

Valentine's Day Special: Speed Shrinking for Love Event



By Lavanya

Sunkara

The best way to attain what you seek is to make the effort and take that first step. At last night's Speed Shrinking for Love party at Housing Works Bookstore Cafe, organized by bestselling author and journalism professor Susan Shapiro, New Yorkers of all ages and walks of life flocked to find what they were in search of, whether it was love, a book deal, or psychoanalysis.

Enthusiastic participants lined up for their speed meeting – think speed dating, but with literary agents and relationship experts. The jam packed space buzzed with curious newcomers,

mingling friends, therapists doling out advice three minutes at a time, and literary gurus advising writers on pitches. Free wine and [Valentine's Day](#) chocolate cupcakes were plentiful.

But Speed Shrinking isn't just a witty name for a networking event. It is also the title of Shapiro's debut novel about a self-help author who sees eight therapists in eight days to deal with her cupcake addiction after her best friend, as well as her shrink, suddenly move away. What started out as a one-time party idea to promote her book, Speed Shrinking has become a social phenomenon, entertaining a series of television appearances and parties on both coasts. Last night's event was Shapiro's 10th party, and she said a producer is interested in turning it into a reality show.

When asked how therapy changed her life, Shapiro said, "It's my secret weapon. I have everything I want in life because of it – a husband I've been happily married to for 15 years and two careers I love. Therapy really pays for itself. I tripled my income, thanks to my last shrink." The participating psychoanalysts agreed, and said they want to expose people to therapy and show that it is indeed a smart life choice.



Susan Shapiro (center) with psychiatrist Sheri Spirt and Jungian astrologist Bob Cook.

Photo courtesy of Susan Shapiro.

Among the participants are devoted Shapiro-ites – students, literati friends and work contacts. Kiri Blakeley, author of *Can't Think Straight: A Memoir of Mixed-Up Love*, said it was her first time at a Speed Shrinking event. "I'm thrilled people recognize me from my online interviews," said Blakeley, who added that she came to spend time with friends and talk to editors about possible projects. Her experience is the norm for a Shapiro networking event. Everyone is connected to one another, either through an acquaintance, an agent, or Facebook. But the mutual link between all is Shapiro.

One participant, Daniel Berman said, "Shapiro is like a full-time operator – always available and willing to connect you to an editor, agent or romantic match. She is very supportive and I got published because of her."

Former student Alyssa Pinsker shared her thoughts. "Like most of New York, I consider Sue Shapiro my mentor. I believe in her message and good karma. What better way to spend Valentine's Day than to help others and find help?" Like many others, Pinsker wooed the editors to whom she pitched her ideas. "I always find what I need here."

Shapiro's next book, this time in collaboration with her former addiction therapist Frederick Woolverton, is titled *Unhooked* and is about how to get off addictions. For upcoming free events, please visit www.susanshapiro.net.

Lavanya Sunkara is a freelance writer whose work has appeared in Time Out, NY Resident and online magazines. For more information, visit www.lavanyasunkara.com.

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



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

How do you combat untrue rumors from an ex?

Cupid's Advice:

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

- 1. Prove him wrong:** Actions speak louder than words. Keep your cool and show him that his lies won't make you lose control.
 - 2. Take legal action:** If these rumors are hurting your daily life or reputation at work, it may be time to take involve the law.
 - 3. Never fight fire with fire:** No matter what you do, never stoop to their level. Spreading rumors or trashing your ex will only worsen the situation.
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Prince Harry Spotted With Ex-Girlfriend Chelsy Davy





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

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

Cupid’s Advice:

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

- 1. Girlfriend or Boyfriend:** Have a significant other? Invite him or her to the wedding. This would be a great time for them to get acquainted with your family.
- 2. Best friend:** If you’re single, bring along the next best option – your best friend. She’s met your family a gazillion times, and getting an invitation to the wedding will make her feel as if she’s part of the family.

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

Eva Longoria Goes Public With New Boyfriend Eduardo Cruz



Just one week after finalizing her divorce with Tony Parker, Eva Longoria finally went public with her new boyfriend, Eduardo Cruz. If that name sounds familiar, it's because Longoria's new flame is none other than actress Penelope Cruz's younger brother. According to [RadarOnline](#), the couple were first spotted

together in October at her restaurant, Beso, followed by a few other encounters in December and January. While it was clear that those encounters were meant to be a secret, the pair seemed open on Saturday while sailing on a luxury yacht in Miami.

Should you keep your new relationship under wraps?

Cupid's Advice:

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

- 1. If you are both comfortable with it:** Many times in the beginning of a relationship, we say things that we think the other person wants to hear. If you're deciding not to let anyone in on your secret courtship, make sure it's a decision you've both agreed upon.
 - 2. If you're not sure where it's going:** When you begin to date someone, there's a period of time where you're feeling each other out. If you think there's a chance you won't make it past the previews, now may not be the time to alert the media.
 - 3. If you just got out of a relationship:** Sometimes we find people when and where we least expect it. If that time for you is right after you ended a longterm commitment, you may want to give it some time before you introduce someone new to your friends and family.
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Valentine's Day Special: Love the One You're With



By Sherry Richert

Belul, founder of Simply Celebrate

Whether you're madly in love, still looking for love, or are in a snit with the one you love, these 14 tips below are surefire ways to jump start more luvin' feelings in your life, just in time for [Valentine's Day](#). Just choose one of these suggestions and try it out – on your spouse, your beau, yourself, or a friend. Or for those who crave a larger dose of feelin' good, try one a day for the next 14 days!

– Make a Love List full of silly, sweet, funny, poignant reasons why you love someone. When you're mad or disappointed, read this list! When you're happy and in love, add to this list. If you're sad or lonely, make a Love List for yourself, a relative, or a friend.

- Share the things on your Love List with the person for whom you wrote ‘em. Mail ‘em in a card. Send one text message every hour. Write them on notes and hide them in their shoes or coat pockets. Make a poster. Leave voice messages on their phone.
- Pretend you are meeting your spouse or beau for the first time. Choose someplace new, where neither of you have ever been. Arrive separately. Catch eyes across the restaurant or café. Introduce yourselves using names you just made up that suit your mood. See them (and yourself) anew.
- Surprise them on an any-ole-day. It’s not his birthday. It’s not your anniversary. It isn’t Valentine’s Day. It is Tuesday the nothingth. Make a candlelight dinner, buy him that gizmo he’s been drooling over, or offer an hour-long massage and kissfest.
- Be the dashing, witty, sexy, romantic, fun person you have always longed to be in relationship with! Dress up in sexy clothes, tell funny jokes, focus on the positive, talk to strangers, be dynamic and magnetic.
- Listen. Focus all of your attention on them. Try reflective listening, in which you actually repeat back verbatim each sentence they say. It’s amazing how good it feels to the recipient to know someone hears every word!
- Try something new together that you’ve always wanted to do. Now.
- Find a way to transform your anger or snits into something fun. Buy and wear big puffy coats so you can smash into one another. Put on your favorite music and dance. Have a sword fight with foam swords. Speak in feigned accents. (When my beau says, “Hey Boo Boo” like Yogi Bear, it is impossible not to laugh!)

- Collect and print out your 10 favorite photos of the two of you in which you're both truly happy. Hang them someplace you'll see them often. Let yourself feel the joy again and again and again.
- Be vulnerable. Tell him or her something you wouldn't tell anyone else, or something you've been afraid to say.
- Choose connection over being right or proving a point. (Ooh, that is hard. But wow, does it pay off in spades!)
- Get those unmet needs met – someplace else. Don't expect anyone in your life to be everything to you.
- Be present. This is the number one best way to connect – and the very best gift you can give.
- If you don't have a partner – or even if you do – do all of these things for yourself. Loving the one you're with starts with YOU. If you love and enjoy yourself, you're well on your way to loving whatever wonderful and imperfect Valentine is in your life or about to show up in your life.

To help you get started on creating more love in your life, download the free Love List template at simplycreate.net and make one for yourself, your spouse, a friend, or relative.

Sherry Richert Belul is mom to a witty and wonderful 10-year-old boy. She is also founder of Simply Celebrate and author of Present Perfect: It Really is the Thought That Counts – an ebook that includes dozens of creative-not-crafty gifts that are fun to make and are full of love. Find her books or sign up for her free newsletter at www.SimplyCelebrate.net. Email Sherry to tell her your Love List experiences, ask questions, or learn about the one-of-a-kind tribute books she makes at celebrate@Madmoon.com. For more, follow her on Twitter: @simplycelebrate.

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



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

How do you deal with a jealous partner?

Cupid's Advice:

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

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





Photographic

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

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

Cupid’s Advice:

Sometimes when you become a part of a new relationship, it’s fun and exciting to keep things on the down-low. But when things start to heat up and it gets harder to cover your tracks, it may be time to come clean and own up to your new relationship:

1. Ain’t no shame!: Unless your new boyfriend still hasn’t broken things off with his previous girlfriend, there’s no reason to hide your relationship. Love should be celebrated,

and keeping it under wraps may come off as suspicious.

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

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

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





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

test

February may be the shortest month of the year, but for those anticipating [Valentine's Day](#), it's critical to ramp up your online dating search. There's no quicker way to find a date on the Internet than by starting with a cyber face-lift of your existing dating profile.

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

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

your favorite social networking site to post on your online dating profile.

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

3. Change your Settings: Typically, women like it when a man does the pursuing, but February is already here. You need to let him know you're available and ready to meet. How do you do this? Change your privacy settings to show you're online and open up your live chat or instant messaging service. Online dating is a numbers game and men are rejected all too often. Make it easy for him to find you. It's a crowded digital landscape and the squeaky wheel *does* get the deal.

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

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

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

Taylor Swift Recovers After Split with Jake Gyllenhaal



Taylor Swift's breakup with actor Jake Gyllenhaal has not had any lasting effects on the country crooner, reports UsMagazine.com. Swift is heading out on a worldwide tour for her new album *Speak Now* and is excited for the opportunity. "I can't wait!" revealed

Swift on a Nashville radio station. "Getting back on the road is something I have been looking forward to for a really long time." Gyllenhaal, 30, broke up with Swift, 21, last month.

Since the breakup, the two have briefly reunited for a dinner at Nashville restaurant Bound'ry. Though Swift was "thrown" by the date, Gyllenhaal wished "to see if there was anything still between them, if they could recapture the magic," revealed a source. "Sadly, it wasn't there."

What are ways to distract yourself from heartbreak?

Cupid's Advice:

All individuals react to breakups differently. While some immediately put the past behind them, others turn to a gallon of chocolate ice cream. Here are a few ways to distract yourself from heartache:

- 1. Keep busy:** Try volunteering in your spare time, or pick up a part-time job. If your current job is already time-consuming, then try putting even more effort into it. Don't allow yourself too much time to mourn your past relationship.
 - 2. Meet new people:** Take a class, attend a sporting event or go to a concert. Going somewhere with a large group of people will help you socialize and make new friends, which will fill part of the void left by your ex-partner.
 - 3. Visit family:** Find an excuse to visit your parents or a sibling for the weekend. Your family will not only distract you, but they will probably help you recover because they understand you better than anyone else.
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Tony Romo and Candice Crawford Celebrate Super Bowl With Family



Tony Romo has a lot to be thankful for this Super Bowl season, and a lot of it revolves around his fiancée, Candice Crawford. The duo have been pre-celebrating the game throughout the week, and they've even made it a family affair. According to a source, Romo and Candice's brother, *Gossip Girl* star Chace Crawford, are already friends. Chace has been joining his happy bride-to-be sister and future brother-in-law for pre-Super Bowl festivities as well, reports [People](#). Even Candice's parents joined in on the fun at an exclusive dinner party hosted by Audi in Dallas. An observer said, "Tony and Candice have been at party after party together, and they are always snuggling or laughing with each other or with friends."

How do you incorporate your family into your relationship?

Cupid's Advice:

Once your relationship turns serious, it's important to keep your family involved so that they can share in your happiness.

Cupid has a few tips:

1. Invite them to events: Take a cue from Candice Crawford and Tony Romo and invite your family along to parties and other fun happenings. Even if you just invite them over to your home for dinner, the more exposure they have to your relationship, the better.

2. Ask for advice: Make sure your family members know that you value their opinions. Get their advice and recommendations about where to go on dates or gifts you plan on buying for your partner.

3. Update them: It may seem simple, but keeping them abreast of any goings on in your relationship will keep your family involved. The fact that you aren't hiding the relationship or keeping secrets will do nothing but help you.

Valentine's Day Special: Men's Health and TheKnot.com Report: 1 in 4 Brides Didn't Love Their Wedding Proposal



Regardless of whether we're receiving it or making it, most of us would want to have one perfect proposal in our lifetime. As a significant moment in any person's life, the proposal should be memorable for both parties involved – a memory the two of you can treasure years after you've been married.

But according to *Men's Health* and TheKnot.com, one in four brides were unhappy with their wedding proposal. The men's magazine and online wedding planning resource partnered together to ask more than 3,000 men and women about what couples are thinking during one of life's most talked-about moments – just in time for [Valentine's Day](#). With more than half a million men planning to “pop the question” this season, the results of their fourth annual proposal and engagement survey is a source for men and women to learn about wedding proposal do's and don'ts. So before you plan *your* proposal to that special someone, take a look at what this survey had to say:

One in four brides were disappointed with their proposal: Twenty-six percent of brides wished their proposal was more romantic, original and personal, private, or thought it was way too fancy. Perhaps the 76 percent of men who planned the proposal on their own should have asked someone for advice.

Proposing without a ring: According to 33 percent of brides, the worst proposal mistake a man can make is proposing without an engagement ring. Yet half of the men surveyed beg to differ; they believe that blowing the whistle ahead of time and letting everyone in on the plan is the biggest proposal crime.

Men choosing the ring by themselves: Thirty percent of men said they chose the engagement ring without any help, but brides insist that it was only 18 percent. In fact, 40 percent of brides went ring shopping with their future spouse, or chose the ring by themselves. Overall, 96 percent of brides said they love their ring or it was exactly what they wanted (lucky them!).

Men are traditionalists: A majority of the men (76 percent) said it's necessary to propose on a bended knee, while only 49 percent of women agreed. However, when it came to asking the bride's parents for their daughter's hand in marriage, 57 percent of men and 63 percent of women say it's a proposal do.

Sharing the news: Both men and women are on the same page when it comes to sharing the news. Eighty-four percent called their parents first, followed by telling friends via email, a phone call or a text message. Afterward, 72 percent of brides-to-be and 64 percent of grooms-to-be announced it on Facebook. But when it comes time to post a photo of the engagement ring on Facebook, 29 percent of men agree that it's tacky.

Men would propose to Jessica Alba, while brides would say "I do" to Jake Gyllenhaal: Statistics show that 43 percent of

brides would accept Jake Gyllenhaal's proposal. And if given the chance, Jessica Alba topped the list, with 26 percent of men choosing to propose to her.

Well, there you have it! It doesn't get better than receiving advice from those who have already gone through it. Now that you know what some of the proposal do's and don'ts are, perhaps you'll consider taking your significant other ring shopping, or figure out how to ask her parents for her hand. Unless you want to be like Elizabeth Taylor or Mickey Rooney, who both received eight marriage proposals during their lifetime, all you've got is one shot – make it count!

If you'd like more input on how to pop the question, check out the TheKnot.com's proposal guide. The site is filled with engagement ring shopping tips, suggestions for a wedding proposal, and includes an engagement announcement e-card to share the exciting news with everyone.

Waiting for Forever with Rachel Bilson and Tom Surridge





Childhood friends

Emma Twist (Rachel Bilson, *New York I Love You*) and Will Donner (Tom Surridge, *Like Minds*) may have drifted apart as they grew up, but they always kept a special place for each other in their hearts. When Emma returns to her hometown to be by her ailing father's side, she reunites with Will once again. Confused and distressed about her failing career and rocky love life, can Will remind Emma that what they had growing up was more than best friend material? *Waiting for Forever* tells the unique love story of two best friends separated by life and brought back together for a second chance.

When is it okay to go from being just friends to something more?

Cupid's Advice:

Taking your friendship status to the next level is often tricky and can lead to sticky situations. After all, it can be hard to go back to being just friends after dating doesn't work out:

1. It's mutual: Sometimes feelings between friends can go

unreciprocated. Make sure that you both want to take your relationship to the next level and that it's not just one-sided.

2. The timing is right: First he was in a relationship and you were single, then you had a boyfriend when he got dumped. If you two finally find yourselves in a situation where you are no longer obligated to be just friends, move right on ahead.

3. Ease into it: One day the two of you are spending Sundays watching old movies, and the next thing you know he's taking you out to dinner on Friday night. When you don't realize you're in a relationship, that's when it's the most right.

Release date: February 4, 2011

Cupid's Kiss Rating: 4 out of 5 kisses

Halle Berry and Gabriel Aubry Fought Over Kim Kardashian





Although Gabriel Aubry and Kim Kardashian's recent romance fizzled soon after it began, [People](#) reports that Halle Berry was not happy to see her ex out with a reality TV star. Aubry, 35, and Kardashian, 30, took in a Lakers game and a movie in late November before calling it quits. Halle Berry, 44, who split with the French Canadian model last year, was angry about the relationship because of her daughter, according to a source close to the actress. "Halle was very upset... She just didn't want Nahla exposed to the cameras that are undoubtedly around a reality star." But Aubry had no intention of bringing someone new into his daughter's life right away. "Gabriel wanted to make sure he dated someone for six months before he introduced them to his daughter," says the source.

How soon should you bring a new partner into your child's life?

Cupid's Advice:

After a breakup, it's hard to know when to bring a new partner into your kid's life. Cupid has some tips on when and how to make the introduction:

1. Talk to your child: Give your son or daughter a chance to

come to terms with his or her parents' separation. Once they realize that Mommy and Daddy aren't together anymore, they will be more ready to accept someone new.

2. Warn your partner: Tell your new mate what your child is like so he's prepared. Giving him as much information as possible will help make the introduction go smoothly.

3. Wait until it's serious: While there's no time limit on when your child and partner are ready to meet, it's a good idea to wait at least a couple of months. Then, it's up to you to know when the relationship is serious enough to bring someone new into your child's life.

Jennifer Aniston Shoots Down Pregnancy and Pet Rumors





Despite what you may have heard, Jennifer Aniston is not having pups of any kind! Since Aniston's rep issuing a denial statement to [People](#) had little to no effect on the rumors, the 41-year-old actress decided to shoot them down herself during a taping for Thursday's *The Ellen DeGeneres Show*. When DeGeneres asked if she was adopting another dog, Aniston jokingly replied, "I think you're confusing that with the Mexican child I'm supposedly adopting." When the laughter died down, she reassuringly answered, "No, I'm not adopting any children" and added, "And no doggies right now."

What are ways to keep family and friends from pressuring you to have a child?

Cupid's Advice:

Family pressure to have children can get overwhelming pretty quickly, so Cupid thought of a few ways for you to handle yourself in the situation:

1. Show: Without saying it, make it clear to your guests that you're simply not ready for a child. Reference work a lot so they realize a child doesn't fit well with your schedule, and

let them see that the house isn't baby-proofed. Sometimes actions speak louder than words.

2. Tell: If they can't take the hint, it's time for a family meeting. With your spouse or partner by your side, very calmly explain to your family and friends that having kids is a huge decision, and it's not theirs to make. Tell them that the pressure is too much and reassure them that when you do make the decision, they'll be the first ones to know.

3. Consider: The most effective way to get rid of the pressure is to give into it. Sit down and have a serious talk with your partner to see if having a baby is something you want to do. Are you both emotionally, mentally and financially ready? If the answer is still 'no,' it will at least reassure your family that you've thought about it.

'Chuck' Star Sarah Lancaster Is Married and Pregnant





Actress Sarah

Lancaster is married and pregnant, reports [People](#). Lancaster, who stars on NBC's *Chuck*, married her boyfriend of two years, attorney Matthew Jacobs, in a ceremony in Southern California on Saturday. "It's a really happy time in our lives," said the newlyweds. "We are thrilled to be starting a family and our wedding weekend was simply perfect." The nuptials were small, but included several heartfelt touches that made the ceremony unique. Lancaster wore her mother's pearl earrings and her grandmother's gold mesh bracelet, a wedding gift from her parents.

What are personal wedding touches you can incorporate?

Cupid's Advice:

Nearly all couples want to have a unique ceremony tailored to their own interests. Here are a few ways to include a few personal touches:

1. Personalized place cards: If you have a relatively small wedding, try personalizing the place cards. Instead of only writing 'Charlotte' or 'Steve', try adding a small note to the person, perhaps a description of your favorite memory together or something you admire about your guest.

2. Family heirlooms: Borrowing your mother's diamonds or your grandmother's hair clip make the wedding much more personal. The majority of your guests may not notice these touches, but the lack of attention doesn't make it any less special.

3. Music: Instead of having the DJ or band perform generic songs, have songs from your childhood played. Older songs will make you and your guests laugh and reminisce.

Mariah Carey and Nick Cannon Are Having a Boy and a Girl



Ever since Mariah Carey and Nick Cannon confirmed their pregnancy last year, everyone has been wondering about the sex of their twin

babies. It's both a boy and a girl, a close source to the pair told UsMagazine.com. The couple has been cautious about revealing too many details, as they struggled to conceive after a miscarriage in 2008. But when President Obama asked them about the pregnancy, they couldn't resist and broke the news about having twins. The source said, "Those kids will have everything. Mariah and Nick are ecstatic."

How do you prepare for opposite sex twins?

Cupid's Advice:

Nothing can prepare you for that excited feeling you get when you discover that you're expecting opposite sex twins. Wondering about how you should prepare for their arrival? Cupid is here to offer some advice:

1. Necessities: Although you're ecstatic about the arrival of fraternal twins, financial worries can sometimes get in the way. Supplies such as diapers, food, toys and other baby gear can be shared. However, you have to invest in items that every opposite sex twin needs, such as clothing and safety seats.

2. Bedrooms: Are your twins going to share the same room for a long time? It's best to divide the space in half, decorating the sides based on their gender. If they won't be sharing, then choose a neutral color for the rooms by staying away from pink and blue.

3. Stereotypes and comparisons: Studies show that parents treat opposite sex twins differently and are also frequently comparing them. If the girl learns to talk before her brother, it doesn't mean that there's something wrong him. Make sure to treat each twin equally, and understand that they are unique and will have individual talents.

Vanessa Minnillo and Nick Lachey Are Savoring Engagement



After getting engaged, most couples practically race down the aisle like there's a finish line at the end. That's not the case for soon-to-be married couple Vanessa Minnillo and Nick Lachey. Minnillo, 30, and Lachey, 36, are savoring their engagement. According to [People](#), the two were engaged in November and have been enjoying it ever since. "We're enjoying being engaged," Minnillo says. "Everyone rushes to the next step and I like this step. I'm in love and we're happy, so when it comes and it happens organically I will welcome it with open arms."

How long should you be engaged before marriage?

Cupid's Advice:

Although most couples believe that sooner is better, Vanessa Minnillo and Nick Lachey are proof that taking the engagement process slow is very rewarding. Cupid has a few good things that can come out of waiting:

1. Growing comfortable: Being engaged really puts a relationship into perspective, and it's a great way to tell whether or not you're truly ready to commit to this person forever. Waiting will not only help you both become more comfortable and sure of your decision, but it can give you some time to ease into the transition from engagement to marriage.

2. Making decisions: Taking your time with wedding arrangements will give you and your fiancé not only more time to make your own decisions, but also to come together and find a common ground on your perfect wedding. The longer you wait, the less stressful the planning becomes!

3. Right time: Many couples make the mistake of getting married right away without thinking about the rest of their priorities. Give yourselves sometime to finish school, or wait until your jobs are less hectic before you request time off.

Wedding stress becomes a lot less scary when it's the only thing you have to worry about.

Miranda Cosgrove Opens Up

About 'the One Who Got Away'



Miranda Cosgrove learned a hard lesson recently, heartbreaks can hit at any age. The 17-year-old *iCarly* actress revealed that she and an ex-boyfriend recently called it quits after three years, according to an interview with [Seventeen](#). "I've only had one serious boyfriend, but we dated for three years. He's the one guy I really, really liked," she said. Cosgrove added that despite the fact that she and her ex don't talk much anymore, she feels he was the one who got away from her.

How long should you fight for a relationship to work?

Cupid's Advice:

Breakups are tough, and what makes them more difficult is knowing when to keep fighting for better times and when to end things and move on. No two relationships are the same, which makes things even more difficult. Cupid has some tips:

1. Listen to your heart: Nobody is going to be able to better explain your feelings than yourself. When going through a rough patch with your partner, remember to ask yourself if you still want to be in the relationship. If the answer is yes, fight for it. If not, move on.

2. Active communication: An open channel of communication between you and your partner is most important. Knowing what your partner is thinking can help you decide what's best for the relationship.

3. Make a choice, and stick to it: As tough as it can be, stick to your instinct. If you want to keep trying to make your relationship work, then give it 100 all you have. On the flip side, if you chose to break-up, then remember the reasons it happened. Everyone has that one person who got away, and it's better to learn from love than to never have taken the risk.

Joe Jonas and Ashley Greene Have Sushi Date in Baton Rouge





Hot new Hollywood couple, Joe Jonas and Ashley Greene were spotted on their late night date at a Hibachi restaurant in Baton Rouge. According to [People](#), managers at the restaurant they were dining at, *Ichiban*, said, "They were really friendly, they just walked in, sat down, and the word started going around that they were here." The source also said that the duo didn't ask for a private table or special treatment. They also consented to posing for pictures and signing autographs after their meal.

What makes a restaurant romantic for a date?

Cupid's Advice:

- 1. Dimly lit:** A restaurant that is low on lighting tends to give a feeling of privacy and usually proves to be the most intimate dating experience.
- 2. Smaller:** You don't necessarily need the hottest restaurant in town to have the most romantic time. Sometimes the smaller restaurants have a cozy feeling.
- 3. Ethnic decor:** Restaurants with an atmosphere that make you feel as though you're abroad adds a sense of mystery to the evening, which can be ultra romantic!

Melissa Malamut Discusses Her Guide to Loving Sports



By Jenna Barbieri

With the Superbowl right around the corner, people all over the country are wearing their lucky jerseys and making their usual party arrangements, while others are looking up rare diseases to use as their newest excuse not to attend. To those in the second category, the thought of a room full of crazy fans screaming about things they don't understand is a living nightmare. They see the words "touchdown," "goal," and "strike" as nothing more than signs to immediately excuse themselves from a conversation. If you're one of these people who consider "sports talk" another language all together and

are desperate for a translator, we found the expert. Melissa Malamut's book, *She's Got Game: The Woman's Guide to Loving Sports (or Just How to Fake It!)*, guides you through the rules, slang, history and even appropriate apparel for sports events in a way that's fun and easy to understand. Malamut was kind enough take some time out of her vacation to talk to us about her book via email. See what the accomplished author had to say:

What inspired you to reach out to girls and teach them about the world of sports?

This idea has been in my head since 2004. I grew up very "sports spoiled" with season tickets to many pro and college teams. I thought every kid grew up like me. So while I know more sports than half your guys friends, I've also always been very girly and into makeup, fashion and skin care. My mom is very feminine and fortunately, it rubbed off on me. It was a great balance. I brought most of my female friends to their first pro sports games and taught many of them everything they know about the games. A few girls have gone on to be huge fans. I loved teaching people about sports and I loved seeing them develop a passion for the games. On two separate occasions at two different sports games I was explaining things to a friend in our seats and the person in the row in front of us turned around and asked me if I worked for the team. I wanted to put everything I've learned into a book to answer the questions I hear all the time.

What are some topics you touch upon in the book?

The book covers all the history and rules of the major sports in the USA. Then, infused throughout the chapters to break up the text I added things that women would want to know, like what to wear, when the best time to leave your seats will be, when the bathroom lines are shortest, best movies, tailgates, who to know in history, personal stories, and all kinds of

quick tips. I interviewed fashion editors from across the country, front-office personnel, sports writers and more.

Was it challenging to talk about sports in such a way that would sound appealing to girls?

No, not at all. I just talk like me. When a good friend of mine started reading the book, she called me laughing and said, "it totally sounds like you." So even in reading the text, it sounds like I'm just having a conversation with a friend.

How do you think this knowledge about sports will benefit girls when it comes to dating?

I cover this in the introduction of the book. Because of the title, people always get confused and think its a "man getting" book. But the "just how to fake it part" is just a play on words since we females know how to fake a thing or two ☐ hehe... They think I'm trying to say, "nab a man by learning sports" which is SO NOT the case. Once you pick it up and read the 300 plus pages of sports info, you realize it has nothing to do with men at all. It's about learning and developing a passion for sports for yourself.

A lot of guys say they want a girl that likes sports. It is definitely a great way to MEET men. I meet guys in sports bars and at games all the time. But in the end, it has been my experience that being one of the guys doesn't always translate into then being one of the guy's girlfriends.

Would you recommend a sports event as a good first date? Why?

It depends on the sport, the game and the guy. I love games as dates (even first dates!). There is plenty of time for conversation. You are pretty much expected to drink because there's alcohol everywhere (great for calming the nerves).

But if the conversation gets dull, at least there is a game going on so you can just watch the game. Lulls in

conversation are okay because there is something else to do! But if a guy is an uber-fan and it's a big game, then I wouldn't recommend it as a first date or a date at all, unless you are also a big fan and will enjoy it, too. Otherwise, a big game is not the time to be peppering your date with questions about what's going on. He'd prob[ably] have more fun with a friend that wants to be there for the game and not for him.

What would you say is the most important thing sports has taught you about other aspects of your life?

A lot. I mean, there are probably at least 10 baseball phrases used in every day life by people that aren't sports fans and don't even know where the phrase came from. For life lessons, it's about working as a team and good sportsmanship. For me, it's about learning that it really is just a game. But I have a really (sometimes nasty) competitive drive that probably stems from growing up playing and watching a lot of sports.

What is the best advice you can give to women out there who are intimidated by sports and sport events?

To just go and have fun! In the end, it is just a game.

Cupid thanks Malamut for her time! If you're tired of being confused and intimidated by sports, visit Amazon to purchase your own copy of *She's Got Game: The Woman's Guide to Loving Sports (or Just How to Fake It!)*. And for more on Malamut, you can follow her on Twitter: @melissamalamut. Happy sports watching!

Alex Pettyfer Calls Dating Glee's Dianna Agron 'Amazing'



I Am Number Four

actor Alex Pettyfer revealed a few details about his relationship with *Glee* star Dianna Agron on *The Ellen Degeneres Show* on Friday, reports UsMagazine.com. "She's an amazing woman and she's got this old school, classic movie star elegance to her..she's a very nice girl," said Pettyfer.

Degeneres playfully dug for more details as the actor sipped from his coffee cup, eventually eliciting the response, "I'm just very happy in my personal life."

How do you know if your relationship is on the right track?

Cupid's Advice:

Constant dating can become routine for many, but it's important to know when you have genuinely struck gold. Here

are a few signs that your relationship is on the right track:

1. It's easy to make plans: If the two of you seem to be able to plan dates efficiently and with little delay in between, it's a sure sign that both you and your partner are clearly interested.

2. Dates are effortless: Dates that include flowing conversation and frequent jokes are a sure sign that the two of you are connecting.

3. You genuinely like him: If you catch yourself admiring his emotional and physical attributes, then your relationship is on the right track. Genuinely liking someone is the first step toward caring for him or her.

When Friends Have Babies and You Have Your Career





Statistics show that many people are getting married later in life, and many are questioning whether they want to get married at all.

If you're a twenty or thirty-something who has put your climb up the corporate ladder (in Louboutin heels, of course) or achieving your personal dreams, ahead of the traditional 3-step plan—get married, get pregnant, and live happily ever after (or get divorced), you will see married couples with kids or newlyweds with babies on the way, everywhere you look.

And, if you're anything like me—an unmarried thirty-something who loves her career, lives with her boyfriend, and whose biological clock only ticks to adopt a dog right now, then you understand the questions it raises when surrounded by those who have made starting and raising a family their business of choice.

I've worked through this biological paradox and have helped hundreds of my clients do the same. Here are my top four suggestions:

Embrace Your Freedom

After every first, second, or third birthday party for our

friends' children, my boyfriend and I do something spontaneous to remind ourselves how great it is that it's just the two of us—for now. Enjoy every moment of your life. There's no need to rush. Plan a safari to Africa, go back to school to get a degree, write a book, buy an expensive and impractical handbag, and live on your own. Get excited about your life, and live with no regrets! Too many new mothers say, "I wish I would have done that before I was married and pregnant."

Get Healthy

No matter how feminine we are on the outside, we all have masculine energy. Masculine energy is the force behind our goal-setting process, the direction we take in life, and the one-track thought process that gets us to where we want to go.

Many women have a challenging time getting pregnant because they do nothing to nurture their feminine energy after they start dating. The more you can create a space in your life for your feminine side to shine through, the more you will attract men who could be the father of your children. This energy can also make it easier for you to conceive. Begin preparing your body for pregnancy or start building the 5-star accommodations your unborn child will be living in. Cleansing your body can take months. Become more self-aware and learn as much about yourself as possible.

Prepare with Positivity

A positive response can make all the difference. If you feel fine with your decision to wait to get married and have kids, then this will translate in your face, voice and expression.

But, just because YOU are happy with your choice, you will still be asked why you are waiting to start a family. For me, it comes up in every conversation with the grandparents, the parents, the parents' friends, and now even our friends.

People can't help themselves—so I chose to forgive them!

It's better to answer their questions with a positive response and with a commitment to your decision.

Women's Wisdom

I love the fact that my friends all have had kids before me. I respect them as women and as mothers. I feel so confident knowing that I can reach out to them when it's my turn. The lesson here is to learn from your friends' experiences. Try on their choices and see what works for you and what doesn't. Their experience can be your greatest teacher.

Remember, you can have everything you want: the accomplished professional life and the fulfilling personal life. Consider how you would be able to enjoy both if they didn't happen at the same time. Try these suggestions and let me know how they work for you.

Stephanie Florman is a Relationship Coach and Advice Expert for Master Matchmakers, the company behind VH1's Tough Love Series. Stephanie is most passionate about teaching people how to have a healthy and happy relationship with themselves because she knows it is the starting point for developing a meaningful and rewarding relationship with another. Visit her online at www.StephanieFlorman.com or at www.mastermatchmakers.com.

Modern Family's Jesse Tyler Ferguson Goes Public with New Boyfriend





Modern Family

cutie, Jesse Tyler Ferguson, made his first public appearance with new boyfriend, 35-year-old lawyer, Justin Mikita on Thursday night at the ELLE Women in TV event in Hollywood. According to [Access Hollywood](#), although Ferguson has yet to make an official comment about his budding romance, he did announce his date via *Twitter*, saying “So @justinmikita and I are at the Elle Women in TV party,” and then adding a picture of two nameplates that read “Jesse Tyler Ferguson” and “Guest of Jesse Tyler Ferguson.”

How do you know when to go public with your relationship?

Cupid's Advice:

- 1. You feel comfortable:** A relationship is about you and the other person. Don't worry about everyone else, and let them know when the both of you are ready:
- 2. You think it's going to last:** The older we get, the more serious our relationships tend to be. There's no sense in alerting the masses if you think it's just a fling.
- 3. You're starting to deny:** Once people are starting to figure things out, you're just wasting your energy hiding something

that is going to come out sooner or later.

Michael Bublé to Make Proper Home with Wife in England



Singing sensation Michael Bublé may have found his dream home. According to *The Sun*, Bublé announced he plans to live in Surrey, England, with his bride-to-be Luisana Lopilato. The couple will wed in April, and Bublé says he wants his £3 million, or \$4.5 million Purley estate to be “a proper home,” according to [Digital Spy](#). A source elaborated, saying, “Michael’s bought a really smart house. He’s getting married this year to Argentine actress Luisana Lopilato and hopes to spend six months a year here. He wants it to be a proper home.”

What constitutes a 'proper home' for you and your partner?

Cupid's Advice:

The term "proper," although ambiguous in nature, can be resolved for both Buble and your future family. Cupid has some suggestions for you to keep in mind when its time to build your nest:

- 1. Keep it clean:** A spotless home might be in order if you want to keep things proper for you and your family. An hour or two a week is all it takes to make your home dirt-free. Plus, your friends and family will enjoy visiting a lot more!
- 2. Keep things family-oriented:** Be mindful of what is said between you and your partner, especially if kids are present. There's a Jamaican saying that goes, "monkey see monkey do." In order to keep your home "proper," adult issues should stay in a private room.
- 3. Keep the little things in mind:** Remember that when you live with someone, the little things you do such as saying "I love you" and "thank you" are important. Plus, they keep a healthy and happy atmosphere in your now "proper" home.