

# Justin Bieber Plans “Titanic” Date For Girlfriend Selena Gomez



Teen sensation

Justin Bieber went all out in the romance department for girlfriend Selena Gomez for their date Friday night. The couple's first destination was the Nokia Theater, where they watched fellow Disney star, Demi Lovato in concert. [People](#) reported that they then headed to LA's Staple Center, where Bieber rented out the entire arena so he and Gomez could watch the critically acclaimed movie, *Titanic* without any interruptions. Bieber shelled out a whopping zero dollars to rent out the popular arena, as the Staple Center management gave it to him free for selling out the center three times. His romantic gesture proves why all the ladies have "Bieber Fever."

## How do you vamp up the everyday movie date?

### Cupid's Advice:

For those a little short on cash, renting out a whole arena probably isn't your best option. However, switching up the movie venue or watching a different type of movie is sure to spice up the usual "dinner and a movie" routine:

**1. Outside the movie theater:** When the idea of the movie theater gets a little boring, consider a drive-in movie or watching a movie in the park. It allows for a more intimate and relaxed setting.

**2. Classics:** Sometimes rushing to get tickets to the latest blockbuster can be a little stressful. It doesn't hurt to wait until next week to see it. In the meantime, rent some classic movies in the genre of your choice and snuggle up at home.

**3. Choose at random:** If you find you and your partner are unsure of what to watch, choose something you both wouldn't normally see. Spontaneity can lead to the discovery of wonderful things.

How do you spice up your movie dates? Let us know by commenting below.

---

# Molly Sims and Scott Stuber Tie the Knot in Napa Valley



Molly Sims and

producer Scott Stuber officially said “I do” last Saturday in Napa Valley, California, according to [People](#). The model-turned-actress and Stuber dated for a year and a half before getting engaged last May. They exchanged vows in front of family and friends, which included Josh Duhamel and Fergie.

**Where are some romantic locations to get married?**

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

So now that he has finally proposed, what next? The wedding of course. If you're still not sure exactly where to have the ceremony, Cupid has some suggestions:

**1. Maui, Hawaii:** If you've always dreamed of having a wedding on a beach, then consider heading off to Maui, Hawaii. Have a romantic wedding by the ocean with palm trees and the sun setting in the background.

**2. Dalhousie Castle – Scotland:** If you're searching for a

place outside of the states, then make sure to check out this 13<sup>th</sup>-century castle that's been converted into a luxury hotel. You'll definitely feel like royalty as you tie the knot with your beloved here.

**3. Legion of Honor – San Francisco, California:** If you're a west coaster, the Palace of the Legion of Honor is the place for you to get married. With amazing views of the Bay and the city of San Francisco, including exhibits featuring the arts, you won't regret your decision.

**If you know other romantic locations to get married, share with our readers by commenting below.**

---

## **Jesse James and Kat Von D Call It Quits, Again**





Why can't these two

end their relationship without looking back? After a six month engagement Jesse James and Kat Von D ended their relationship in July, only to get back together one month later in August. Now according to [UsMagazine.com](http://UsMagazine.com), Von D took to Facebook to confirm the break-up. So, until next month, the on-again off-again pair are done for good.

**How do you know when your relationship is over for good?**

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

Sometimes, you just have to let go. Ending a relationship is never easy, but you can't ignore the signs that point towards Breakupville:

- 1. Your relationship is unstable:** If your friends and loved ones can't keep up with your relationship status, it's time to call it quits.
- 2. No change:** When neither of you are trying to change what is wrong in the relationship, than there's no point in keeping the relationship going.
- 3. It's okay to let go:** Sometimes we can become familiar with a person and become scared to move on. The thing is, if moving

on means being happy, than a little fear is worth it.

How did you get over your fear of being lonely? Share your thoughts below.

---

## Kris Humphries Bonds With Scott Disick



After his highly publicized marriage to Kim Kardashian, Kris Humphries has formed a close friendship with Kourtney Kardashian's man, Scott Disick. According to [People](#), Disick has been a great help in giving Humphries tips on how to win over the Kardashians. Their bromance became even stronger when the two spent quality time together in New York. "Scott and I are becoming closer because we're hanging out a lot in New York.

We're just all about living life," said Humphries. Khloe's husband, Lamar Odom, is also full of advice on how the newlywed can find his place within the Kardashian family. As Humphries works to impress one of America's most famous families, it seems that he's found a close friend with his almost brother-in-law while living in the Big Apple.

## **What are some ways to bond with your partner's family?**

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

When you commit to someone, you're also committing to being a part of the family. It's always a good sign if you find yourself spending time with their family when your partner isn't around. Here are some ways to bond:

- 1. Get social on social media:** Before you even meet the family, don't be afraid to find them on Facebook and Twitter. They'll really appreciate your friend request and/or tweet. Not only is it a great way to break the ice for when you meet in person, you'll also be less nervous.
- 2. Play a game:** Playing sports or a board game with the family can be a lot of fun. It's a good way to relax the mood into one of lightheartedness.
- 3. Ask questions:** People love to talk about themselves. Also, if you feel like you need advice on the family dynamic, sometimes, all you need to do is ask.

**How can bonding with the family make you closer to your partner? Share your thoughts below.**

---

# Dave and Odette Annable Will Celebrate One-Year Anniversary at Wedding



To celebrate one year of marital bliss, Dave and Odette Annable plan to head to attend their friend Beaver's wedding. "Marriage is going well. It's officially four puncture wounds with a steak knife to the kidney – I can survive. I figured that out in the first year of marriage," he said jokingly to [UsMagazine.com](http://UsMagazine.com) at the *What's Your Number?* premiere in Westwood, CA, last Monday. Dave said that he and Odette, whose anniversary is October 10, generally plan to follow the tradition of buying a paper gift. "I actually just asked her, 'Wait, how do we do this? Do you get me something?'" he said. "'Should we get pizza? What's the deal?'" So long as he buys a gift, Dave said he'll be in the clear.



What are some ways to make your first anniversary extra special?

**Cupid's Advice:**

**1. Recreate the magic:** To celebrate your anniversary, why not head back to where it all began? Reminiscing will allow you both to remember again why you fell for each other in the first place.

**2. Celebrate:** Whatever you do, make sure it's something fun and unforgettable. You'll want to have something you can tell your friends and family for years to come.

**3. Out of the ordinary:** If you're generally on the move, then perhaps a night in would work ... just make sure to light some candles and crank up the jazz music.

How did you celebrate your first wedding anniversary? Share your experiences below.

---

## Ne-Yo Gets Set to Tie the Knot and to Welcome Second Child





On top of Ne-Yo's

recently announced engagement, he and longtime girlfriend Monyetta Shaw are planning to welcome their second child into the world in October. While waiting for their new born to greet the world, Shaw is spending her time opening a second boutique in Atlanta's Buckhead district, Emaralyn and Ester.

When Ne-Yo's first child was born, he gushed via twitter saying, "She's healthy and happy. Feels like I'm in luv for the first time," and "Welcoming that lil' girl to the world last night defined for me what 'willing to kill and die for' truly means. My world, my life, all hers." It looks like this second baby will bring nothing, but happiness, too.

**How do you balance pregnancy and an impending marriage?**

**Cupid's Advice:**

**1. Set a date:** Decide whether or not you want to be pregnant on your wedding day. Many women have varying beliefs about the order of events. However, once you make up your mind, everything else will fall into place.

**2. Know your priorities:** Whether you're getting married while pregnant or waiting for the baby before you tie the knot, never let the stress of planning a wedding affect the health

of your baby. Your wedding will last one day, but you'll cherish your baby's life most likely for the rest of yours.

**3. Less is more:** Don't spend too much money celebrating your nuptials. It may be a better idea to have a smaller affair, and use the extra money to set up a bank account for your new child. Setting your son or daughter up for his/her future is the ultimate wedding gift you can give yourself.

**How did you deal with pregnancy before marriage? Share your thoughts with a comment below.**

---

## Emily Deschanel Welcomes First Child on Vegan Diet



*Bones star, Emily*

Deschanel and her husband David Hornsby of *It's Always Sunny in Philadelphia* have officially welcomed a baby boy, Henry Hornsby, into the world. According to [People](#), the actress maintained a completely vegan diet throughout her entire pregnancy. The couple could not be happier with the birth of a healthy first child.

**What changes should you make to your diet during pregnancy for the sake of the child?**

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

When you're expecting, you have to be extra careful about everything, especially when it comes to your diet. Here are some key changes to make:

**1. Abstain from alcohol:** This is an obvious one. If you're pregnant or even think you might be pregnant, consume absolutely no alcoholic beverages.

**2. Take pre-natal vitamins:** Pregnant women need higher amounts of certain substances, such as folic acid. Talk to your doctor about the best vitamin regimen for you and your baby.

**3. Avoid fast food:** Though you may crave tons of crazy foods during your pregnancy (it's okay to give in sometimes), you should maintain a healthy diet of whole grains, vegetables and lean proteins.

**What types of foods would you recommend that pregnant women eat? Share your thoughts below.**

---

# The Real Life 'Desperate Housewife' Michaela Salahi Says Love with Journey Neal Schon Is True



*D.C. Housewives* star Michaela Salahi tried to prove that true love never dies. Sadly, it was at the expense of her current ex , Tareq Salahi. Now, Michaela and Journey singer Neal Schon have picked up right where they left off after the rocker invited the reality star couple to his concert in Virginia not long ago. [E! Online](#) reports that the pair have had a secret relationship via phone up until their recent reunion, as the two had met nearly 15 years ago originally. The love-struck couple are excited to have finally revealed the nature of their relationship to the media. Schon exclaimed, "I'm very happy, very happy after waiting for her

for 15 years.” Salahi admitted to dating both Schon and her ex-husband back in the late 90’s. However, after being diagnosed with Multiple Sclerosis, she decided upon a more settled lifestyle with her now ex. The two both remember the night of the concert as a whirlwind of emotions that ended in Michaele going home with her husband out of respect, but then packing up her belongings and heading out not even two weeks later.

**How do you prove you’re in love to family and friends?**

### **Cupid’s Advice:**

It’s important not to try too hard when trying to make your relationship believable. Everyone has different ways of expressing love, so it should come off naturally:

**1. Too much PDA:** A lot of kissing and unnecessary touching is not the best way to prove your love. It makes it seem as if you’re trying too hard. A quick peck here and there is cute, but try to keep your hands to yourselves.

**2. Body language:** It’s is easy to know how a couple feels toward each other by observing their body language. Make sure to lean into your partner when speaking to them. A few coy smiles and longing gazes won’t hurt either.

**3. Declare it:** Telling your friends and family that you love your significant other is always a sure way to let them know how you feel. They may not be able to notice the subtleties of love between you and your partner, but a verbal message comes across loud and clear.

**How do you prove your in love to your friends and family? Tell us your story below**

---

# Courteney Cox and Daughter Coco Support David Arquette on 'DWTS'



David Arquette debuted a suave waltz during the season premiere of *Dancing With The Stars* on Monday night, according to [People](#). In the crowd cheering him on were none other than his ex-wife, Courteney Cox and their daughter, Coco. Beaming from ear to ear, the two watched as Arquette's performance was well received with a standing ovation from the audience and an array of praises from the judges. "I really liked it. There's something about you," raved Carrie Ann Inaba. Judge Len Goodman agreed saying, "I was impressed. You're a dancer." To top off his amazing night, the *Scream* actor took

pride in his daughter's presence, saying, "She is just so beautiful...She is the love of my life."

**What are some ways to make your children feel loved after a split?**

**Cupid's Advice:**

It's important for both parents to give their children the same attention and care after a split. This lets them know that they will always be loved despite the status of their mother and father's relationship:

**1. Family outings:** A family trip to the movies or the zoo is always a good way to let your children know that both of their parents still care despite the split. With so much change happening, this helps to instill a little normalcy in your childrens' lives.

**2. Support them:** Whether it's a dance recital or a basketball game, make sure that both you and your ex are there to support your kids as frequently as possible in their extra-curricular activities.

**3. Love reminder:** In the wake of a split, parents many sometimes forget to tell their children that they love them. A simple "I love you" can be enough to put a child at ease.

**How would you make you child feel loved after a spilt? Give us your ideas below.**

---



# Ryan Reynolds Is Dating Olivia Wilde



Has Ryan Reynolds moved on from America's sweetheart, Sandra Bullock? According to [UsMagazine.com](http://UsMagazine.com), the *Change-Up* star and Olivia Wilde went out to lunch at Sant Ambroeus in NYC's West Village on September 16. "He recently told her he has a crush on her," Wilde's friend said. A witness at the restaurant said, "She had minestrone, and they both got greens" on the date. After they went into an apartment building for two hours, "he briefly put his arm around her" as they walked through Tribeca, the witness added. Although a source close to the costars claimed that their lunch date wasn't romantic, Wilde's friend insists that "she'd go out him again."

**What are some creative ways to tell your crush you like them?**

**Cupid's Advice:**

Admitting a crush can sometimes be nerve-racking. Here are three creative ways to do so without having to actually say anything:

**1. Dinner:** Ask him or her out to dinner at their favorite restaurant. Making eye contact, flirting and even putting your arms around your crush – like Ryan Reynolds – will give them signs that you're interested.

**2. Card:** Gift your crush a card you created that includes a list of everything that attracts you to them. Don't forget to mention exactly why you think you're compatible.

**3. Group date:** Instead of coming right out and asking him on a date, invite a group of friends to go and pay closest attention to him when you all meet up. Take the opportunity to flirt with no pressure.

**Know other creative ways to let your crush know you like them? Share with our readers by commenting below.**

---

## Find Out Why You're Single





By Dr. Karin

Anderson, Ph.D.

## **The Question**

You're single. You'd like to be in a relationship. So, what's the problem?

## **The Myth**

Well, if you ask around, you'll get plenty of input as to what you're doing wrong. Your friends insist you need to "get out there" more. Your mother complains that you're too picky. Your coworker swears that if you just get online, you'll meet "The One" in no time.

Or in some cases, your family and friends take it a step further. While conducting a little arm chair psychoanalysis, they determine that the core issue keeping you lonely on Saturday nights is YOU. You're flawed, damaged—a dating disaster zone. They say you're alone because you keep messing up your relationships. You're too controlling or too passive; too intimidating or too low-key. Too opinionated or too boring.

And even if your friends and family hold their tongues, the

rest of society doesn't. Bookstores' self-help sections preach the same rhetoric with titles like, *Getting Married After 30: You Won't Unless You Change* and *Ten Things to Fix Today to Meet "The One" Tomorrow*. Clearly, single people need to shape up or expect to live alone forever.

Really?

## **The Break Down**

Let's dig deeper. If I'm single and un-datable due to annoying personality traits and relationship-destroying habits, then how is it that plenty of annoying people with relationship-destroying habits are happily coupled-up? Of course many single people have issues they need to address, too, and working through these concerns might help them cultivate healthier, more functional connections. But what about married people? Just because they've got a partner doesn't mean they have it all together. In fact, the very reason they got married in the first place may reveal their dysfunction. Where's the self-help for them? Books with titles like, *Why Did You Settle for That Loser?* and *You Were Too Much of a Wimp to Live Solo so You Married the First Person Who Came Your Way* are potential titles.

## **The Reality**

Here's how it works. Despite what most self-help authors claim, there is no formula for the perfect match. Every happy couple consists of two flawed individuals with a unique union that works for them. All guys aren't out there looking for the same type of woman and all women aren't searching for the exact same kind of guys. Forget all of the nonsense about figuring out what you need to change about yourself, because somebody out there wants exactly what you have to offer.

## **It Just Hasn't Happened Yet**

So, if you're too "controlling", then great. Someone wants you to tell them what needs to be done so they can do it. If you're too "boring", then fantastic. Your perfect match has just sworn off drama queens and is praying for a low key partner. If you're too "opinionated", then wonderful. You'll find someone who can't take a stance on anything and is happy to have someone else make decisions about where to eat and where to go on vacation. It's really as simple as that. Hang in there. Be yourself. It just hasn't happened yet!

*Dr. Karin Anderson is an associate professor of psychology and counselor education at Concordia University Chicago. She has a doctorate in developmental psychology, a track record of well-received presentations at national and international psychology conferences, and a speaking platform focusing on women's identity construction and cultivation. She's also the author of the book, It Just Hasn't Happened Yet.*

---

## **Brad Pitt Trashes Marriage with Jennifer Aniston**





Six years and six children later, Brad Pitt revealed his feelings toward his marriage with ex-wife, Jennifer Aniston. Not holding back, Pitt described the once golden couple's union as everything, but ideal, according to [RadarOnline](#). In an interview with Parade, he stated, "I wasn't living an interesting life." He continued to explain, saying that he was "trying to pretend the marriage was something that it wasn't." The actor went on to praise his current love, Angelina Jolie, as the best thing that ever happened to him. Fans of the Aniston responded in outrage to after hearing Pitt's comments about his life with the *Friends* star. He then backtracked saying that his unhappiness had nothing to do with his ex.

**How do you keep the drama about a past relationship to a minimum?**

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

Exes are a sore subject for many. Staying focused on what's happening in the present always helps to avoid reliving those heartbreaking moments, and it keeps gossip at a standstill. Here are some tips:

**1. Don't talk about it:** Although this may be easier said than done, talking about the past brings up old feelings and memories that can bring you back to a bad time in your life. Try to avoid conversations about your previous love life for the sanity of you and your partner.

**2. Keep a positive attitude:** Sometimes talking about your past mate is inevitable. During those times, try to stay positive and talk about some of the good that came out of it.

**3. Focus on the present:** If you focus on what's happening in the now, there is no need to constantly relive the past. Cast your attention toward a new job, new look or even a new love.

**How do you avoid the drama of past relationships? Tell us your story below.**

---

## **'Glee' Star Lea Michele and Broadway Boyfriend Theo Stockman Split**





Final curtain call!

Actors Lea Michele and Theo Stockman are no longer an item.

A rep for Michele told [People](#), “They will always be friends.” Why the break-up? It seems after a year of dating, the relationship had simply run its course. The couple were originally spotted at an April 2010 event in New York celebrating *Time*’s 100 Most Influential People issue.

**How do you know when a relationship has “run its course”?**

### **Cupid’s Advice:**

Dating is a chance to get to know a person and to see if they are someone with whom you want to spend the rest of your life.

When things don’t work out, it’s time to move on. Here’s how to figure out when and how to end a relationship:

**1. You’re no longer attracted:** Physical attraction isn’t everything in a relationship, but it plays a huge part. If you no longer feel drawn to your beau sexually and you’ve tried everything to reignite the flame, it’s time to rethink things.

**2. Communication:** Conversation is important for building and keeping a relationship. When discussion becomes non-existent,



the relationship will soon follow suit.

**3. You make time for other things first:** If you always put yourself first and your relationship last, it's a bad sign. Maybe you're a single girl stuck in a girlfriend's body.

Have you ever stuck with a relationship even after it was time to call it quits? Share your experience below.

---

## Prince William and Kate Open Children's Cancer Center at London Hospital



The Duchess of Cambridge still has much to learn about royal life. Prince

William and his wife will open a children's cancer center at the Royal Marsden Hospital later this month, reports [People](#). The opening of the cancer center is part of Kate's focus on charitable work. Said a palace spokesman, "The Duchess is using the next few months to get to get to know a number of charitable and other causes better, so she can make well informed decisions about her future role."

**What are some rewarding things you can do together as a couple?**

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

Though many relationships can get by on romance alone, it's also important to bring out the best in your partner. Here are a few ways you and your loved one can make a difference:

**1. Visit a homeless shelter:** Many homeless shelters open on the weekends for a few hours at a time. Instead of sleeping in, volunteer your Saturday morning and help out. It'll bond you as a couple and make you feel your time is worthwhile.

**2. Visit an animal shelter:** Find the nearest no-kill shelter in your neighborhood. These shelters are almost always short on room and low on money. Acts as simple as cleaning a litter box can aid the shelter.

**3. Donate:** If you and your partner don't have time to visit the nearest charity, try donating instead. Sending some old clothing to the Salvation Army is a fast and easy way to contribute.

**Have you done any volunteer work with your partner? Leave a comment below!**

---

# Brooke Burke Has Decided to Take David Charvet's Last Name



After five years and four children, Brooke Burke and David Charvet were able to keep their St. Burt's wedding a secret. Now, Burke is proud to say that she is Brooke Charvet! The *Dancing With The Stars* host said that her new name will debut on the show. Brooke told [People](#) what others thought of her taking David's last name. She said, "It's been 50-50 from everybody, but I'm doing it!"

**What are some reasons to take your new husband's last name as your own?**

**Cupid's Advice:**

Getting hitched means you've found the love of your life, but sometimes it can mean losing who you are in the process. Taking your husband's last name can feel like you're erasing part of yourself. Here are some things to consider:

**1. You won't lose who you are:** Changing your name will not take away the accomplishments you achieved under your maiden name. Think of the change as a new chapter in your life.

**2. The name game:** When you decide to have children, it will keep confusion to a minimum.

**3. Your hubby will thank you:** Traditional men often like to build their families as a unit. They want their children and their wives to carry the same last name as a courtesy. Plus, if you change your name, he owes you some chores around the house!

**How do you feel about taking your husband's last name? Share your thoughts below.**

---

## **Alec Baldwin Skips Emmy's for Night Out with New Girlfriend**





30 Rock's Alec

Baldwin skipped Sunday's Emmy's for a night out with his new girlfriend Hilaria Thomas. According to [UsMagazine.com](http://UsMagazine.com), the actor attended Tony Bennett's 85<sup>th</sup> Birthday Gala benefiting Exploring the Arts in New York City. The bash, which was held at Lincoln Center's Metropolitan Opera House, included Whoopi Goldberg, Bill and Hilary Clinton, Robert DeNiro, and of course Baldwin and Thomas were spotted packing on the PDA. "He had his hands all over [her] the entire night," an eyewitness said. Another insider stated that Baldwin is committed to staying single, but his being so public with Thomas "makes me think it might be a little more serious."

**How do you prioritize when it comes to a relationship?**

**Cupid's Advice:**

It may be challenging to make time for your loved ones, but it's important to do so. If you aren't sure how to prioritize when it comes to your relationship, here are some tips:

**1. Schedule one day:** Your job is important to you, but so is your significant other. By spending at least a day or several hours in a week solely with your honey, it'll show them how much they mean to you.

**2. Lunch or dinner:** If it's difficult to spend a day or more than a few hours with your partner in a week, try to schedule a time that's suitable for both of you to have lunch or dinner together.

**3. Family:** Spending quality time with your family is equally important as spending it with your mate. Find time to have several get-togethers with all of your loved ones.

**How do you prioritize when it comes to a relationship? Share with us by commenting below.**

---

## **Can Celebrities Actually Have Enduring, Healthy Relationships?**





By Amy Osmond Cook,

Ph.D.

Cheating. Scandal. Divorce. Too often, celebrity relationships end as a result of one of these unfortunate scenarios. Just this summer, George Clooney and Elisabetta Canalis, J.Lo and Marc Anthony, Derek Jeter and Minka Kelly, and Cameron Diaz and Alex Rodriguez called it quits. Even Buzz Aldrin and his wife of 23 years couldn't make it last.

As celebrity breakups continue to provide headlines for the supermarket tabloids, we are sometimes left wondering, "Does anyone stay together, anymore?"

Fortunately, the answer is "yes." Celebrities who take "for better or worse" seriously may not make the headlines, but they are out there. Two of those people are my aunt and uncle, Donny and Debbie Osmond.

Donny and Debbie were married in 1978 and have survived the highs and lows of show business together for 33 years. I asked Debbie how she and Donny have made their relationship last when so many have failed. In characteristic humility, she credits God and her family for helping to keep their relationship strong. But she also has a few practical tips:

### **Keep the Pressure Low.**

Donny is a perfectionist and rues over a single note gone awry. While he was performing in *Joseph and the Technicolor Dreamcoat* on Broadway, he was struggling with considerable anxiety. Debbie eased his stress by keeping the pressure low.

Every afternoon as he left for work, she would say, "Go have an average night, tonight." She made him feel valued as a person apart from his performance on stage; and as a result, their relationship and his vocals were both stellar.

### **Keep Your Personal Life Private.**

Sometimes celebrities (like everyone else) allow work to consume them. As Debbie said, "The business can really take over your life if you allow it to. I enjoy having my family away from Hollywood so Donny can come home to a bit of reality, like enjoying the kids' school activities, hiking, and just being a father. It helps everyone feel like show business is not our life, but just a job."

### **Love the High-Tech Communication.**

When Donny is away, he and Debbie constantly talk via phone or webcam. As Debbie says, "I love Skype! We laugh because we have a virtual dad!" It helps Donny, Debbie, and the kids and grandkids to feel connected when they can see and hear each other every day.

Unfortunately, there is no magical recipe for making a relationship 100-percent breakup-proof. But there are many celebrities who continue to keep their relationships strong—it's just that we may not hear about them very often.

Regardless of whether we are actors or actuaries, keeping the pressure low, guarding our personal lives, and utilizing technology to communicate are great practical tips that we can all use to make our relationships strong.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State*



University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of *Hope After Divorce* and *Full Bloom: Cultivating Success*. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).

---

## Ryan Gosling Talks Up Past Girlfriends



Ryan Gosling's

nostalgia is keeping him off the dating market, reports [Hollyscoop](#). The *Drive* actor revealed in an interview that he is not currently dating, despite many rumors. "There's interest, but I'm in a committed relationship with film," said Gosling. "I'm giving as much to it as marriage." Gosling

also mentioned his previous girlfriends, Sandra Bullock and Rachel McAdams, and said they were "two of the greatest girlfriends of all time. I haven't met anybody who could top them."

**What are some ways to stay on good terms with your exes?**

**Cupid's Advice:**

Staying friends with an ex is almost always difficult, but it doesn't have to be. Here are a few tips to help you befriend your ex:

**1. Remember your breakup:** If the two of you had a messy breakup, then maintaining a friendship will be difficult. It's still possible to be friends, but keep your breakup in mind when you try to reach out to them.

**2. Contact them:** Even if the two of you don't hang out or call each other on a weekly basis, send your ex a quick email every now and then asking after their health and well-being.

**3. Rely on mutual friends:** Transitioning from a relationship to a friendship can be very awkward. Rely on your mutual friends to ease the transition. Hanging out in large groups can give you a chance to chat with your ex without the conversation going sour.

**Are you friends with your ex? Feel free to share your story in a comment below.**

---

# Jennifer Lopez Joins Marc Anthony Poolside



After a birthday

celebration Friday night, Marc Anthony spent a quiet Saturday alongside his ex-wife Jennifer Lopez and their twin children Max and Emme in Miami Beach. “It looked like a fun family gathering at the pool,” a source told [People](#). “Everyone looked happy and festive.” Anthony, who turned 43 Friday, celebrated at Club 50 at the Viceroy after his concert in the American Airlines Arena. This was the second time the former couple were spotted together post-split.

**How do you know how much to associate with your ex?**

**Cupid’s Advice:**

Spending time with your ex post-split is always a touchy situation. Cupid has some factors to consider:

**1. Schism:** It depends on how bad things ended. It takes some time to let negative feelings you have about the situation to subside. Don't spend time with your ex until you're totally recovered.

**2. The kids are alright:** If there are any children involved in your former relationship, you will have to at least know how to behave with your ex in front of your kids.

**3. Sparks:** If you and your ex split on mutual neutral terms, then it may take less time to feel OK about reuniting.

**When did you start associating with your ex after a break-up?  
Share your thoughts below.**

---

## **Brad Pitt Says He and Angelina Jolie Are Used to Taking Punches**





Legendary sex

symbol, Brad Pitt, recently opened up to [People](#) by pointing out reasons that being him may not always be so glamorous. On longtime partner, Angelina Jolie, being criticized for her performance in *The Tourist*, the actor said, "Listen, man, if we're that shallow-skinned, we shouldn't be in here. We're used to being in the ring and taking some punches." Though he thought it was "sweet" that he and Angelina Jolie were mentioned in the lyrics of the song "Billionaire," Pitt wasn't thrilled that they used his name to rhyme with s\*\*t.

**What are some ways to overcome obstacles as a couple?**

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

Throughout your journey as a couple, it's impossible not to encounter obstacles. Here are some ways to deal:

- 1. Stay strong:** Not matter what issue(s) you are dealing with as a couple, it is important that you face them head on. Don't hide in a corner.
- 2. Keep a united front:** However you choose to deal with the problem, both of you must deal with it in the same way. You can't have one person doing one thing and the other doing

another.

**3. Take a step back:** Problems such as gossip are best ignored. Keep things as rational as possible. Sometimes it's easy to let your emotions get out of hand.

**What are the biggest issues you have faced with your partner? Share your experiences below.**

---

# Alicia Keys Throws Husband Swizz Beatz Roller Skating Birthday Bash



Even superstars enjoy a shock. Alicia Keys threw her husband Swizz Beatz a

surprise party for his 33rd birthday, reports [UsMagazine.com](http://UsMagazine.com). Many friends, including Carmelo Anthony and Lala Vasquez, joined the couple for the celebration at NYC's High Line outdoor roller skating rink. Keys tweeted earlier in the week, "Happy birthday to the most INCREDIBLE man I know! [Here's] to a life of endless shining between us!"

**What are some ways to make your partner's birthday extra special?**

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

Though Valentine's Day and anniversary celebrations are special, they're focused on your relationship and not specifically on your partner. Here are a few ways to make your partner's birthday memorable:

- 1. Consider your partner's likes:** Plan a celebration that your partner will enjoy. If your partner is laid-back and outdoorsy, disregard any notions of an elegant, classy party. Your partner will appreciate the thought that you put into the event.
- 2. Invite old friends:** If you host a party for your partner, invite friends that they haven't seen in a while. Buddies from college or childhood pals can really make the day one to remember.
- 3. End the day together:** After the birthday festivities end, don't immediately start cleaning up. Instead, take your partner out for a relaxing dinner. After talking and laughing with so many people, your mate will enjoy the casual time with only the two of you.

**What did you do for your partner's birthday? Feel free to leave a comment below.**

---

# 'DWTS' Pro Mark Ballas and 'Idol' Alum Pia Toscano Split



The party is over for Mark Ballas and Pia Toscano. After a long heartfelt talk, the singer and the ballroom dancer have decided to call it quits. According to [People](#), the split was a mutual decision.

“They both decided with everything going on that they couldn’t give each other what would be fair,” said a source close to the former couple. Though the relationship is over, Ballas and Toscano are both experiencing great career success. Ballas is rehearsing for the next season of *Dancing with the Stars* and Toscano is finishing up a successful *American Idol* tour.

**How do you keep career demands from ruining your relationship?**



## **Cupid's Pulse:**

With the right person and the right attitude, you can be successful in both love and your career. Here's how:

**1. Be understanding:** Everyone wants to get ahead at work. If your partner cancels a date with you because they have to stay late at the office, don't give them a hard time about it. You will want them to do the same when you get caught up at work.

**2. Be willing to say no:** If you've been planning something big like an anniversary trip with your partner and something comes up at work on that date, you may need to put your foot down and kindly say that they need to pick a different date or get someone else. If you pull this off in the right way, it can also make you look more assertive and more of a leader at work, which can help your career.

**3. Show your support:** If you know your partner spent a long night at work, take the initiative to get things done around the house so they can finally relax when they get home.

**Would you be able to date someone who works long hours at work? Share your experiences below.**

---

**He Said/She Said: Natalie Getz and David Good Discuss Bachelor Pad 2's Season Finale**

# Cupid's Pulse

★ Celebrities. Love. Opinions. ★



This dramatic

season of Bachelor Pad 2 has finally come to an end. In this week's episode, the contenders performed with Cirque de Soleil's Ka, Blake proposed to Holly, the winners were declared and the next Bachelor was announced. We had a chance to chat with our Bachelor Pad 2 experts, David Good and Natalie Getz, to see what their thoughts were about the season finale.

**Kasey and Vienna did quite well in the final challenge, but ultimately didn't get a chance to compete for the final prize. What are your closing thoughts on how they chose to play the game? Do you think they will remain together long-term?**

**He said:** I think they played the game great! People can dislike them as a couple but they still controlled the whole show till the end. As far as a couple, I wish them the best but I don't see it working out from what we got to see of them on TV.

**She said:** They did a great job and really played off of each

other's chemistry very well. I was super impressed! It was very close, so I think the judges could have gone either way. I was with them in San Diego for Jesse Kovac's wine bar/clothing boutique opening over the weekend, and they still seem very much in love. They certainly have their fair share of fights just like a lot of other couples, but they love each other. Now that they live together, I really can't see these two separating.

**If you had been Michael and Holly, would you have made the same choice they did when they decided to let Graham and Michelle head to the finals with them?**

**He said:** Yes, I would have. It's about friendship and integrity that goes beyond the show.

**She said:** No, I would have actually chosen Kasey and Vienna. Graham and Michelle had less drama with the cast, so they would have been a tougher competition. Strategically, they would have received more votes. Turns out, they got all the votes anyway. Then again, had I been a part of season two and saw Michael hurting over the recent news of Holly's engagement to Blake, I would have voted Michael to win as well. At least he didn't walk away empty handed.

**Michael didn't know about Holly and Blake's engagement before the finale. How do you think he handled the news on-camera? And were you surprised when he ultimately decided to "share" the money with Holly?**

**He said:** I think he handled it with class. That goes to show what a good person he is and I would expect nothing less from him. I knew he would share the money with her. That's the kind of person he is. He deserves better than her anyway.

**She said:** I think he was in a state of shock that it actually happened and Holly didn't call to warn him. I was surprised she allowed them to film it to be honest with you. She could have said no and spared Michael's feelings. I wasn't surprised

at all by Michael sharing the money. I know him well and he has the biggest heart and is sincerely kind and generous in everything he does. He is humble and logical. He once loved Holly and out of maturity, he still wouldn't want to screw her over. He is almost too good of a person to his own fault.

**Are you surprised Blake and Holly are engaged and moving in together so quickly? And what did you think about their on-camera engagement; do you think we will see a Bachelor Pad wedding in the near future? Any other couples from this season that you think may have a wedding in their future?**

*He said:* I am surprised because I know Holly and expected more out of her. She is in love with the thought of falling in love and that is her weakness. I promise you she is very unsure about all this and it's moving way too fast. I don't see a wedding in their future but even after everything they did, I still think they deserve to be happy if that's what they want.

*She said:* I don't think we will see any other couple engaged anytime soon unless producers push for it. I was so shocked about the engagement. I didn't really know what to think when Holly showed me her ring at the wrap party. Of course I was happy for her; she is my friend. That being said, I voiced my concern to her that I was worried about her moving across the country for a 2 month long distant relationship. But like they say...when you know, you know. I'm happy she is happy.

**Michael and Holly are the winners of Bachelor Pad 2 – do you agree Michael was the strongest competitor this season? And what exactly do you think Holly brought to the partnership?**

*He said:* Holly was a good support system for Mike believe it or not. He got sympathy points from everyone because of her. I think he played as good or the best of anyone there.

*She said:* Michael hands down won that game and deserved it. He was by far the strongest competitor with his genuine personality and athletic/coordination skills.

If you'll miss all the rose action, be sure to catch the premiere of **The Bachelor** in January, Ben Flajnik has been officially announced as the next Bachelor. Until next time!

---

## LeAnn Rimes Gets Fashion Advice from Husband Eddie Cibrian



It looks like Eddie Cibrian isn't afraid to let it known he has a thing for fashion. LeAnn Rimes' husband not only accompanied her to a Monique Lhuillier fashion show last week, but he routinely helps his wife pick out her clothes. "I give her fashion advice all the time," Cibrian, 38, told [E! News](#). Rimes chimed in, saying, "We both have [given each other advice]. I think

if we get each other's approval, that's all that matters."

**How does getting your partner's advice help your relationship?**

**Cupid's Advice:**

One of the benefits of being in a relationship is that you don't have to make decisions all on your own. That's not to say you can't be independent while dating or in marriage, but it's nice to have someone weigh in sometimes. Here's how it can help:

**1. Important decisions:** It can sometimes be intimidating to make choices that heavily affect your life. By posing the question to your partner as well, he or she can point out some sides of the situation you had never thought of before.

**2. Mutual choices:** If you're trying to decide where to go for dinner, getting your mate's opinion is imperative so that you both enjoy your meal. Just because you're in the mood for Chinese food doesn't mean your partner feels the same way.

**3. Respect:** By asking for your significant other's advice, you're showing him or her that you respect their opinions and thoughts. Respect can go a long way in strengthening a relationship.

**When has your partner's advice really helped you in the past? Share your experience below.**