

Cate Edwards Marries College Sweetheart



Cate Edwards, daughter of former Democratic presidential candidate John Edwards, married her college sweetheart, Trevor Upham in a North Carolina ceremony on Saturday. With the recent passing of her mother just ten months prior, Cate made sure to add small touches in remembrance of not only her mother, but her late brother and Trevor's deceased grandparents. A candle arrangement was lit in memory of the family members, and a Maya Angelou poem was read during the ceremony. "We just want this to be really happy and really joyous and that's what my mother would want," Edwards gushed to [People](#). The reception was held at the Edwards' estate ending an amazing day immersed in the spirit of family.

How do you include a deceased family member in your wedding?

Cupid's Advice:

Subtle touches of deceased loved ones infused in your wedding are sure to keep them in everyone's memory. Remember that they would want you to be happy, so keep the atmosphere positive:

1. Light a candle : Lighting a candle in honor of those who have passed is a simple yet touching way to keep them in your memory during the ceremony.

2. Favorite song: If you shared a favorite tune with those who passed, playing it at the reception is a good way to honor them.

3. Something old: For your "something old," tying something from your loved one into your attire is a great way to include them in your wedding. A piece of jewelry or clothing is easy to incorporate into your dress.

How do you include a deceased family member in your wedding? Tell us your story below.

Former 'Bachelorette' DeAnna Pappas Ties the Knot





DeAnna Pappas and

Stephen Stagliano have officially tied the knot! Stagliano, a high school teacher, who met *The Bachelorette* season 4 star at the 2009 party for *The Bachelorette: The Men Tell All* special, wed in the Serenbe community of Palmetto, GA, on Saturday. "We're so ecstatic to be husband and wife and we're thrilled to be sharing this day with all our family and friends," the couple told UsMagazine.com. Although Pappas ended up with Jesse Csincsak after her season of the hit reality show, it didn't end up working out and the duo broke off their engagement.

How do you keep hope for marriage alive after a split?

Cupid's Advice:

After a split, it's tough to move on, and you may think that you'll ever find, or even wed, "The One". Here are some ways to keep hope for marriage alive after a split:

- 1. Meet new people:** After you're done healing from the break-up, go out and meet new people. Otherwise, you'll never find the right person.
- 2. Think positive:** Avoiding thinking negative thoughts about

the opposite sex and figure out what you're searching for in a future spouse.

3. Behavior changes: Once you know what you want in a marriage, find someone who is compatible with you. Don't settle until you do.

Do you know other ways to keep hope for marriage alive after a split? Share your thoughts below.

Demi Moore Hits the Red Carpet Alone, But With Wedding Ring



So far, both Demi

Moore and Ashton Kutcher have kept quiet about their supposed marital woes, despite being constantly hounded by the tabloids. Although reports have recently surfaced that Kutcher cheated on Moore on their sixth wedding anniversary, the actress was still spotted on the red carpet with her wedding ring firmly in place. [E! Online](#) reports that Moore was not hurting for male companionship though, as she was surrounded by men at the NYC premiere of her latest film, *Margin Call*.

Although men including Simon Baker, Paul Bettany, Penn Badgley and Zachary Quinto shared the red carpet with Moore, the actress did choose to attend the premiere without a very obvious date.

What are some ways to keep your marital woes from prying eyes?

Cupid's Advice:

Every marriage has its issues, but it's how you handle them that counts. Cupid has some ways to keep your problems from curious outsiders:

- 1. Discuss in private:** Although you may have the urge to talk to you partner about an issue you're having immediately, do all that you can to keep it inside until the timing is right to discuss it ... which is when you're not in public.
- 2. Don't spill to friends:** When you're angry with your mate, it can be tempting to run to your friends to complain. This will only serve to make things worse. Make sure to confront your significant other before confiding in your pals.
- 3. Interact in public minimally:** If the problems in your marriage are big, it's probably best to stay out of the public eye together. The temptation to fight despite the fact that you're in front of people can sometimes be too great when your issues are major. Practice some independence from each other during this time.

What are other ways to keep your problems from your peers?
Share your thoughts below.

Amy Smart and Carter Oosterhouse's Wedding Was Eco-Friendly



It stands to reason that Amy Smart and Carter Oosterhouse would have the ultimate green wedding, as the pair initially met on a project they did for the Environmental Media Awards. “We got assigned to adopt a school garden together,” said Smart at the 2011 EMA’s in Burbank, Calif. “We met, and we were both in relationships, so we just remained friends. And then we both

got out of relationships around the same time, a year ago this summer. And then a year later we got married.” At their wedding last month, Smart and Oosterhouse saw to it that only one bag of trash was generated for 200 people, according to [People](#). Now, that’s impressive!

Cupid’s Advice:

What are some ways to keep your wedding green?

There’s no doubt that having a lot of people in one place can generate a lot of waste. Weddings are one of those occasions where masses of people get together to celebrate. Here are some ways to keep your wedding eco-friendly:

- 1. Use recycled and re-purposed decorations:** Instead of investing in brand new decorations you’ll never use again (and will most likely throw away), either use decorations you’ve utilized at past occasions or buy decorations made out of recycled materials.
- 2. Send out electronic invitations:** You waste a lot of precious materials by sending out paper invitations, and they’re almost always thrown out after the fact. Send out e-mail notifications instead.
- 3. Cut down on trash:** Follow in Amy Smart and Carter Oosterhouse’s steps and cut down on waste you produce at your ceremony and reception. Use plates, glasses and silverware that can be washed and used again. Request that your guests don’t wrap your gifts. Say “no” to paper or plastic decorations that will simply be tossed after your big day is over.

What are some other ways to have a green wedding? Share your ideas below.

Buddy Valastro and Wife Renew Wedding Vows After 10 Years



Cake Boss star Buddy Valastro decided to take a different approach to the typical wedding renewal ceremony. The Jersey baker and his wife, Lisa Valastro, celebrated their 10 year wedding anniversary aboard a Disney Cruise ship in the tropics. The second wedding took place on October 15th with the couple surrounded by all of their closest family and friends. Valastro tells [People](#) that he wanted to include his four children in the proposal. He had them come into his Hoboken shop and make cupcakes spelling out "Marry Us." "It was pretty cool," he said. "The kids were on their knees and I was, too. My wife deserves it."

Where are some “out of the box” locations to have a renewal ceremony?

Cupid's Advice:

Wedding renewal ceremonies can be done in new and exciting ways these days. Try to choose a venue that would interest not only you and your partner, but also your kids and other family members as well:

1. The zoo: Surrounded by a plethora of animals, the zoo makes a fun and interesting backdrop for a second wedding. It's also fun for children and guests alike to see the different creatures.

2. Las Vegas: Despite what one may think, it is possible to have a an elegant Vegas wedding. Whether intimate or large, the casino atmosphere can be extremely entertaining for a renewal ceremony.

3. Home: It may not seem unique, but what better place is there to renew your vows than the place where you've built your life and family? With a little bit of sprucing up, your home can become the perfect venue to marry your partner again.

What are some unlikely venues you would consider for a renewal ceremony? Let us know below.

Shannen Doherty Gets Married





Beverly Hills, 90210 actress Shannen Doherty married photographer Kurt Iswarienko on Saturday, reports [People](#). Doherty, 40, and Iswarienko, 37, were married on a private hillside estate in Malibu. Doherty has been married twice before, to actor Ashley Hamilton and Paris Hilton sex-tape costar Rick Salomon. “Marriage to me is such a gigantic commitment that it’s not something I’d ever go into lightly anymore,” said the actress in an interview last year. “I’ve learned my lesson.”

How can you increase your chances for a successful marriage?

Cupid’s Advice:

The divorce rate has skyrocketed in recent years, and the percentage of marriages that end in divorce is only increasing as time goes on. Here are a few ways to make sure that you and your partner last:

1. Have similiar goals: Before tying the knot, make sure that you and your partner have similar goals. You may be perfect for each other now, but in 10 years you may not be. Make sure that you both wish for similar things in life.

2. Be forgiving: Everybody makes mistakes, and your partner is no different. Every marriage has its ups and downs, and you will have to be forgiving in order to make the marriage last.

3. Think it through: If you love your partner but are unsure about marriage, it's okay to take the relationship slow. Don't feel pressured into a marriage. Take your time, and be completely confident in your decision before tying the knot.

How do you keep your marriage healthy? Feel free to share your experience in a comment below!

Nikki Reed and Paul McDonald Tie the Knot



Nikki Reed and

Paul McDonald tied the knot at a private ranch in Malibu, Calif. on Sunday. The *Twilight* star and former *American Idol* season 10 contestant 27 told UsMagzine.com, "We couldn't be happier! [We were] surrounded by our family and friends. We're so glad this day has come!" Reed and McDonald first met at the premiere of *Little Red Riding Hood* and after two months of dating, they were engaged in June. McDonald admitted to MTV News that Reed is the perfect girl for him. "She's amazing. She's the perfect girl. We fit each other; when you know, you know, and she's the one."

What are the advantages of a short engagement?

Cupid's Advice:

Some women plan for their wedding from the time they're children to the time they're ready to get married. When the time comes, they typically indulge in at least another year to plan. Here are three reasons why to cut the planning process short:

- 1. Less stressful:** Having less time to focus on minor details, such as favors, the planning process won't be too hectic.
- 2. Less procrastinating:** The more time you have, the more you'll procrastinate. Less time means you'll work harder and faster on making your big day magical.
- 3. Smaller weddings:** Weddings are often small with only close friends and family when you rush to pull your wedding day together, which creates a more intimate affair.

Why do you prefer a short or long engagement? Share your thoughts below.

Paul McCartney Ties the Knot with Nancy Shevell



Singer Paul McCartney has said “I do” for the third time with New York businesswoman Nancy Shevell, according to [People](#). The duo exchanged vows in London over the weekend in an afternoon ceremony. They had been dating since 2007 and were greeted with cheers as they arrived at the Old Marylebone Town Hall, which was closed especially for the event. McCartney joked with the mass of photographers standing by, saying, “What’s going on? What are you all doing here?” Shevell has also been married before and is celebrating her second marriage.

If your partner has been married before, what are some things of which to be cautious?

Cupid’s Advice:

Having been married and divorced once before isn't necessarily a bad thing, but there are certain things you need to consider before entering into a marriage with someone who has experienced a union like this before. Cupid has some advice:

1. Being hasty: If your partner seems in a rush to tie the knot, you may want to put on the brakes for a while and take things slowly. You need to make sure the marriage is going to last before you jump into it.

2. Commitment: Make sure your significant other is completely committed and ready to be in a marriage for the long haul. Let him or her know that divorce is not an easy out in your view.

3. Prior obligations: Be aware of the obligations your potential new spouse has to his or her former partner. If they had kids, then they may have financial responsibilities. Get the facts before you tie the knot.

What are some other things to consider about a previously married partner? Share your ideas below.

Kim Kardashian Says She'll Start Thinking About Having Kids in a Year





Happy newlyweds

Kim Kardashian and Kris Humphries are thinking about having babies in a year, according to [People](#). Kardashian told Ryan Seacrest on his radio show that children are in the couple's future once they settle down in a particular location.

Kardashian says that when Humphries figures out for what team he will be playing, they'll get to working on expanding their family.

What are the benefits of waiting to have kids after you get married?

Cupid's Advice:

Being a newlywed comes with a lot of new responsibilities.

Before adding raising a child to your list, it's important to spend time together as a couple:

1. Getting to know your better half: Everyone takes on a new personality once you live with them. For most newlyweds, living together might be a new step and getting used to your partner's habits will take some time.

2. Save: Waiting on a baby helps the two of you to save for the expense of having children. A lot of couples divorce

because of money, so don't be the statistic.

3. Grow together: Waiting on having a child means that you can both accomplish career goals and other aspirations together before bringing a baby in the mix.

Did you wait to have children? Share your experiences below.

Gene Simmons Marries Longtime Girlfriend Shannon Tweed



After 28 years together, KISS bassist, Gene Simmons, married his girlfriend Shannon Tweed at the Beverly Hills Hotel on Saturday, [People](#) reports. The couple exchanged vows that they wrote themselves in front of 400 guests, which included Hugh Hefner and Bill

Maher. Their wedding will appear in the reality show *Gene Simmons Family Jewels* on Oct. 18.

What are the advantages of writing your own vows for your wedding?

Cupid's Advice:

Writing your own vows can be overwhelming, but there are advantages to it. Here are several reasons why you should write them:

- 1. Express your feelings:** It will give you an opportunity to put a voice to your heart and make promises to your spouse.
- 2. Originality:** When writing your own instead of reciting traditional wedding vows, your friends and family will get a feel for how much you love your partner.
- 3. Behavior changes:** Traditional wedding vows have been heard so many times that the meaning behind them isn't quite there. By reciting original vows, your behavior will convey how much you want to marry your significant other.

Did you or will you write your own wedding vows? Let us know in a comment below.

Ashton Kutcher and Demi Moore Are Silent Following Cheating Allegations



First, Ashton Kutcher was accused of cheating on his wife, Demi Moore, and now there are even more rumors flying around. After spending their anniversary apart, [RadarOnline](#) reports that the two Twitter lovers no longer follow each other on the social networking platform. To make the gossip even juicier, Moore and Kutcher have reportedly been living separately for the last two months. Moore and Kutcher are both keeping silent about the allegations and talks of divorce.

How do you deal with the public backlash when you're having conflict in your relationship?

Cupid's Advice:

When you and your partner are having problems, it can seem like meddling family and friends are worse than the paparazzi.

Here are some ways to go about combating the public:

1. Keep silent: If all you can think to say is mean-spirited,

it's probably best to keep quiet. It's your business, and no one else needs to know what's going on in your relationship.

2. Don't pick a fight: If your better half is going around telling their side of the story, don't address them. Instead, find the people he's been speaking to and tell them your side personally.

3. Take the advice: Sometimes people want to know about your problems just to give you advice. Entertain them, but make your own decisions.

Do you and your partner have your own paparazzi? Share your experiences below.

Jessica Simpson Puts Wedding to Eric Johnson on Hold





Singer gone fashion designer, Jessica Simpson, is in no hurry to walk down the aisle. According to UsMagazine.com, she has decided to postpone her wedding to former footballer Eric Johnson. This delay is due to the fact that Simpson can't seem to decide what kind of a wedding she wants. One minute she'll have her heart set on a big ceremony in Hawaii and the next she wants a small ceremony at home. Though it is rumored that the wedding delay may be a result of cold feet, this rumor has yet to be confirmed.

What do you do if you can't make a decision about a wedding venue?

Cupid's Advice:

Planning your wedding is a huge and very personal experience where you feel like you have to please everyone. Though you no doubt want everything to be perfect, it's not the ceremony that's truly important; it's the love between you and your partner:

1. Go to Vegas: Having a spur of the moment wedding in Las Vegas takes the planning and pressure out of everything. If

you're tired of it all, Vegas is always an option.

2. Hire a wedding planner: If everything seems to be moving in a million directions and you just don't know what to choose anymore, it might be time to bring in the professionals.

3. Re-evaluate: Take a moment to think. Make sure that it's really that you can't choose a wedding venue and not that you're having doubts about the union.

If money weren't an object, what would be your dream wedding venue? Share your ideas below.

Ashton Kutcher's Alleged Mistress Hires a Lawyer





A 23-year-old woman, who is accusing Ashton Kutcher of cheating on wife Demi Moore with her last Friday, has hired a top Hollywood attorney. according to [RadarOnline](#). “She is due to meet with an attorney tonight (Tuesday). She is freaking out,” one of her friends said. As a result of the alleged cheating, *Star* magazine is preparing to hit the newsstands Wednesday September 28 with a sensational report about the couple’s marriage being “officially over.” “Ashton and Demi have separated and the marriage is over,” a source close to the couple told *Star*. “The relationship ended because of Ashton’s serial cheating. It’s a painful time for Demi.”

What are some signs to look for when you think your mate may be cheating?

Cupid’s Advice:

You have a good feeling that your partner is cheating, but how do you know for sure? Here are some common signals:

1. Work habits change: If your significant other is suddenly working late or at odd hours, you may want to look into the real reason behind it. It very well may be career-related,

but it's best to make sure.

2. Privacy: If your significant other demands more privacy, there may be a reason. If he begins password-protecting his computer, hiding his credit card bills or isn't comfortable allowing you to use his phone, you should make sure to ask why.

3. Behavior changes: If your lover is spending less time with you, and more time on the phone or they can't account for where they've been, question them. If you're immediately accused of being too suspicious, and your questions are never answered, then something is definitely wrong.

Share with our readers if you know other signs that mean your partner is cheating.

Keyshia Cole and Basketball Star Husband Renew Vows in Hawaii





R&B singer

Keyshia Cole fulfilled her dream of a destination wedding on Sunday when she and Cleveland Cavaliers player, Daniel Gibson renewed their vows in Hawaii. UsMagazine.com reports that Gibson wanted to make his wife's wishes come true so he flew all of her family members out to the tropical island for her ideal ceremony. The bride was so excited as she tweeted throughout the day, "This is so beautiful! I'm so glad we're taping this so you all can see!" The couple is recording for their new reality TV show *Family First*, which premieres in February of 2012.

What are some reasons to renew your wedding vows?

Cupid's Advice:

Every girl dreams of her wedding day, but sometimes those plans get thwarted due to unforeseen circumstances. Renewing your vows allows for you to have the wedding you always wanted:

1. Dream location: Many women dream to have their wedding in exotic locations, but they can't afford the traveling costs for themselves and/or their families. Renewing vows gives you

a second chance to say “I do” in your dream destination.

2. Family and friends: If you didn’t get a chance to invite all of your family and friends and throw a true celebration, now’s the time to have an amazing time partying with those you love.

3. Reminder: It’s common for marriage to become more of a routine than a relationship. Saying “I do” again is a nice reminder of the love you and your partner have for each other.

What are some reasons you have for renewing your vows? Let us know below!

LeAnn Rimes Says She’s a Mom (Not a Stepmom) When it Comes to Eddie Cibrian’s Children





LeAnn Rimes says she's no evil stepmother. In fact, you can drop the "evil" *and* the "step." Rimes took to her blog to discuss her dislike toward the term "stepmother." She said she treats her husband's two sons like they are her own, according to UsMagazine.com. After reassuring the public that she doesn't want to take the place of the kids' mother, Rimes wrote that she hopes Glanville will remarry so that they can all be one big happy blended family.

What are some ways to bond with your partner's children?

Cupid's Advice:

Marrying someone who has children from a previous relationship can be intimidating. After you've established your role in your new family, try to get to know the children and vice versa. It may take some time, but it'll be worth it.

1. Establish your role: Let the children know your role in their family. It's easy to cross the line from parent to friend, but make sure you pick a definitive side.

2. Make them feel comfortable: Less is more. Try not to engage in every activity they are involved in. Start by showing

interest in what they like and slowly progress into asking to join them in an activity.

3. Give them something new: Don't try to take over their biological parent's spot in their lives. Make them love you for something different. Be yourself, and everything will fall in place.

How do you bond with your stepchildren? Share your thoughts below.

Prince William Discusses Queen Elizabeth's Wedding Advice





It seems as if people are still talking about the unforgettable royal wedding that took place on April 29, 2011, between Prince William and Kate Middleton. The royal couple did not plan their big event alone, however. Middleton took inspiration from Princess Diana's wedding and William took advice from his grandma, Queen Elizabeth. According to UsMagazine.com, the Prince was happy to have the Queen's help. Although he revised her original recommended guest list, he did take to heart her suggestion on what he should wear on the big day.

How do you include your family in your wedding planning process?

Cupid's Advice:

Weddings aren't just for the bride and groom anymore. Families everywhere want to be a part of the big day. Instead of turning into bridezilla, thank them for their help by including them in the small stuff:

1. Suggestions aren't final: Allowing your family members to make recommendations lets them feel helpful, but it doesn't mean that you have to say "yes" to every one.

2. Designate jobs: Having help when you need it is valuable. Give jobs to each family member, whether it's making decorations or helping you fill out thank you cards. Be grateful for their willingness to pitch in.

3. Let them participate: Bring your friends and family along for support to less intimate parts of the wedding planning process. Things like food tasting, choosing save the dates, and visiting venues are great options.

Has a family member tried to take over your wedding? Share your experience below.

Marriage Counseling Sessions with Taylor and Russell Armstrong Will Air on 'The Real Housewives of Beverly Hills'





Taylor and Russell Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks it will help battered women to make the decision to leave an abusive relationship, just like she did."

What are some ways to work on your marriage before calling it quits?

Cupid's Advice:

If you can't imagine life without your spouse, although your marriage is falling apart, take the following steps before you give up:

1. Counseling: Visit a marriage counselor, and talk out your

problems with someone who won't take sides and can view the situation objectively.

2. Take a break: Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.

3. Discuss it: Committing to open communication where anything in fair game is the best way to get every issue or problem you're having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.

Molly Sims and Scott Stuber Tie the Knot in Napa Valley





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

Where are some romantic locations to get married?

Cupid’s Advice:

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

- 1. Maui, Hawaii:** If you’ve always dreamed of having a wedding on a beach, then consider heading off to Maui, Hawaii. Have a romantic wedding by the ocean with palm trees and the sun setting in the background.
- 2. Dalhousie Castle – Scotland:** If you’re searching for a place outside of the states, then make sure to check out this 13th-century castle that’s been converted into a luxury hotel. You’ll definitely feel like royalty as you tie the knot with

your beloved here.

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

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

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





On top of Ne-Yo's recently announced engagement, he and longtime girlfriend Monyetta Shaw are planning to welcome their second child into the world in October. While waiting for their new born to greet the world, Shaw is spending her time opening a second boutique in Atlanta's Buckhead district, Emaralyn and Ester. When Ne-Yo's first child was born, he gushed via twitter saying, "She's healthy and happy. Feels like I'm in luv for the first time," and "Welcoming that lil' girl to the world last night defined for me what 'willing to kill and die for' truly means. My world, my life, all hers." It looks like this second baby will bring nothing, but happiness, too.

How do you balance pregnancy and an impending marriage?

Cupid's Advice:

- 1. Set a date:** Decide whether or not you want to be pregnant on your wedding day. Many women have varying beliefs about the order of events. However, once you make up your mind, everything else will fall into place.
- 2. Know your priorities:** Whether you're getting married while pregnant or waiting for the baby before you tie the knot,

never let the stress of planning a wedding affect the health of your baby. Your wedding will last one day, but you'll cherish your baby's life most likely for the rest of yours.

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

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

Brad Pitt Trashes Marriage with Jennifer Aniston





Six years and six children later, Brad Pitt revealed his feelings toward his marriage with ex-wife, Jennifer Aniston.

Not holding back, Pitt described the once golden couple's union as everything, but ideal, according to [RadarOnline](#). In an interview with *Parade*, he stated, "I wasn't living an interesting life." He continued to explain, saying that he was "trying to pretend the marriage was something that it wasn't." The actor went on to praise his current love, Angelina Jolie, as the best thing that ever happened to him.

Fans of the Aniston responded in outrage to after hearing Pitt's comments about his life with the *Friends* star. He then backtracked saying that his unhappiness had nothing to do with his ex.

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

Cupid's Advice:

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

Here are some tips:

1. Don't talk about it: Although this may be easier said than done, talking about the past brings up old feelings and memories that can bring you back to a bad time in your life.

Try to avoid conversations about your previous love life for the sanity of you and your partner.

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

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

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

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





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

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

Cupid's Advice:

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

- 1. You won't lose who you are:** Changing your name will not take away the accomplishments you achieved under your maiden name. Think of the change as a new chapter in your life.
- 2. The name game:** When you decide to have children, it will keep confusion to a minimum.

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

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

Taylor Armstrong's Life Coach from The Real Housewives of Beverly Hills Offers Tips for Today's Relationship and Finding Mr. Right





By **Ashley**

DelBello

“I teach women to be ladies and men to be gentlemen,” says model turned relationship coach, Melanie Mar who has worked with Hollywood’s most elite celebrities and couples to help them find love in their life and more importantly, within themselves.

Melanie Mar is the founder of Melanie Mar International and a partner of Patti Stanger’s Millionaire’s Club Matchmaking Agency. You may also recognize her from last night’s episode of *The Real Housewives of Beverly Hills*, where she is seen coaching Taylor Armstrong about her marriage to Russell Armstrong. We had the chance to catch up with Mar and get her advice for couples in a relationship, as well as for those who are navigating the single scene. She offered some amazing insight. Ladies take note.

One of the most common dating challenges for single women who live in big cities like LA or NY is that they find it too hard to meet a man. “Women have become much more independent and now they’re competing with men,” says Mar. “There’s a lot of masculinity out there these days and it takes so much courage for today’s man to approach today’s woman. He has no idea

what reaction he'll get," she explains.

Mar continues by noting that anytime women are working, it means they're using their left brain, which is their logical and doing mode, it's the one that's needed to do a job successfully. The opposite lobe is where our emotions lie. Interestingly, the left brain is also the lobe that men use, hence where the competitiveness comes into play.

"There are four people in every relationship because we're all masculine and we're all feminine. You know when you're being one or the other. In fact, one of the things that I tell my women [clients] when they're struggling with this is when you've finished work, come home and take one hour and do something feminine. I don't care if it's taking a bath, walking the dog, or playing music. I don't care what it is, but get into that feminine side."

A Harvard study on why we marry found that approximately two-thirds of women marry for status and stability and the other 33 percent marry for sensual and sexual pleasure. However, the study found the exact opposite for men – where two-thirds of men marry for the sensual and sexual. When these men come home after work, they want to come home to a sensual home – meaning they don't want to work or compete once they've walked in the door.

"If you're a woman who wants a "real" man, turn it off when you get home," Mar advises. "It's so crucial to take that one hour – and you should tell your partner that you need to do this to become a better girlfriend, wife, or significant other. It's so important for women not to compete, control or conquer their men because you won't respect them and the men if they're real men, won't tolerate it. You'll be banging heads every time you open your mouth."

Mar's generously offered some tips for those looking to find that special someone:

– **Stop going out in groups:** It takes a lot of guts for a guy to approach a woman, much less a group of women. Mar advises if you're specifically going out to meet a guy, then don't go out with more than one girlfriend. If a man does approach you, remember to be nice to him even if you're not interested (unless he is a drunk or a creep of course!), since he mustered up a lot of courage to come talk to you.

– **Make your body language very clear:** Look around. Find a guy you're interested in. Make eye contact, hold it and SMILE. Melanie calls that "dropping the hanky" and men need a hanky dropped! It's very difficult for men to understand what women are doing so Mar always says to "drop the hanky," hold the look, smile, and be open and inviting because he's taking cues from your body signals.

– **Do not sit there, huddled in a deep conversation with your girlfriends:** Enough said.

– **Do not go up to him:** Let him come to you. And if he still doesn't approach you, then you know that you did your part. He's either in a relationship, not interested or gay.

– **Keep the ball in his court:** If he gives you his business card, turn it over, write your number on the back, and hand it back to him.

– **Let him chase you:** "That's another mistake today's woman is making," says Mar. "Women are calling, texting, inviting – making it far too easy for men. He doesn't want it to be that easy. He might think he does, but he doesn't. He wants to work for it."

– **Flirt five times a day for five minutes:** Practice on guys that you're not interested in. Smile at a guy at Starbucks. Catch the eye of a guy in the grocery store. Wherever you go – practice. You may not be into them, but you're practicing flirting. Some of them will come up and want to talk to you, but that's more practice (just don't forget to be polite when

exiting the conversation). Eventually, you'll see a guy who you like and it won't be difficult because you've done it so many times.

– Ask yourself what type of guy you like and go where they would go: If you want a business guy who is worldly then go to an elegant hotel bar like the side bar at Beverly Wilshire. If you want a younger person who is more hip, then go to a trendy restaurant like Boa. If you want a church guy, then go to church. Make sure you've answered these questions before you step out the door.

Not wanting to leave anyone out, Mar's also offered advice for those who are already in a relationship:

– Get a verbal contract: "I'm not a moralist, but when you decide to sleep with a guy, it does make a difference." Mar says that having a verbal contract is important so that you both are clear about what you're doing. "I don't care what that contract is. I don't care if you have one that says this is a one night stand but you need one. "There's nothing worse than a woman having sex with a man and presuming that they're in a monogamous relationship. Just because a woman spends a month or two getting to know a guy doesn't mean he isn't dating other people. A verbal contract will let you know where you stand so that you're both clear on your expectations.

– Negotiate time, sex, money and space: Take "time" for example. You say it's important to have a certain amount of time to yourself – negotiate with your partner how much time that is. For each of these categories, you should also negotiate "I," "We," and "Us." The "I" is time by yourself, the "We" is what you guys do together, and the "Us" is what you're doing together with other people. "It's really important to negotiate these things in order to keep the lines of communication open. If you do this, then the arguments are less and the peaceful atmosphere is more." Melanie advises

couples to negotiate often: every two months during the first year, every three months during the second year and every six months after that.

– **It always comes back to communication:** “If you can’t communicate, you’re in trouble. If you can logically communicate with each other, then you’re already ahead of the game.”

– **Sex is important:** You need to negotiate what’s right for each of you and find that middle ground that you’re both happy with. “If it happens more than what you negotiated, and you both were in mutual agreement, then that’s great. If it’s less, then you need to work on it,” says Mar.

– **Reconnect with your feminine side:** Take a bubble bath, drink a glass of wine, do your nails – just do something feminine.

– **Communicate clearly and often:** “What I teach is so important because verbal communication only takes up 15 percent of our communication ... so you better make sure what comes out of your mouth makes sense.”

To learn more about Melanie Mar and where she’s taking her advice next, visit her Facebook page or www.melaniemar.com.

Paul McCartney to Marry In Small Intimate Wedding This Weekend



Intimacy with a dash of elegance is the feel for Paul McCartney's upcoming nuptials to fiancée Nancy Shevell. The wedding, taking place this weekend at McCartney's farmhouse in England is the first of two celebrations the couple has planned. A source tells UsMagazine.com, "It will be a small intimate wedding. It's going to be very elegant and classic." With an engagement ring worth \$650,000, it's no surprise that the pair's up close and personal ceremony will be nothing short of sophistication. Hopefully McCartney's third marriage holds, as he's dealt with the death of one spouse and an extremely public divorce with the other.

Is a small intimate wedding for you?

Cupid's Advice

Small-scale weddings are a unique spin on the traditional large wedding route that many couples take. If you're still unsure which size is best for you, here are a few incentives

to having an intimate wedding:

- 1. Intimate feel:** Small celebrations provide a romantic and relaxed atmosphere for the bride, groom and their guests.
- 2. Smaller budget:** With less of the obvious glamour of an over-the-top wedding, petite weddings give your pockets a little more breathing room.
- 3. Lavish honeymoon:** With the money you saved by having a more intimate ceremony, you can take a longer or more upscale honeymoon with your spouse.

Do you like the idea of a small intimate wedding? Tell us how you feel below.

Eva Longoria Is Opposed to Long Engagements





Eva Longoria is speaking out against long engagements. The *Desperate Housewives* actress says, “I never believe in long engagements.

People think engagement is another step. It’s not another step. You’re single and then you’re married. The engagement is the planning part.” She goes on to say that if she were the bride, she’d be like, “All right, let’s get going.”

Although Longoria’s three-year marriage to Tony Parker ended in January 2011 after rumors of an affair on his part, she has found happiness again with Eduardo Cruz. When asked if she would consider marrying again, she said, “I’m not opposed to it, I just don’t really give it a lot of thought right now.”

Well, here’s to the happy couple!

What are the benefits of a short engagement?

Cupid’s Advice:

Some people choose to have short engagements (like Tara Reid), while others choose to ride it out for years (like Brooke Burke). Let’s take a look at the benefits to the Tara Reid school of thought:

1. Less time to worry: The lead-up to a wedding can cause a

lot of stress. With a short-term engagement, it may still be a lot of stress packed into a small amount of time ... but before you know it, it's over.

2. You get what you want more quickly: The reason you get engaged is most likely because you're ready to spend your life with the person you said "yes" to or to whom you proposed. By not prolonging the engagement, it's more of an instant gratification.

3. No second guessing wedding plans: Sometimes having more time to plan your nuptials is not exactly a blessing. As the clock keeps ticking, you have more time to change your mind about things that were already set in stone months ago. It can cause a lot of work and chaos.

What are some other benefits to a short engagement? Share your thoughts below.