

Bachelor Alum Melissa Rycroft Strickland Delivers a Girl



It's a girl for *Bachelor* alum Melissa Rycroft Strickland, reports [People](#). She and husband Tye Strickland welcomed daughter Ava Grace Strickland on Wednesday afternoon. Rycroft, who dumped Jason Mesnick after accepting a proposal on the *Bachelor*, married Strickland in December 2009. Ava Grace, the first child for both, weighed in at 6 lbs. 13 oz. and was born in Dallas, Texas. Rycroft's reaction? "Everything is wonderful and life is exactly as it should be."

How do you keep hope after a relationship ends badly?

Cupid's Advice:

There can be few things more mind boggling than believing your relationship is fine one day and then finding yourself single the next. This little doozy makes us all a bit crazy. Even if you think you're ready for a new relationship, it can be hard

to approach it with a clean slate:

1. Time heals all: This may be true, but so does moving forward. Don't hold yourself back and swear off relationships just because one didn't work out. Each relationship is different and should be treated as such.

2. Learn from your mistakes: Your relationship may be over, but it's not all bad. Treat it as an opportunity to learn from the past and move on to a happier place in a new relationship.

3. Look for the silver lining: If all else fails and skies look gray ahead, keep it simple. If you were meant to be together, you would be. Keep the faith that there's someone out there for you.

Frankie Muniz Denies Being Suicidal During Fight With Girlfriend





Police were called to former *Malcolm in the Middle* star Frankie Muniz's house after a fight with his girlfriend turned serious, according to [People](#). His publicist girlfriend, Elycia Turnbow, told police that Muniz put a handgun to his head "possibly with [the] intent of committing suicide." The actor's rep countered, saying, "A gun played no part in the argument and was voluntarily given to the police for safekeeping... He was not suicidal." Ironically, Muniz was the one who called police to the residence, complaining that Turnbow was "throwing things and hitting [him]."

What are some ways to keep fights from escalating?

Cupid's Advice:

When things get heated between you and a partner, it's important not to lose control. Cupid has some tips on how to keep a lover's quarrel from turning ugly:

- 1. Think ahead:** Remember the last time you fought and you said things you wish you could take back? Next time, think carefully before you do or say something you'll regret later.
- 2. Slow down:** Take a step back from the situation before things get out of control. By pausing for a minute and taking some deep breaths, you can stop the fight from escalating.

3. Never resort to violence: If you're feeling so worked up that you're considering physical violence, walk away from the situation immediately and tell your mate you can talk later, once you've both calmed down.

Liam Neeson Dealt With Wife Natasha Richardson's Death By Running Away



Actor Liam Neeson opens up about wife Natasha Richardson's tragic death in March's issue of *Esquire*, according to [People](#). Neeson, who lost Richardson nearly two years ago in a skiing accident, is still stricken with grief from time to time. "You can't prepare for it. You think you're gonna cry and get it over with. You make those plans, but they never work," Neeson says.

He attributes distractions as a way to avoid depression, even going so far as to say he would “run away to work.”

What makes people runaway when faced with a difficult situation?

Cupid's Advice:

When something unexpected happens, a basic “fight or flight” instinct kicks into gear. Your reaction depends on the type of person you are. Cupid has some ideas:

1. Face it: It may be easier to turn a blind eye and avoid the problem, but that won't make it go away. You can only avoid something for so long before you're forced to deal with it.

2. Take some time: Sometimes the way you want to react to a situation may not always be the correct way. By taking some time to process what has just happened, you can readjust your reaction to a more appropriate one.

3. You're overwhelmed: Grief can bring out a laundry list of emotions we may not express on a regular basis. This new and scary encounter can be overwhelming at first and cause people to avoid the problem rather than confront it.

Sexting: Good, Bad or the New Lipstick on Your Collar?





By Emily Macintosh

of My Life On Match

If you've read my blog, you know that I popped my sexting cherry this year. I found sexting to be flirty, scandalous and fun, but I also found it to be a bit dangerous. If I took a picture of myself and sent it, would he show it to his friends? Could it end up on the Internet? What if I go missing on a hike and that's the last picture they have of me to show on the 6 o' clock news? In this new age of technology, is sexting just another step in the dating world or is it the new way to cheat (and think you're not going to get caught)?

Several celebrities have jumped on the sexting and technology train this year, too. Couples like Ashton Kutcher and Demi Moore and Lamar Odom and Khole Kardashian have been publicly showing their love for each other over Twitter. But, sexting is different. It's meant for the two people who are involved and not the rest of the world. Unfortunately, because cell phone records are not as private as we sometimes would like to believe, some celebrities have gotten into some serious scandals in less than 30 seconds, 10 words and the press of the "send" button.

In the last few months, several of those couples have broken

up due to sexting scandals. *X Factor* judge Cheryl Cole separated from her husband, footballer Ashley Cole, after rumors surfaced about his sexting with a topless model. Tony Parker and Eva Longoria also split after Parker was caught having a “sexting affair” with one of his basketball teammate’s wives. Brett Favre also found himself in the middle of a media storm when he sent revealing photos of himself to a *Sports Illustrated* columnist!

And, no, this isn’t just an athlete thing. Let’s not forget Michelle “Bombshell” McGee ,who shared her sexts with *InTouch* Magazine as proof of her affair with Jesse James.

Sexting can be fun and may spice up a relationship when it gets bland, but remember, technology is our “big brother.” In one click (fwd, RT, send), your sexts could be in the wrong hands.

Beverly Hills Real Housewife Camille Grammer Reveals She Tried to Quit the Show During Filming





Originally published

on TV.com

By Seth Abramovitch

TV.com: Hi, Camille. How are you?

Camille Grammer: Oh, fine, thanks. It's a really crazy time in my life.

Why? What's going on? Describe your week.

Well, you know, my divorce is finalized. There's a lot going on.

How does that feel?

How does that feel? Bittersweet. I'm sad for what we had—we were together for 14 years—but you know, I don't regret his happiness. He's moved on, and I'm moving on also.

Now that the first season of Real Housewives of Beverly Hills has aired, and you're interacting with a public who knows you, or has a strong impression of what they think is you, do you regret having done it?

Well, after the first few episodes, yeah, of course I did. I didn't think that it was an accurate portrayal of myself.

Because they cut out stuff that made you look more sympathetic?

Absolutely. They didn't show a rounded-out sense of who I am as a person.

And then once you realized what was happening in your marriage, what stopped you from just turning to the cameras and saying, "Get the fk out of my house. I need to deal with this right now?"**

I wish I could have, but I had an obligation to finish the show. I don't know if I can say this, but I quit at one point. I did. Because it was too much. I didn't know how much I could expose at the time. I was holding a lot back because I had known for a while that things were not right between my husband and I. So it's very difficult filming a reality show while you're going through this process, and hurt, and devastation.

So what did they say when you said you wanted to quit?

I quit for, you know, a couple of weeks. And actually Kelsey called me and said, "You have an obligation to do the show. You have to finish the show." So I said, okay. He also asked me to come to the Tonys. Basically I found out [about Kelsey's affair] through a mutual friend, and then I tried to get in touch with him. By the time we spoke, he said, "I've been thinking about it, and I just don't want to be married any longer." I asked if there was anybody else, and he said no at the time, but there obviously was. So he said to me, "You have to come to the Tonys," and I said that I felt too uncomfortable and upset, and I don't understand why I would have to come. And he said, "Listen, you have an obligation to finish out the show. You have to come." He also mentioned that maybe we could talk things through and work it out. That gave me a glimmer of hope that maybe we could spark some romance that weekend. But at that point, he was already gone.

How intense was that Real Housewives reunion special? Because it was really hard to watch at points.

I was very nervous going into it. I think most of the girls

felt that way. [Laughs] They filmed for eight hours. It was a grueling day. Andy [Cohen] had a lot of questions for me from the viewers.

Did you feel like he was being unfairly hard on you?

I don't feel like that, because he gave me a warning. He called me before the reunion show, because I was very nervous about doing it. I told him I didn't feel comfortable, and he said, "Oh, it won't be that bad. There's a lot of questions. People want to know about you." So they prepared me—or not prepared, but he gave me a warning.

He didn't have to read out a list of the nastiest things people had written about you.

I thought that was harsh. I thought when he went through the list, that was very harsh.

Or when he said something to the effect of, "They say insecure people are always the ones who react most strongly to the word 'insecure.'" You agreed with him, but I never heard anyone say that before.

Neither did I. Look, we taped for eight hours, and they cut it down to 43 minutes in two parts. There were a lot of things said that didn't make it into the show, and for the other girls as well. It wasn't easy. I thought, well, at least the public is getting to see me, and who I am—the strength of who I am as a person.

What's your real life relationship with these women now? Would you not pick up a phone to talk to them?

I spoke to Lisa yesterday. She's been very supportive during this whole divorce process with Kelsey. Adrienne and I were friends from before, but I haven't talked to her in a while. Taylor and I text one another. I haven't spoken to Kim. And I called Kyle a week ago.

What did you guys talk about?

I just left a message, because I heard she was sick. She has

the flu, so I wanted to make sure she was okay.

So you care enough about her to check in on her?

Absolutely. I think that's the side of me you really don't see in the first several episodes of *Housewives*. I mean it came across as boasting, but I really do care and empathize. I have a lot of empathy for people.

Had you never fought with her before the show started?

I met Kyle only once before I started the show. I only knew her husband.

So you're appearing on the season finale of *##!* My Dad Says. Are you pursuing acting now?

Everyone keeps asking me that. I studied acting years ago, and I gave up that dream after I got married to Kelsey 13 years ago. Am I pursuing anything? No. Not actively pursuing. This came about through my publicist, who asked me if I'd like to appear on the show, and I said, "Absolutely. I'd be thrilled to."

Was it in front of a live audience?

Yes, of course. It's a sitcom.

How did they react to you?

I think I got a pretty good reaction. I have to say, it felt really, really good. After everything I've been through, I felt really welcomed and embraced by the cast and the crew and the writers, and of course by the audience. It was nice. It was kind of like a mini-mini homecoming for me, because I know a lot of people who work in sitcoms through through, of course, my ex Kelsey. So it was nice to see some people who I hadn't seen in a while.

Did William Shatner say anything to you worth repeating?

He was fantastic. He was friendly, he welcomed me to the show, he said, "Hello, Camille," he asked about *Housewives*. For the most part, we were just busy working. I love sitcom format. I have such respect for it, and performing in front of a live

audience, you get such a rush with that.

Are you going to do another season of Real Housewives?

I don't know. The producers and I have been talking about that in the last week or so.

There's rumors that you might go to the New York version.

No! [Laughs] I can definitely say that's not happening.

Bethenny Frankel Recommends Lazy Lingerie to Keep Your Spark



Are you trying to keep the spark alive in your relationship? Try lazy lingerie! Former *Real Housewives of New York City* star Bethenny Frankel kept the romantic sparks in her relationship alive this

Valentine's Day with the help of just that. "You have to make an effort ... I actually have a line coming out which is Skinny Girl Smoothers and shapers and they include lazy lingerie. Because it's something you wear under a blazer or sweater and then you take off the sweater, and now you have lingerie!" she said in an interview on [RadarOnline](#). Frankel also spilled more secrets on how she and her husband, Jason Hoppy, keep the sparks alive in their marriage. "We do date night once a week. We switch off on who chooses the surprise place we're going to go and we usually pick some hip place so we can still feel like we're cool..."

What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

Keeping the excitement in a relationship can be tough. Cupid is here to offer some advice on keeping the romantic sparks in your love life from disappearing:

- 1. New hobby:** Pick up a new hobby that both you and your partner will enjoy. Not only will trying out a new activity be fun, but you'lll also discover new talents in each other.
 - 2. Surprise him/her:** Relationships become dull when they become routines. Surprise your significant other by taking him/her to a vocation or a play. Even something as simple as giving flowers will make his or her day.
 - 3. Communicate:** Keep the spark alive by being attentive to each others' needs. Your relationship and respect for one another will grow as you both continue to share opinions and feelings.
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Matt Bellamy Thanks Pregnant Girlfriend Kate Hudson at Grammys



At the Grammys, Muse's lead singer Matt Bellamy was a winner in more ways than one. When the band accepted the Grammy for Best Rock Album on Sunday night, he seized the opportunity to gush about his girlfriend, Kate Hudson, in a very public way. UsMagazine.com reports that Bellamy, 32, ended his band's acceptance speech by thanking his "beautiful pregnant girlfriend." Hudson was present at the show, but didn't walk the red carpet. The 31-year-old actress, who has a 7-year-old son with ex-husband Chris Robinson, has said that she doesn't think she will get married again.

What are ways to thank your partner for being there for you?

Cupid's Advice:

While most of us don't have the chance to thank our significant others on TV in front of millions of people, there are plenty of everyday opportunities to say thanks for being there. Cupid has some ideas on how to show you care:

1. It's the little things: Attention all men: no woman doesn't like getting flowers. She'll like it even more if you give them to her out of the blue just to let her know you appreciate her.

2. Put yourself out there: If you want to thank your partner for being there, doing it front of an audience shows you're not afraid to celebrate your love publicly. Try making a speech at your mate's birthday party or on your anniversary in front of your friends.

3. Actions speak louder than words: Thanking your significant other doesn't always mean saying "thank you" out loud; it's about showing you're thankful by doing something for them. If your partner nags you about how messy you are, try cleaning the house before they come home.

Eddie Cibrian and LeAnn Rimes: A Low-Key Valentine's Day





Recently engaged couple LeAnn Rimes and Eddie Cibrian did not plan for an overly romantic [Valentine's Day](#), reports [UsMagazine.com](#). At Sunday's Grammy Awards, the couple laughed and jokingly asked reporters, "Is [Valentine's Day]tomorrow?" Rimes butted in and further explained, "We have his boys [Mason, 7, and Jake, 3] on Valentine's Day. So we are literally going to play Wii with some friends and eat pizza, which is better than anything else we could be doing."

How do you have a date night with kids?

Cupid's Advice:

While many feel that romance becomes much harder to maintain after children enter into the equation, many others have found this sentiment to be untrue. Here are a few ways to have a date night (even with kids):

1. Put your trust in technology: While video games, television and computers take away from study time, they can also keep your children occupied. Try renting a movie or a new video game for your children to play with while you and your partner enjoy some quality time together.

2. Take the kids with you: There are many restaurants that are family friendly. Experiment with a few, and you may find that

both you and your children are happy with the experience.

3. Hire a babysitter: If you yearn for a date night without the kids, hire a babysitter. Trusted babysitters are lifesavers for couples in need of a night out, and most come at the reasonable price of about \$10 per hour.

Prince Harry Will Be Prince William's Best Man



As of Monday, Prince Harry will officially be the best man at the wedding of the year. Prince William and fiancée Kate Middleton have announced their wedding party and have each chosen their siblings to be best man and maid of honor. According to [People](#), the rest of Middleton's bridal party will truly be a treat for everyone watching. Included are Lady Louise Windsor and Margarita

Armstrong-Jones.

How do you decide who will be your best man/maid(en) of honor?

Cupid's Advice:

On one of the biggest days of your life, Cupid has some advice on how to choose who will be by your side every step of the way:

1. Family: Who can you trust more to guide you through your wedding than your own brother or sister? Your sibling is the usual and most classic choice for your best man/maid(en) of honor.

2. Someone who has always been there for you: If you have a friend or family member that you've always been able to count on, chances are that's the person who is going to come through for you on one of the most important days of your life.

3. Someone who has the time: Your best man or maid(en) of honor needs to be there to assist you with every step of the wedding process. Make sure the person you choose has the time to make that big of a commitment.

New Couple Alert: Shia LaBeouf and Karolyn Pho





Despite his recent split with Carey Mulligan, Shia LaBeouf seems to have rebounded nicely. He was recently spotted holding hands with a new gal pal, who an insider identified as Karolyn Pho. According to UsMagazine.com, Pho is a stylist. Even though LaBeouf seems to waste no time jumping from relationship to relationship, he insists he's no ladies' man. He told *Details*, "I'm not great with women, dude. I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'Okay, back to my room.'"

How can you tell if he's a ladies' man?

Cupid's Advice:

1. His eyes wonder: He's probably a player if his eyes are meeting every part of your body except your eyes. Of course every guy is going to check you out at some point, but if that's all he's interested in, beware.

2. He uses terms of endearment: It's one thing if you've been dating a guy for a long time and he uses terms like "baby" or "girl," but if you've just met and he's already using pet names, chances are he's a ladies' man.

3. He talks about his workout routine (a lot): If he can't stop talking about his body and how often he works out, he's

selling himself to you. It's a good bet that he's not actually interested in getting to know the deeper you.

Ashley Simpson and Pete Wentz Have Lunch Post-Split



Proving that their split is amicable, Ashley Simpson and Pete Wentz met for lunch Monday and brought along their son, Bronx. According to a source, being good parents is their main priority right now.

“They’re both focused on making this transition as easy as possible for him.” The duo announced last week that they would be going their separate ways, reports [People](#). Pals say that the pair simply grew apart due to marrying too young and not having enough time to spend together.

How do you cut out time from a busy schedule to spend with

your partner?

Cupid's Advice:

1. Cut out fluff: Chances are that you're spending time doing things that aren't important. Do you really need to soak that extra 15 minutes in the bath? In order to have time with your partner, it might be time to cut out some unnecessary activities.

2. Plan a lunch date: If you both work, you also both probably have lunch breaks. Instead of spending more time with your co-workers than you already do, plan to meet up with your significant other. Even if it's only 45 minutes of face time, it's worth it.

3. Do things together: Say you're both into staying fit and work out every day. Instead of doing it separately, make it a routine to exercise together. Gym time is better than no time at all.

Dating a Playmate





By Bridget

Marquardt, former star of *The Girls Next Door*

Originally published on Appitalism.com

As a television personality and former “Girl Next Door,” men often think they know me personally. But just because I’m accessible, that doesn’t mean I’m obtainable!

The truth is, while having men pay attention to you when you’re out at dinner or at a club is flattering, the constant flood of cheap lines and cheaper cologne can quickly ruin an evening.

So what’s a guy to do when he wants to land the girl of his dreams? Drop the posturing and player image, listen to what the woman has to say, and take...it...slow. In order to get things rolling in the right direction, I’ve come up with several apps currently available at Appitalism.com that are certain to take your dating skills to a new level:

50 Things Girls Wish Guys Knew(Free for the iPhone) – Are you struggling with your relationship? Let’s face it, you can never know everything about a girl! But don’t worry – here are 50 things that all guys should really know about girls.

Seduction Discussion (\$0.99 for Android) – A mobile discussion

app for discussing all things related to the art of seduction. Discuss meeting girls, picking up women, closing the deal, advanced PUA techniques, love and relationships and more!

Dating Tips (\$0.99 for the Android) – No one is a dating expert; even the most beautiful and wealthy people all struggle with matters of the heart. Everyone can learn something about how to date more, how to attract the types of people we want to attract and how to make sure initial chemistry blooms into an enduring relationship.

Katy Perry Publicizes Wedding Video at Grammy's



After keeping her wedding details at top secret status leading up to the lavish ceremony in India, Katy Perry has shared some glimpses into

her special day with the public. As she sang one of her popular songs, “Not Like the Movies” while sitting on a swing high above the Grammy’s audience, her wedding video played in the background, reports UsMagazine.com. Images of the ring exchange and kiss between her and now-husband Russell Brand were projected on a curtain directly behind the singer. Talk about a grand gesture!

What are the best keepsakes from a wedding?

Cupid’s Advice:

Whether it’s you tying the knot or your best friend, you’ll always want to remember the special day. Cupid has some tips on things you can keep from the wedding to do just that:

- 1. Wedding video:** Take a cue from Katy Perry and have your wedding recorded on video. If you ever want to relive the feeling you got on your big day, pop in the documentation and watch one of the happiest days of your life.
 - 2. Photos:** These are the next-best thing to a video. If you don’t have time to sit through a play-by-play of your wedding festivities, take out your photo albums and thumb through the captured moments.
 - 3. Playlist:** Sometimes the best way to remember a moment in time is by listening to the music associated with it. Make a playlist of all the songs that played at your wedding and crank it up when you want to remember your special day.
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Jennifer Aniston Insists She Is Happy



Though the rumors about Jennifer Aniston adopting have finally died down, she's having a hard time killing the biggest rumor out there. "That I'm unhappy," the actress tells [People](#). The actress insists, "I'm really happy. Really!" Between the rumors of Jennifer dating, adopting a child and getting a dog, she just can't catch a break! "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," the actress says. "I just want to say, 'Everybody, relax! It's going to happen.'" But the star is in no rush. For now, she's busy promoting her new fragrance and her romantic comedy *Just Go with It*, which hits theaters today.

Should you take an extended break from dating?

Cupid's Advice:

In some cases, much like Jennifer Anistons, taking a break from dating can be very healthy. If you're struggling with this decision, Cupid thought of a few instances where taking a long break might be the right choice:

1. Busy job: If achieving your career goals requires a lot of time and effort, dating someone could be very difficult. There's nothing wrong with putting all of your focus on your career. Don't feel rushed; dating isn't going anywhere, but that promotion might!

2. Kids: Dating with kids is a huge commitment. From finding bonding time with your kids to finding a babysitter, you're going to have little attention to share with a new partner. Wait until the kids are a little older or at least until you find a system that works. When you can give yourself fully to a relationship, it'll be worth it.

3. Bad breakup: If your last relationship was destructive and ended on a bad note, don't move too quickly into a new one. Take some time to be happy on your own. Allow yourself to trust in love again before you take a chance on it.

Brad Womack's Ex Says He Proposed to Her Numerous Times





Brad Womack is no rookie when it comes to proposing. This season's eligible bachelor has, according to ex-girlfriend Laurel Kagay in an [UsMagazine.com](https://www.usmagazine.com) article, proposed to her countless times. Kagay said the most recent proposal was just weeks before he left to film this season's show. "Even when we weren't together, he would say how much he loved me and was going to marry me," she said. While filming, Kagay said Womack would send her emails. "I'm sure the girl he picked would want to know that he was proposing to another woman right before he started taping the show," she said. "I would want to know."

How do you know when your partner's heart is in the right place?

Cupid's Advice:

Probably one of the most frustrating parts of a relationship is when you and your partner have different ideas about where you're heading as a couple. Cupid has some ways to tell if you and your partner are on the same page:

1. There's intimacy: It's not all about sex. Ask yourself if you do things such as cuddle up to each other after a long day of work or hold hands in public. If not, you may want to look into why.

2. You say 'I love you' often: This is important to keep in mind, because if those words are rarely exchanged, there may be some distance between you and your partner.

3. They don't act distant: Pay attention to how your partner acts around you. If he or she tends to be caught up in problems or less attentive to what you say, you may want to do something about it before it takes a toll on your relationship and love.

'House' Star Olivia Wilde Separates from Husband Tao Ruspoli



House star Olivia Wilde and her husband, Italian prince Tao Ruspoli, have

decided to end their marriage, reports [People](#). The couple, who eloped together when Wilde was only 18, were together for eight years. “They have been living apart for quite some time to make their relationship work,” reveals an insider.

What are ways to work on your relationship?

Cupid’s Advice:

When you hit a rocky point in your relationship, it’s important not to give up without putting in some effort first. Here are a few ways to smooth over your rough relationship:

- 1. Space:** Try distancing yourself from your partner, so that the two of you have time to cool down and reevaluate the issues that have been plaguing your relationship. When both of you have clear heads, it’s should be safe to give the relationship another try.
- 2. Considerate acts:** Especially when your relationship is at a low point, being considerate can make a huge difference. Try to do ‘the little things,’ like taking the trash out or packing a lunch for your partner. It may not seem like much, but your partner will appreciate the effort.
- 3. See a counselor:** If the problems in your relationship are too much for you to handle, try seeing a counselor. While it can get expensive, it may be worth it in the end.

Who Will Plan Prince

William's Bachelor Party?



Even a prince needs a bachelor party. But who will help plan the celebration for Prince William's last night of freedom before he weds Kate Middleton on April 29? [People](#) reports that Guy Pelly, 29, a friend of Princes William and Harry for nearly two decades, will take on the daunting task. And Pelly, who recently opened the London nightclub Public, is the perfect man for the job, according to royal expert Katie Nicholl. "Guy is very much the life of the party, but he is also fiercely loyal and protective of the princes," Nicholl told the *New York Times*. "There is a lot of history there." For now, Pelly is keeping details about the party secret, although there are rumors that the bash could be in South Africa, where Pelly and the princes have raced motorcycles together.

What are some "out of the box" ideas for a bachelor or bachelorette party?

Cupid's Advice:

A bachelor or bachelorette party doesn't always have to consist of exotic dancers and lots of booze. Cupid has some unique ideas on how to celebrate the last night of being single:

1. On the road: Pile the bride or groom and a couple of close friends into a car and go wherever the road takes you. Or, surprise them by driving back to their hometown and reminiscing.

2. Try an adventure: Some might opt for something more physical, like adventure bachelor/bachelorette parties. After a whitewater rafting or mountain-climbing excursions, getting married will be a piece of cake.

3. For women only: Chances are the bride-to-be is stressed out from planning the most important day of her life. So why not let her relax with a spa party for her and her bridesmaids? It'll help her look fresh for the wedding, too.

Steve Harvey Speaks Out Against Ex-Wife's Attacking Allegations





Steve Harvey was recently forced to ask a judge to temporarily lift a gag order from his 2005 divorce after rumors his ex-wife, Mary Harvey, were spreading got out of control, according to UsMagazine.com. The former Mrs. Steve Harvey claimed that the comic cheated on her with his current wife, Marjorie Bridges, and left her both homeless and penniless. Her accusations could not be further from the truth. As stated in court documents, Mary Harvey received \$40,000 a month from 2005-2009. She was also awarded three houses and the reason for the divorce were on the grounds of irreconcilable differences.

How do you combat untrue rumors from an ex?

Cupid's Advice:

Rumors from the mouth of a vengeful ex can be very harmful to both your reputation and your ego. Here are some ways to rid yourself of them:

- 1. Prove him wrong:** Actions speak louder than words. Keep your cool and show him that his lies won't make you lose control.
- 2. Take legal action:** If these rumors are hurting your daily life or reputation at work, it may be time to take involve the law.

3. Never fight fire with fire: No matter what you do, never stoop to their level. Spreading rumors or trashing your ex will only worsen the situation.

Prince Harry Spotted With Ex-Girlfriend Chelsy Davy



Are Prince Harry and his ex-girlfriend, Chelsy Davy, back together? The former couple was spotted together in London on Saturday night in a private members club. According to [People](#), the couple was seen at 4 a.m. climbing “into the trunk of a Jaguar to make a discreet getaway.” So, what do you guys think? Are they really back together or is this just a fling for now so that Prince Harry will have a date for his brother’s wedding?

Who should you bring to a family member’s wedding?

Cupid's Advice:

If a family member's wedding is approaching and you still don't know who to take as your date, Cupid has some suggestions for you:

1. Girlfriend or Boyfriend: Have a significant other? Invite him or her to the wedding. This would be a great time for them to get acquainted with your family.

2. Best friend: If you're single, bring along the next best option – your best friend. She's met your family a gazillion times, and getting an invitation to the wedding will make her feel as if she's part of the family.

3. Acquaintance: And if you don't have a partner or a best friend, grab an outgoing and fun-loving acquaintance. This will be a great way for you to get to know each other even better. And of course, if you can't think of anyone, go alone. There will probably be other's there solo as well.

Eva Longoria Goes Public With New Boyfriend Eduardo Cruz





Just one week after finalizing her divorce with Tony Parker, Eva Longoria finally went public with her new boyfriend, Eduardo Cruz. If that name sounds familiar, it's because Longoria's new flame is none other than actress Penelope Cruz's younger brother. According to [RadarOnline](#), the couple were first spotted together in October at her restaurant, Beso, followed by a few other encounters in December and January. While it was clear that those encounters were meant to be a secret, the pair seemed open on Saturday while sailing on a luxury yacht in Miami.

Should you keep your new relationship under wraps?

Cupid's Advice:

Amidst all of the normal chaos of life and responsibilities, sometimes it's nice to have something that's just your own. Cupid has some ways to tell if you should keep your relationship on the down-low:

1. If you are both comfortable with it: Many times in the beginning of a relationship, we say things that we think the other person wants to hear. If you're deciding not to let anyone in on your secret courtship, make sure it's a decision you've both agreed upon.

2. If you're not sure where it's going: When you begin to date someone, there's a period of time where you're feeling each other out. If you think there's a chance you won't make it past the previews, now may not be the time to alert the media.

3. If you just got out of a relationship: Sometimes we find people when and where we least expect it. If that time for you is right after you ended a longterm commitment, you may want to give it some time before you introduce someone new to your friends and family.

Kim Kardashian's Boyfriend Kris Humphries Not Jealous of Super Bowl Ad



Despite the sex

appeal caused by Kim Kardashian's enticing Super Bowl Sketchers commercial, her boyfriend Kris Humphries was not at all envious. According to [Digital Spy](#), Kardashian says Humphries is "not a jealous person at all." The commercial, which aired during the fourth quarter Sunday, showed Kardashian moving provocatively with a shirtless, male trainer.

How do you deal with a jealous partner?

Cupid's Advice:

If your significant other is jealous, don't panic right off the bat. To some degree, it's normal. Most people have doubts in a relationship because we can't always be at each other's sides every moment. Cupid has a few pointers to help you deal with your envious partner:

- 1. Trust each other:** Probably one of the biggest keys to a healthy relationship is trust. Because you can't be with each other every second of the day, you need to believe in your partner when you're apart.
 - 2. Talk it out:** If your significant other is threatened by your close friends of the opposite sex, then you're going to have to have a sit-down to lay out some ground rules.
 - 3. If you have nothing to hide, prove it:** Some people are uncomfortable being open and honest (like showing their phones to their partners). It may put your mate at ease if you go above and beyond to prove your innocence, at least once in a while.
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Caught: Justin Bieber and Selena Gomez Holding Hands



Photographic

evidence of rumored couple Justin Bieber and Selena Gomez has officially been captured, according to UsMagazine.com. While the rest of the country tuned in to Super Bowl XLV, Gomez and Bieber kept a low profile in Santa Monica, California. The rumored duo were hanging out by the pier when a paparazzo snapped a photo of them holding hands. According to sources, the pair “giggled” at being caught on film. While the two have been trying to keep their relationship under wraps, photographs of them getting close on a yacht in the Caribbean were taken on New Year’s.

When should you come clean about a long-rumored romance?

Cupid’s Advice:

Sometimes when you become a part of a new relationship, it’s fun and exciting to keep things on the down-low. But when

things start to heat up and it gets harder to cover your tracks, it may be time to come clean and own up to your new relationship:

1. Ain't no shame!: Unless your new boyfriend still hasn't broken things off with his previous girlfriend, there's no reason to hide your relationship. Love should be celebrated, and keeping it under wraps may come off as suspicious.

2. Parental approval: If your parents have their eyes set on one type of man and you fall in love with another, that's just the way it is. The sooner you open up to your parents, the sooner your partner will win their approval.

3. When you start to lie: It may seem like a good idea at the time, but when you go out in public together under wraps, jealousy and hurt feelings can ensue. Nobody knows you're together, which brings on incorrect introductions and unexpected come-ons from other party-goers.

Zac Efron's Night Out Without Vanessa Hudgens





It looks like Zac Efron is finally over Vanessa Hudgens, despite a brief rumored reconciliation. [People](#) reports that Efron, 23, accompanied actress Teresa Palmer, 24, to a screening of her movie *Take Me Home Tonight*. The twosome then continued their night out at Voyeur nightclub in West Hollywood where, “Zac chatted with Teresa for awhile,” says a source. “She leaned in close so she could hear over the music [while Zac was] smiling and slightly flirting with her.” Efron and Hudgens, 22, ended their four-year relationship in December.

How quickly should you move on after a break-up?

Cupid’s Advice:

After a relationship ends, when is it healthy to start dating again? Everybody’s different, but Cupid has some tips on how to know when you’re ready:

- 1. Take time to recuperate:** Don’t start dating again after a breakup until you’ve had enough time to properly heal. If you don’t, you’ll end up in an unhealthy rebound relationship.
- 2. Do it for yourself:** Make sure you’re not jumping into a new relationship just to make your ex jealous. It’s unfair to your new partner and to yourself.

3. **Don't rush:** Take things slow with your new boyfriend or girlfriend. Think about what went wrong in your last relationship, and try not to make the same mistakes.

Valentine's Day Special: How to Have an Irresistible Online Dating Profile



By Julie Spira, online dating expert and the bestselling author of *The Perils of Cyber-Dating*

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February may be the shortest month of the year, but for those anticipating [Valentine's Day](#), it's critical to ramp up your online dating search. There's no quicker way to find a date on

the Internet than by starting with a cyber face-lift of your existing dating profile.

With more than 116 million members worldwide viewing online dating sites, the odds are in your favor that you'll be able to snag a date by Valentine's Day with these tips:

1. The Lady in Red: Everyone knows that red is synonymous with love and passion. We're reminded about Valentine's Day as soon as New Year's is over. I always say the color red will attract a man. Grab a friend and your digital camera and start snapping some photos wearing your favorite red dress or sweater to grab his attention. Post three to five photos: one full-length shot, one close up and an activity or vacation shot. Not sure what to use? Check out your own Facebook profile and scan through your photos. There might be one on your favorite social networking site to post on your online dating profile.

2. Create a Catchy Screen Name: When I create irresistible online dating profiles for singles, I'm always amazed at how many singles just use the screen name assigned by Match.com, eHarmony, or on the free online dating site. There's nothing catchy about it at all. Think about a newspaper with a great headline and an interesting photo. If it captures your attention, you're more than likely to skim or read through the article. The same theory holds true for online dating. It's a competitive digital landscape out there – Suzy115279 isn't going to impress him, but ArtLover4U or HikingGal will show him what your interests are. This will make it easier for him to approach you.

3. Change your Settings: Typically, women like it when a man does the pursuing, but February is already here. You need to let him know you're available and ready to meet. How do you do this? Change your privacy settings to show you're online and open up your live chat or instant messaging service.

Online dating is a numbers game and men are rejected all too often. Make it easy for him to find you. It's a crowded digital landscape and the squeaky wheel *does* get the deal.

4. Shorten your Profile: There's so much to say and so little time, but time is your friend. Don't tell your entire life story in your profile, or there's no reason for him to contact you. Shorten your profile to a simple paragraph with enough information to pique his curiosity.

5. Cast a Wide Net: So what if he doesn't look like your dream guy? If you have enough common interests, take a chance and accept a date. You never know if a great friendship will develop or if he'll have a friend to introduce you to, even if it's not a love connection. Women *do* fall in love with their best friends, so don't be too quick to judge the book by its digital cover.

Julie Spira is known worldwide as The Cyber-Dating Expert. She's the author of the bestseller, The Perils of Cyber-Dating: Confessions of a Hopeful Romantic Looking for Love Online. Julie creates irresistible online dating profiles for singles on the dating scene. Follow her on Twitter: @JulieSpira. Like her at Facebook.com/CyberDatingExpert.