

Celebrity Interview: Actress Haylie Duff Talks Thanksgiving Meals and Marriage



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Between being a mom, an actress, and a blogger, Haylie Duff has her hands full. With the holidays fast approaching, she needs to find recipes and meals that are quick and delicious for her family.

In our exclusive [celebrity interview](#), we chat with Duff about her favorite Thanksgiving memories, while she gives us some

great advice for preparing easy meals during this time of the year.

Celebrity Interview with Haylie Duff: Thanksgiving Dinner Advice, Family Traditions, and Life with Two Kids

Duff loves spending Thanksgiving with her family, and when asked about her favorite memory, she didn't hesitate to share. "One [memory] that really comes to mind is we were thawing our big turkey, for the big day, out on our front porch when we lived in the hill country," she said. "Somehow our neighbor's two dogs got a hold of it while it was thawing out in the hot air of the South." Duff says that the disappearing turkey was a great mystery for her and her family that year. She recounts that she didn't really even care about the turkey; she was just happy to celebrate with loved ones.

While talking about Thanksgiving dishes, the mom of two tells us that she would rather do all of the prep work before the big holiday meal, so that she can spend more time with her family. That's part of the reason the actress partnered with Libby's during this busy time of year. "I really love using Libby's canned vegetables because they're pre-sliced and they're pre-chopped," she admits. Not to mention, "They are also celebrating their 6th annual getbacktothetable.com/cansgiving sweepstakes and I'm all about giving back and thinking about the things I'm thankful for," she said.

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After being the only one in her family who lacked cooking skills, Duff decided to start *The Real Girls Kitchen* blog. “It was time for me to learn how to cook for myself,” the blogger said. “I started posting things online that I did well on and that I made mistakes on.” She loved that her readers were learning along with her and that sometimes the mistakes turned out to be good surprises. She shares with us that her go-to side dish is baked sliced carrots and beets with maple syrup and seasonings, bringing a colorful, tasty addition to the table.

Related Link: [Celebrity Interview: ‘Fuller House’ Actress Lori Loughlin Talks About the Holidays & Her ‘Tight Knit Family’](#)

Before wrapping our celebrity interview, we had to know if marriage to Matt Rosenberg, Duff’s fiancé and father of her children, is expected in the future. “We talk about it all the time, but show me a free weekend,” she laughs. Being a mom of two kids along with a job, a clothing line, and a blog can make it very difficult for this [celebrity couple](#) to find time to settle down.

You can keep up with Haylie Duff by following her blog, [The Real Girls Kitchen](#), or The Real Girls Kitchen [Instagram](#) page. You can also follow Haylie’s personal [Instagram](#).

**Celebrity News: Find Out Why
Danielle Jonas Missed
Priyanka Chopra’s**

Bachelorette Party



By [Courtney Shapiro](#)

In [celebrity news](#), Danielle Jonas was upset over missing Priyanka Chopra's Bachelorette party. The first Jonas bride was moving during the party and according to [UsMagazine.com](#), commented on Chopra's Instagram saying, "Moving to another house stinks," she wrote. "Wish I could have gone. I'm glad you guys are having fun!" The party took place in Amsterdam, Netherlands where Chopra's [celebrity relationship](#) with Sophie Turner, the fiancée of Nick's brother Joe, is growing stronger. Luckily, Jonas was able to attend Chopra's bridal shower back in October, and is looking forward to future events.

In celebrity news, Danielle Jonas was a no-show at Priyanka Chopra's bachelorette party. What are some ways to support your future sister or brother-in-law?

Cupid's Advice:

How can you support your future sister or brother-in-law? Cupid has some tips:

1. Spend time with them: This person will soon be a part of your family, so it's best to start including them early. It will be reassuring for your significant other to know you get along well with their siblings.

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2. Get to know them: Support your future in-laws by finding out what's important to them. Since they will be your family eventually, it will be nice to form a bond between just the two of you.

Related Link: [Celebrity Wedding: Priyanka Chopra Celebrates Bridal Shower Ahead of Wedding with Nick Jonas](#)

3. Don't try too hard to impress them: Let the relationship between you and your significant other's siblings form naturally. Don't force them into a relationship or constantly flaunt yourself. You already have made your mark on the family, so you shouldn't have to fight for approval.

How have you supported your future in-laws? Tell us in the comments!

Celebrity Break-Ups: Kaitlyn Bristowe Reveals Shawn Booth Forgot Their Anniversary Last Year



By [Courtney Shapiro](#)

In [celebrity news](#), Kaitlyn Bristowe recently shared details about events in her relationship with Shawn Booth that could have led to their break-up. The *Off the Vine* podcast host caught up with *Bachelor* alum Wells Adams to discuss the confusion regarding her and Shawn's anniversary. The

former [celebrity couple](#) had trouble figuring out which date they considered to be the official anniversary, and Bristowe revealed that Booth actually didn't remember their anniversary last year. The pair just recently split and according to *E! Online*, released a statement saying, "This difficult decision comes after thoughtful, respectful consideration. Even though we are parting as a couple, we're very much committed to remaining friends. We have both evolved as people, which is taking us in different directions, but with the hope that we will continue to support each other in new ways."

In celebrity break-up news, Kaitlyn Bristowe is starting to open up about some of the downfalls of her relationship with Shawn Booth. What are some ways to make your anniversary special?

Cupid's Advice:

How can you make your anniversary special? Cupid has some ideas:

1. Do something meaningful for you and your partner: Some people enjoy big parties or an overwhelming celebration, but that might not be the path for you. Celebrate in a way that is special for the two of you, and you don't have to go out of the way.

Related Link: [Moving On: Jennifer Garner is Dating Businessman John Miller After Celebrity Divorce](#)

2. Talk about how you can continue your relationship: Anniversaries are important, and obviously you

and your partner want the relationship to last. Talk about what has been working for you as a couple, and continue incorporating those things into your relationship.

Related Link: [Celebrity Break-Up: Pete Davidson & Ariana Grande's Relationship Was Strained After Mac Miller's Death](#)

3. Share your favorite relationship memories with each other: Take some time on your anniversary to go through some of your favorite memories that the two of you have shared over the years. This is a simple, yet personal gesture that will be special for just the two of you.

How have you made your anniversary special? Let us know below!

Food Trend: Check Out the Best Diet-Friendly Snacks





By [Courtney Shapiro](#)

There are many snacks you can eat that won't disagree with your diet. A popular [food trend](#) right now is finding snacks that taste good without ruining all your progress. It's okay to eat the high calorie snacks sometimes, but we've got some [food advice](#) on which healthy snacks you'll want to incorporate into your regimen.

Check out which diet friendly snacks you should incorporate into your eating habits

1. Hummus and veggies: Hummus comes in so many flavors and is a great guilt-free choice. Pair it with veggies for a low calorie, healthy alternative to chips.

2. Fruit with peanut butter: This is such a good snack option. Fruit gives you that sweetness you were craving, but the peanut butter fills you up and gives you energy

Related Link: [Food Trend: Incorporate Coconut Into Your Meals](#)

3. Dark chocolate: Satisfy your sweet tooth with some dark chocolate. With significantly lower sugar and calories than milk chocolate, this is an awesome treat for fulfilling a craving.

4. Popcorn: Popcorn is a favorite on most people's lists. There are so many diet-friendly popcorn brands including Skinny Pop and Boom Chicka Pop that offer a decent serving size without sending you over your calorie count.

Related Link: [Food Trend: Fermented Products](#)

5. Pretzel thins and cheese spread: Pair Laughing Cow cheese wedges with thin pretzels to have a crunchy choice. The pretzels and the cheese wedges come in a variety of flavors, so you won't get bored easily.

What are some of your favorite diet friendly snacks? Tell us below!

Celebrity Couple News: Find Out Why Kylie Jenner & Travis Scott Might Be Ready for Marriage





By [Courtney Shapiro](#)

In [celebrity news](#), Kylie Jenner could be ready for marriage with rapper and father to Stormi, Travis Scott. Scott has been a longtime family friend of Jenner's and the [celebrity relationship](#) began in 2017, when the pair started hanging out on his tour. The pair publicly call each other "wifey" and "hubby" and an insider told *E! Online*, "Kylie and Travis have definitely discussed getting married. They are not engaged right now, but have talked about it and it's only a matter of time." Right now the couple is happy, and Jenner is going with Scott on tour again.

In celebrity couple news, Kylie and Travis may be ready to tie the knot. How do you know when you and your partner are ready for

marriage?

Cupid's Advice:

How can you tell you and your partner are ready for marriage? Cupid shares some ideas:

1. You know the ins and outs of each other: It can take time to fully know and understand a person. If you feel that you know your partner better than anyone, and vice versa, then the two of you are likely ready to settle down.

Related Link: [Celebrity Wedding: Priyanka Chopra Celebrates Bridal Shower Ahead of Wedding with Nick Jonas](#)

2. You can't imagine being in a relationship with anyone else: Marriage could be an option for you and your partner if you can't see the future with another person. You are happy with each other's company and have already pictured your long term life with this person.

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3. You and your partner are open and honest with each other: If the two of you are able to communicate and work through issues you have, then being able to commit to one another is promising.

How did you know you were ready for marriage? Let us know below!

Celebrity News: Kim Kardashian Is Worried Kanye West Is Becoming 'Unhinged'



By [Courtney Shapiro](#)

In [celebrity news](#), [Kim Kardashian](#) is worried about her husband [Kanye West](#) due to his recent actions and tweets. The 41-year-old rapper has been spotted donning a “Make America Great Again” hat on more than one occasion, and has tweeted about wanting to abolish the amendment that outlawed slavery. The [celebrity couple](#) is known to always support each other, and according to *UsMagazine.com*, Kim tweeted in May, “I will always ride for my man!” West’s recent actions seem to be a concern for his wife and it’s putting a strain on their marriage.

In celebrity news, thinking your partner is possibly becoming unhinged isn't a good thing. What are some ways to know if your partner needs help?

Cupid's Advice:

How can you tell if your partner needs help? Cupid has some advice:

1. They are distant: If your partner hasn't been talking much, and keeping their space, then they might have something going on they need to handle.

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2. Their behavior is different: Your partner has started to act differently than they normally do, so the change stands out. Pay attention to their actions and if the changes are large and noticeable, they may need help getting back on track.

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3. High bouts of emotions or stress: Your partner may be struggling if you notice them having intense emotions or large amounts of stress. Everyone gets stressed but if the levels are higher than normal, you should see what's going on with your partner.

How were you able to tell if your partner needs help? Share with us in the comments!

Hack Your Way to Frugal Fitness Workouts with These Tips



Achieving a toned, fit body does not have to break the bank. Yoga and Pilates classes, personal trainers and gym memberships are not financially realistic for all people. For parents, going to the gym means having to worry about childcare, therefore adding another expense. Just because you don't have a fat wallet does not mean you can't get buff. The

following are budget friendly at home [fitness tips](#) from Gerald Mayes, a certified fitness trainer with www.vshred.com

Here are the hacks:

Use soup cans for weights.

Gerald Mayes says that “You can do any triceps or biceps exercise at home using cans of soup that you’d do at the gym with dumbbells. To properly gauge the weight, don’t go by the ounces listed on the can – that’s liquid weight. Instead, weigh the cans on your scale to figure out the poundage that’s best for you.”

Use jugs as weights.

Fill a household bucket or jug with water (or sand, rock salt, or powdered detergent) and secure the top with duct tape. Lift it up and down in front of you as you do squats.

Substitute paper plates for body sculpting equipment.

“The key here,” Gerald says, “is to use the plates to help your body slide on a carpet. This allows you to do body sculpting moves that would ordinarily require workout equipment. You can do the sliding lunge (put the paper plate under one foot and lunge forward). Try simulating skating to work your butt and thighs – just attach the plates to your feet with rubber bands and slide away. Or, get down on all fours, put the plates under your hands, and use them to work your chest by sliding your arms back and forth.”

Substitute a counter-top for a push-up bench.

In most homes, at least one counter-top, either in the kitchen or the bath, is the right height for a push-up. Put both hands on the counter-top, extend your legs behind you at an angle, lean down into the counter, and then push back up.

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Substitute pantyhose for resistance bands.

“Almost any exercise you can do with a resistance band, you can do with old pantyhose or tights,” says Gerald. For example, sitting on the floor with your legs straight, loop a pair of pantyhose around the balls of your feet and pull back with both hands as if you are using a rowing machine.

A fitness ball.

Sometimes called a stability ball, looks like a large beach ball. You can do many core exercises, including abdominal crunches, with a fitness ball. You can also use a fitness ball to improve your flexibility and balance.

Kettle-bell

A kettle-bell is a round weight with the handle attached at the top. A kettle-bell can be used to do strength-training exercises and to help improve grip strength. Kettle-bells are available in many sizes.

Jump-ropes.

Skipping rope can be a great cardiovascular workout.

Related Link: [Fitness Advice: How to Use Resistance Bands](#)

Resistance tubing.

These stretchy tubes offer weight-like resistance when you pull on them. Use the tubes to build strength in your arms and other muscles. Choose from varying degrees of resistance, depending on your fitness level.

Chair or step stool. Use a chair for support when doing exercises such as leg curls. A low, sturdy step stool can become exercise equipment if you use it for step training – an aerobic exercise resembling stair climbing.

Towels

Make your waist-whittling planks more effective with towels says Gerald . Take two and place them under your hands or feet, then move forward, backward and sideways.

Clean Sweep

This one's easy: You can burn 80 calories every 20 minutes of sweeping. Pull out the broom and get to sweeping every corner of your house or apartment. How's that for multitasking?

Laundry Twist

Gerald says, "Sit next to a full basket of laundry and twist to grab an item from the basket. Twist to the other side to lay it on a pile. Continue until your laundry is finished."

Become a member of an online fitness platform

Vshred.com guides users to the very best program for their body type and fitness goals while giving them some amazing tips they can use that day in a video and then offers them a program that's perfect for them if they don't want to do it themselves.

[Take the V Shred Quiz Here.](#)

Celebrity Wedding: Priyanka Chopra Celebrates Bridal Shower Ahead of Wedding with

Nick Jonas



By [Courtney Shapiro](#)

In [celebrity news](#), Priyanka Chopra was surrounded by friends and family at her bridal shower this past weekend. The bride-to-be wore Marchesa to her party which took place at the Tiffany Blue Box Cafe in NYC. The [celebrity wedding](#) between her and singer, Nick Jonas will happen in India this coming December. Chopra was ready to celebrate, and *UsMagazine.com*, shared her Instagram where she was getting ready with the caption, "My girls r in town!" The actress can't wait to get married and has been sharing her love since the engagement in July.

In celebrity wedding news, this couple is getting closer to saying “I do”! What are some ways to make your bridal shower special?

Cupid’s Advice:

How can you make your bridal shower special? Cupid shares some ideas:

1. Keep it personal: Don’t go crazy with the guest list, and keep the shower at the level you prefer. It’s not about your friends or family, so make sure the event is what you truly want

Related Link: [Celebrity Exes: Olivia Culpo Dodges Nick Jonas’ Fiancée Priyanka Chopra at Las Vegas Party](#)

2. Let yourself have fun: Leave the planning stages to your friends and family, and just enjoy yourself. The bridal shower should be fun and relaxing, since you’re involved in the bigger planning of the wedding

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3. Make the favors and events related to you as a couple: It will be super cute to see ideas incorporated from your lives as a couple at the event. Your closest friends and family will appreciate the touches being related to the relationship.

How did you make your bridal shower special? Let us know below!

Prince Harry Reveals His Nickname for the Royal Celebrity Baby



By Courtney Shapiro

In royal [celebrity baby news](#), Prince Harry already has a cute nickname for his unborn child with Duchess Meghan. The [celebrity couple](#) was in New Zealand for their final day, and stopped to visit the Abel Tasman National Park. According to *E! Online*, the Duke of Sussex shared his thoughts with the group. He said, "From myself and my wife and our little bump, we are so grateful to be here. We bring blessings from my

grandmother the Queen and our family. We are so grateful for your hospitality and the work to look after this beautiful place.” The future parents continue to share their happiness for their upcoming child.

This royal celebrity baby to be already has an adorable nickname. What are some reasons that nicknames can bring you closer as a couple?

Cupid’s Advice:

How can nicknames bring you closer as a couple? Cupid has some ideas:

1. It’s just between the two of you: The nicknames you use as a couple usually are just between you and your partner, making it something special for you. Sometimes the nickname gets used around other people, but you two understand the intimacy behind it.

Related Link: [Royal Celebrity Baby News: Prince Harry & Duchess Meghan Are Expecting First Child](#)

2. It shows your affection: Maybe the nicknames you have with your partner stemmed from a memory or an experience you had together. Having a nickname that comes from something special shows that you and your partner really care for each other.

Related Link: [Royal Celebrity Baby: Prince Harry Hopes First Child With Duchess Meghan Is a Girl](#)

3. You can laugh about them together: There is a possibility one of you or both of you has a nickname from childhood that your partner will insist on using. The nickname may be

ridiculous but you can laugh and make fun of it as a couple which will only strengthen the relationship.

How have nicknames brought you closer as a couple? Share with us in the comments!

Fitness Trend: Reaching New Heights in Aerial Classes



By [Courtney Shapiro](#)

Aerial classes are currently a super fun [fitness trend](#). These classes are also known as aerial yoga or anti-gravity, and use

suspended ribbons to achieve a workout. There are various types of aerial workouts including ones with silks, ropes, lyra, which is a steel ring attached to two ropes straps, hammock, as well as conditioning. The classes are usually small and help people work on the aerobic and conditioning skills in an innovative way.

Check out why Aerial Fitness classes can be beneficial for your body and why you should try this fitness trend

1. The workout is fresh: If you're tired of the same routine, you should try Aerial classes. This acrobatic style class will probably get you out of your comfort zone, but will also help with balance, as well as strengthen your muscles.

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2. Muscle toning and strengthening: The classes use a lot of upper body and core strength since you have to hold yourself up on the ribbons. The ribbons can support up to 1,000 pounds and can be used with any body type.

3. Improves Posture and Flexibility: The workout is made up of more free movements, and the suspension from the ribbons helps to release tension in the muscles.

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4. Learn new skills: These classes teach how to balance your body while in the air. You can also try workouts with rings, trapeze elements, and three dimensional movements.

5. Aids mental health: The aerial classes help with focus as well as rebuilding emotions. The trendy workout releases

stress and helps to combat future negative energy.

Would you try an aerial fitness class? Let us know below!

Moving On: Jennifer Garner is Dating Businessman John Miller After Celebrity Divorce



By [Courtney Shapiro](#)

In [celebrity news](#), Jennifer Garner is happily dating

businessman John Miller. After the actress finalized her [celebrity divorce](#) from actor Ben Affleck, she is excited to be moving forward with her love life. The new couple has been dating for six months and it seems to be getting pretty serious. A source told *UsMagazine.com*, “Jen brings out the best in John, and he is the happiest he has probably ever been. It’s a loving, healthy relationship.” Garner is glad to be moving on from the divorce.

Now that her celebrity divorce has been finalized, Jennifer Garner has moved on. What are some ways to know you’re ready to move on after a divorce or break-up?

Cupid’s Advice:

How do you know you’re ready to move on after a divorce or a break up? Cupid shares some thoughts:

1. You are dating someone else: Dating someone else and being fully committed to that relationship is a big sign that you’ve moved on from your previous relationship. It is okay to move on and have a new love interest in you’re life if you truly feel ready to be in that space again.

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2. You and your ex are friends: No one is asking you to be bff’s with your ex, but if you two have a friendship rather than a romantic relationship, then it’s safe to say you have respectfully moved on from that part of your lives.

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[for Divorce from Brandon Jenner](#)

3. Your emotions aren't all over the place: When the break-up first happens, it is expected that you will feel many different things. It's difficult at the start, but you'll have more control over your emotions after you have had time to move forward from the relationship.

How were you able to move on after a divorce? Let us know below!

Celebrity Break-Up: Ariana Grande & Pete Davidson's Loved Ones Are 'Relieved' They Split





By [Courtney Shapiro](#)

In [celebrity news](#), fans of Ariana Grande and Pete Davidson were shocked to hear of their recent split. However, the [celebrity couple's](#) loved ones are relieved that their fast paced relationship came to an end. The pair became engaged in June only a few weeks after they had been dating. The singer's family members didn't want her marrying Pete and told *People*, "Ariana never got to the wedding planning stage. It was all way too soon." The pair is no longer living together, and Grande's supporters believe she should take time to focus on herself.

This celebrity break-up isn't necessarily a bad thing in the eyes of the couples' loved ones. What do you do if a friend or relative is

dating someone you don't approve of?

Cupid's Advice:

How do you deal with your friend or relative dating someone you don't like? Cupid has some advice:

1. Tell the person your concerns: Share your opinion on the relationship with your friend or relative. Tell them what you're feeling and why you are having concerns. They might not agree with you right away, but at least you put it out there.

Related Link: [Celebrity Break-Up: Ariana Grande & Pete Davidson Break Up & Call Off Engagement](#)

2. Support them: Obviously the person can make their own choices, but remember to be there for them anyway. You might have concerns about the relationship, but if your friend or relative is happy, then you have to respect their decision.

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3. Don't bring up the "I told you so": If your concerns for the relationship involve your friend's safety then it's smart to try and get them out of that situation. However, don't pull the "I told you so" phrase and let the person figure out any issues in their relationship.

Have you had to deal with a relationship you weren't the biggest fan of? Share with us in the comments!

Royal Celebrity Baby: Prince Harry Hopes First Child With Duchess Meghan Is a Girl



By [Courtney Shapiro](#)

In royal [celebrity baby news](#), Prince Harry is hopeful for a baby girl with wife Duchess Meghan, as she is expecting their child in Spring of 2019. While walking in Sydney Australia, a fan was heard yelling "I hope it's a girl," in which Prince Harry responded, "So do I." The [celebrity pregnancy](#) was first announced at the beginning of the pair's royal tour. According to *UsMagazine.com*, the future dad talked about their future child during an address at at Sydney's Admiralty House saying, "we also genuinely couldn't think of a better place to announce the, er, upcoming baby. Whether it's a boy or a

girl.” The couple will continue touring in the upcoming months as they await the new addition to their family.

Prince Harry is hoping his royal celebrity baby is a girl. What are some ways to prepare for a baby girl?

Cupid’s Advice:

How should you prepare for a baby girl? Cupid has some tips:

1. Buy some clothes before she’s born: The clothes you buy don’t necessarily have to be pink or frilly, but it’ll be smart to purchase some outfits before the baby arrives. Select a variety of clothing types, colors, and different prints that way you have options ready.

Related Link: [Royal Celebrity Baby News: Prince Harry & Duchess Meghan Are Expecting First Child](#)

2. Think of names: This can be done for both boys and girls, but there tend to be more options when it comes to choosing one for a girl. Find what speaks to you as a couple, and get a list together, so you’re not scrambling when the baby comes.

Related Link: [Celebrity Baby News: New Mom Cardi B Is Already ‘Embracing Motherhood’](#)

3. Get everything prepared before birth: You don’t want to give birth with no preparation. Buy the things you need, set up a bedroom or a space for the newborn, and let yourself focus on delivering your baby.

How did you prepare for a baby girl? Share with us in the comments!

Celebrity Break-Up: Pete Davidson Breaks Silence About Ariana Grande Break-Up



By [Courtney Shapiro](#)

In [celebrity news](#), Pete Davidson spoke out about his recent break-up from pop singer, Ariana Grande. The [celebrity couple](#) had called off their engagement following their quick summer romance. Davidson made his first stage appearance since the split where he was able to jokingly ask for a roommate as he now is living with some family. *EOnline.com* reported that the *SNL* star has been covering up tattoos related to the

split. “Um, I’ve been covering a bunch of tattoos, that’s fun,” Davidson told his audience. “I’m f–king 0 for 2 in the tattoo [department]. Yeah, I’m afraid to get my mom tattooed on me, that’s how bad it is.” The pair is taking time for themselves to heal and move on from the break-up.

The topic of this celebrity break-up is no longer under wraps for Pete Davidson. What are some ways to come to terms with your split publicly?

Cupid’s Advice:

How can you come to terms with a public split? Cupid has some thoughts:

1. Put on a positive face: For most people their lives still have to continue after a break up. It can be hard to erase the break-up, but it’ll get easier if you stay positive. Keep a positive attitude in the workplace or out with friends, and the hurt of the relationship will go away with time.

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2. Only say what you’re comfortable with: Just because you split happened publicly doesn’t mean you have to share all of the details with everyone. People will be expecting you to talk about it, but the relationship doesn’t have to be anyone else’s business.

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3. Take time to be alone: Since the split is out in the open,

it can be beneficial to do some internal reflecting by yourself. No one else knows the full extent of why you and your significant other ended things, so allow yourself to go through the details.

Have you had to deal with a public split? Share with us in the comments!

Celebrity Couple News: Gwyneth Paltrow Gushes Over Newlywed Life with Brad Falchuk





By [Courtney Shapiro](#)

In [celebrity news](#), Gwyneth Paltrow tied the knot two weeks ago with Brad Falchuk. The actress is currently taking in the joy associated with being a newlywed. The [celebrity relationship](#) bloomed nicely, and the pair got married nine months after becoming engaged. Paltrow discusses her happiness in the October 2018 digital issue of *Glamour U.K.* According to *E! Online*, the Goop owner told *Glamour*, “It’s fantastic. I feel so lucky, and I am so grateful. It’s different to be in your mid-40s; do it again and bring all your experience, your pain, your happiness, suffering—everything. It’s actually very heartening. I feel very optimistic!” Paltrow and Falchuk got married in the Hampton’s with plenty of friends and family in tow.

In celebrity couple news, Gwyneth Paltrow is loving being married.

What are some ways to cherish being newlyweds?

Cupid's Advice:

How can you cherish the newlywed lifestyle? Cupid has some tips:

1. Talk about it: Your friends might get sick of hearing all about the married life, but it's something that you're excited about. If it's something that makes you happy, feel free to share your bliss with others in your life.

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2. Remember that it's still the beginning: Being newlywed marks the first part of continuing to love and grow with one another. You'll want to take that time to be with each other as a couple. Don't rush into any future life plans, and let yourself have those moments together.

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3. End your conversations in a positive way: Take advantage of the fact that you found someone to spend the rest of your life with. Don't forget to tell them you love them, or apologize if you have done something wrong.

How did you cherish being a newlywed? Share with us in the comments!

Celebrity Break-Up: Ariana Grande Calls Split from Pete Davidson 'Very Sad' and Takes Off Ring



By [Courtney Shapiro](#)

In [celebrity news](#), singer Ariana Grande has decided to take some time off from the internet. Grande made this decision on October 16, shortly after the news came out about her split from Pete Davidson. The [celebrity couple](#) split and called off their engagement just months after becoming engaged. The pop singer also taped a performance for the upcoming NBC special *A Very Wicked Halloween* where her makeup artist shared a post in which she was no longer wearing her engagement ring. According

to *UsMagazine.com*, Grande posted in a now-deleted Instagram story, stating, "it's hard not to bump news n stuff that i'm not tryna see rn. it's very sad and we're all tryin very hard to keep goin. love u. and thank u for bein here always." The singer has returned to work, but the *SNL* star is still taking time for himself.

This celebrity break-up came on just as quick on the engagement did. What are some ways to cope with a sudden split?

Cupid's Advice:

How can you cope with a sudden split? Cupid has some advice:

1. Obsess over it: It is okay to give yourself the time to ask all of the questions and find out where the break-up came from. Go through all of your history and let yourself think about it. Once you've thought through the scenarios enough, you might be able to move forward from the relationship.

Related Link: [Celebrity Break-Up: Ariana Grande & Pete Davidson Break Up & Call Off Engagement](#)

2. Don't reach out to the other person: The relationship may have ended with no form of closure, and you might just be stuck with your questions. Trying to contact the other person won't help you move on. If you get to the place where you can friends, then you've probably allowed yourself to stop thinking about the closure you never got.

Related Link: [Celebrity Break-Up: Nikki Bella & John Cena Split Again Two Months After Reconciling](#)

3. Make yourself busy: Keep moving with your normal routine. Make sure you have things to do on a daily basis, so you're

not constantly thinking about the break-up.

How were you able to move on after a sudden split? Share with us in the comments!

Celebrity Break-Up: Ariana Grande & Pete Davidson Break Up & Call Off Engagement



By [Courtney Shapiro](#)

In [celebrity news](#), singer Ariana Grande and SNL star Pete Davidson have split and called off their engagement.

The [celebrity relationship](#) was a quick romance which turned into an engagement in June. Grande and Davidson told TMZ that it was not the right time for their relationship to take off. The couple's split follows the death of Grande's ex, Mac Miller. According to *EOnline.com*, Grande needs some time. Her team says, "Given the events of the past couple of years, Ariana is going to take some much needed time to heal and mend." The romance moved pretty fast, and now Grande and Davidson are taking time for themselves.

This celebrity break-up comes after a whirlwind romance and engagement. What are some things to consider when it comes to timing in a relationship?

Cupid's Advice:

What should you consider in regards to timing in a relationship? Cupid shares some tips:

1. Getting to know the person: It can take a while to truly get to know a person. If you're planning on spending the rest of your life with someone, it is important to really understand that person, and it can be difficult if the relationship is fast paced.

Related Link: [Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston](#)

2. Where you and your partner are at in your lives: If neither of you are in a good place, getting into a relationship may not be the best idea. That person may be a good support system, but if you're struggling with something personal, it can be hard to rush into a relationship.

Related Link: [Celebrity News: Busy Philipps Accuses 'Freaks & Geeks' Costar James Franco of Assault](#)

3. Age is a factor: Most people will argue that this is just a number, but if you act differently than your age, you might not be ready for a relationship. You and your partner should be on the same page, and age could put a wall between you and your partner.

How has timing been crucial in your relationship? Let us know below!

Royal Celebrity Baby News: Prince Harry & Duchess Meghan Are Expecting First Child





By [Courtney Shapiro](#)

In [celebrity baby](#) news, Prince Harry and Duchess Meghan are pregnant. The royal pair has been talking about extending their family since they tied the knot in May. *UsMagazine.com* reported that Kensington Palace released an announcement on October 15th stating, "Their Royal Highnesses The Duke and Duchess of Sussex are very pleased to announce that The Duchess of Sussex is expecting a baby in the Spring of 2019." The [celebrity couple](#) shared their news after landing in Australia for their first international tour together.

It looks like another royal celebrity baby will be joining the mix soon! What are some ways to prepare for your first child?

Cupid's Advice:

How can you prepare for a child? Cupid has some advice:

1. Read the books: The books on parenting have been around for years. They are useful tools that can answer a lot of questions that you and your partner have.

Related Link: [Celebrity Parents: Busy Philipps Says Husband 'Didn't Try' to Be a Dad Initially](#)

2. Talk to friends who have already had a child: Your experience with a child is going to be unique to you and your partner, but talking to other people who have been through it can help ease your worry. They can give you advice and tips on what to do with a newborn.

Related Link: [Celebrity Baby News: Jason Aldean & Wife Brittany Reveal Sex of Baby No. 2](#)

3. Allow yourself to freak out: Having a child is a big step, and it might scare you. It is natural to let yourself worry, so take that time to get it all out. After you let it out, you'll probably realize you were freaking out over nothing.

How have you prepared for having a child? Tell us below!

Celebrity Interview: TV Heartthrob Sterling Sulieman on New ABC Drama 'Station 19'





Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

One of the hottest actors on television right now is heartthrob Sterling Sulieman. Sulieman is one of the cast members of the new drama, *Station 19*, where he plays Grant. A spin-off of *Grey's Anatomy* and produced by no other than the brilliant Shonda Rhimes, the series centers around firefighters who put their lives and hearts on the line for others. And of course, Sulieman's character Grant is a firefighter.

In our exclusive [celebrity interview](#), we talk to Sulieman about his current role on *Station 19* and the path he took to get where he is today.

Celebrity Interview with Sterling Sulieman: Acting as a Career

When asked if he knew anything about firefighters, Sulieman acknowledged that he didn't know too much or have any friends who fought fires when he was growing up. In fact, he says that

stepping into this role helped him understand their day-to-day life much better. "It's so interesting, but most of us don't realize the ins and outs of what they [firefighters] do," the actor says. "They do so much more than we know and they risk their lives." He says that this role has been a very eye-opening experience for him.

While talking about his career, the 34-year-old explains that there are many ways an actor can connect to their character. He said when you're preparing for a part, you always look for similarities between you and the person you are playing. "It really makes you examine yourself," Sulieman told us. "I do share some of the same qualities as Grant."

Related Link: [_Celebrity Interview: Katherine Heigl Says "Family Comes First"](#)

However, *Station 19* was not Sulieman's first encounter with the inspirational Shondaland TV production company. He also starred in their television series, *Still Star-Crossed* as the power-hungry Prince Escalus. When Cupid's Pulse asked Sulieman what he's learned from working with the Rhimes productions he said, "I've learned a lot from exploring the characters they've given me because they are so three-dimensional," he confessed. "I really have to figure out where they are coming from, and what they do, and it makes me think about my life." After getting offered the role in *Station 19*, the *Still Star-Crossed* alum jumped at the opportunity to work with the renowned producer again.

Many people find their passion by experimenting with different hobbies and interests or they explore what they like and eliminate aspects that aren't as fun or interesting. Sulieman chose acting after trying many different interests. He said that he's had a love for theater and performing arts since the age of seven. "I knew that I wanted to act at a very young age," the Oahu native explained. "I played sports and took art classes, but it eventually came back to acting."

Related Link: [Celebrity Interview: Dance Mom's Teen Star Ava Cota](#)

Sulieman has faced his share of challenges while being an actor. There is always the possibility of rejection or not being successful, but he says that hasn't stopped him from doing what he loves. His advice for people who are starting out in this career is to stay focused on why you love what you do. "Create opportunities for yourself, and it will fall into place," he says.

Before finishing our interview with Sulieman, we had to ask him about his dating life and whether or not he would date another actor. He shared, that he was "single as can be" and dating another actor was very complicated, but admitted, "You never know." Sulieman also explains that dating a non-actor presents difficulties too since non-actors have a hard time watching their significant other kissing someone else on the screen. Well, whatever the future holds in love or career, one thing is for sure, Sulieman is following his passion!

You can catch Sterling Sulieman in Station 19 or by following him on [Twitter](#)!

Food Trend: Incorporate Coconut Into Your Meals





By Courtney Shapiro

There are several foods that taste good, but also have a bunch of benefits. One of the new [food trends](#) on the radar right now is eating more coconut. Coconut can be eaten in many ways due to the meat inside as well as the water or milk you can take from the fruit. The fruit also gets used in various beauty products and is super versatile. We've got some [food advice](#) on why you'll want to add coconut into your diet.

Check out our reasons why coconut should be included in your diet

1. The oil is healthier: Coconut oil can be used as a substitute for butter especially in baking. The oil doesn't produce free radicals, the cells that kill working cells, and it has a longer shelf life. Coconut oil is also used in various beauty products!

2. Versatility: This super fruit can be cooked and eaten in many different way including toasting it for desserts or using

the meat for savory dishes. If you blend the flesh of the fruit with the water, it creates coconut milk, which is used as a substitute in ice cream or yogurt.

Related Link: [Food Trend: Benefits of Eating Local](#)

3. Hydration: Unknown to most people, but the popular hipster trend is actually more hydrating than regular water. Coconut water is isotonic, meaning it has the same amount of electrolytes as our blood. If you sweat, coconut water replaces the lost water in your body at a faster rate.

4. Anti Aging Properties: Coconut is rich in nutrients that promote cell division. Coconut also helps to prevent blood clots, and inhibits cancer development. These will help keep the body healthy for years in the future.

Related Link: [Food Trend: Fermented Products](#)

5. Coconuts boost energy: This food item gets directly converted into energy. It also helps regulate blood sugar, and it's pretty filling, meaning you can go longer before eating again. Coconut is great for eating less as well as preventing fatigue.

Have any more reasons to include coconut? Comment below!

Celebrity Divorce: Jennifer Garner is Seen Dating Someone New After Divorce from Ben

Affleck



By [Courtney Shapiro](#)

In [celebrity news](#), recently divorced actress, Jennifer Garner was seen dating someone new. Her divorce from actor Ben Affleck was finalized on October 5, 2018. The [celebrity couple](#) made their split public in 2015 and officially filed for divorce in 2017. The pair has three kids together and are on the same page about co-parenting. According to *UsMagazine.com*, Garner is “ready to start the next phase of her life.”

In celebrity divorce news, Jennifer

Garner is moving on from her ex-husband. What are some ways to know you are ready to move on after a divorce?

Cupid's Advice:

How do you know you're ready to move on after a divorce? Cupid shares some advice:

1. You aren't thinking of your ex romantically: Of course there was a romantic connection between the two of you since you decided to get married. If you don't feel connected or attracted to the other person anymore, it could be a sign that you're ready to move on with your life.

Related Link: [Celebrity News: 'Bachelor in Paradise' Alum Jordan Kimball Denies Falsifying Jenna Cooper Cheating Texts](#)

2. You're excited to go out again: The time will come after the divorce where you're ready to put yourself out there again. It may take a bit to get there, but eventually you'll be out of that post-divorce slump.

Related Link: [Celebrity Divorce: Leah Jenner Officially Files for Divorce from Brandon Jenner](#)

3. You have direction in your life: You know what you want and you are easing your way into getting it. Once you've dusted away the old pieces of the divorce, you have a clearer image of what your future will look like.

How were you able to move on after a divorce? Let us know below!

Celebrity Wedding: 'Real Housewives of Atlanta' Star Eva Marcille Marries Michael Sterling



By [Courtney Shapiro](#)

In [celebrity wedding](#) news, *Real Housewives of Atlanta* star Eva Marcille tied the knot with Michael Sterling on October 7th. The [celebrity couple](#) was super excited for their big day. The reality star got engaged to Sterling last year around Christmas, and the couple had their first child together in

April. According to *E! Online*, Marcille and Sterling have both been posting pictures leading up to the wedding. Marcille posted a photo of the two of them with the caption, "Mine all mine, One more day until 10.7.18 I love you Michael Sterling and I can't wait!!!!" The pair is extremely happy with their life, and are looking forward to their future together.

In *Real Housewives* celebrity wedding news, Eva Marcille is officially off the market. What are some ways to know you're ready for marriage with your partner?

Cupid's Advice:

How do you know you are ready for marriage? Cupid has some thoughts:

1. You can't picture your life without them: This may be obvious, but if that person has truly become a part of your daily routine, and you accept all of their flaws, then you are definitely closer to tying the knot.

Related Link: [Celebrity News: Katy Perry Supports Orlando Bloom Through His Grandma's Illness](#)

2. You have had a chance to live your own life: Living a life where you're able to be in control of your choices is important. Maybe you wanted to take time for traveling, or a career before you were ready to settle down. If you feel fulfilled in other aspects of your life, it could be time for marriage.

Related Link: [Celebrity Wedding News: Pregnant 'RH0A' Star Porsha Williams Is Engaged to Dennis McKinley](#)

3. You have lived with each other: It doesn't need to be anything long term, but it will help ease into marriage if you have gotten used to each other's habits and routines.

How did you know you were ready for marriage? Let us know below!

Celebrity News: 'Bachelor in Paradise' Alum Jordan Kimball Denies Falsifying Jenna Cooper Cheating Texts





By [Courtney Shapiro](#)

In [celebrity news](#), *Bachelor In Paradise* alum, Jordan Kimball, speaks out regarding cheating texts between himself and ex fiancée, Jenna Cooper. The [celebrity couple](#) was engaged on the season finale of the reality TV show, which aired on September 11, yet Kimball confirmed the split the next day due to incriminating texts posted on Reality Steve's blog. *UsMagazine.com* shared parts of an interview with Kimball on *Entertainment Tonight* where he shares, "I absolutely, 100 percent did not fabricate those text messages." Kimball is trying to move on from his relationship with Cooper and does not want to prolong the issue any further.

In celebrity news, *BIP* drama is still happening off-set. What are some ways to know if your partner is trustworthy?

Cupid's Advice:

How can you tell if your partner is trustworthy? Cupid has some advice:

1. They are open with you: If your partner is comfortable enough to share things about themselves, then you shouldn't have to worry. They are able to open up about anything, and let their guard down with you, so it's clear you are important to them.

Related Link: [Celebrity News: Gisele Bundchen Opens Up About When She Learned Tom Brady Was Expecting With His Ex](#)

2. Your partner is consistent: When your partner is able to tell you things that he has also told other people, and the details match up, it can help prove that he's telling you the truth. If your partner can't keep up with the things they are telling you, it may be difficult to fully trust them.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Star Jordan Kimball Confirms Split from Jenna Cooper Amid Cheating Reports](#)

3. Assess how you feel around that person: Your body will start to decide if your comfortable around certain people. If you feel anxious or nervous when you're with your partner, then maybe it's a sign that you don't fully trust them. Take the signs your body gives you, and really look inward to see how you feel about your partner.

How are you able to to tell your partner is trustworthy? Tell us below!

Celebrity News: Katy Perry Supports Orlando Bloom Through His Grandma's Illness



By [Courtney Shapiro](#)

In [celebrity news](#), Katy Perry sends love to boyfriend, Orlando Bloom, as he struggles with his grandmother's illness. The actor shared a sweet post on his Instagram about cherishing life and how grateful he is for the time he had with his grandma. Perry responded to the post with "love you angel." According to *People.com*, the [celebrity couple](#) only recently made their debut on the red carpet together, after previously dating for about a year. The pair had briefly separated, but reconciled earlier this year.

In celebrity news, Katy Perry is standing by her partner as he goes through a tough time. What are some ways to support your partner through tragedy?

Cupid's Advice:

How can you support your partner through tragedy? Cupid shares some advice:

1. Give them space: Let your partner know you are there for them if you need, but don't bombard them. Allow your partner to take the time they need to get through the tragedy, and if the relationship is strong, then they'll already know they have you for support.

Related Link: [Celebrity Couple News: Find Out Why Kanye West Surprised Wife Kim Kardashian With a \\$1 Million Check](#)

2. Help take the weight off of them: Make yourself useful to your partner in any way you can. If there is stuff to do around the house, just do it, this way your partner isn't worried about little things that aren't as important.

Related Link: [Celebrity Couple News: Why Justin Bieber Was Crying in Hailey Baldwin's Arms](#)

3. Tell them you love them: They probably know this, but it can help them realize they aren't alone. Reassure them that you love them, the vocalization may not seem like much, but can ease some of their worry.

What are ways you or your partner have supported each other through tragedy? Let us know in the comments!