

# Justin Timberlake Attends Marine Corps Ball, Making Good on Promise



Justin Timberlake, 30, accompanied combat instructor Kelsey De Santis to the Instructor Battalion Marine Corps Ball on Saturday, making good on his previous promise. The singer and actor accepted De Santis' invitation over the summer. After the fact, Timberlake had nothing, but excellent things to say of the experience, saying that it "was one of the most moving evenings" he's ever had and that he was "really blown away." The star was very humbled by the experience and was surprised that such a young lady was representative of those that look after our freedom, according to [People](#). He described them as "humble, concerned for others before themselves."

**What do you do if your partner continually breaks promises?**

## **Cupid's Advice:**

If you're in a relationship and your partner continually breaks promises, it's time to take some action. Here are some options:

**1. Talk to your partner:** It might sound simple, but sometimes the best solution to broken promises is by talking to your partner and getting more information. Making them aware of how these breaks in trust affect you may appease the situation.

**2. Put it in perspective:** Decide whether their broken word is something minor or major. If it's something as inconsequential as not putting out the trash after he said he would, there may just be a problem with communication. Don't let a minor problem escalate for no reason.

**3. Think about your relationship:** Discern how you want things to develop in your relationship. Perhaps make a list of pros and cons and look at them with an objective eye. If the pros significant outweigh the cons, it may still be worth working on the relationship.

**How do you deal with broken promises in a relationship? Share your thoughts below.**

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# **Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid**



By Rosalind Sedacca,

CCT

Sadly, celebrity divorces make all the headlines for all the wrong reasons. They showcase the most unconscious behavior, especially when it comes to relationships. Kim Kardashian's marriage going off track after such a short time is just one more example.

**Related Link:** [Signs that Kim and Kris were Doomed](#)

It appears Kim spent more time working out her wedding details than on determining whether this was a good match from the start. Unfortunately, celebrities are not alone in making this common mistake. Too many couples think no further than the honeymoon plans when contemplating marriage. They have no idea about the complexity behind real relationship issues and the maturity it takes to create a successful long-term outcome.

Divorced couples do, however. They learn through hindsight

about the challenges two people face when living together week after week and month after month in today's stress-filled world. It takes awareness, flexibility, great communication skills and the ability to understand your partner's perspective to make a relationship work – and that's just for routine life experiences. Throw in accidents, sickness, job loss and other major stressors, not to mention the complexities that come with having children, and it's easy to understand why so many marriages fail and too often end in divorce.

If you're divorced and looking to find a healthier, happier relationship ahead, or if you're marrying for the first time and want to avoid relationship disasters, here are some tips worth serious consideration:

**Related Link:** [How to Size Someone Up For The Long Run](#)

– **Know your partner well – during the good times and the bad.** It's after you face disagreements or nurse your partner through an illness that you find out with whom you are really contemplating spending the rest of your life. If what you discover makes you uncomfortable, have some serious conversations – or move on before making any further commitments.

– **Don't expect to be "completed," "saved" or "fixed."** No one can fill the void in your inner self. You're setting your partner up for failure if you expect them to fix your problems and love you through your unresolved issues. Do the inner work on yourself first, perhaps with the support of a therapist. Then seek out another soul who has done the same to partner with you.

– **Be hooked on more than just romance.** Happily married couples will tell you that you have to be more than great bed-mates to make a real relationship work. Look for common values, goals, beliefs and interests. Opposites may

attract in the short-term, but you want a marriage based on respect and sharing a future together. If your core values and interests are not aligned, you're facing a tough road ahead.

– **Be your authentic self – and don't change for a partner's approval.** You can't fake your way through a marriage. If you hate sports, the internet or pets, state it up front and find a mate who loves you knowing this reality. It's unfair to hide your true self from your partner, and it's a disservice to yourself pretending to be who you are not. Honor who you are and look for a partner with high self-esteem who loves themselves as well. That's a formula for lasting relationship success!

As Kim Kardashian discovered, money won't buy you a happy marriage. You can't use sensuality as a substitute for good sense. Relationships don't have storybook endings. They require constant attention, the ability to sacrifice and compromise at times, and a heavy dose of respect for the person you brought into your life.

Before setting out in the relationship world, work on your inner demons, let go of the baggage from previous relationships, and take your time in getting to know the special partner you are choosing. There's no magic wand that will make your relationship succeed, but these guidelines will set you on a course that will circumvent a lot of pot holes along the road to happily ever after.

*Rosalind Sedacca, CCT is a divorce and relationship coach. She is founder of the Child-Centered Divorce Network for parents and author of the internationally acclaimed ebook: How Do I Tell the Kids About the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! She is also co-author of the new book: 99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60! Her free divorce and parenting*

tip sheet and coaching programs are available at [www.childcentereddivorce.com](http://www.childcentereddivorce.com). Rosalind's free dating tip sheet and relationships courses can be found at [www.womendatingafter40.com](http://www.womendatingafter40.com).

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## Zoe Saldana and Keith Britton Split After 11 Years



Even strong relationships can come to an end. *Avatar* star Zoe Saldana, 33, split from her fiancé, businessman Keith Britton, 35, reports [People](#). “[The couple] have amicably separated after 11 years,” said Saldana’s rep in a statement. The pair will continue their partnership in the website My Fashion Database. “Saldana and Britton remain committed business partners as co-founders of fashion resource MyFDB.com,” said the statement.

**How do you rebuild independence after a long relationship ends?**

**Cupid's Advice:**

When a relationship strengthens over time, so does your dependence on your partner. Here are a few ways to rebuild your independence after a break up:

**1. Take control of your money:** In long relationships, it's not uncommon to have shared bank accounts and investments. Separating your funds from your partner's is one of the quickest ways to reassert your independence.

**2. Be wary of mutual friends:** After a long time with your partner, the two of you most likely have mutual friends. Though it can be disheartening, strictly sorting your friends post-breakup will help you move on. Contact with mutual friends will only remind you of your ex.

**3. Visit your family:** One of the best ways to heal after a break-up is by visiting your friends and family. Those closest to you will help you remember how you were before your relationship and will also help you move forward.

**Have you ever been through a break up with a longtime partner? Feel free to leave a comment below.**

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**Bella and Edward Are Back in Twilight Saga: 'Breaking Dawn**

# Part 1'



The Twilight Saga is slowly, but surely, coming to an end.

But don't start feeling sad too quickly, because the last book of the series, *Breaking Dawn*, is being broken into two movies. On November 18th, *Twilight Saga: Breaking Dawn Part 1* will bring Jacob (Taylor Lautner) and Edward (Robert Pattinson) fans together for a drama packed finale. After watching Bella (Kristen Stewart) decline Edward's proposal in *New Moon* just to accept it again in *Eclipse*, the long awaited wedding is here. On top of that, Bella becomes pregnant with a half human half vampire baby that poses threats to both the wolf pack and Cullen vampire family. Get excited!

**How do you know when it's time to say "yes" to a marriage proposal?**

**Cupid's Advice:**



It can be tough to really *know* when you're ready to marry someone you've been dating. The step between partners and spouses is a big one. Cupid has some things to consider:

**1. Are you in love?:** If you're truly in love with your partner, it may be time to make it official. If you have doubts, it's probably best to wait it out a while.

**2. Why not?:** If you're not getting married because of a reason like financial issues, chances are you're not ready. Go with both your gut and your heart.

**3. It's just a ring:** Saying "yes" to a proposal doesn't mean you'll be signing a wedding certificate the next day. If the love is there, say "yes" and continue working on your relationship. If you change your mind, call the wedding off. It's not preferable, but at least the option is there.

**Have you ever said "no" to a marriage proposal? Share your experiences below.**

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## **Lauren Conrad Is Caught Kissing Chace Crawford**





After Lauren

Conrad's recent break up with *Dancing with the Stars* pro Derek Hough, she is newly single and ready to get out there and date. The 25-year-old former *The Hills* reality star and fashion icon isn't wasting any time finding new man. According to [UsMagazine.com](http://UsMagazine.com), Conrad was seen "making out" with *Gossip Girl* star, Chace Crawford on Oct. 29. The two started their night flirting at L.A.'s Voyeur nightclub and met up again at a party at actor Shawn Pyfrom's house. Although their reps deny a hookup, an insider said, "There's always been an attraction between them. Lauren is just enjoying herself. She's not taking anything too seriously!"

**Is it OK to date around?**

**Cupid's Advice:**

When you're young and single, there's no reason to tie yourself down. Cupid has some tips:

**1. Explore your options:** There's a whole sea of men out there and you need to do some fishing around before you reel one in. Dating around is a great way to meet new people and compare them to past experiences.

**2. Figure out what you like:** The best way to find personalities

you're compatible with is to experience different people. After dating around, you gain a keen sense of your preferences for a partner.

**3. Have fun:** Dating can be a great experience. You have opportunities to have a great time or a not-so-great time, and you can learn from those situations. You may find that you don't want to pursue a relationship with some of the people you date, but you might make some great friends and connections along the way.

**Why do you enjoy being single? Share your experiences below.**

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## Five Ways Social Media Can Help Your Relationship



By Diamon Hall

Perhaps you reconnected with the girl who used to pinch you on the playground, the professor who inspired you to land your dream job or a long lost distant relative who lives in Germany. Whatever it may be, websites like Facebook, Twitter, LinkedIn, Google+, or MySpace are used in many different creative ways. In fact, it seems that people can hardly function without social media nowadays. It helps you keep in touch with family, friends and even people you wouldn't normally communicate with if it weren't for those sites. If social media can help you in the platonic aspects of your life, then it can certainly help your love life, whether that means meeting a new flame or enhancing a relationship you already have. Here are five ways social media can aid you in matters of the heart:

**1. More ways to keep in touch:** Just like social media can help you keep in touch with family and friends, it can also help you keep in touch with your mate. You may not always be able to pick up your phone to call or even shoot a text. If you're at work and there's a computer available, it's probably easier to log on to a social site like Facebook and chat for a quick minute or send a personal message just to say "I love you."

**Related Link:** [5 Reasons Why Men Text Instead of Call](#)

**2. Dig deeper before the first date:** If you're just meeting someone for the first time, social media can greatly assist you in figuring out who this person is and what you can expect. Although you shouldn't judge solely on what you read online, the image someone gives off via social media sites can be telling. Browse through their identifying information, photos, and friend's comments. Often times it's insightful to see how a potential partner interacts with others.

**3. Stay close even when distant:** You or your honey may have to go out of town without the other sometimes. You can upload pictures of yourself to let them know what's occupying your

time while they're not there. Facebook has even incorporated video chat on their site, which is a great way to seemingly shrink the distance between the two of you.

**4. Communicate more with his or her family:** Finally, social media is a way around being the shy one at the extended family dinner table. Your partner's family is going to want to see you in person sometimes, but for the other times, talk to them via a social site. They'll be thrilled to know you think enough of them to include them in your virtual social life.

**5. Everyday use:** Sometimes you may not have the money to send flowers and candy, or even to go out to dinner. Your lives may be very hectic and you may hardly get enough time to talk. Utilizing social media will help you feel connected.

**Related Link:** [Do's and Don'ts of Flirtexting and Sexting](#)

**How has social media helped your relationship? Share your experiences below.**

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## **Tori Spelling Says Her New Daughter Enhanced Her Marriage**





Tori Spelling's

brood has grown larger, reports [UsMagazine.com](https://www.usmagazine.com). Hattie Margaret, daughter of Tori Spelling and Dean McDermott, greeted the world on October 10th. With the new baby came many surprises. “[We were] 110 percent sure we were having a boy,” said Spelling. Despite the surprises, Spelling feels that her new baby has brought her closer to McDermott. “The baby wasn’t planned, but it obviously happened for a reason. Knowing we were bringing a third life into the world just enhanced our relationship. The moment I had her, I looked at Dean and fell in love with him all over again.”

## How does having a baby bring you closer together as a couple?

### Cupid's Advice:

There's no doubt that having a child can be overwhelming, but working together to raise your son or daughter can also be a bonding experience. Here's why:

- 1. Challenge:** Raising a child comes with obstacles. Tackling the challenges together will strengthen your relationship, especially when you're successful.

**2. New happiness:** Children are entertaining, especially when they're young. Your baby will bring even more happiness to your relationship.

**3. Stress:** Though rewarding, adjusting to life as a parent is difficult. However, the stress and hardships you encounter as a couple will ultimately strengthen your bond when you triumph over them.

**Have you had a child that brought you and your partner closer together? Feel free to leave a comment below.**

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## **Blake Shelton and Miranda Lambert Both Win at CMAs**



Blake Shelton and Miranda Lambert received a late wedding present when they both

took home CMA awards for male and female vocalist of the year on Wednesday. According to [People](#), while receiving her award, Lambert proclaimed, “Congrats to my hubby too. It’s gonna be a good night tonight baby! “

## How do you share the limelight with your partner?

### Cupid’s Advice:

Everyone wants to be in limelight at least once in while. But, when it comes to sharing it, here are some ways to enjoy your glory together without it getting competitive:

- 1. Smile and relax:** Some of us have a very competitive nature. But, it doesn’t have to be that way, especially with someone you love. Take a step back and enjoy this moment together.
- 2. Congratulate them:** Let your partner know how proud you are of them, and they’ll do the same for you.
- 3. Give credit where it’s due:** Don’t try to take credit for everything. Your partner’s achievements are just as important as yours.

What successful couples do you admire? Share your comments below.

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## Michelle Duggar Admits That



# Lots of Kids Aren't for Everyone



If you thought reality TV's largest family couldn't get any bigger, you thought wrong. The Duggars, stars of TLC's *19 Kids and Counting* are expecting another addition to their humongous brood. Following the birth of pre-mature Josie, Michelle Duggar has been taking extreme precautions with this latest pregnancy. "I have been getting counseled from a high-risk pregnancy doctor in Little Rock and taking good care of myself," she tells [People](#). Despite the media's shock, the couple is excited to welcome their 20th child. "We know that having this kids isn't for everyone, but we are open to receive whatever gifts God wants us to have." Guess we'll see how this pregnancy pans out on the next season of *19 (or 20?) Kids and Counting*.

**How do you know how many kids will work best for you?**

## Cupid's Advice:

It's important to discuss with your partner how many kids you're interested in having before starting a family. As your relationship progresses along with work and other things, you'll know how many children you can handle:

**1. Babysit:** Of course one of the best ways to see how many children you'd want to have is to babysit. Offer to help out with a friend's kids for a weekend just to get some insight into the ups and down of raising a family.

**2. Know:** Know how many kids you and your partner want before having children. Kids need constant attention, so you need to be able to provide financial and emotional support for them.

**3. Decide if you're ready:** A lot of couples plan for a specific time in their relationship to have children for different reasons. Talk to your significant other and see if you're even ready at this moment in time for kids.

**How do you know how many kids will work for you? Tell us below.**

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# Jack Osbourne Admits His Baby-to-Be Wasn't Planned





Despite the surprise factor, 25-year-old Jack Osbourne and fiancée Lisa Stelly are thrilled to be expecting their first child together. Known for his love of extreme sports, Osbourne has no problem curbing these activities once he is a father. He told Britain's *Star* magazine that he is "excited" for the baby and that he's "really happy about the whole thing." [RadarOnline](#) says that along with the excitement of the new baby is the possibility of a reality TV show for the blossoming household, much like *The Osbournes*, which originally brought Osbourne to fame.

**How do you quickly adapt to the idea of having a baby?**

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

Pregnancies aren't always planned, so it's often necessary to come to grips with the idea of having a baby quickly. Here are some things to consider:

**1. Tell your family:** Telling your family about your unplanned pregnancy can be difficult, but there are a myriad of benefits. They can be a valuable source of support when it comes to difficult decisions, can provide financial help, and may even go with you to your appointments.

**2. Stay healthy:** Be aware of necessary lifestyle changes such

as the one Jack Osbourne plans to make for his baby. Make smart diet choices as well as smart physical choices. Avoid alcohol and dangerous movements.

**3. Trust the professionals:** When in doubt, there is no better advice given than that of your doctor. Make sure to have regular appointments with your doctor, and don't be afraid to ask them *any* questions you may have.

**How would you handle an unexpected pregnancy? Share advice below.**

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## Rob Pattinson Says He Began Acting to Meet Girls



On Tuesday night, Robert Pattinson revealed on *The Late Show with David*

Letterman that he began acting to meet girls. According to [UsMagazine.com](http://UsMagazine.com), Pattinson's role as Edward Cullen in the *Twilight Saga* not only attracted girlfriend Kristen Stewart to him, but it also swept many female fans all over the world. "It's not just teenage girls," he told Letterman. "It's older [women] too. The older ones are far more passionate fans."

**What are some ways to get out and meet potential partners?**

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

Not all of us can land a career as an actor, so us "normal" folk have to use other methods. Cupid has some advice:

- 1. Join a class:** Enroll in a class that appeals mainly to the opposite sex. For instance, take a cooking class if you're a guy or boxing lessons if you're a woman.
- 2. Online dating:** They might not be for everyone, but you'll never know unless you try it. You might even end up finding The One on a dating site.
- 3. Socialize:** Attend parties or join an organization. Going out in the world and communicating is the best way to find a partner.

**What are some other ways to get out and meet potential partners? Share your ideas below.**

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## **What to Wear to Meet His Family**



By Sarah Ellis

If you're in a new relationship, the looming holidays may mean you're a tad anxious about meeting "the family." Naturally, you want to make a good impression, and while it's what's on the inside that counts, your appearance will speak for you before you even open your mouth. What you wear should certainly reflect your personal style, but try to move away from anything that's terribly polarizing and stick with something simple and classic. That means no glitter or sequins, nothing too body-hugging, and nothing low cut or short. Those rules are pretty much a no-brainer, but not everyone keeps that in mind! You don't have to go as far as a turtleneck and pearls, especially if that's not "you" – but try to channel more Olivia Palermo ... and less Kim Kardashian.

**Related Link:** [Etiquette Expert Says Kim Kardashian Should Return Wedding Gifts](#)

Stick with structured and ladylike, instead of sexy and fitted. Olivia knows how to work the classic pieces while

putting her outfit together in a modern way. She doesn't look outdated or prudish; she looks fresh and modern – like she was personally outfitted by Ralph Lauren or J Crew. Here are some tips to help you achieve that look:

**Tip 1:** Choose great fitting basics. Find a color that flatters you. That might be a simple wrap dress, a great pair of boot cut jeans, or a tailored blouse. You'll want the basics to be the foundation for the rest of your outfit.

**Tip 2:** Build with great accessories. This helps you look more polished and professional – and keeps you from looking too plain. Don't overdo it. You want to look like you cared enough to carefully choose your outfit, but avoid looking like you're trying too hard. You can wear multiple accessories, but choose one to be the focus. Maybe it's a statement necklace, or a scarf (perfect for the holidays), or a great structured handbag.

**Tip 3:** Poke around and see if you can find out how his family normally dresses. You don't want to show up in jeans to his family dinner if they typically wear skirts and dresses, and equally embarrassing would be to wear a fancy dress when his family is super casual.

**Related Link:** [Hair Battle Spectacular's Blondie Talks Hair Tips for Dating](#)

So, it's not your appearance that will make them decide whether or not you're a keeper, but it'll ease your nerves as you meet his family and help with that first impression. Just like going to a job interview, you want to look qualified and pulled together. Look great, and you'll feel great!

*Author Bio: As a newlywed, I am fully versed in making*

*impressions on new family members. While I may not be a professional stylist, I pride myself on choosing fashion that looks polished and classic, and I'm always helping friends choose their first date and meet the parents outfits. Although I'm a writer for Handbag Heaven by day, outside of work I take joy in being a matchmaker, a newlywed, and a momma to my precious puppy, Luna.*

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## **Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'**



According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris



Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

## **What are some ways to cope in the midst of a stressful divorce?**

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

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

- 1. Give yourself a break:** Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.
- 2. Don't isolate yourself:** Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feelings and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.
- 3. Remember things will get easier:** You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

**How did you cope during your divorce? Share your experiences below.**

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# Alanis Morissette Says She Was Unprepared for Motherhood



Alanis Morissette recently opened up about postpartum and not being prepared for the birth of her 10-month-old son, Ever Imre, with husband Souleye. The singer, who wrote a blog for [iVillage.com](http://iVillage.com), said she worried about labor and delivery instead of mentally preparing to become a mother. According to [UsMagazine.com](http://UsMagazine.com), Morissette said she felt like there was no handbook to guide her in raising her son and being a first time mother.

**How do you prepare yourself for motherhood?**

**Cupid's Advice:**

**1. Talk to the experts:** Go beyond getting a pediatrician's

advice or reading those expensive baby books, and talk to actual mothers. Don't know any? Try becoming a member of mommy forums online and/or play groups.

**2. Talk to your baby:** Talking to your baby while they are still in the womb helps build a bond. Once the baby arrives, you will feel more intuned with your child and your role as a mom.

**3. Come to terms with not being prepared:** We could write a thousand steps on preparing for motherhood, but the truth is that motherhood is taught through experiences. Making mistakes makes you human, and teaching your child how to *not* make the same mistakes you do, makes you a mother.

If you think you may have postpartum or need someone to talk to, don't be embarrassed, talk to your doctor.

**How did you "prepare" for motherhood? Share your experiences below.**

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## **Prince William and Kate Middleton Plan to Move to a Bigger Apartment**





Could a royal heir

soon be on the way for Prince William and Kate Middleton? According to [People](#), the Duke and Duchess of Cambridge are making plans to upgrade from their two-bedroom apartment in Kensington Palace by summer 2013. Queen Elizabeth's late sister Princess Margaret, previously occupied their new apartment that is said to be the size of a small mansion. However, before the royal couple can move into their new digs, much work needs to be done. Asbestos issues along with the heating and hot water systems need to be fixed before it is suitable for royal living. As for their previous Kensington Palace residence, Prince Harry will be moving in.

**What are some factors to consider when you're looking for a home with your partner?**

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

When you decide to move in with your partner, look for a safe happy home with enough space for both of you. Here are some tips:

**1. Be economical:** You may have always dreamed of living in that penthouse or having the nicest house on the block, but if you can't afford it yet, don't force the issue. No one wants

to end up in foreclosure or not being able to pay the rent.

**2. Embrace your space:** Living in a studio apartment together may be a big money saver, but when it comes to your personal space, it won't be the best choice. Go for a one bedroom instead where you can still live together, but spend time apart.

**3. Safety:** Aside from trying to live in a safe area, if you're planning on having children, look for a childproof residence around a good school system.

**What do you think about when you picture your dream house? Share your ideas below.**

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## **Rumor: Is Kate Middleton Pregnant?**





Kate Middleton may

have some expectant news to share with the world soon, according to [UsMagazine.com](http://UsMagazine.com). Rumors began when the Duchess of Cambridge refused to eat peanut paste, a food meant to be avoided by women who are expecting a baby. Now, the 29-year-old wife of Prince William has been seen holding, patting, rubbing and even cradling her stomach. When visiting a UNICEF distribution center in Copenhagen, Denmark recently, an onlooker described Middleton's actions as "very noticeable" and said, "She continually patted [her stomach] and held her hands against it. She must have been doing it without realizing it." William and Kate do intend to have children in the future, but it looks like the time for them to start a family may be sooner rather than later.

**How do you keep your pregnancy a secret until you're ready to reveal it?**

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

If you're not quite ready to share the joyous news of a pregnancy yet, there are ways to keep it quiet for a while:

**1. Resist the hand-on-tummy move:** Sometimes expectant mothers unknowingly rest their hands on their stomach, like Kate

Middleton has been seen doing. When trying to hide a pregnancy, be conscious of this action and make an effort to keep your hands on your hips or elsewhere.

**2. Dress to hide the bump:** No one said that mothers-to-be can't be trendy. Wear clothing that's both in style and flattering to your growing figure, such as empire waist tops or dresses.

**3. Look the part:** If you don't want people to know you're pregnant, don't look pregnant. This means keeping up with your hair and make-up and avoiding the puffy eyes which can cause a co-worker or friend to ask, "Are you feeling okay?"

What are some ways you know of to keep one's pregnancy a secret? Share your ideas below.

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## Top 5 Most Traveled Celebrity Couples





By Nisha Ramirez

Once you get past the daunting task of packing and airport security, traveling can be a great way to bond with your partner. Whether you decide to take a road trip through the 50 states or hop on a plane headed around the world, visiting a new place and learning a new culture can bring the two of you closer ... and celebrities are no exception. So, take notes and get out your passport, because these star duos take traveling to the extreme:

**1. Ethan Zohn and Jenna Morasca:** Ethan Zohn won the hit reality TV show *Survivor Africa* and his girlfriend, Jenna Morasca, won *Survivor Amazon*. After being together for eight years, the adventure loving couple took traveling to new heights and joined the cast of *The Amazing Race* in September. Zohn and Morasca hoped the competition across the world would help them relieve stress following Zohn's battle against Hodgkin's disease.

**2. Miranda Kerr and Orlando Bloom:** Avid actor Bloom and his son, Flynn, always travel with hardworking mother, Kerr, for her modeling gigs. The Victoria's Secret beauty has a job that sends her around the world, and she hates being away from her two leading men. Recently, the family traveled to London,



after two days of travel, to be with each other while Kerr walked in Paris Fashion Week. When the couple isn't traveling for work, they still find time to fly and visit Kerr's family in Australia. In September, the two went shopping for a house in New Zealand.

**Related Link:** [Miranda Kerr and Orlando Bloom Welcome a Son](#)

**3. Jay-Z and Beyonce:** These two hip-hop and R&B superstars are always hopping on planes. From laid-back summer vacations to mixing work and pleasure, Jay and Bey have racked up a large number of frequent flyer miles. While Beyonce was working on her album, 4, the married couple took to France for some R&R and long studio hours. The travel time worked like magic, because Beyonce's album was a success and she's now pregnant with their first child. In September, a month after the pregnancy announcement, the new parents vacationed in Hvar, Croatia.

**4. Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge:** Traveling is a part of William and Kate's new life together, and they take it in stride. After their lavish wedding, the royal couple took a trip around Canada and the west coast of the United States this year. The North America tour took place from June 30, 2011 to July 10, 2011. Getting to see the world is just one of those royal perks!

**Related Link:** [Prince William and Kate Middleton Are On Their Honeymoon](#)

**5. Eva Longoria and Eduardo Cruz:** How do get over a divorce? Find a hot guy with whom to travel around the world. To kick-start their relationship, Longoria and Cruz vacationed in Mexico and Cabo in April and spent the summer tanning aboard a private yacht in Marbella, Spain. Talk about getting to know each other! Spain is Cruz's home country where he hails as a pop sensation. To top it all off, the duo were spotted in London in July as well. Experiencing new places and things

often makes a couple grow closer. Longoria says, however, that she's not ready to tie the knot again quite yet after her divorce from Tony Parker.

Where are the most exciting places you've traveled? Share your experiences below.

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## Avril Lavigne's Bar Fight Lands BF Brody Jenner In Hospital



A bar fight and a trip to the hospital doesn't exactly make for a romantic Saturday night date. Avril Lavigne and Brody Jenner began the night in a harmless way at Chateau Marmont and then settled in

at Hotel Roosevelt's lounge, according to [RadarOnline](#). Unfortunately, Lavigne got into a heated argument with another female toward the end of the evening and Jenner, trying to protect his girlfriend, got a big gash on his head from a thrown bottle. It's probably not the brightest idea to get in the middle of a girl fight!

**What are some ways to support your partner when they get into a fight?**

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

Watching your partner get into a brawl with a stranger can really send you into protective mode. Fighting is the last thing you want to do. Here are some ways to support your partner during a fight, minus a trip to jail or the hospital:

- 1. Try to calm your partner:** Instead of adding to your partner's anger, try to calm them down by talking to them quietly and rationally.
- 2. Walk away:** It may be hard for your partner to walk away once they're already upset. Take the initiative and start to walk away first, while guiding your partner with you to the exit.
- 3. Let them vent:** After a fight or heated argument, listening to your partner complain about the situation will help them begin to forget about retaliation or violence. Venting can really do wonders.

**Have you ever had to calm your partner down during a fight? Share your experiences below.**

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# Rumor: Rob Pattinson Is 'Desperate for Affection' From Kristen Stewart



The forbidden love story within the *Twilight Saga* has become a phenomenon, as audiences watch mortal Bella Swan (Kristen Stewart) fall deeply and helplessly in love with vampire Edward Cullen (Robert Pattinson). There seems to be no limit to the dangers Bella will put herself in as she pursues her relationship with Edward, and her biggest fear is having to live without him. The on-set romance has flourished into a two-and-a-half-year real-life relationship, but when it comes to reality, the movie stars' roles have reversed. Insiders told [UsMagazine.com](http://UsMagazine.com) that Pattinson is "desperate for affection" from Stewart. The actor, 25, is eager to settle down, but Stewart, 21, isn't quite ready for him to put a ring on it. "He's always worried about her leaving him. She will blow him off, and it makes him

crazy,” said the source.

**What do you do if your partner doesn't show enough affection?**

**Cupid's Advice:**

Although affection cannot be directly taught, if you're partner was raised in a family that rarely showed affection, then it's up to you to show them how it's done. Here are some tips:

**1. Create rituals:** If your partner has a hard time expressing their feelings for you, put little signs of affection into your daily routine. Kiss each other hello and goodbye. Whenever you see one another or hang up the phone, say “I love you.” Also, make sure to call each other every day when you both have a break in your schedule.

**2. Be respectful:** Not everyone is into PDA, so you have to be respectful of your partner's comfort level. Communicate with each other about what you like and don't like, and then you'll have a better understanding of what to expect. Just because you can't show affection one way doesn't mean there's not a better alternative.

**3. Take the lead:** Maybe your partner is afraid to be affectionate because they lack confidence. Next time you're walking down the street, take their hand first, kiss them in a public place (keep it classy), or spontaneously tell them you love them. Show your partner that you're comfortable displaying how much you like them, and hopefully they return the feeling.

**How did you get your partner to start showing affection? Share your experiences below.**

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# Frugal Foodies: How to Save on Dining Out



By Andrea Woroch

Enough with the home-cooked meals. It's time to get out of the house and let someone else prepare your food for a change.

In response to tight budgets, frugal advisers have recommended for some time now that we stay at home to save money. But such deprivation grows old fast, so maybe it's time to consider these six tips to help you spread your dining wings without crash landing your budget:

**1. FourSquare Deals:** Members check-in to various locations on their mobile phones using this service, but did you know you can also receive offers for freebies and discounts simply by

letting FourSquare know where you are? Check out a recent segment on FOX & Friends for a “how to” on using the app for restaurant savings.

**Related Link:** [Dieting Like a Celebrity Is Easier than You Think](#)

**2. Track Daily Deals:** Restaurants are one of the most common frequenters of daily deal offerings, so it pays to keep an eye out for vouchers that can greatly reduce the cost of dining at a new or favored eatery. Just make sure you read the small print and are aware of expiration dates and exclusions. For example, most restaurant vouchers don't include drinks.

**3. Get Happy:** Eating early isn't just for our elders. Happy hour and early bird deals have become more common as restaurants try to fill in slow-traffic times. For example, Applebee's Neighborhood Grill offers full-size appetizers for under \$5 before 6 p.m., plus \$3 drink specials.

**4. Split It Up:** American restaurants usually overload our plates – unless they're into nuvo cuisine – so there's often enough food for two in a single order. You can cut your costs down to around \$20 by simply sharing an appetizer, entree and dessert with a friend or date.

**5. Gift Yourself:** We tend to think of gift cards in terms of what we can offer others, but they're actually very useful for individual purchases. Sites like GiftCardGranny.com let you purchase gift cards for several restaurants at a discounted rate, yielding immediate savings of up to 50 percent.

**Related Link:** [Sponsored Post: Comfort Food for Singles](#)

**6. MatchPin:** If you live in one of nine major cities, you might download the free MatchPin app. Membership brings you offers, rewards, contests and announcements from a variety of local restaurants.

*Andrea Woroch is a consumer and money-saving expert for Kinoli Inc.*

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# Kelly Rowland Accidentally Reveals Sex of Beyonce's Baby



It's a girl! Or is it? Kelly Rowland kept referring to the newest addition to the Knowles-Carter calm as "she" and "her" while answering questions about Beyonce's bundle of joy in London on Thursday. The X-Factor UK judge revealed to [UsMagazine.com](http://UsMagazine.com) she was unsure of what to get her new niece for the baby shower. "I don't know, I think her dad is gonna give her everything anyways, all I can give her is love." With a response clearly



insinuating the baby will be a girl, the media is buzzing with excitement. Rowland revealed she receives a weekly update from her best friend and former Destiny's Child band mate. So if anyone knows the sex of the baby, it's definitely be Auntie Kelly. Hopefully Beyonce and Jay-Z aren't too upset!

**What are the differences in preparing for a baby girl versus a boy?**

### **Cupid's Advice.**

Aside from the obvious, there are inherent differences between girls and boys, and it's your job as a parent to be able to develop your child's skills accordingly. Here are some tips:

**1. Research:** As a new parent, do the proper research to know the ways in which baby boys differ from girls in terms of early childhood development.

**2. Your childhood:** Ask your family or your partner's family about the habits you each had as a baby. Your bundle of joy will probably have similar traits, and you'll be better equipped to deal with it.

**3. Color scheme and theme:** Of course you're going to decorate certain ways and purchase specific toys according to your baby's gender. Consider switching it up a bit; instead of pink and blue, go for yellow and green.

**How you you prepare for the birth of a baby girl or boy? Tell us your story below.**

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# Justin Bieber Baby Scandal May Require DNA Test



Justin Bieber might need to offer proof. The teenage popstar, who is currently dating Selena Gomez, may need to take a court-ordered paternity test in light of 20 year-old Mariah Yeater's claims that Bieber fathered her child, reports [People](#). Though Bieber denies ever meeting Yeater, her attorneys assure the court that they have credible evidence proving Bieber's relationship to the child. "The judge has to weigh two things: Bieber's right to privacy versus the child's right to know who the father is," said L.A. family law attorney Steve Mindel. "Unless the judge thinks the woman made everything up, the court will likely order the test as the quickest resolution."

**How do you combat false infidelity rumors when you're in a relationship?**

## **Cupid's Advice:**

Dealing with false rumors can be difficult and damaging. Here are a few ways to combat the false accusations:

**1. Defend yourself:** When a false rumor presents itself, deny the rumor. Offer credible evidence in your defense, and prove your innocence.

**2. Confront the source:** If you know who is spreading the rumors, confront them. Tell the source that you find the remarks hurtful. Many times the people who start rumors do not realize the effect they will have.

**3. Stop reacting:** If the above steps prove ineffective, then stop reacting to the rumors. Eventually, the source of the rumors will tire and the false claims will subside.

**Have you ever had to deal with false rumors? Feel free to leave a comment about your experiences below!**

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# **Rebound: Elisabetta Canalis Is Dating Mehcad Brooks**





Elisabetta Canalis

is already moving on. The former Italian TV personality, who dated George Clooney for two years until their split last June, is now in a new relationship with *True Blood* star Mehcad Brooks, reports [UsMagazine.com](http://UsMagazine.com). "They started seeing each other after she left *Dancing with the Stars*," said a source. "She already refers to him as her boyfriend. They're really cute."

## How do you know if your new relationship is a rebound?

### Cupid's Advice:

It's easy to enter a new relationship before you have recovered from a past breakup. Here are a few ways to tell if you're in a rebound relationship:

- 1. You think about your ex:** If you find yourself frequently thinking about your ex instead of your new partner, you probably still have feelings for your former partner.
- 2. You compare your relationships:** If you find yourself comparing your current partner to your ex, you need to rethink the relationship. Let your partner be their own person, and don't compare them to your ex.

**3. You don't see a future:** If you're in a serious relationship, try visualizing a future with your partner. Until you can picture a future with your partner, you will never be completely over your ex.

**Have you ever been in a rebound relationship? Feel free to leave a comment below.**

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## Jessica Simpson Will Wed Eric Johnson After Baby is Born



After months of tabloid rumors about Jessica Simpson's potential baby bump, she has finally confirmed that she is indeed pregnant with her first child. According to [People](#), the new baby with fiance, Eric Johnson, wasn't exactly planned, but wasn't something

they were trying avoid either. The singer/fashion designer and former NFL player are still completely committed to getting married, although it will now probably happen after the baby is born. "It's just going to be at a later date now [because] they really want to enjoy this time in their lives," said a source close to the couple.

**What are the advantages to waiting until after your baby is born to tie the knot?**

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

Since every wedding is unique, there's no perfect formula for a wedding. But, if you're pregnant before the wedding, there are some advantages to waiting until after the baby is born to have the ceremony.

**1. Your child can be part of the ceremony:** It's both adorable and meaningful to make your child an active part of your wedding. If they're old enough, they can even be the flower girl or ring bearer.

**2. The dress is a better fit:** It's hard to fit into a wedding dress with a baby bump, but once you get your figure back, you'll look fabulous.

**3. A kid-friendly wedding:** At most weddings, the kids are left at home. If your child is part of your wedding, however, your guests can bring their kids along, too.

**How long should you wait after having a child to get married? Share your ideas below.**