

# New Comedic Romance Film, 'Admission' Starring Tina Fey



By Meghan Fitzgerald

Tina Fey, *30 Rock* star, and Paul Rudd, recent star of *This is 40*, are joining together on the screen for the first time together. Director, Paul Weitz, nominated for an Academy Award shows what occurs on the route to happiness. Tina Fey's character in the new romance comedy, *Admission*, is a cookie-cutter, straight edged Princeton admission officer, Portia Nathan. A promotion is open for Portia, and she takes off on a recruiting trip for the upcoming year. On the road, she reconnects with her mother, expressing love for one another again. Portia heads off to New Quest school.

**Should you see it:** This is Tina Fey ladies and gentleman! SNL superstar, comedian of a myriad of skits, author of *Bossy Pants*, star of *Baby Mama*. And Paul Rudd! Starring in big shot

movies such as *Knocked Up*, *I Love You Man*, and *Role Models*. Comedian extraordinaires! If you like to laugh yourself off the chair, see this movie! If you enjoy a twist of comedy and romance, see this movie! If you like either of these all star comedians, see this movie!!

**Who to take:** Take people who enjoy comedy, people who like to laugh for five minutes on end, or cry at the sincerity of Fey's character, Portia. Take your more mature children to the PG-13 movie, or your mother for shared laughs. Take your husband after a long week, or take yourself! All the people above the age of thirteen are encouraged to see this comedic romance film!

**Related:** [French-Canadian Science, Romance Film, \*Upside Down\*](#)

At New Quest, she meets up with former college classmate, the optimistic John Pressman (Paul Rudd). He informs Portia that Jeremiah (Nat Wolff) the extremely gifted yet slightly unconventional student may be the child Portia secretly gave up for adoption. Twists spiral out, Jeremiah is applying to Princeton University. Portia re-evaluates the admission requirements, Jeremiah's application and the binding rules of the Ivy League school. Portia finds herself bending the rules for her possible child's admission to Princeton, and for the love she finds turning up in her life.

**When should you take a professional risk for love?**

**Cupid's Advice:**

It is always challenging to know whether or not you should take a professional risk for love. The possibility of losing your job is a frightening thought. However, don't you want a little danger in your life? A little risk? Don't you want to discover if this person could be the love of your life? Even if it may risk your life, do you want to risk your chance of losing love? Cupid has some more advice:

**1. Soul mates:** You know that feeling when you just simply know you and your partner mesh together? It is hard to describe when you're in it, you don't believe you could get along with one person so much. This feeling is when it would be acceptable to take a professional risk for love. Even if it is still scary for you, and you may not want to jump out of your comfort zone, you absolutely should! When these feeling are present, it is ridiculous to ignore them.

**2. Danger:** Are you looking for a little danger in your life? Is the person you are currently seeing going to cause a risk in your profession if you continue the relationship? If you want to spice a few things up in your life, than take the risk. Who knows what it will lead you to! Everyone needs a little suspense, mystery, and secrecy once in a while. Continue on the relationship with your mate will ensure all three of these.

**3. Feelings are mutual:** You do not, and I repeat, do not want to put a risk on your job for love if the feelings are not mutual! This is where most people fall down hill and spiral out of control. Do not be naive, ask your partner how they honestly feel and what they foresee out of the relationship. If your mate thinks you should take the risk because they care for you more than life itself, take that risk!

**Have you ever taken a professional risk for love? Share your experience below!**

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## **Celebrity Couple: Nikki Reed**

# and Paul McDonald Put Children On Hold for Music Career



By Andrea Surujnauth

Nikki Reed recently talked to [People](#) about her relationship with husband Paul McDonald and their plans for their future. Reed said that the key to a successful relationship is to spend time with one another. “I feel like it’s really important to just be with each other and make the other person a priority,” she tells *People*. She mentions that she and her hubby have been spending extra time with each other collaborating on music. “We’re actually writing a full-length [album] and we should be releasing that in the next couple of months and hopefully doing some touring in Europe. We’re playing a few shows at SXSW.” says Reed. When it comes to expanding their family, Reed is in no rush to have kids. “Right now we’re just so focused on what we’re doing together

musically and where we're at in our careers," Reed says. "I can't try to predict what life has in store for us because obviously at a certain point, you throw your hands up and say what's meant to happen will happen. But right now at this moment, I don't feel like I'm insistent on that. I just feel really content."

## **How do you know when it's time to have kids?**

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

How do you know when you and your partner are ready to have a baby? Cupid is here with a few key signs to help you figure out whether or not you are ready to bring a baby into your life:

**1. Relationship:** Be sure that you are in a stable relationship before you and your partner attempt to get pregnant. If your relationship is on the rocks or barely hanging on a string, a baby will not help the situation. It might make the situation worse. You do not want to bring a baby into a home that has a lot of fighting or negative energy.

**2. Finances:** Be sure that you and your partner are financially prepared for a baby. Keep in mind that women have to go on maternity leave after giving birth. Be sure you and your partner are stable enough to afford this along with all the expenses that goes along with a child. Remember, babies are not a one time expense, money will be needed to take care of that child until they become an adult.

**3. Space:** Babies take up room. If you and your partner are living in a tiny apartment, it will be difficult to fit a crib and a play pen for your bundle of joy. Be sure you have room for your baby to grow, play, and sleep. If you have all of this prepared, then you are ready to bring a beautiful baby into your life.

How did you know you were ready to have a baby? Share your thoughts below.

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# Expert Love Advice: Single Traits to Lose so You Can Move Forward in a Relationship



By Courtney Allen

Relationships are described as many things, but “easy” most definitely isn’t one of them. Two A.M. bickering, checking messages on phones/social media, and cases of jealousy are just a small part of what makes relationships so complicated.

And these relationship problems tend to be a tough transition, especially if you are adjusted to the “single life.” But relationships are partnerships. Both individuals must have their hearts and minds in the same place in order for the relationship to last. If you just can’t seem to progress in your relationship, you should consider leaving these single habits behind:

**1. Wanting the next best thing:** Keep your eye on the prize that’s already in front of you. We all know what it’s like to want what you can’t have whether it’s *High School Musical*’s hottie Zac Efron or your brother’s blue-eyed best friend. Once you’re in a relationship, other options may seem better. Stick with your honey and you will benefit in the long run.

**2. Party animal:** Get your priorities in order. There is no need to go to snazzy clubs and bars every weekend with your single friends. Not only are you sending out the wrong message to the single people you run into, but to your love as well.

**3. Selfishness:** Be considerate of what’s important to your significant other. It’s not just your feelings you have to worry about now, it’s theirs too. Do some of the things you don’t want to do and the same will be done for you. Remember, you two are a team.

**4. Flirtiness:** Boundaries need to be set between you and members of the opposite sex. Don’t be too friendly; some may take your kindness for interest in them. Always be aware of body language, the things you say, the way you say them.

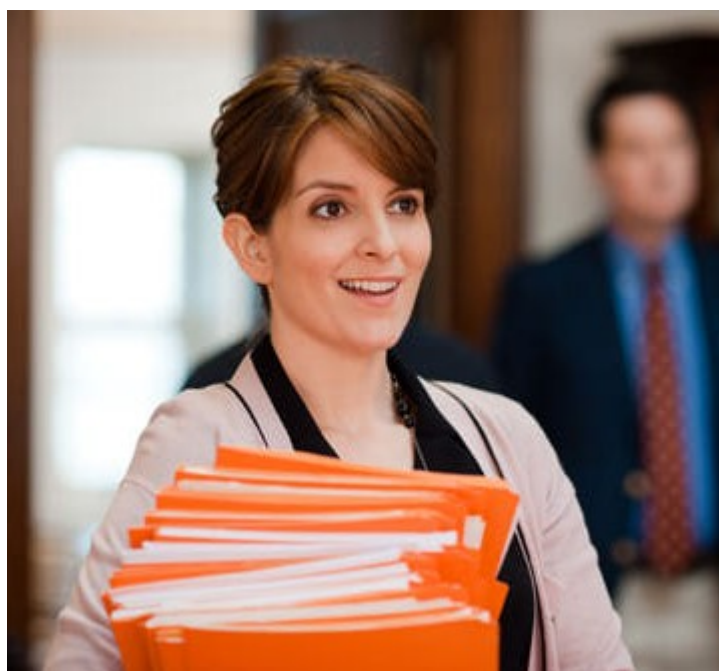
**5. Late night texting:** Avoid texting the opposite sex after 11 o’clock. Indeed, there may be nothing going on but it tends to look suspicious. Anything you have to say can most likely wait until morning. Don’t give your sweetie anything to worry about.

**What are some single traits to leave behind to better your**

relationship? Share your thoughts with us!

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# Relationship Advice: How to Succeed In The Quest To Find Mr. or Mrs. Right



By Michelle Rebecca

Although things like a successful career, possessions and status are a few ways for a person to gauge success, it's important not to overlook the power of strong relationships. The support of family can help someone feel empowered during hard times, but the joy of finding a loyal significant other often makes a person feel truly complete. Knowing when you've found the right person is sometimes as hard as the search



itself. Read on for a few tips.

## **Communication Is Key**

It's crucial to talk things over with your partner, whether things are going smoothly or you've hit a rough patch. Earlier this year, a Huffington Post article mentioned that text messages are the most popular form of communication in the United Kingdom. Regardless of how you and your partner stay in touch, make sure to do it regularly. If someone you're with seems hesitant to speak up when something's wrong or prefers to avoid tough conversations altogether, that's a red flag.

**Related:** [Fishing for Mr. Right – Types of Guys to Throw Back](#)

## **A Relationship Built Upon Equality**

Although you and your partner might not always agree on everything, strive for a sense of equality. When you treat each other with fairness, it's easier to work through disagreements and reach common ground. If your partner frequently likes to discourage you or dominate conversations, put a stop to it. Relationships thrive when each party has the opportunity to speak their views and feel valued.

**Related:** [Is that You, Mr. Right?](#)

## **Do You Trust Each Other?**

If your relationship doesn't include trust, that's a huge weakness. Sometimes people have trouble trusting their partner, but only because of something that's happened in the past. If you've gone through a previous traumatic event, it's important to bring that up earlier rather than later.

When you start to feel suspicious about something, resist the urge to search through your partner's phone records or inbox, and speak to them directly instead. By hunting for evidence, you'll place a strain on your relationship.

## Know When It's Time To Move On

No matter how long you've been with someone, it's essential to recognize when it's time to end the relationship. Things can get more complicated if you have children with your spouse. If you need to know how to get divorced or just get clarity about whether to remain with a person, experts can help. Aim for an outside perspective, if possible.

Often people focus on all the good qualities of their partner and become blind to any faults. No one is perfect, but if the person you're with is degrading, prone to ridiculing you, or simply not willing to invest in the relationship, those are clear signs that it might be time to end things.

Being in love with someone who loves you back is thrilling. Use the characteristics mentioned above to help you determine whether a current relationship is worthwhile and to know what to look for in a potential mate.

*Michelle is an aspiring writer with a passion for blogging. She enjoys writing about a vast variety of topics and loves that blogging gives her the opportunity to publicly voice her thoughts and share advice with an unlimited audience.*

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## Ben Affleck Says Wife Jennifer Garner is 'More Perfect Than I Am'





By Meghan Fitzgerald

After the award-winning night Ben Affleck had at the Oscars, he couldn't have been more grateful than for his beloved wife, Jennifer Garner. The 40-year old director, producer and actor of *Argo* gushed over his wife in his acceptance speech. According to [UsMagazine](#) Affleck stated that all marriages need to be worked on, and how they work on their marriage, and how nobody's perfect. *PerezHilton* reported that Affleck said wife, Garner is more perfect than he is. How adorable for the stunning duo!

**How do you praise your partner in public so he/she feels loved?**

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

PDA is sometimes a problem for couples. Its a possibility that your partner does not want to be touched in public, or the complete opposite. The best way to communicate with this possible problem, is to talk to your mate! Communication is always key, especially pertaining to public displays of affection. Everyone wants to feel loved, and you can do that in public. If your partner does want praise in public, Cupid has some advice:

**1. Hold hands:** Nothing shows how much you love your partner more than gently holding their hand. This is completely acceptable in public, no vulgarity, just love. This shows your beau not only how much you love them, but how much you care for them. Rubbing your finger softly on the tops of your partners hand, or giving me a slight squeeze, will show them how much you love them. So go on out and hold hands ladies and gentlemen!

**2. Whisper sweet nothings:** No one can physically seeing you doing anything, no displays of affection going on. This is perfect if your mate is not fond of PDA. Simply whisper into their ear. How much you love them, how grateful you are to have them in your life. Tell them a story you haven't told anyone, or a inside joke the two of you share. Whispering sweet nothings into your partners ear shows them how much you love them

**3. Respect:** Respect needs to be given in a relationship. You and your partner will not make it through the long haul if you both don't have respect for one another. With this being said, you need to respect your mate if he does not want to be praised in public. Although they may know that is because you love them, they could be extremely uncomfortable. You need to realize that your partner doesn't want this hence, you should not do it!

**How do you praise your partner in public? Explain below.**

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# **11 Ways to Meet Your Next**

# Date



By Eleanore Wells for  
Galttime.com

When did dating become so complicated? Actually, it isn't the dating part that's so complicated as much as it is the *meeting someone* to date part. It almost seems that the more options for meeting someone that there are, the harder it is to actually meet someone. Here's a round-up of the many options modern-day daters have to help them find true love:

- 1. Friends.** Asking friends to introduce you to someone is still one of the best ways to find Mr./Ms. Right. Your friends know you and probably aren't going to introduce you to someone who's going to be a disaster.
- 2. Flirting.** See someone interesting? Smile. Wink. Hope for the best.
- 3. Matchmakers.** Professionals who will find "the one" for you...

for a fee.

**4. Singles Party.** Throw a party. Only single people allowed. Ask friends to bring other single friends.

**5. MeetUp.com.** This is an informal online social networking site that facilitates offline group meetings of like-minded people for a range of activities. Including dining, bowling, hiking, cooking, biking, etc.

**6. Singles Events.** Stir by Match.com offers social events, such as cooking classes, happy hours, and cocktail parties for members of Match.com. If you are more of an IRL lady, this is a great way to be social and learn how to mix a perfect martini or whip up a souffle.

**7. Online Dating.** Match, OKCupid, eHarmony, Christian Mingle, JDate, Black People Meet, How About We. This is not an exhaustive list of online dating sites, but these are among the most popular. They all work pretty much the same. Complete a profile questionnaire, add a picture (or don't), then search or let the site search for you.

**8. Grouper.** Grouper sets you up with three Facebook strangers, but they don't like to call them "dates". It's a social service that sets you and two friends up with three strangers based on your Facebook profile. Sign up for Grouper via your Facebook account, and it sets you up with someone of the opposite sex whom you're not Facebook friends with. There are no profiles on the site; they do the matchmaking, and you all meet at a place of Grouper's choosing. Grouper says 93% of participants want to do another one. Currently, the service is about twice as popular with women.

**9. Crazy Blind Date.** This is an iPhone/Android app. An OKCupid profile is not required, but it makes it much easier. Choose a date and time, a bar or coffee shop from the app's recommendations, then choose from among 4 people the app suggests. You're supposed to spend only 20 minutes on the

date, then rate it on the app. Cost is about \$3.

**10. Other Blind Date Apps.** Tawkify. MeetCute. Meet Moi. These apps set up blind dates for you. All you have to do is just show up... and hope be pleasantly surprised. Clearly, it can go the other way, as well.

**11. Location-based Dating App.** Tinder is location-based and identifies people nearby who the user might know, and connects them if both are interested. Feels creepy to me... but I'm sure it could be fun, as well. It helps if you like surprises.

I'm not sure if the techy ones are more efficient than finding love through family and friends, but they certainly are more creative.

So here we are with seemingly a zillion options (or at least 11) at our disposal for finding love, and yet the rate of singles is higher than it's ever been in this country. I wonder what it all means? Are we seriously looking for "the one", or does having this many options make it harder than ever? How can you choose just *one*, when there are so many?

**Which way (or ways) do you prefer to meet new people? Share your comments below.**

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## **Rob      Kardashian      Defends Bashing Ex Rita Ora**





By Meghan Fitzgerald

Rob Kardashian is now defending his tweets against ex, Rita Ora, two months after posting the now-deleted tweet. According to [UsMagazine.com](https://www.usmagazine.com), the last episode of *Kourtney & Kim Take Miami* was when Rob defended his actions. *PerezHilton* reports that Kardashian said, "I posted what I posted to keep myself from taking her back. Every time she messed up, I took her back for over a year now. I just had to do that to make her hate me...I don't want people to think I'm being a bitch." Kardashian assures that he is leaving the heartbreak behind him and moving on towards love.

**What are some ways to make your ex know you're serious about breaking up?**

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

With some couples, they can break up numerous times in one week. They are constantly on and off, never exactly knowing what they want. It is challenging to make your ex realize that you are completely serious about breaking up. They could breakdown in tears and you could chicken out. They may tell you that this isn't what you want, and you believe them. If you are absolutely sure that you want to break up, you need to



keep ground. Cupid has some more advice:

**1. Say it in person:** Breaking up with someone you spent time with, talked to, get to know-it's ridiculous. First off, it gives your partner zero amount of respect, and secondly, it will make them think you are not serious about the breakup. To ensure that your mate realizes that you are serious, break the tie in person. Look your beau straight in the eyes and tell them that you are breaking up with them, and you will not be persuaded nor will you change your mind.

**2. Respect:** This ties in with breaking up with your ex in person. Breaking up with your significant other in person is essential. It makes you respectful, and you are still respecting your mate. With regards to respect, inform your partner that you are breaking up with them. Along with this, include all the reasons why you feel like a break up is necessary. Explain everything you've been thinking, what you're going through, and why you're doing this. It will make your partner realize you are not joking around whatsoever, and they will take you seriously!

**3. Hold your ground:** Hold your head high and your feet firm darling! The hardest part in a breakup process is keeping what you said true. It is not easy to break up with another person, especially if that person is persuading you to not follow through with it. Make sure you keep your opinion and actions on line, know what you are going to say and stick to it. Don't leave the script unless necessary. Keep your chin up and this will all work through!

**Have you been serious with breaking up with an ex? Explain below.**

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# 7 Signs You Might Be in Love



By Bethany Heinesh of  
DatingAdvice.com

For thousands of years, women have sought to love and to be loved. Yet we have no greater answer to the age-old question “What is love?” than when we started. There have been many poems, books, songs and plays written about love, but no one has yet to truly capture its essence.

Even the world’s greatest philosophers have pondered the notion of love but have been unable to analyze its implications. I would venture to say there are as many definitions of love as there are people. After all, love is in the eye of the beholder.

Here are seven simple signs to look for so you’ll know what love looks like when it shows up and makes your heart skip a beat. You might be in love if...

### **1. You're thinking about him 24/7.**

When you're in love with a man, he haunts you like the boogeyman. He lurks in the shadows of your mind and overpowers every independent thought you can muster. If he's all you think about, you've got it bad, girl.

**Related:** [Date Idea – Find Romance in a City of Love](#)

### **2. You're talking about him 24/7.**

When your friends have to stage an intervention because you babble about him incessantly, you're in over your head. You've passed the point of no return – you're love struck.

### **3. Your co-workers notice something is “different.”**

People may say you look younger, you've lost weight or you did something to your hair. When other people detect a radiance emanating from you, they may not be able to pinpoint exactly what's going on, but they know something's changed.

**Related:** [How to Tell If He's 'The One' After One Date](#)

### **4. You catch yourself shopping for him.**

There's something about having a new man in your life that makes you want to fuss over him. I can't tell you how many times I've had to leave a cart full of clothes I wanted to buy for my boyfriend in a department store. Once I realized he might not be ready for me to buy his underoos, I came to my senses.

*“It gets even better once you  
get past the lovey-dovey haze.”*

### **5. You think every love song is being sung to you.**

Oh, how I remember being love struck, singing at the top of my voice in my car to Mariah Carey songs while cruising down the

freeway. There's something about love that makes us say, "La,la,la!"

## **6. The seconds feel like hours when you're apart.**

I truly believe our perception of time gets contorted when we're in love, a theory I believe will eventually be proven through the miracle of science. When you're with the object of your affection, time seems to fly. When he leaves, it's like agony until he returns. Somehow, life just goes at a different rate of speed when you're in love.

## **7. You rearrange your life to accommodate his.**

If he now has a drawer at your place, you're saving your money so you can go to Spain together, and you spend every lunch hour talking to him on the phone, let's just say you've shifted your focus from life as single woman to becoming a "we."

Of course, these rules apply to the new and blossoming relationship, and love takes on a different form as it evolves. Unfortunately, the obsessively wonderful experience of falling in love eventually dissipates and routine usually takes its place.

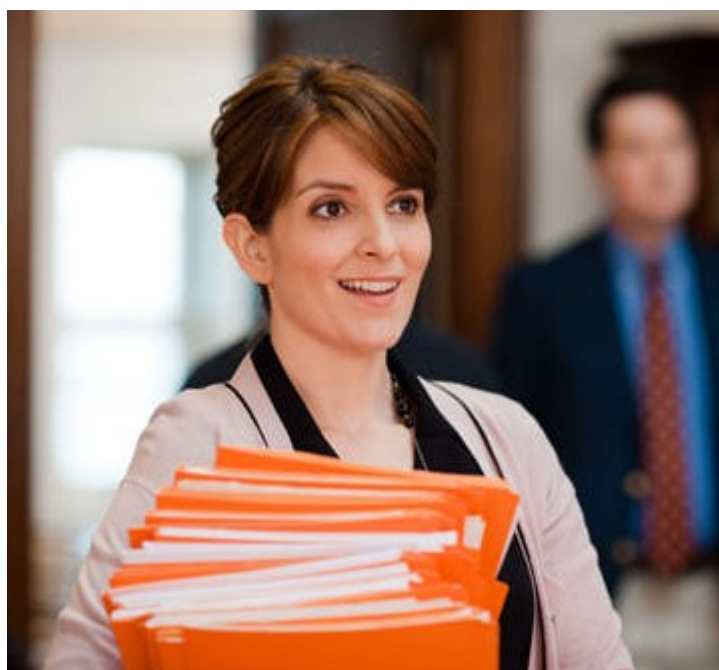
So many women aren't prepared for what happens when newly found romance wears off. We often think the relationship isn't working and begin looking for someone else to rekindle those feelings with.

Take my advice – stick around for the next stage. It gets even better once you get past the lovey-dovey haze and get real.

*Get more dating advice, tips, how-to's and Q&A's for men and women from the experts at [DatingAdvice.com](http://DatingAdvice.com).*

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# Supernatural Love Story, 'Beautiful Creatures' Hits Theaters!



By Meghan Fitzgerald

Richard LaGravenese, Oscar nominee, directs the new supernatural love story, *Beautiful Creatures*. The movie is based off the first novel from the series by Kami Garcia and Margaret Stohl. Ethan Wate (Alden Ehrenreich) is a 17-year old boy in a small Southern town of Gatlin, South Carolina. He constantly has the same dream surrounding a mysterious girl standing in the middle of a Civil War Battlefield. He wants to meet her, however, a lightning bolt erupts and kills Ethan before he can get to her. Ethan is trapped at home with his father, his father still in despair from the death of Ethan's

mother. His town is not up to date with the 21st century. Ethan's way to escape is through books. One day, his life is shaken up when Lena Duchannes, (Alice Englert) comes into town. He is immediately drawn to the mysterious character. It is apparent that being around her is dangerous however, he ignores the thought. Ethan begins to get in over his head.

**Should you see it:** Would we mention a movie you shouldn't see? Of course not! Over here at Cupid's Pulse, we know that the cast, plot, and producer shows how great of a movie this will be! Do you love Edward Cullen and Ron Weasley? Do you enjoy a romance story that will keep you on your seat? If you loved *The Twilight Series*, or any of the *Harry Potter's* you will love this new star-dropping movie!

**Who to take:** Hello girls night! This is the perfect movie to spend your Friday girls night on. Enjoy this new twist of a love story with the people you love most in life. Hitting theaters on Valentines Day, this is also the perfect date movie. Suspenseful enough where you can grab your mate's hand for support, and also romantic enough where you want to share the feeling with your beau. This movie is also for all ages; having something in it for anyone! Definitely a movie to see ladies and gentlemen!

Ethan realizes that Lena has super powers which puts himself in danger with his life and the town. Ethan discovers that Lena is a Casper, with supernatural powers she is not capable of controlling. Their romance is threatened by Lena's dark past and her upcoming sixteenth birthday. A life changing event called The Claiming, deciding her fate: Light or Dark. The trailer shows the deep southern love between characters, Lena and Ethan. Florence and the Machine directs the flow of events throughout the trailer. It is obvious of the strong magical power throughout the movie. There is a difference between the Light and the Dark which is prominent in the trailer. The love amongst Ethan and Lena is portrayed in the

trailer, even with outside forces attempting to pry them apart.

## **When should you undergo a change for love?**

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

Experiencing love in life is a revolutionary event. Your life twists and turns by love, making you a better person in the end. In each relationship your encounter, you will change a little bit each time. Whether it be substantial or not, you will change. When you change, and why you change is the challenging part of love. You do not want to change everything about yourself, however, there will be minute things which you might change. Changing yourself for love is hard, determining how much to change is harder. Cupid has some advice:

**1. "The one":** In your life, you shall find "the one." Finding "the one" in life is not easy, you have to rummage your way through the bad ones to find your love. When you do find the one person who you can not live without, you may have to change some things. Not saying that you need to change your entire self however, if they are worth it; it is acceptable to change a little.

**2. Compromise:** Relationships require full attention and communication with two people. It is inevitable that you and your partner will not agree on everything. To make the love stronger, it is sometimes necessary to change using compromise. If you don't like monster truck rallies and your beau does? Make a slight compromise and attend a couple events. Do you think your partner really loves your parents? Or the other way around? When you love someone, it is okay to compromise.

**3. Change is beneficial:** Change makes you smarter, it makes you more flexible, it makes you realize that anything is possible. Change is not only beneficial to you however, it is

beneficial to your mate. Change helps you go with the flow, helps you float along with your relationship and make the love come easier.

Have you ever changed from love? Explain below!

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## Angela Kinsey Says Her Love Life Is 'Like Dating in the Renaissance'



By Meghan Fitzgerald

41-year old *Office Star*, Angela Kinsey spent her Valentine's Day with her 4-year old daughter, Isabel. Kinsey told [People](#), "My daughter and I are going to make our own Valentines! We've got stickers, markers. I love going to



Target and hitting the arts and crafts aisle.” Kinsey talked to *The Celebrity Cafe* about co-parenting, and she insists that both she and her ex really have respect for one another. Kinsey is grateful for her relationship with ex-husband, Warren Lieberstein.

## **What are some ways to take things slow after your divorce?**

### **Cupid’s Advice:**

After a divorce, your emotions are all over the place. Jumping into another relationship may seem like a great idea or something which will never happen. There are many ways to take things slow after your divorce. Cupid has some advice:

**1. Dating:** You will most likely have two opinions on dating after a divorce. You either want to delve into a relationship again and attempt to find love. Or you want to crawl up in your bed, and never leave. With dating after a divorce, you need to make sure that you take things slow. You need to completely know what you want in your dating life before you jump right in to it.

**2. Know what you want:** With your emotions everywhere, knowing what you want in life is challenging. You absolutely should not dye your hair a “cool” color and get your nose pierced. Look through the haze of the divorce and realize exactly what you want. This will be hard to do however, you need to make sure you know what you want before you act on it.

**3. Take time for yourself:** After a divorce, you need to spend time with yourself. You need to realize that the one person who will always love you, is yourself. Spending time with yourself can clarify problems in your life which need to be solved. You can rethink your divorce and your past relationship as much as you’d like with yourself. Take bubble baths, drink wine, write down your feelings, exercise, and eat healthy. Do things for you.

Did you take things slow after your divorce? Explain below!

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## 'Bachelor' Star Tierra LiCausi Is Engaged (not to Sean) !



By Meghan Fitzgerald

Drama starter on this seasons' *The Bachelor*, Tierra LiCausi, has announced that she is engaged ... but not to the blonde hunk of a *Bachelor*, Sean Lowe. The world discovered her engagement by a picture posted of LiCausi sporting a very very large diamond engagement ring. [People](#) reports, "The couple's relationship was rekindled the same day that Tierra's TV love interest, Sean Lowe, sent her home." LiCausi's brother talked

to [WetPaint](#), stating that her soon-to-be hubby is “...someone she had been seeing before the show. They’ve known each other three or four years and have been dating most of that time.”

## **How do you know when to rekindle a past romance?**

### **Cupid’s Advice:**

Rekindling a past romance takes a certain skill. When you should do it, if you should do it are too important questions. Is it really worth it? Do you want to put yourself out there again? There are many reasons telling you to get back with your ex. Cupid has some advice:

**1. They’ve changed:** For most people, second chances are given to others who think they are worth it. There was a reason you and your [ex](#)-mate broke up. Whether it was your fault or theirs, change is an option. If you thoroughly believe that your ex-beau has changed, you may want to rekindle the romance. Only rekindle the romance if you completely believe that your ex has changed for the better. If you have any hesitation to whether or not they have, do not go for it.

**2. Soul mates:** The stories are all out there, the constant stories about soul mates. True love is said to be out there for everyone. The quest for this true love can leave you with a broken heart and many tears. Although the journey is challenging, it will be worth it in the end. This being said, if you believe that your ex is the love of your life and your complete and utter soul mate, rekindle the romance. Go for it!

**3. “I know you”:** With an ex, they know almost every single little thing about you. What you like, what you don’t like, the names of all your relatives, who loses it at Christmas dinner, what you’re allergic to, and the list goes on and on. Do not rekindle the romance with you ex-beau if you solely want someone who “knows you.” If the following two apply, and this third one happens to slide in there, drop all of your

stuff and rekindle your past romance!

Have you ever rekindled a past romance? Share your experience below.

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# Mila Kunis Says: 'I Love Being Single'



By Meghan Fitzgerald

Here here ladies and gentlemen! Wide-eyed beauty, Mila Kunis loves being single! [UsMagazine.com](http://UsMagazine.com) reports that she was single for four years, and those years in which she was single were some of the best times in her life. [E! Online](http://E!Online.com) states that Kunis has found her match, Ashton Kutcher. The couple have known each other since Kunis was 14. Having starred together

in *That's 70 Show*, both Kutcher and Kunis know one another well. They have kept their romance low key, but Kunis spills some details in the new edition of *Allure*.

## **What are some perks to being single?**

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

Mila Kunis knows ... being single is awesome! There are perks to being in a relationship also however, there are way more perks to being single. From the grotesque, not having to shower, not having to wash your sheets. You can explore all the "what ifs" you weren't able to touch on when you were on a relationship. You never have to share blankets, the remote control is all yours, and guiltless flirting! The perks seem endless, Cupid has some more:

**1. Wild nights:** Not having to tell your partner where you are going at two in the morning is a glorious thing. When you are single, no one is going to care if you run up and down the subway with no shirt on screaming *The Lion King*. Rather, all your single friends will encourage such behavior for an evening you will never forget. It is great being able to go out and not worry about saying or doing something wrong. You are your own person, and can do whatever you'd please.

**2. Guiltless flirting:** Flirting with that cute guy at Starbucks. Flirting with the hottie running way past you on the treadmill. Flirting with the poet at the poetry slam on Thursday nights. There are honestly so many worthy guys to flirt with, you might go crazy. The perks of being single, is you can go crazy! Flirt with as many and as different guys as you can. Not only will your confidence increase, but so will your stories.

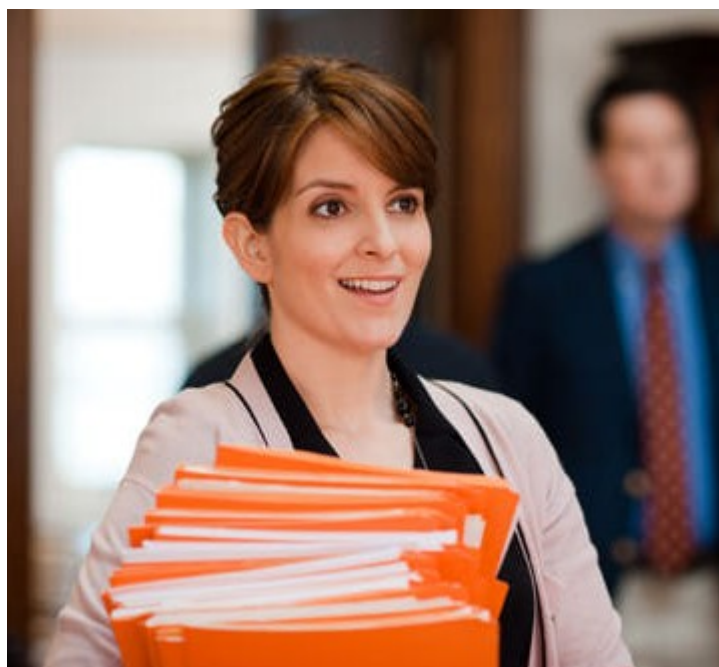
**3. Privacy:** You can pee with the door closed! Being in a relationship is all about knowing your mate inside and out. Although this may be great at times, it is nice to be by

yourself for once. Not have to hear snoring on the back of your neck. Having a room all to yourself. Being able to be you in private!

What do you consider perks of being single? Explain below!

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## VDay Heartbreak: 'The Bachelor' Sean Lowe Opens Up About His Feelings for Tierra



By Meghan Fitzgerald

Sean Lowe, otherwise known now as [The Bachelor](#), has gone through as much tears and drama this season as any man should ... especially with Tierra. According to [People](#), Lowe blogged about his relationships with the girls. He had three one-on-

one dates with AshLee, Tierra, and Lesley. [The Examiner](#) reports that Lowe's date with Tierra made him realize that she may not be the girl for him. He described how she comes with drama, a lot of drama. At the end of the day, Tierra told Lowe that she was falling in love with him. Lowe hoped that they could be drama-free.

**What do you do if your friends don't like your new partner?**

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

Having your friends disapprove of your partner absolutely sucks. As much as you can say what you and your mate have is great and it is "only you two," it's not. Your close friends are your second family, and not having them there for your relationship does not help. This will inevitably happen once in your life, and Cupid has some advice:

**1. Listen:** Although you may not believe anyone could dislike your partner, it is a possibility. When your friends confront you and tell you they do not like your new mate, do not freak out! Even though this may be your first impulse and reaction, take a deep breath. This will not be solved whatsoever if you blow your top and yell at your best friend. The easiest thing to do in this scenario, is to listen. Listen to what your friend, or friends, have to say. Take their comments and concerns in, and go from there.

**2. Know your feelings:** Depending on the person you are, it may be very important that your friends like your partner. Be aware of your feelings with your new beau. Is it worth it to possibly lose your closest friends for this boy? Make sure you are certain of how you feel about the new fella. You don't want to vow "he is the best" and then go back to your friends crying when he hurts you, but have no friends left.

**3. Stay strong:** This time will be challenging for you. You are delving into a new relationship in which your best friends



don't agree with. No matter why they dislike him, it will hurt. You will immediately think that your friends don't wish for you to be happy. That they don't want you to be in a relationship, and find the love of your life. Push these thoughts aside as you deal with your friends and your new partner. Keep your chin high and stay strong.

**Have your friends ever disliked your partner? Explain below.**

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## John Mayer Thinks His Relationship with Katy Perry Is 'Very Human'



By Jessica Conigliaro

John Mayer is well known for getting involved in high profile



relationships—so often that we are left wondering how meaningful these celebrity women are to him. Mayer recently started dating pop singer Katy Perry; his feelings seem to be more believable this time around, according to [People](#). Mayer said, “I don’t feel like I’m in a celebrity relationship...for me it feels like something that’s very human.” When a relationship feels right, the topic of tying the knot tends to come up; when asked if he would ever get married, Mayer responded, “Of course!”

## **How do you know if your relationship is “real”?**

### **Cupid’s Advice:**

As any new relationship develops, you begin to realize your true feelings towards one another. Being fully committed to someone definitely comes with challenges—but is even more rewarding when you find the right person—Cupid offers some advice on how to know if you are in a genuine relationship that offers future potential:

**1. You feel comfortable with them:** You’re out to dinner with your boyfriend when all of a sudden you realize there’s food all over your face—and we’ve all been there. Early in the relationship, an incident like this may leave you embarrassed; after a while however, little things like that shouldn’t bother you anymore. Being comfortable around your partner is the beginning foundations of a healthy and serious connection. See if they accept you for who you are—annoying quirks included—The right person will love everything about you and will encourage you to be comfortable around them at all times.

**2. He’s your best friend:** You should be able to talk to your boyfriend about anything and be excited to do so. For instance, you get a promotion at work and run home to tell your boyfriend. Take that as a good sign: you’re in a strong relationship that is important to both of you. Your partner should want to know how your day was and seems to care if it

was good or not. He should be concerned when you are upset and will do anything to uplift your mood.

**3. Their family becomes yours:** After talking about you for weeks, your boyfriend's family is dying to meet you. It's normal to feel a little nervous at first, fearing they will disapprove. Soon enough, you will be spending so much time together that their home feels like yours. Your partner will start inviting you to spend the holidays with them; this is one way to know he is serious about you. Get to know his family—they might become yours one day.

**How did you know your relationship was "real"? Share your experiences below.**

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## **New Couple: Adam Brody and Leighton Meester Are Secretly Dating!**





By Andrea Surujnauth

According to [UsMagazine.com](http://UsMagazine.com), Adam Brody and Leighton Meester have been secretly dating for weeks! Brody, who used to play Seth Cohen on WB's *The O.C.*, costarred in *The Oranges* with Meester. A source told *UsMagazine.com* that the two were close and friendly while on set. The source went on to say that the pair have been hanging out quite a bit since then although they managed to stay out of the public eye. Apparently these love birds even went to Bangkok together. Meester, who is best known for portraying Blair Waldorf in *Gossip Girl* previously dated Aaron Himelstein but the two broke up during the holidays.

**What are some reasons to keep your relationship out of the public eye?**

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

When you're in a relationship you're so happy that you want to yell to everyone that your dating someone amazing. So why do some choose to keep their relationship under wraps? Cupid is here to tell you why staying on the down low may be a good choice...at least at first anyway:

**1. Publicity adds pressure:** When a relationship is new, it

tends to be very delicate. Keeping your relationship under the radar will help avoid strain that being public may bring. Having your relationship out in public is having it open for people to judge every aspect of it. It might be better to make sure that the relationship is strong enough to handle these pressures before letting everyone in on your new found love.

**2. Making sure that it will last:** You don't want to tell everyone about your relationship and then have it end a month later. It can be very embarrassing and depressing when someone asks you about your relationship a few weeks after you make it public and you are forced to admit that it is over. Keeping things quiet about your relationship at first will give you time to make sure you and your new beau are compatible enough to maintain a long term relationship.

**3. Jealousy:** Keeping your new relationship under wraps can help avoid jealousy issues from exs or others. Waiting until you get to know your sweetheart better before opening your relationship up to the world will help to avoid issues from jealous outsiders.

**What are your reasons for keeping your relationship out of the public eye? Comment below and let us know!**

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## **Beyonce Hugs Jay-Z After Super Bowl Halftime Show**





By Meghan Fitzgerald

After Beyonce lead the explosive half time show, she was welcomed backstage into the arms of her beau, Jay-Z. According to [UsMagazine.com](http://UsMagazine.com), her dashing set list physically took the lights away. Technically, a half hour power outage followed her performance at the Superbowl half time show. Tweets are still ringing in on pop queen, Beyonce Knowles' performance, and how down-to-earth the celebrity couple is. [People](http://People.com) reports that Knowles sent her love via a thank-you note to her former band mates, Alicia Keys, and Jennifer Hudson. She expresses how grateful she is to have the opportunity and is looking forward to the future.

**How do you celebrate with your partner after he/she does something noteworthy?**

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

Celebrating is fun! Who doesn't want to celebrate for things they accomplished in their life? You should be able to let loose and have a great time after you went through hard work. Here's how to show your partner a good time:

**1. Night on the town:** Your partner just got a new promotion, what do you do? Your partner just hiked Mount Everest, what's

next? Of course these two are special events, and they should be celebrated. Take your mate out on the town with the people they love the most in life, or just yourself! They will appreciate this night you planned and will also be less stressed. A night on the town is sure to be a big celebration for your partner.

**2. Flowers:** People say they don't enjoy flowers, but c'mon. Even if you don't actually like flowers, it is the act of kindness your partner went through which means something. Celebration can commence through flowers, chocolate also tags into this. It shows how proud you are of your beau and how much you love them.

**3. Praise:** Tell your partner how incredible they are when they accomplish something spectacular. Tell your mate how special they are to you, how talented they are, and how much you care for them and their hard work.

**How do you celebrate with your partner? Explain below!**

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## **Channing Tatum Says Wife Jenna's Pregnancy is 'One of the Sexiest Things Ever'**





By Meghan Fitzgerald

Channing Tatum, the talented and sexy 33-year-old told [E! Online](#) how his wife, Jenna Dewan's pregnancy is the "sexiest thing ever." Tatum spoke out at a New Orleans bar, 'Saints and Sinners' during Super Bowl weekend. According to [UsMagazine.com](#), Tatum mentioned how his spouse, "Never really ate sweets before, but she loves sweets now." He continues to say, "She loves chocolate and that whole thing, but nothing really out of the ordinary, nothing like pickles and icing, nothing weird."

**What are some ways to make your pregnant partner feel beautiful?**

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

Being pregnant is not always alluring, the swollen feet, the added weight, the constant cravings, and common insecurities. It is a partners' duty to make their wife still feel beautiful even if she doesn't believe it. You should make sure your beau is aware that they have changed slightly but they are still the same beautiful person:

**1. Romantic evenings:** When you're pregnant, you will not go out as much as you used to. You get tired easily, and also,



you need sleep to stay healthy. To make your mate feel beautiful, plan a romantic evening at home. Prepare candles, rose petals, her favorite meal, smooth jazz, a bottle of nice wine, and later make a bubble bath. Surprising your spouse with this evening will make her feel special and loved. She will know just how beautiful she really is.

**2. Tell her she's sexy:** Words show feelings. Telling your beau how sexy you think they are will make your pregnant partner realize that they are something special. Tell her how incredible you think she is and how they are sexier now than ever before.

**3. Comfort:** Pregnant tend to have a lot of stress not only on their shoulders, but also their feet. With this being said, they sometimes need to wind down and relax. Give your beau a back or body massage, make them a cup of tea, rub their feet. Prop them up on the couch and put their favorite movie on. Make them feel as comfortable as problem as you both go on this experience together.

**Have you helped your pregnant partner feel beautiful? Explain below!**

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## **Nicholas Sparks' 'Safe Haven' Soon to Be In Theaters!**







By Meghan Fitzgerald

Once you hear the name Nicholas Sparks, you're automatically in, right? *Dear John*, *The Last Song*, *Nights in Rodanthe*, *The Notebook*; who wouldn't be thrilled for yet again another phenomenal love story on screen? In Sparks' new movie *Safe Haven*, the hunky Josh Duhamel stars alongside the beautiful Julianne Hough in a love story. Katie (Hough), moves into a small town in North Carolina, Southport, looking to run away from her past and start over. Katie's mysterious and sudden arrival is noticed by many, especially widowed store owner, Alex (Duhamel). As much as Hough tries to distance herself from people, she begins to set roots down in the town, particularly with Alex and his two children. As Katie begins to fall in love with Alex, her past begins spiraling into her life, leaving her terrified and struggling to feel safe. She knows she must make a decision: a life full of safety and minimum troubles, or a life slightly more dangerous, but full of love? Fellas, include this in your perfect Valentines Day plans, as the movie comes out on February 14th.

**Should you see it:** Guys, it's Nicholas Sparks! Of course you should see it, there should be no hesitation on whether or not you will be seeing this movie. Josh Duhamel! Just his name makes womens' insides melt, let alone his face and body in its

entirety on screen! *Safe Haven* even has a guest appearance from the one and only, Cobie Smulders! With this cast, the movie will be incredible!

**Who to take:** This movie comes out on Valentines Day, it will definitely be a tear-jerker. Since *Safe Haven* comes out on Valentines Day, your options on who to take are vast. No Valentine this year? Don't worry about it, gather together a group of other single ladies and go out with each other. Have a Valentine this year? Buy two tickets, one popcorn, snuggle up together in the comfy movie chairs, shed a few tears, and laugh together.

In the trailer, we see how incredible both Duhamel and Hough are as actors, and also how compatible they are together. It is pretty clear of the chemistry amongst the two costars. You can star into their eyes and know that they are destined to play alongside each other. Nicholas Sparks has a way of connecting his characters through his text and director, Lasse Hallstrom has carried this through. The trailer shows the intensity of their love in the movie, the way Katie looks at Alex when he's around his kids. You can see their love, the chaos of Katie's life, how frightened she is, all in the rapid scenes of fire, running, kissing, and passion. This movie is a must see for all ages and all genders!

**When should you risk your life for love?**

**Cupid's Advice:**

Love is an aspect of life most people strive for. Determining what you should sacrifice or drop for love is a hard line to discover. Of course with every relationship, you have to put yourself out there. You need to open up, accept the fact that your partner wants to fully love you, you simply need to open up. Having a haunted past can affect how you react with risking your life with love. Similar to Katie (Hough) in *Safe Haven*, risking your life for love is sometimes necessary.

Cupid has some advice:

**1. You need to move on:** Having a rough breakup, or a past relationship where you were frightened and not comfortable, can make going into a new relationship challenging. Fortunately for these people, there are better men out there! If you are scared to start dating another person because of your ex, you need to move on darling. There are other people out there who are going to treat you better than the last did, you just have to let them break down your walls.

**2. You have found 'the one':** So many people discuss about 'the one,' and when you've found 'the one,' nothing else in life matters. This may be true, if you do nothing but think about the love of your life, if all you want to do is be around them, and know they're 'the one'; risk it. Why would you want to lose your other life because you may be scared to open up, or let go of your past. If he is 'the one,' don't think about it twice, go for it.

**3. You want danger:** Some women tend to stick themselves in a safety net, putting their life tucked safely away. This is only good for a person for so long, it is not healthy to always know what is going to happen because you won't allow anything else. If you're in a rut, spending all your time with your Netflix account, be dangerous. Risk yourself for love, we promise it's worth it.

**Have you ever risked your life for love? Explain below!**

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# **Anne Hathaway Says She Met A**

# Lot of 'Bad Ones' Before Her Husband



By Meghan Fitzgerald

Even the beautiful and talented Anne Hathaway has gone through 'bad ones.' The actress who recently won an award for *Les Misérables*, talked about her engagement ring with hubby Adam Shulman. [People](#) states that Hathaway had to go through some 'bad ones' to find the love of her life, Shulman. According to *ICYDK*, she insists on being matchmaker now so she can spread the love to everyone.

**What are some qualities that qualify your current fling as a 'bad one'?**

**Cupid's Advice:**

It is hard to determine whether or not your current fling is the right one or not. In life, unfortunately, you must go

through a lot of 'bad ones' to discover who you are meant to be with. Although this may not be easy to deal with, once you find 'the one,' it is all worth it. Cupid has some advice:

**1. Treats you and your friends disrespectfully:** A big aspect of a relationship or current fling is if your partner treats you right. It is also essential for your significant other to treat your friends right. Who wants to be with someone who treats you like garbage? You need to find another person who treats you like you walk on water, someone who looks forward to hanging out with your friends. You know your current partner is a 'bad one' if they are nothing but disrespectful to you.

**2. Uses you for what you want:** Who wants to be in a relationship where the other person uses you? The answer to that is absolutely no one. It is challenging to know if your current fling will end with an empty wallet or a new guest in your home. However, if your partner consistently crashes at your place because he doesn't have a home, ditch him. If your partner uses you for food, leave him. They are a 'bad one' if they use you.

**3. Cheats on you:** Unfortunately, if your partner cheats on you...it's over. Pack up your stuff and leave immediately, it is as simple as that.

**Is your current fling a 'bad one'? Explain below!**

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## **5 Celebrities Who Don't Know**

# How to Date



By Courtney Allen

Some of the hottest celebrities in today's world find their soul mates on the Hollywood forefront. Couples from the likes of Brad Pitt and Angelina Jolie and Justin Bieber and Selena Gomez are deemed "the lucky ones" in just a handful of celebs who have hit the jackpot on love. But for others, dating is nothing more than a love taboo. After endless relationships, dates, splits, and shots at love, these five just can't seem to settle down with the right one:

**1. Taylor Swift:** If there's one thing Taylor Swift is known for, it's her willingness to share her heart-wrenching and disastrous relationships with the entire world. This seems to be one of the many reasons why this flawless Cinderella can't find a Prince Charming to last forever. Swift has dated a series of celebrities ranging from John Mayer to Jake Gyllenhaal and she has the songs to prove it. The musical

genius even confessed her dating troubles, telling *British Cosmopolitan*, "I don't know how to make relationships last." Swift may not be able to make them last just yet, but practice makes perfect. The gorgeous musician recently split from One Direction's Harry Styles.

**Related:** [Celebrities With Too Much PDA](#)

**2. John Mayer:** Heartthrob John Mayer has a way with musical lyrics, but certainly not with the ladies. The smooth singer and his unfavorable habits were exposed with release of Taylor Swift's "Dear John," in which she calls Mr. Mayer out for a number of wrong-doings during their rocky relationship. The song called fans to speculate the 35-year old brown-eyed boy's past relationships, which includes celebs like Jennifer Anniston, to see if he was a repeat offender of breaking hearts. It's clear Mayer was nothing less than a heartbreaker for Swift. Let's just hope Mayer takes better care of alleged new girlfriend, Katy Perry.

**3. Emily Maynard:** Both *The Bachelorette's* and *The Bachelor's* Emily Maynard has been in the center of love's battlefield for the past two years. This sweetheart momma has been engaged twice since both shows have ended and still remains single. Her relationship status leaves us wondering exactly how this tan, blonde bombshell's fairy-tale like relationships take a turn for the worst so quickly. Not only are her engagements called off, but they end rather messy with ex-fiancée Brad Womack's insults and Jef Holms' digs on Twitter. Seems like the last thing Miss Maynard needs is for her next few dating experiences to be televised for millions to see.

**Related:** [Celebrities Who Are Better Off Alone](#)

**4. Joe Jonas:** One-third of the Jonas' Brothers, Joe Jonas, has had his fair share of dating experiences amongst some of the youngest and hottest Hollywood starlets. His flings include powerhouse singer and actress Demi Lovato, *Twilight* star

Ashley Greene, and even girl next door, Taylor Swift. It is said that Miss Swift's "Forever and Always" is all about the boy band's lead singer, but Swift wasn't as forward in revealing who ripped her heart to shreds in this tune. Not much is said about the musician when it comes to dating, but it seems like he has some trouble keeping a girl around for good.

**5. Flavor Flav:** It's hard to forget Flavor Flav as he was once the face of VHL for his popular reality television show *Flavor of Love*. The ex-rapper searched for three long seasons for a woman to call his own, with at least twenty five girls to hand-pick for himself, and still ended up with nothing. Flavor Flav did eventually find what he was looking for, but none of the girls from his show proved worthy. Even so, we can't help but think the long chain-wearing goofball has trouble dating after several failed opportunities placed directly in front of him.

**Which celebrities do you think have the most trouble dating? Share your thoughts with us!**

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# Find Out How Miley Cyrus Ranks Husband-to-Be Liam Hemsworth







By Jessica Conigliaro

Miley Cyrus holds her relationship with fiancé Liam Hemsworth very close to her heart. She has found the person she wants to spend the rest of her life with, and is now happier than ever. [People](#) reports her saying, “Number one is my relationship with Liam. That’s what I feel the most confident in.”

**What are some signs that your partner is “the one”?**

### **Cupids Advice:**

In order for a relationship to last, you need to fully understand the person you are with and what their expectations are. Knowing you have met the right person can be tricky to figure out. Here are some things to pay attention to when deciding if you found the person for you:

**1. You deal with conflict well:** Arguments in relationships are unavoidable. How you act toward each other during disputes can give out signs to you, either good or bad; if you are expressing how you feel without being purposely disrespectful to your partner, the relationship is in good standing. Apologizing during arguments when stepping out of line, and learning from every fight can strengthen your connection with one another. However, if you and your significant other pick

fight in order to hurt each other's feelings, this could mean that things aren't going so well.

**2. Similar life goals:** It is important to want the same things out of life as your partner does. For instance, if you want to get married and have kids one day, and the person your dating hates kids, you probably have not found the person for you. Choose to be with someone who has aspirations that match your own. This will give you a better shot at getting the lifestyle you have always dreamed of (with the right person to share it with).

**3. Know what makes them happy:** When you get upset, you should be able to rely on your partner to make you feel better. If they know just what to say or do to uplift your mood, you have met someone who should stick around in your life. In return, you should be able to make them feel better as well. If either of you struggles to cheer one another up, you might not have found your perfect match. Find someone who understands what you want and need.

When did you realize you found "the one?" Share your thoughts below.

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## **'Biggest Loser' Stars Stephanie Anderson and Sam Poueu Are Expecting**





By Meghan Fitzgerald

Stephanie Anderson and Sam Poueu, *Biggest Loser* alums, recently discovered that they are expecting a child in July! After nine months of marriage, they are ready to start a family. According to [UsMagazine.com](http://UsMagazine.com), Poueu fell 54 feet from a fire escape in September of 2011. *Reality TV World* reports that Anderson nursed Poueu back to health and couldn't be more in love than they are now.

**What are some ways you can stay healthy as a family?**

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

Staying healthy as a family is key for communication and an eternal bond. It is not always easy to mold your family into one all-knowing machine however, so Cupid has some advice:

**1. Family meetings:** Every Sunday at the dinner table is perfect for family meetings. In these family meetings, it is essential to talk about upcoming events, discuss any controversies, talk about problems. Getting out all your feelings at the dinner table is sometimes stressful because you're all together however, in the end you'll realize how much your family means to you and how much you love them.

**2. Exercise:** Family exercise is great. You get to work out with your favorite siblings, or your favorite parent. You get to bond with them by using your endurance and soldiering on together. Also, exercising with your family gives you motivation to do better than them. It gives you a little push to go a step higher and succeed more!

**3. Fruits and vegetables:** Healthy foods assist in maintaining a healthy family. It is necessary to fuel your body with nutrients and vitamins so your emotions don't flare, so you don't get sick, so you stay healthy. Fruits and vegetables all-around are perfect for a healthy family.

**Do you maintain a healthy family? Share below!**

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## **Michelle Kwan Says She 'Shed So Many Tears' On her Wedding Day**





By Meghan Fitzgerald

Michelle Kwan walked down the aisle dressed head to toe in a flowing ivory Vera Wang dress, approaching the love of her life, Clay Pell. Most brides express emotions on their wedding day, however, and according to [People](#), Kwan shed “so many tears.” With all of her closest friends and family, Kwan was hit with emotions like a hurricane. The [Providence Journal](#) reported that after the ceremony, family and friends gathered together with sparklers as the new couple walked out of the church.

**How do you support your nervous bride on your wedding day?**

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

Cold feet on a wedding day is a common. Brides and grooms tend to bunch up their emotions and have a mini breakdown. The great thing here is that family and friends are willing to help with ‘said’ wedding-jitters. Here are some other ways to subdue the jitters:

**1. Glass of wine:** Sit your bride down and give her a glass of wine. If the bride asks for another glass, be careful. You don’t want a burgundy colored dress, or a drunk bride stumbling down the aisle.

**2. Wedding playlist:** Organize a playlist with the bride's favorite songs. Include some mellow classic jazz, such as Louis Armstrong or Duke Ellington. You should include a few upbeat songs, too, so the [bride](#) gets excited for her wedding. Make her feel comfortable with the sounds of music.

**3. Pep talk:** Gather up your best pep-talker in the group. The person who can cheer up anyone's day, or the person who always knows what to say is your best choice. Inform this person about the bride's jitters and send them in there to shut them down! Make sure the pep-er explains to the bride how much the groom loves her, and how much her family and friends [love](#) her. Apply pep talk, and gather rewards!

**Have you supported a nervous bride on her wedding day? Share your experiences below.**

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## Notre Dame Star Manti Te'o's Real Ex-Girlfriend Speaks Out





By Meghan Fitzgerald

The Manti Te'o [girlfriend](#) hoax story has been constantly in the news since [Deadspin](#) released the first article reporting the entire [relationship](#) was bologna. Te'o's ex-girlfriend Alexandra del Pilar is a Junior at a Notre Dame sister school who says nothing but kind words about Te'o. According to [People](#), she states that he is kind and gentle, and loved Lennay Kekua. When Te'o called Pilar to tell the [truth](#) about the hoax, she couldn't believe it. She still believes that he had nothing to do with the 'catfishing' scenario and genuinely loved Kekua.

**What are some ways to stand up for your partner in the face of controversy?**

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

There will always come a time when your partner will be in trouble and it is necessary for you to stand up for them no matter the circumstance. In the face of controversy, it is challenging to know what steps to take. Fortunately, once you love someone, you will do anything possible to help them out. Here are some ways to stand up for your partner:

**1. Tell the truth:** Telling lies in the midst of controversy is



never a great idea. When you are standing up for your partner, simply tell the truth. Even if the truth isn't flattering for your [partner](#) , it is essential that you speak wisely and honestly. People will respect that you told the truth; even if it's in the face of controversy, it's honest.

**2. Express love:** *The Beatles* said "All you Need is Love," which is entirely true! By expressing your love for your partner, you are showing the world that even though they may express deviant behavior, you will always be on their side. This is also key for your partner, as they will know how much you truly [love](#) them.

**3. Fight on:** When your partner is facing an issue, it is best to put on your suit of armor and fight on. There will be a lot thrown at you that you will not like, but you have to realize that you and your partner will inevitably get through this speed bump in your [relationship](#).

**Have you ever stood up for your partner in the face of controversy? Share below!**