending out seemingly cryptic tweets, under her handle which still reads '@mrskutcher'. According to [Hollyscoop](#), her ex Ashton Kutcher has been sending "passive aggressive jabs" at Moore in retaliation perhaps. Even though they've split, the ex duo have still been going to counseling. They have even been seen leaving a Kabbalah house together, despite arriving separately. According to sources, Demi Moore has been on a "positive swing" despite the negative backlash that can often result from a divorce.

Cupid's Advice:

Going through a breakup or divorce can be really difficult, and you may want to complain to anyone who will listen. That's probably not the best idea. Cupid has some ways to grieve privately:

1. Surround yourself with family and friends: This is an important time to remember that though one relationship is ending, you still have many healthy relationships in your life remaining. Ask your friends and family for support and let them know how they can support you through this difficult time.

2. Take time: It's crucial to take some time to yourself to heal. Don't make any important life decisions right after a breakup. Instead, take the time to pamper yourself and keep up with a healthy lifestyle.

3. Remember it's okay to feel: Recognize that your feelings are normal. Whether you're sad, frustrated, annoyed or confused, those are all normal feelings that you're allowed to experience. These feelings will lessen over time as you begin to move on.

How have you dealt with a previous break up? Share your experience below.

What Kim Kardashian Taught Me About Marriage





By Liz from

WeLoveDates.com

I finally caught Kim Kardashian's wedding special while I was home sick one day, and now there are two hours of my life I wish I could get back. Three days later, when news of her impending divorce broke, I wasn't surprised at all. I mean, anyone who tuned in to her wedding special could tell that the couple barely liked each other. I was originally ready for Kim to go away, but Lord knows I love a great reality show train wreck. So, I couldn't look away.

While Ms. Kardashian and I couldn't be more different, we also have a few things in common. We're the same age, in love with being in love and have a particular affinity for high heels and hair extensions. I then came to the conclusion that Kim Kardashian could teach me a thing or two about marriage:

Related Link: [How to Make Your Marriage 'Easy Breezy'](#)

Womens Intuition Is Real: There is a small part of me that actually feels bad for KK. I have to believe that beneath all the makeup, the spanx, and the money, there's a real person with actual feelings. Putting myself in her very expensive shoes, I wonder what I would have done if I had that "this isn't right" feeling in the pit of my stomach. Knowing that

when I called off the wedding it would affect so many people and would make me feel bad.

Money and Marriage Don't Mix: By Kim selling out her wedding, getting married became part of her job description. This is where it gets tricky, because marriage should be about love between you and your partner ... and that's it. I highly doubt that anyone wants to pay me to film my wedding (if you do, call me!), but this was a reminder to keep my eyes and mind on what matters, and to keep it sacred. The more you treasure it, the more you should protect it.

Eloping may be the way to go: I've always wanted a fairytale wedding, but watching this Kardashian sh*t show has really forced me to re-evaluate my priorities. It seems as if we forget that marriage is not about the wedding day, the dress and the registry. It's about joining your life with someone else's, whether he lives in Minnesota or not, and whether there is an NBA lock-out or not. There's simply too much emphasis placed on the wedding, and not on your future life together.

Related Link: [Advantages of Eloping](#)

And, ladies and gentlemen, I want the life. I want that happily ever after.

Eva Longoria Says She's Not Angry About Ex Tony Parker's

Affair



Eva Longoria is in a different place today than she was just a year ago when she was filing for divorce from then-husband Tony Parker of the San Antonio Spurs. This all happened after the discovery of inappropriate text messages to Parker's teammate's wife. According to [UsMagazine](#), Longoria knows that people think she is "angry and resentful," but that's just not the case. Her forgiving attitude may stem from the successful relationship she's been in since February with Penelope Cruz's little brother, Eduardo Cruz or "Edu" as she affectionately calls him.

How do you keep from lashing out about a partner's infidelity?

Cupid's Advice:

After a partner cheats on you, it can be a hard thing to overcome even after breaking up with them. It's easy to become angry at the world as the result of one incident. Here

are some ways to avoid it:

1. Keep balance in your life: Balance is critical after your partner cheats. Force yourself to do things you normally do: go out with friends, eat healthy and try to have fun.

2. Laugh and cry: It's good to find a way to laugh during such an emotional time. Watch a funny movie or spend time with people who know how to make you smile. That said, it's okay to cry as well. If you aren't crying naturally, you can watch a sad movie or listen to sad music. Don't be afraid to cry it out.

3. Find someone new: It may take a while to be able to trust someone again, but don't be afraid to take that chance. Like Eva Longoria, finding someone new can help you on the path to forgiveness and letting go.

What are some ways you or a friend have coped with a partner's infidelity? Share your experiences below.

Jennifer Aniston and Brad Pitt Narrowly Miss Each Other at the Movies





It was a close one when celebrity exes Jennifer Aniston and Brad Pitt narrowly missed each other at the Arclight Cinemas in Hollywood on Friday. According to [People](#), it would have been an awkward run-in since Pitt was with his children and wife, Angelina Jolie, while the *Friends* star was there with boyfriend, Justin Theroux. “Justin and Jennifer skipped the popcorn and went straight in. Like five minutes later, Brad and the kids came out of the theater. They just missed each other,” said a source who witnessed the potential run-in.

How do you keep things from being awkward with an ex?

Cupid's Advice:

It's a small world, so chances are you're bound to run into an ex when you least expect it. Cupid has some tips:

- 1. Just say hi:** Saying hi to an ex isn't saying you want to get back together or admitting they were right. Don't be afraid to say “hi.” It makes things a lot less awkward.
- 2. Wish them the best:** Even if you don't mean it, always say that you wish them the best.
- 3. Be happy:** If you're happy and secure with yourself, chances are your run-in won't be awkward.

How do you show your ex you've moved on? Share your ideas below.

Brody Jenner and Avril Lavigne Go On Romantic Bowling Date



Avril Lavigne was recently spotted on a fun bowling date with boyfriend Brody Jenner at Lucky Strike Lanes in New York during a launch party for Picksie 2.0, an app that recommends hotspots in various cities. According to [People](#), the singer sizzled in her rocker chic style and leopard print bowling ball, but Jenner came out on top when he bowled a 100 over his girlfriend's 88. Perhaps a little friendly competition can indeed enhance your

relationship.

How can competition enhance your relationship?

Cupid's Advice:

A little healthy competition can keep your relationship interesting and exciting. Here are some options:

- 1. Play sports:** Playing sports together as a couple can give you a good sense of competition and keep both of you in shape.
- 2. Race each other home:** A fun race home shows just how excited you are to see each other.
- 3. Outdoor games:** If it's nice outside, a friendly game of cornhole or PIG (basketball) could be just what you need to get your adrenaline pumping.

What are some other ways to get you and your partner into the competitive spirit? Share your ideas below.

Jennifer Aniston and Justin Theroux Walk the Dog





Actress Jennifer

Aniston and new beau Justin Theroux got some exercise as they strolled through Beverly Hills on Sunday with her dog Dolly, according to [RadarOnline](#). Aniston adopted the pup back in 2006, and she has recently become the top dog after the actress's beloved mutt Norman passed away at the age of 15 back in April. Aniston uses walking Dolly as an excuse to spend some quality time with her canine and to fit some extra exercise into her busy schedule.

What are some ways to get exercise as a couple?

Cupid's Advice:

Finding the motivation to exercise can be a difficult task, but if you and your partner do it together it can be more fun.

Here are some options:

1. Walking/running: If you can't afford a gym membership, walking or running in the great outdoors is free. Set a goal and encourage each other until you've both reached it.

2. Sign up for a class: Joining a kickboxing class as a couple is a great way to work out and see results. Seeing each other pushed to your limits and glowing in sweat can be pretty sexy, too!

3. Play on a team: Co-ed sports teams like softball and volleyball can be a blast. You'll work on your teamwork skills as players and as a couple.

How do you and your partner exercise together? Share your comments below!

Angelina Jolie Says She'll Never Be As Good as Her Mother



Hollywood mama, Angelina Jolie, reminisced about her mother in an interview with *60 minutes*. Jolie said that her mom, Marcheline Bertrand, was a generous, loving person that did everything for her children. Sound familiar? It seems Jolie is trying to walk in

Bertrand's footsteps since her death in 2007. Jolie adopted three children, gave birth to three more children with Brad Pitt, and is a humanitarian activist. According to [UsMagazine](#) the actress was as modest as ever and said that she could never be as good as her mother.

How do you know what traits to carry over from your own mother?

Cupid's Advice:

We all worry that one day we might turn into our mothers, but that may not be such a bad thing. Mothers wear many hats and the most important one may be that of a role model. Here are some ways to think about and carry on traits that your mother has/had:

1. Childhood: Think about the morals your mother installed in you as a child. As you mature, those morals usually lead you to make decisions in your adult life. Carry on those morals that your mother valued.

2. Role model: Do you remember watching your mother and wanting to be just like her? Try to remember why you wanted to be your mom's little me. Was she loving, funny or strong willed?

3. Memories: If your mother is deceased, remember what made her special. Why did she mean so much to you and to others? You may not become just like her, but taking on some of her traits will help you keep her memory alive.

What traits have you carried on from your mother? Share your ideas below.

Budget-Friendly Tips for Holiday Weddings



By Cara Davis

The countdown to the holidays has begun. With it comes the only time of year that's simultaneously joyous and stressful. For some, this season will bring with it the event of a lifetime: a wedding. Those planning holiday winter weddings have several opportunities to save money and lessen the stress burden for themselves and their guests.

Related: [8 Alternative Wedding Trends for 2011](#)

1. Deck the Halls.

Most event locations will have already decked the halls for the holidays, allowing you to piggyback their efforts for a low-cost wedding. Go with Christmas hues of gold, red and green – or go for a silvery winter blitz. Strings of white Christmas lights will transform any room into a holiday

paradise.

2. Silver Bells.

Create budget large-scale ornaments as decorations using Styrofoam balls spray-painted and covered in glitter. Or create groupings of bare branches spray-painted white and covered in silver glitter. Paper ornaments, like these ornament greeting cards, make great wedding invitations or wedding favors.

3. Seasons Eatings.

Comfort food is a popular winter wedding choice (think soups, pasta, pot pies and mac-n-cheese). Don't shy away from cost-cutting measures like serving family-style or buffet. Consider a hot chocolate, cider, eggnog or coffee bar to which your guests can immediately help themselves (plus, you'll save hundreds by skipping the alcohol).

4. Marshmallow World.

Gingerbread houses make quaint table centerpieces, as do natural greenery and berries. Cocoa mixes or cookie cutters also make inexpensive wedding favors.

5. Peace on Earth and Online.

Couples are increasingly using online wedding planning tools, like creating or sending save-the-date and invitations online (40-percent increase over the last two years), personal websites and online RSVP services (23-percent and 31-percent increases respectively) and using social media to communicate wedding details (78-percent increase), according to TheKnot.com. Brides and grooms also have the option of registering online for gift cards at sites like CardAvenue.com, which is a great option for guests already overwhelmed with holiday shopping lists.

6. Jingle Bell Rock.

If you chose to have your wedding around the holidays, it's likely a favorite time of year for you. As such, incorporating favorite holiday tunes into your wedding reception is a must, and a fantastic way to get your guests into the holiday spirit. Pandora is an excellent, economical method to pipe in some yuletide carols at the appropriate time during your reception.

When all is said and done, you'll begin your first happy new year together, and that's something to celebrate indeed.

Related: [How To Have A Special At Home Proposal](#)

Weddings expert Cara Davis is the author of Cheap Ways to Tie the Knot and blogs from her home in Orlando, FL, about cheap ways to spend and save at CheapWaysTo.com.

Ryan Gosling and Eva Mendes Take a Morbid Tour of Paris





Death has never been this romantic for Ryan Gosling and Eva Mendes. The couple spent their date night Friday evening touring Paris' famous Pere-Lachaise, or "City of the Dead." The area is the final resting place of celebrities such as Jim Morrison, Oscar Wilde and Edith Piaf. Following their tour, Gosling, 31, and Mendes, 37, went down to the city's famous Catacombs of Paris, a location where over 6 million Parisians are buried. Despite all of the death, the couple stayed close. "They were holding [hands](#) and there was a lot of tenderness between them," an observer told [People](#).

What are some creepy, yet romantic, date ideas?

Cupid's Advice:

Although rather unorthodox, a scary date may help you and your love interest push each other outside of your comfort zones to a place of bonding. Cupid has a few suggestions:

1. A deathly hallway: A haunted house is a great way to spice things up on a cool evening. It will keep you both close and give you both a few laughs and scares later on.

2. Scary movie marathon: No, we're not talking about satirical slasher films. On a night in, watch some movies that scare you

both a bit, and cuddle up to each other for comfort.

3. Cemetery walk: On the surface, a stroll through a cemetery may seem weird, but a night walk is always a great way to talk, and with no loud distractions near you, it'll be easier to listen. It may even be peaceful.

What are some other creepy romantic date ideas? Share your thoughts below.

Lily Allen Welcomes a Baby Girl



British

singer/songwriter Lily Allen gave birth to a baby girl on Friday, reports [RadarOnline](#). Allen first revealed her pregnancy in June, when she married painter/decorator Sam

Cooper. Allen and Cooper previously suffered through two very public miscarriages.

How do you prepare for a baby girl versus a boy?

Cupid's Advice:

Preparing for a baby is difficult, but knowing the gender of your child can make it a lot easier. Here are a few tips to help you prepare for a baby girl:

1. Stay true to your taste: The upside in preparing for a girl is that you can always rely on your taste. Pick dolls and furniture that you or your sister would have liked as a child. Your daughter will most likely share your preferences.

2. Narrow your options: If you know you're having a girl, save time and money by only buying gender-specific items. For example, instead of buying several baby name books, buy only a few female-specific name books.

3. Be prepared for a surprise: Ultrasounds aren't always correct. Though unlikely, you could give birth to a boy instead. Be prepared for a surprise, and have a few gender-neutral items on back up.

How did you prepare for your baby girl? Feel free to leave a comment below.

Jennifer Love Hewitt on a Diet During Holiday Season



According to [People](#), Jennifer Love Hewitt has decided to not indulge in her favorite foods this holiday season. The actress is preparing for her new movie, which will be filmed in January, saying, “I will be in lingerie a lot, so I’ll be working out. I will not be eating for the holidays.” She said that while her family enjoys food, she’ll be doing Pilates. “This year will be loads of fun for me,” she said sarcastically.

What are some ways to stay healthy over the holidays?

Cupid’s Advice:

With the holidays approaching, it can be hard to stay healthy. Here are three ways you and your mate can stay fit:

- 1. Exercise:** Set up a schedule with your partner on what days and times would be best to get fit together.
- 2. Healthy diet:** Change your eating habits by throwing out all the junk food and meals with too much sugar. Instead, replace it with a diet that includes proteins, vitamins and

carbohydrates.

3. Sleep: The amount of energy you have in a day depends on how much sleep you get. Go to bed on a regular basis for seven to eight hours a day.

How are you and your partner staying healthy this holiday season? Share your comments below.

Ali Fedotowsky and Roberto Martinez Call Off Wedding



Sadly, Ali Fedotowsky and Roberto Martinez have called off their engagement. The couple, who met on *The Bachelorette* decided on a long engagement, which ultimately did not work out for the pair, according to [The Huffington Post](#). The duo was supposed

to get married this year, but Fedotowsky was recovering from knee surgery and had to postpone the wedding. They ended up calling off the wedding three times before the relationship ended. In August, Fedotowsky told *People* magazine, "In my mind, Roberto is my husband. We live together; we do everything together; we plan for the future together; we fight just like a good old married couple." It looks like it's another case of love lost in *The Bachelor* community.

How do you know when it's time to call off your engagement?

Cupid's Advice:

Ending an engagement is one of the hardest things for a couple to do. Marriage is a big step, and it's not meant to be taken lightly. If you're feeling unsure about saying those vows, proceed with caution. Cupid has some tips:

1. Take a step back: A break from one another can give you a new perspective. You might end up appreciating each other much more, and realize that you are meant to be together. It could also go the other way, and you'll realize you are much better apart.

2. Assess the situation: If it feels like you're just not on the same page anymore and your partner is headed in one direction while you are going the other way, it may be time to call it quits. Unless you can somehow focus and anchor your relationship, there's no point in staying in it.

3. Nothing is the same: Maybe you and your partner have just outgrown one another. This happens frequently, and as heartbreaking as it may be, don't stay in a relationship that you know won't work anymore.

How did you know when it was time to call off your engagement?

Share your experiences below.

Stacy Keibler Drops the L Bomb About George Clooney



George Clooney is infamous for being very private when it comes to the media. His girlfriend, Stacy Keibler, however, loves to tweet about their relationship. In response to his new mate's public ways, he had this to tell *Rolling Stone* magazine: "She can do whatever she wants, I rarely tell anybody what they should be doing with their life." It looks like things are getting serious, too. According to [UsMagazine](#), in Keibler's latest tweet, she dropped the "L" word, stating, "You know it's love when your boyfriend has elbow surgery 2 days ago and takes you to a Ravens game. Especially when he's a Bengals fan." Maybe Clooney won't tweet his feelings for all to see, but often when your partner does trumps when they say.

What are some ways to tell you're in love?

Cupid's Advice:

During the holiday season, feelings of love often become more pronounced. They can be disguised as many other things, lust and infatuation being the most common forms. Here's how you know it's real:

1. You show it: Like Clooney and Kiebler, sometimes words are better left unsaid. Showing someone you truly care can really make a person feel special. Being willing to take them to see their favorite sporting event (even if you loathe them), make them dinner, or even take them on a trip are good ways to tell it's true love.

2. You sing their praises: Another way to tell you're in love is wanting to have the whole world know it. You seem to gush about your partner to anyone willing to listen.

3. They make your troubles disappear: You are having the day from hell, but just hearing from them makes it all the better. You know you are smitten when you hear that voice on the other end of the line and all of the issues you were dealing with suddenly seem minor and disappear.

How did you know when you were in love? Share your comments below.

Kris Humphries Mocks Kim

Kardashian's Weight Pre-Split



The marriage may be over, but the season has yet to air. New footage from the upcoming season of *Kourtney & Kim Take New York* showed then-newlyweds Kris Humphries and Kim Kardashian flirting around in a negative light, reports [UsMagazine](#). In the clip, Humphries picks up Kardashian and says, “God, you ate a lot of wedding cake!” Though joking, a source says that Humphries frequently criticized his wife. “He belittled her in front of people,” said the source. “He’d call her stupid. It was truly sickening.”

What are some ways to deal with your partner’s criticism?

Cupid’s Advice:

When your partner wants to make a change, they may not go about it in the most polite way possible. Here are a few ways to deal with your partner’s criticism:

1. Take their advice: Often times your partner's criticism is just poorly phrased advice. Tell your partner that their tone is offensive, but take their advice into consideration.

2. Ignore them: If you feel your partner's criticism is irrelevant, then ignore it. If the criticism has no effect on you, then your partner may stop trying to make a change.

3. Confront them: When criticism becomes frequent, it is time to confront your partner. Tell them that their criticism is hurtful, and ask them to stop.

Have you ever had a critical partner? Feel free to share your experiences in a comment below.

Justin Bieber Serenades Selena Gomez During AMA Rehearsal





The Biebs is showing his romantic skills yet again! This time, Justin Bieber serenaded girlfriend Selena Gomez during a rehearsal for the American Music Awards, according to [UsMagazine](#). Despite Bieber's paternity scandal, it doesn't look like the cute duo is letting anything get them down. "At one point Justin even sang 'I Feel Good' a la James Brown, said a source. "They were totally adorable. They were snuggling in between takes, and he was serenading her! They look as in love as ever." The pop star is scheduled to perform a song from his new holiday CD at the awards show, while Gomez is slated to present.

What are three creative ways to show your partner you care?

Cupid's Advice:

It can become routine to simply say the words "I love you" every day. It's important to go out of your way periodically to actually *show* your partner you care, as well. Cupid has some ways:

1. Present them with love coupons: Make or buy some coupons good for things like a massage, a home cooked meal or a viewing of their favorite movie. It'll show that you're willing to go to certain lengths to please them.

2. Get a makeover: Sometimes when you've been in a relationship for a long time, you don't pay as much attention to the way you look around your partner. As a special treat, bring them out to dinner and show up as pretty or handsome as possible.

3. Write a love letter: It may sound corny, but often times a written letter that spells out your feelings for someone can be incredibly touching.

What are some other creative ways to show you care for your partner? Share your ideas below.

Vanessa Minnillo Changes Her Name



Vanessa Minnillo is

no more. The 31-year-old, who married Nick Lachey in July, has officially changed her name to Vanessa Lachey, reports [E! Online](#). Lachey took to Twitter to break the news, tweeting, “So. I’m making it official, and I LOVE my new name! @VanessaLachey has a nice ring to it.”

What are some things to consider before changing your last name after marriage?

Cupid’s Advice:

Though taking your husband’s name used to be expected, more and more women are now choosing to keep their maiden names. Here are a few things to consider before making your decision:

1. The repercussions: Having a different last name than your partner can be troublesome. Organizing financial documents, insurance papers, and other investments are often easier when you and your spouse have the same last name.

2. Your partner’s feelings: If your partner wishes for you to take his name, you should take his feelings into consideration. However, make sure his wishes are only a small factor, not the deciding factor.

3. Your preference: Don’t let society’s expectations overrule your personal preference. It’s your name, and ultimately, it’s your choice.

Did you take your husband’s name after marriage? Feel free to share your feelings on the subject in a comment below.

Beyonce Was Worried Pregnancy Secret Would Be Revealed Prematurely



Beyonce has always been a private person under a public microscope. That's why, when she revealed her baby bump at the 2011 Grammy Awards, Facebook and Twitter were on fire. How long was she pregnant before popping the news to her fans? [Access Hollywood](#) said that Beyonce was hiding her pregnancy since her four-night Roseland Theater performances. While on stage, the mom to be said she was thinking, "Everyone knows, everyone can see." Beyonce, we speak for all your fans when we say: We had no idea!

How do you keep your pregnancy a secret at the beginning?

Cupid's Advice:

Finding the right time to tell everyone about your pregnancy can be difficult. Many women wait until they have gotten past the first trimester and others blurt it out as soon as they find out. But just in case you were thinking about holding your tongue, Cupid has some tips:

1. Keep the changes to yourself: You may start to feel extra bloated and moody. Keep those feelings at bay and don't speak to others about it. People will start to get suspicious. Play it cool.

2. Try not to shop: Baby clothes are so cute, and it's hard to say "no" once you know that you're expecting. Be strong, and don't let a trail of baby clothes give you away.

3. Tell one person: It's hard to keep such a big secret. Tell one person that you trust, and ask them not to tell. Getting it off your chest will keep you from being stressed.

How did you hide your pregnancy? Share your experiences below.