

Rob Pattinson and Kristen Stewart's Date Gets Crashed By Fans



It's tough to get a private date these days, especially for Rob Pattinson and Kristen Stewart. The duo was caught out on a movie date to watch *Red Riding Hood* in Squamish, British Columbia, which is close to where they are filming *Breaking Dawn*, according to [People](#). The date was not so private as fans crashed the scene and posted the sighting on Twitter. "They were alone. [Pattinson] was nice. [Stewart] was just awkward. Didn't really wanna take photos."

How do you ensure a romantic date alone?

Cupid's Advice:

It isn't easy to get away for a private date with your significant other. Cupid has a few pointers that may help:

1. Avoid cliché dates: This time, pass on dinner and a movie. Think of something a little different because it will be unpredictable, plus it'll give your relationship a new spark.

2. Pick different times: Instead of 7 p.m. on Saturday night, perhaps a lunch date Tuesday will throw people off!

3. Location, location, location: Although we enjoy familiarity, going to a place where everyone knows your name can get old. Try a new restaurant if you do choose to head out to get a bite to eat.

Selena Gomez Talks Justin Bieber with David Letterman



Disney star Selena Gomez has still not confirmed her relationship with Justin Bieber. In fact, when asked about the rumored romance on *Late*

Night with David Letterman, she quickly changed the subject by saying, “It was like a little prom night, wasn’t it?” in reference to a picture of them together at the *Vanity Fair* Oscar party. According to [People](#), however, David Letterman did manage to get some information out of the teen actress. She has known the singer for two years now and they met through their agents. “He’s been in my life for so long, and it’s just nice to have someone that understands what you’re going through,” she said.

Is it important that your partner understand you all the time?

Cupid’s Advice:

Though no one can ever understand another person 100% of the time, if you listen to and love your partner, you should be able to come close:

- 1. Listen:** The more you listen to your partner the more you will understand them.
- 2. Know their likes and dislikes:** Once you know what your partner likes and dislikes, you should be able to predict how they will react in certain situations.
- 3. Be understanding:** In the event that you don’t understand each other, don’t make a big deal about it. Just decide if it’s something you’re willing to live with, and go from there.

Eva Longoria Celebrates

Birthday with Eduardo Cruz



Eva Longoria may have recently split with ex-husband and NBA star Tony Parker, but it's not holding her back. She recently celebrated her 36th birthday with new boyfriend Eduardo Cruz at a 1920's themed bash. According to [People](#), other celebrity attendees included Eduardo's big sister Penelope Cruz and husband Javier Bardem, Kim Kardashian, Heidi Klum and Kanye West. A source says, "Eva and Eduardo were so cute. They were kissing and making out all night. He's so genuine."

How do you make your partner's birthday special?

Cupid's Advice:

Birthdays are the one holiday a year where you and you alone get to feel special. So, it's important to honor your partner the best way you know how on his or her big day. Cupid's got some tips:

1. Throw a surprise party: It may seem generic, but if you can

really pull it off, a surprise party will make your partner feel all sorts of special. Just the fact that you went to the trouble says a lot!

2. Plan a vacation: If you want to go all out, plan a trip for two to somewhere tropical. If you're married, consider it a second honeymoon. There's so much thought that goes into planning a vacation, and your partner will surely appreciate it.

3. An "out of the box" gift: It's easy enough to stick with candy, jewelry and flowers for a woman and sports tickets, cologne or a watch for a man. Try to think outside of the norm for your partner's present so he or she can see how much you truly know him or her.

Teens Break Into Justin Bieber's Hotel Room





Looks like Bieber

Fever has struck again! According to UsMagazine.com, two teenage Bieber fans found an incredibly clever way to sneak into the pop star's hotel room at the Hard Days and Night Hotel in Liverpool. According to a source, the two die hard fans apparently snuck in through a side entrance, stole housekeeping outfits and pretended to be part of the staff to get inside the Bieber's room. Once inside, they started to pretend to polish a few things before taking photos of the singer's belongings. Eventually, their girly giggles gave them away and the two were escorted off the premises. Needless to say, Justin Bieber was less than pleased and checked out of the hotel immediately afterwards.

What should you do about an obsessive crush?

Cupid's Advice:

We've all had that crush that we can't stop thinking about. But, for some, that crush can quickly turn from harmless to destructive. Cupid has some tips on what to do when your crushing becomes an obsession"

1. Control your thoughts: When you catch yourself thinking about your crush, actively divert your attention to something else. Call a friend or go to a movie ... anything to get your mind off of it.

2. Find a new interest: Many times, we become infatuated with one thing or person because of the lack of excitement in other aspects of our lives. Try to find a big project or something that will take up a lot of your time and make you happy, so that you are not relying on this one person for your source of happiness.

3. Find out if they are your type: Most of the time, the reason we become so obsessed with a person is due to the mystery factor and the fact that they are unattainable. Try to get to know him or her, and go from there.

Babe Scott Talks Men and Food in 'Delicious Dating'



By Kari Arneson

Ever heard the expression, “The way to man’s heart is through his stomach”? In Babe Scott’s hilarious and insightful book, *Delicious Dating: The Single Girl’s Guide to Decoding Men by Their Wining and Dining Styles*, the self-confessed “anthropologist” proves that a man’s eating habits are a good indicator of what kind of boyfriend he’ll be. Babe decided to test her theory by going on countless dates and interviewing more than 200 people about men, food and dating. Her research led her to conclude that there are 10 male dining types, including the Transfat Type, who has the “culinary and romantic skills of Homer Simpson,” and the Culinary Con Man, a guy that will tell you he knows a lot about wine and food but really, doesn’t even know how to operate a hot plate. Babe took some time out and talked to us about her unique, funny and insightful look at the relationship between cuisine and courtship. Take a look at what the Aussie dating expert had to say:

What inspired you to write a book about men, dating and food?

I had an epiphany that men are what they eat during a dyspeptic anniversary dinner with my ex-fiancé. He excavated a meal out of the back of his freezer that looked like it had been frozen before the Bosnian war. It was covered in a rubbery goo masquerading as cheese and tasted like the tread on a tire.

As I tried to suppress my gag reflex, I realized our dietary differences spelled doom for our relationship. It wasn’t even just that the meal was unsavory, but that we were two strangers across a table. My Ex had everything going for him – he was funny, successful and cute – but our palates lived on different planets. I realized that I had been unerringly dating the wrong Male Dining Type – guys with the dietary and romantic habits of Homer Simpson – and that I didn’t want to spend my life being Marge. I threw in the tea towel on my relationship and decided to research my food theory as a

litmus test for lovers. I thought I would be able to change my own romantic destiny and potentially save other women from needless heartburn.

What kind of research did you do for the book and what is the most important thing you learned from your research?

I embarked on an empirical study of the male species. A manthropologist on a mission, I dined with more than 100 men and had every type of culinary experience I could – from dumpster diving to foraging to five star restaurants. I also interviewed 200 men and women about the connection between a man's wining and dining style and his mating style. I learned that you could distill a man's true essence from his culinary style.

The research gave me an insight into the male species and what type of guy worked for me. It helped me transform my love life and I now have a relationship I relish. Most importantly, I learned to heed my own appetites. In the past, I'd focused on feeding male appetites rather than satisfying my own. Hence, my relationships had become increasingly unfulfilling. Instead, I put the emphasis on seeing if a guy could get me salivating. I honestly think seeking the Delicious is the secret to love as well as living with zest. I learned so much about myself on my dating and dining odyssey and discovered what my tastes were in food, wine and men, the three things that keep the rosy hue in our cheeks. We put so much emphasis on our degrees and our careers, but sometimes we can learn from our everyday lives.

In the book, you identify ten types of male diners, from Trans Fat Types to Culinary Con Men. Which type of man was the most appealing to you and which type should women definitely avoid?

I would avoid men that don't give a kebab about courtship. Even if a guy lacks finesse but makes an effort to whet your appetite, then he might be a keeper. It's not the money he

spends, but the effort he puts in that counts. A guy is investing in you by taking you out for dinner. He is serving up a sliver of himself and trying to stir other appetites. The Pretzel Player doesn't have any nutritive value, hence his culinary totem. He is the sort of guy who texts you late and asks you out to a bar. This guy is only interested in sexual conquest, not connection. His seduction strategy involves plying you with enough vodka shots to pry you out of your pants. He will be all over you like a bad case of dermatitis but the next morning he will do a disappearing act. Even if you are only after a lover, you are better off with someone who considers your needs and puts a value on getting to know you.

As far as the other types, I don't think there is any prescription when it comes to love. One woman's perfect male dish is another's plain unpalatable. I think it is a good idea to test-drive the testosterone smorgasbord and get an idea of what sort of man suits your palate and preferences.

What is the most important piece of advice couples and singles can take away from your book?

I think it is really important to bond over shared meals. I don't mean just a conveyor belt dinner where you talk over the kids' heads or ramble absentmindedly while you rattle off mental grocery lists. I mean a proper dinner date with wine, candles and a thought-out menu that gets both your juices flowing. We don't live by beer alone, nor do our hearts thrive on to-do lists. It is really important to keep romance alive by enjoying special dinners, whether they are at home or at a restaurant. During these dinner dates, try to talk about what you like about each other, rather than children or chores. It will help you keep the fires of intimacy burning and will remind you of what attracted you to each other in the first instance. Every person I interviewed said they had a presentiment that a relationship was going cold when they didn't make time anymore to have special dinners together.

Do you have any upcoming projects we should know about?

I am blogging regularly for The Huffington Post in the Living Section and I am also revving up the Eat, Pour, Love blog on my website at BabeScott.com. My blog will be dedicated to all things decadent. My ultimate goal is to turn it into something like an online cocktail party. I will be interviewing "Inspiring Women Who Drink," hunky chefs and also writing about all things to do with mating, masticating and martinis. I do have a top-secret special project that I am also working on, but I'm not ready to spill the Fava beans on that just yet. But as soon as it's cooked, I will be serving up the hot gossip on Cupid's Pulse.

Cupid thanks Babe Scott for her time! You can purchase *Delicious Dating: The Single Girl's Guide to Decoding Men by Their Wining and Dining Styles* on Amazon. Visit BabeScott.com to purchase merchandise and to learn more about Babe Scott, and check out her blog on The Huffington Post.

**Britney Spears Seen with
Jason Trawick and Kevin
Federline**





Britney Spears

reunited with her ex-husband, Kevin Federline, while attending their son Preston's Little League game on Saturday. Spears, 29, arrived to the event with her current boyfriend, Jason Trawick, and her 4-year-old son, Jayden. According to [RadarOnline](#), a witness saw talent agent Trawick approach Federline, who was one of the team's coaches, to congratulate him. Spears seemed happy and after the game, she and all her men left together.

How do you keep things civil between your ex and new partner?

Cupid's Advice:

There was once a time you shared your life with your now-ex. It may now be over, but keeping things civil between your ex and your new partner is crucial. Cupid offers a few tips to do just that:

1. Don't cling to the past: It all starts with you. Don't continuously talk about your past relationship. Your mate will not appreciate it, and his or her dislike for your ex will deepen.

2. Reassurance: Reassure your current partner that things are completely over with your ex, so he or she won't feel threatened.

3. Spend time together: It might seem awkward at first, but attend an event with your partner and invite your ex and his or her new mate (if there is one) to be there, too.

Can She Ever Forget Her First Love?



By Chandler Jones

You've just met the perfect woman: she's beautiful, sexy, and best of all deeply in love with you! There's just one problem: you are not her first love. Can she love you more than she loved her first flame? Was he better than you in bed? Does she think of him while making love with you?

A common belief is that one's first love is also the most powerful. In fact, a lot of people say that you never forget your first love. What does this mean?

I've talked with various women about the subject, all of them married to men who are not their first loves. To my surprise, they all essentially told me the same thing. They said that the first love is mostly passion and the second love is much deeper.

When a woman is in love for the first time, she thinks he's the only one for her and that she has no choice in the matter.

Without him, she 's lost. When she loves for the second time, however, she knows that there are a lot of other men available to her, but she's choosing to be with the one she loves because she feels that he is the best one for her. The first time, a woman can love a guy simply because he was the first, and for no real reason other than that. It can be full of fear and insecurity – something that's fuel for passion, but nothing much more than that. The second time around, it's because she's able to see his fine qualities and love him for who he is. She's loves with all her heart because she knows her man deserves it.

Celebrities are no exception to this new rule. Zac Efron and Vanessa Hudgens met on the set of the Disney Channel movie *High School Musical* and continued to date for almost four years. Having met as teenagers, they were each other's first true love. Now, having split, both are moving on. Both Efron and Hudgens have been spotted with new potential mates, and although they will most likely never forget each other, it may be time for more than passion.

This is all fairly good news if you're the second in line, but we haven't gotten to the biggest questions yet. Does she think of him when she's in bed with you? Does she truly love you? Consider this. If she truly loves you, then she enjoys every moment the two of you are together, which includes every touch, every caress and every kiss.

Over time , your first love becomes just another story tucked

away in the corner of your mind. So, if you're the one she's chosen, fear not! Just concentrate on being the love of her life, and forget about her first love, as she's probably already done.

Visit www.DatinginForSingles.com now for the full scoop from Chandler Jones on expert dating and seduction techniques. Make sure to download your FREE library of seven eye-opening ebooks on how to flirt, kiss on the first date and be a better lover.

Prince William and Kate Middleton Invite Matchmaker to Wedding



It looks like

there's one more addition to the already over 1,900 people attending the royal wedding. According to [RadarOnline](#), that person is Sam Waley-Cohen, 28, an old friend of the royal couple who is credited with reuniting the pair after they broke up in 2007. Although Cohen is modest in taking responsibility for reuniting the two, it was at a party thrown by Waley-Cohen at his family's Oxford, England country house where the two resolved their issues.

Should you hire a matchmaker?

Cupid's Advice:

Sometimes it can be tough to meet people, and if you aren't interested in turning to the internet, a matchmaker may be just what you need:

- 1. Fix something that's broken:** Just like you would hire a professional to fix anything broken, why not hire one to fix one of the most important things in your life?
- 2. Increase your odds:** We all know it's not easy out there finding love, so leave your stressful burden with someone else.
- 3. Busy life:** The busier we get, the more our love lives get pushed on the back burner. While we're busy with our jobs and careers, there are people who make love their job and want to help you find love.

Justin Timberlake and Jessica

Biel Split



Though there are no hard feelings, Justin Timberlake and Jessica Biel have officially split. According to [People](#), the split was mutual and the two remain friends. In spite of being seen together on Feb. 27th at the Vanity Fair post-Oscars party, they soon decided to move on. It looks like these two Hollywood hotties are now officially back on the market.

Should you go out right after a breakup?

Cupid's Advice:

Every breakup is different. Therefore, what works as the remedy for one breakup may not work for another. However, you are doing yourself a disservice if you don't give love another chance:

1. Try going out in a group: When you go on a group date, there's a lot less pressure. This is perfect if you are still getting over a breakup.

2. Go out with someone in the same situation: It may be a good idea to date someone who is also getting over a breakup. That way you both understand what each other is going through.

3. Get to know yourself: After a split, it may be time to take up a hobby or do something you didn't have the time to do before.

For more information on Justin Timberlake and Jessica Biel:

[Jessica Biel Enjoys a Night Out Sans Justin](#)

[Jessica Biel and Timberlake – It's Over!!!](#)

[Justin Timberlake & Jessica Biel Split: Source](#)

Cupid Exclusive: 'Bachelor Pad' Winners Natalie Getz and David Good Dish on Love, Dating and Reality TV





By Krissy Dolor

If you want to know the key ingredient to winning (no Sheen pun intended), look no further than last summer's *Bachelor Pad* winners: Natalie Getz and David Good.

Even though these two former contestants didn't strike a love match on their respective *Bachelor*-franchise seasons, this dynamic duo made their mark as the first couple to win the ABC spin-off reality show, *Bachelor Pad*, where 19 past contestants competed for a grand prize of \$250,000.

Throughout the show's run, this couple focused on making their way to the finish line. If there's anything we can learn from watching Getz and Good, it's that three important traits are needed to keep any relationship moving forward: loyalty, trust and friendship, which they exemplified. While most romantic couples aren't competing for anything but each other's hearts, these elements can have you and your partner come out winning too – whether it's for love, marriage or happiness.

Cupid had the opportunity to speak with Natalie and David about love, dating and how their lives have changed since *Bachelor Pad* ended. Read on to see what they had to say:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Natalie: Yes. It has helped me further the exploration of my youth and single life, making me ready to move on and actually commit to someone. Instead of pushing away the nice guy, now I'm ready so I will embrace him (wherever he is) with open arms and an accepting outlook towards a future.

David: Being on the show did not necessarily change my perception/expectations about dating. However, dating and meeting girls since the show has a little. You really have to have your guard up so to speak, because you never know if someone is just trying to be with you because you were on TV or if they are legitimately interested in you. It's weird that someone would be like that to me, but a lot of girls really get into these shows.

2. What has your dating experience been like since *The Bachelor/The Bachelor* and *The Bachelor Pad* ended?

Natalie: I've definitely dated my fair share of men, but now realize to be upfront right away if I don't see a future. I also am able to better identify who is right for me versus liking a guy for the wrong reasons.

David: It's been great! I travel all over the country on my book tour and get to meet a lot of people and a lot of beautiful girls. The negative about that is that I am not in a good place to start a new relationship being gone all the time, so it's like a double-edged sword. Waiting for "that one" to really catch my eye you know.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Natalie: I absolutely do. Before the show, I was a non-believer, but the casting department goes to extreme lengths to ensure the most compatible contestants to the bachelor/ette's personality. If they chose someone there for the right reasons, the end result will be a success. Jillian and I have a similar personality, which explains why I've had

a bit of a dating history with her season, hahaha!

David: I do believe that love can be found on reality TV, 100 percent. It's funny, too, because before the show I did not think so and now I really do. They pick some great people to be on these shows, and I think if you hit it off on there, that down the line you can make it work.

4. What piece of dating advice can you give to our single visitors?

Natalie: Don't look for it, let it come to you. If you have any hesitations, leave the situation. And if the right person enters your life when you aren't ready? Don't push them away, but take it slow. Start out with a friendship so that you don't ruin a great thing!

David: Start out all your relationships with brutal honesty. If you start out with that, then down the line you don't have to lie about things or dig yourself out of holes, and you are free to be yourself and love openly.

Cupid thanks Natalie and David for their time! For more on ABC's *Bachelor Pad*, visit ABC.com.

Don't forget to watch the season finale of season 15 of *The Bachelor* with Brad Womack tonight, **Monday, March 14 at 8 PM/7 PM Central!** And visit us tomorrow for our very last *Bachelor* recap! See you then!

Eva Longoria and New Boyfriend Eduardo Cruz Make

Out at Lunch



It's official: Eva Longoria is over Tony Parker. The *Desperate Housewives* star was recently spotted smooching new beau Eduardo Cruz at an L.A. restaurant, according to [RadarOnline](#). Longoria split from San Antonio Spurs player Tony Parker in November 2010 after three years of marriage. The 35-year-old actress has rebounded with singer (and Penelope Cruz's brother), Eduardo Cruz, 10 years her junior. Last month, Eva tweeted that she is ready to move on. "Starting over is hard to do, but life goes on. I pray for strength, courage and wisdom on my new journey."

After a divorce, how do you start over?

Cupid's Advice:

Once you split from a spouse, it may seem like you'll never be ready to date again. Cupid has some tips on how to get back in the game:

1. Date: Starting over is as simple as this: start dating for fun. Don't expect (and don't look for) a serious relationship right after your divorce, but go out just so you remember there are options out there.

2. Get by with a little help from your friends: Lean on your friends to help you recover after a divorce. Make sure to not spend too much time alone, and you'll be ready to start your new life with the help of your buddies.

3. Try something new: Sometimes you need to do something meaningful to signal a change. It can be anything from a new haircut to a new job to a new city. Making a significant change will help begin the process of starting over.

Singles Event: Da Vinci Hunt at the Met





Meet Market

Adventures believes being single should be an adventure. Why not join them for one? This Sunday, they are hosting a Da Vinci Hunt at the Metropolitan Museum of Art in New York City. Based on *The Da Vinci Code*, Dan Brown's novel, solve the cryptex in two hours with your team of four to six singles by following the clues throughout the Met. When bars and clubs become tiring, Meet Market Adventures works to find and plan activities, events, and trips exclusively for singles.

Who: Meet Market Adventures

What: Da Vinci Hunt

Where: Metropolitan Museum of Art
Fifth Ave. and 82nd St.
New York, N.Y. 10028

When: Sunday, March 20 from 1:30 to 4:30 PM

Cost: \$29.99

Ashley Olsen and Justin Bartha Split



Ashley Olsen is a single celebrity again, according to UsMagazine.com. The former *Full House* star and current fashion designer split with her boyfriend of two years, actor Justin Bartha. Sources say *The Hangover* star was planning to propose to Olsen five months ago. Also, the couple was caught loft-hunting three months ago. Despite these things, one of Bartha's friends insists the relationship is over.

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

Cupid's Advice:

It's tough to figure out when your Facebook status should be set to "it's complicated" versus "single." Cupid has a few suggestions in figuring out which to go with:

1. There are still feelings there: If the two of you still

have emotions churning, maybe you both just need some space to think things through.

2. You run in the same crowd: Think of Ross and Rachel in *Friends*. They never distanced themselves from each other and in the end, after much anticipation, they got back together. This may be a similar situation for you and your partner if you have mutual close friends.

3. There's no future: If you don't see what you have going anywhere down the road, then perhaps it's time to call it quits and start living the single life.

A Cupid Event: Finding Mr. Bright at Bloomingdale's



Need a little something to get your dating life back into the "spring" of

things? Take a trip to Bloomingdale's in New York City and let Benefit introduce you to Mr. Bright, a brightening kit that is quite a catch! Makeup experts will clue you in on all the essentials for a luminous complexion, while Cupid's Pulse founder and editor-in-chief [Lori Bizzoco](#) will offer advice and insight on dating in today's celebrity centered world – just like the site does every day! Space is limited, so call 212-705-3483 to book your appointment. Hope to see you there!

Who: Benefit and Cupid's Pulse

What: Finding Mr. Bright

Where: Bloomingdale's, 59th St. & Lexington Ave.
1000 Third Avenue
New York, NY 10022
Main floor, Cosmetics

When: Saturday, March 19 at 1 PM and 3 PM.

Amanda Seyfried Admits to Dating Ryan Phillippe





Red Riding Hood

actress Amanda Seyfried has finally confirmed dating rumors circulating around her and actor Ryan Phillippe, reports UsMagazine.com. In the April issue of *Elle Magazine*, Seyfried discussed both her budding relationship with Phillippe and the end of her relationship with *Mamma Mia!* costar Dominic Cooper. Seyfried and Cooper split when she found out that Cooper and his previous girlfriend were still together. "I was just kind of foolishly thinking that the two of them were done and Dom and I were involved. But we weren't really as involved as I thought. So I got my heart broken pretty hard," says Seyfried. "And then it took a long time for us to break up again. After that, it's really hard to open myself up to a new person. Really hard."

How do you trust in love again after being heartbroken?

Cupid's Advice:

Heartbreak is arguably the hardest thing to deal with, but there are ways to ensure that you move on. Here are a few tips:

1. Visit your family: Spending time with relatives may be the first step you need to take in order to cure heartbreak. Family almost always has the ability to brighten your day.

2. Spend time with friends: Even if you don't re-enter the dating world, going out with friends can help ease you back into a more social lifestyle.

3. Take it slow: If you get an anxious feeling when you think about being in a relationship, then you probably aren't ready. Give yourself some time, and eventually you will feel confident enough to put yourself out there again.

Cupid Exclusive: 'Bachelor Pad' Couple Tenley Molzahn and Kiptyn Locke Talk Love and Dating



By Erika Hymowitz

Vujnovich

America fell in love with Tenley Molzahn and Kiptyn Locke when they each competed on *The Bachelor* (season 14) and *The Bachelorette* (Season 5). Their mission? To find a love of their own. However, it wasn't meant to be at the time, and both ended up runner-ups on their respective seasons, forced to jump back into the dating pool.

Fast forward to last August as they took another chance at love on *The Bachelor* spin-off, *Bachelor Pad*, where 19 unforgettable contestants from past seasons lived together under one roof to compete for a grand prize of \$250,000.

Despite losing the competition, Tenley and Kiptyn embraced their stint on the show and literally danced their way to the final four, finding themselves moving in a "Locke" step towards a true relationship – with each other.

Even before their appearance on *Bachelor Pad*, the two developed a solid friendship based on their tremendous respect for one another. They were there for each other during their days of public heartbreak, and that support set the stage for what ultimately came to be.

Cupid's Pulse had the wonderful opportunity of exclusively interviewing Tenley and Kiptyn, and asked them a handful of questions based on their dating experience on and off the show. The key lessons they learned in their quest to find love are here for Cupid's Pulse readers to embrace and take to heart:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Tenley: Being on *The Bachelor* really helped me regain confidence and trust in dating. I put myself in a very unique position dating a man that was dating several other women; I really had to let go and not think so much and just enjoy my time with him. Because of that, I really do believe that I'm

different now in my relationship.

Kiptyn: Big picture – it really didn't change much. The one thing the ol' super speed-dating factor of *The Bachelor* did do was teach me to reflect, process and communicate things sooner.

2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?

Tenley: Well, I came out of *Bachelor Pad* with my special someone, so it's changed in the best way! I have someone in my life that I may have not met had I not been through the experience of the show. I also love that we have both been through very similar experiences. I think that is something that the two of us share that would be hard for anyone else dating either of us to understand.

Kiptyn: Since *Bachelor Pad* I've only dated one woman, Tenley. We went from being friends to romantic, to now a strong combination of the two, and it's all good. It's been an adventure and we've grown together a lot.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Tenley: I believe it's possible. But my own relationship with Kiptyn was built on a friendship at first. Our relationship began because we were put in a setting where our chemistry couldn't be denied anymore, but I know that our friendship away from cameras gave us a great foundation.

Kiptyn: Answering honestly, I do think you can find love on TV, but it helps a ton to have a real world foundation in place first.

4. What piece of dating advice can you give to our single visitors?

Tenley: Be yourself when dating. Never try to mold yourself into someone else just for the person you're dating. I always

think of *Runaway Bride* – know who you are; you want to be with someone who has fallen for you, because you are who you are!

Kiptyn: There's nothing wrong with being single and there's no rush to get into a relationship. When you look for someone, don't look for who is good "on paper"; look for who makes you feel the best – it's about compatibility.

There certainly is no rush. Take the time to understand yourself and what you're ultimately looking for in a relationship. There's nothing better to base a relationship on than friendship, and that friend of yours, who you never thought of in that special way, might be the one. Just like Tenley and Kiptyn, you may find love when you least expect it!

Visit us tomorrow for a preview of the season finale of ABC's The Bachelor!

Britney Spears Says She Has a 'Normal' Relationship With Jason Trawick





While most people are sitting around imagining the celebrity lifestyle as wild and crazy, Britney Spears is getting coffee with boyfriend Jason Trawick. According to UsMagazine.com, Spears told Ryan Seacrest that her and Trawick's life "isn't that crazy" on his KIIS-FM radio show this past Friday. "We're really normal," the 29-year-old pop sensation insisted. "We work out a lot. We love to work out. We do stuff together like that. We take walks." The couple has been together since early 2009 and continue to enjoy each other's company ... even when Trawick is 'kicking her butt' in cardio.

What are some everyday things you can do with your partner?

Cupid's Advice:

Some people think you need to constantly 'one up' your previous date to keep a relationship interesting. On the contrary, Cupid thought of a few everyday activities that are just as special:

1. Walk together: Whether you walk to get in shape, to get to work or just to enjoy the weather, you can be doing so with your partner. It's a great way to just enjoy each other's company for an extended period of time, while relaxing and breathing fresh air.

2. Eat together: At the very least, share meals! There's no reason you can't dedicate at least one meal per day to your significant other. This will give you both a chance to compare days.

3. Watch together: Don't you just hate when everyone's talking about a movie or TV show that you haven't seen yet? Well, instead of looking at it as an experience you're missing out on, look at it as a suggestion for you and your beau's Friday night! It gives you something to talk about in addition to something to enjoy.

Charlie Sheen's Goddesses Insist He's a Good Dad



Apparently Charlie Sheen is "winning" with some of his friends in the adult entertainment industry. His "goddesses" Melanie Rios and Kasey

Jordan insist that Sheen's recent antics are not indicative of his ability to be a father and his love for his daughters Sam, 7, and Lola, 5, with Denise Richards and two-year-old twin sons Max and Bob with Brooke Mueller. According to UsMagazine.com, Rios claims, "He loves his kids and he makes an effort to be there for them." Even Mueller admits, "He knows he has an addiction and in order to be a good father, he has to kick the addiction. He loves his kids."

How can you tell if your partner is a good parent?

Cupid's Advice:

1. Patience: Kids can be frustrating and difficult, and the only way to get through being a parent is with a lot of patience. Look for signs to see how your partner reacts in these high stress situations.

2. Compassion: If your partner is loving and compassionate with you and others, that is most likely the way he will be with your children.

3. Responsible: The decisions you and your partner make with your children can effect them for the rest of their lives. Make sure your mate is responsible enough to handle what is going on now, before you add kids into the mix.

Justin Bieber Decides to Grow a Moustache



Justin Bieber is taking his first steps into adulthood by growing facial hair. UsMagazine.com reports that the 17-year-old crooner announced via Twitter that he will not shave for a month and that he is “pumped” for his fans to see him with a ‘stache. Recently, Bieber lost 80,000 Twitter fans after cutting his trademark locks, trading in for a more current, adult look. Bieber, who recently admitted to dating fellow young Hollywood starlet Selena Gomez, is currently touring in Europe, away from his new girl.

What do you do if you don't like your partner's facial hair?

Cupid's Advice:

Selena Gomez may just luck out and not get to see the Biebs in the flesh with his facial hair. But for some ladies who have to deal with stubble scratches and sore chins, it can be tricky to let your boy know you don't care for his hair:

1. Reminisce: When your man walks into a room and you catch a glimpse at his burly beard, think about how he looked pre-facial hair and let him know how much you miss his smooth

face.

2. Be blunt: Although it's ultimately his choice to keep or give up his facial hair, you can let him know what you think is best. If all else fails, withhold kisses.

3. Report the facts: Men with facial hair and beards are less likely to get hired because they don't come off as trustworthy. The beard may make your man look like he has something to hide.

Charlie Sheen and 'Goddess' Split Only to Reunite Again



Charlie Sheen once again made the news this past week when he took to his Twitter account in order to report the loss of one of his current "goddesses," porn actress Rachel Oberlin (Bree Olsen). Sheen

posted, "Rachel [Oberlin] has left the building. We're sad ... over it ... applications now being accepted!" A few hours later, Sheen told [People](#), "She's back!" Oberlin, who shares Sheen's affection with Natalie Kenly, has been quoted as saying, "I've always felt that a man should be able to be with as many women as he likes."

How do you know if your "goddess" is interested in someone else?

Cupid's Advice:

When you learn that your partner is into someone else, it's not a good feeling. That said, it is possible to prepare yourself. Here are a few signs that may indicate that your partner is interested in someone else:

- 1. Constant correspondence:** If your mate is constantly texting, emailing or talking to someone of the opposite sex, it may mean that he or she has an outside interest.
 - 2. He's glad to hear from her:** If your beau smiles or seems happy to hear from another girl, it may be cause for alarm. While it 's very possible that the two are just friends, it's also possible that he likes her as more than that. It may be time to investigate!
 - 3. You seldom hang out with her:** If your significant other dislikes meeting up with his "friend" with you in tow, it may mean that he or she is trying to hide his new love from you.
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Is Ryan Reynolds Dating German Model Agnes Fischer?



Looks like Ryan Reynolds is moving on and has a new blonde on his arm. According to UsMagazine.com, the actor was spotted with 25-year-old Agnes Fischer, a gorgeous German model. According to reports, Fischer was caught watching Reynolds shoot scenes for his upcoming movie, *Safe House*, and then leaving the set together when he was done for the day.

How can you support your partner's career?

Cupid's Advice:

Most of the average person's day is spent at work, so it's very important to be supportive of one another's careers. Cupid has some tips on how you can back up your partner's occupation:

1. Always be there to listen: Whether he just landed that promotion or he's whining about the most recent boss drama at

the office, try to always be there to listen to the good and the bad.

2. Be happy for each other: There's no room for jealousy in a relationship. If your significant other has a major breakthrough in his or her career, you should be the first person there cheering them on.

3. Do a little research: If you and your partner have totally different career paths, you might consider doing a little homework. It's always nice to feel as though you have some idea of what each other is talking about.

Charlie Sheen and Brooke Mueller Don't Reach Custody Agreement





With no luck in reaching a custody settlement over the weekend, Charlie Sheen and Brooke Mueller will battle it out in court on Tuesday. Sources tell [TMZ](#) that several issues stood in the way of an agreement. Mueller insists that a monitor is present whenever Sheen has the twins, Max and Bob, at his house. And she wants to make sure that any current or future partner Sheen has doesn't have the right to "exercise parental responsibilities." In order for the estranged couple to gear up for the court fight, Sheen's lawyer must contact Mueller's lawyer on Monday.

What should you tell your kids during a custody fight?

Cupid's Advice:

When you're in court fighting over your children, it can be tough on them. Cupid has some things you can tell them during the battle:

1. Positive image: No matter how much you dislike your ex-spouse, never trash him or her in front of your kids. Your children should have a positive image of you both, and not be swayed by any conflict.

2. No one's fault: Let them know that it's not their fault and has nothing to do with them.

3. Spending time: Let them know that by getting a divorce, it won't change the fact that you will always be their mother or father. Things will be mostly the same, except you all won't spend time together as much.

Kim Kardashian's Boyfriend Kris Humphries Serenades Her



Kim Kardashian is venturing into the world of music with a little help from her NBA player boyfriend. Kardashian, who debuted her new song "Jam (Turn It Up)" this week, told [People](#) that Kris Humphries serenades her with her own song. "Kris loves it... He sings it to me on the phone." While Kardashian says she loved recording the song, she isn't interested in making an album. "It was just something I tried," the reality star said. "It was just something that kind of got me out of my comfort

zone. And I'm really happy I went for it and did something I'm so not comfortable doing."

What are some creative romantic gestures?

Cupid's Advice:

It's important to show your partner how much you care every once in awhile. Cupid has some creative ideas that your mate will love:

- 1. It's the little things:** Do the laundry, clean the bathroom or cook dinner. These simple household chores will show your partner that you care even more than a traditional romantic gesture would.
- 2. Sway:** Surprise your partner with a romantic spin around the floor... the kitchen floor. Make a normal night special by asking for a dance after dinner.
- 3. Cut out coupons:** Give your mate free romantic coupons for a 30-minute massages or romantic dinners, redeemable anytime.

Scarlett Johansson and Sean Penn Have Dinner in Mexico





Hollywood moguls

Scarlett Johansson and Sean Penn were spotted having dinner together in Cabo San Lucas. The two jetted off to the romantic location for a short while to spend quality time together. They were previously seen together in a Los Angeles restaurant where, according to [People](#), Johansson had her leg draped over Penn.

What are some ways to make the most of a short romantic getaway?

Cupid's Advice:

A nice romantic getaway can always seem too short. Here are some ways to live it up while you can:

- 1. Share a long kiss:** The getaway may be short, but the kisses can still be long.
- 2. Enjoy a romantic dinner:** A romantic candlelit meal over is always a nice touch. Share conversation and just enjoy each other's company.
- 3. Be thankful for the moment:** It's not about how much time you spend together, but about the quality of that time. Live in the present!