

'Brothers & Sisters' Star Dave Annable Marries Odette Yustman



Love seems to be

enough for *Brothers & Sisters* star Dave Annable and his actress bride, Odette Yustman. The couple, who got engaged over Valentine's Day weekend at the place they fell in love, officially carried their fairytale romance down the aisle last weekend and started their life together as husband and wife, reports [Us Weekly](#). With 215 family members and friends taking in the spectacle, Yustman walked toward her husband to the song, "All You Need is Love" by the Beatles. **Is love enough in a relationship?**

Cupid's Advice:

Dave Annable and Odette Yustman seem to believe in the age-old mantra that "love is all it takes," but it's not always so

straight forward. Cupid thinks that there are some other factors you should consider before committing to a partner:

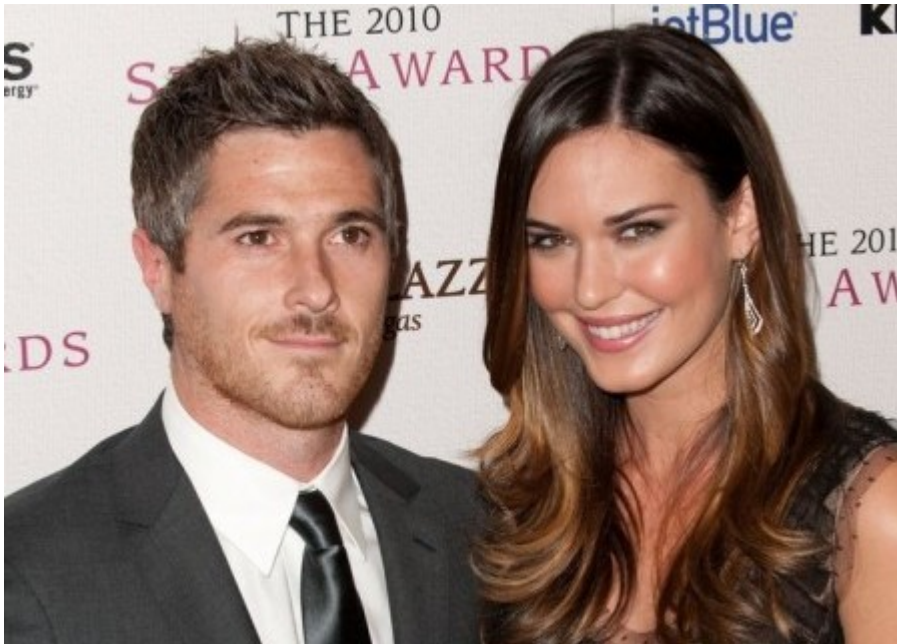
1. Morals and values: Sometimes moral differences severely hurt a relationship. Decide which of your values are set in stone before you get too involved with a mate. It's not good to commit yourself to someone if your morals vary too much.

2. Family: If you want to have children and your partner isn't as keen on the idea, you may want to rethink the relationship. If there's no compromising about the situation, it will end up being a huge problem – love, or not.

3. Finances: Money is always a touchy subject, especially within a relationship. One partner may have a much higher standard of living than the other, which could pose issues in the future. It's best to get financial discussions out of the way in the beginning.

Kelsey Grammer's Girlfriend Miscarries





After six weeks of mourning, Kelsey Grammer and girlfriend Kayte Walsh opened up to [People](#) over the weekend regarding the tragic loss of their unborn child. " We would like to thank all of those who expressed kindness and concern, but we needed a little time to heal, time to find some solace before we publicly acknowledged our loss," the couple explained.

What are ways to support each other after a miscarriage?

Cupid's Advice:

A miscarriage can often be one of the most heartbreaking things a couple must endure together. When dealing with this type of tragedy, it's essential that you support each other.

Cupid has some advice on how to stay strong together:

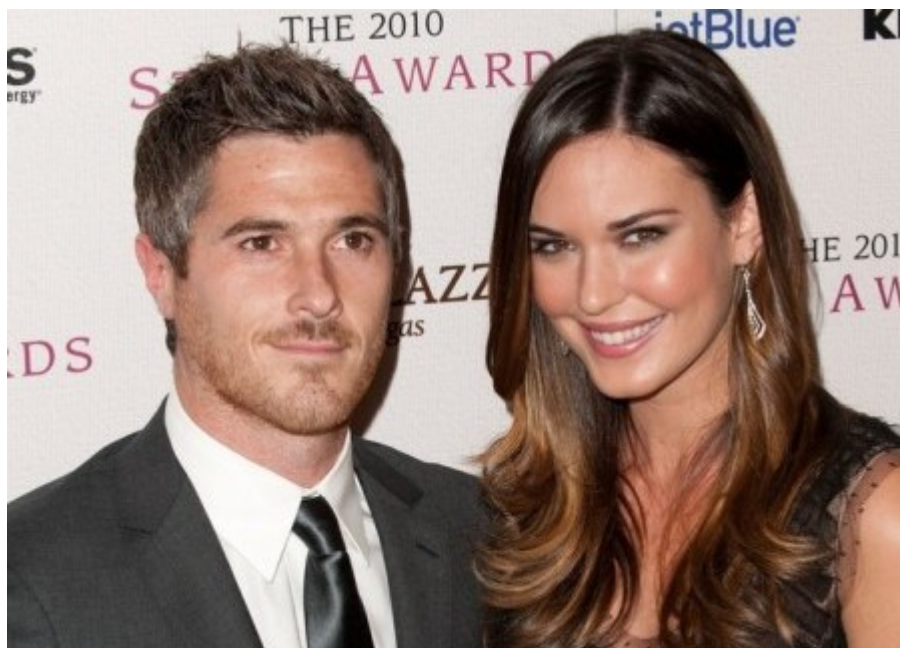
1. Be open: In light of such a tragic event, it's often tempting to retreat into solitude in order to grieve. Don't forget that you have a counterpart experiencing the same grief that you are, and it will help the both of you to be open with each other about it.

2. Get away: If you don't feel ready to deal with the world after your loss, it's okay to take some time away from it all.

Escape somewhere and try to cope with how you're feeling before jumping back into the bustle of your daily routine.

3. Remember: Find a way to cherish memories of the child that you lost. Trying to forget about what happened can often times bury feelings that will eventually surface later. Start a journal, or hold a memorial service in your child's honor. Though it can't heal all the wounds, these things can help bring a sense of closure to you and your partner.

Jersey Shore's Ronnie Regrets How He Treated Sammi



Jersey Shore's

Ronnie Ortiz-Magro is full of regrets for cheating on girlfriend, Sammi Giancola, during filming for season 2 of their hit reality show. "When I saw myself in the club with those girls [it] was, 'Wow, you're the man right now at the club. You look f—ing awesome,'" he told MTV. "And then when

I go home to Sam, I'm like, 'Wow, I'm embarrassed. I'm ashamed of myself. I'm embarrassed about what I did to her.'"

Ronnie may be acknowledging that what he did was wrong now, but castmates Snooki and J-Woww originally let the news slip to Sammi about his indiscretions in a telling note. It seems that Sammi has been able to at least partially get over Ronnie's mistake, though, as she only has good things to say about him. "I think he is actually really trying to show me the good instead of the bad," she told MTV last month. "That's what I hold on to all the time."

Is it okay to forgive your mate after he/she cheats?

Cupid's Advice:

Sometimes cheating is considered a one-time end-all in a relationship. Well, it's definitely true that the trust between a couple is severely damaged when one partner cheats on the other, but it's not always necessary to call it quits after an indiscretion. Cupid has some things to consider before making a definitive decision:

1. Forget your pride: Before making a decision on whether you're capable of forgiving your mate after he or she cheats, it's important to keep your pride out of the equation. A relationship isn't about what looks good to the outside world.

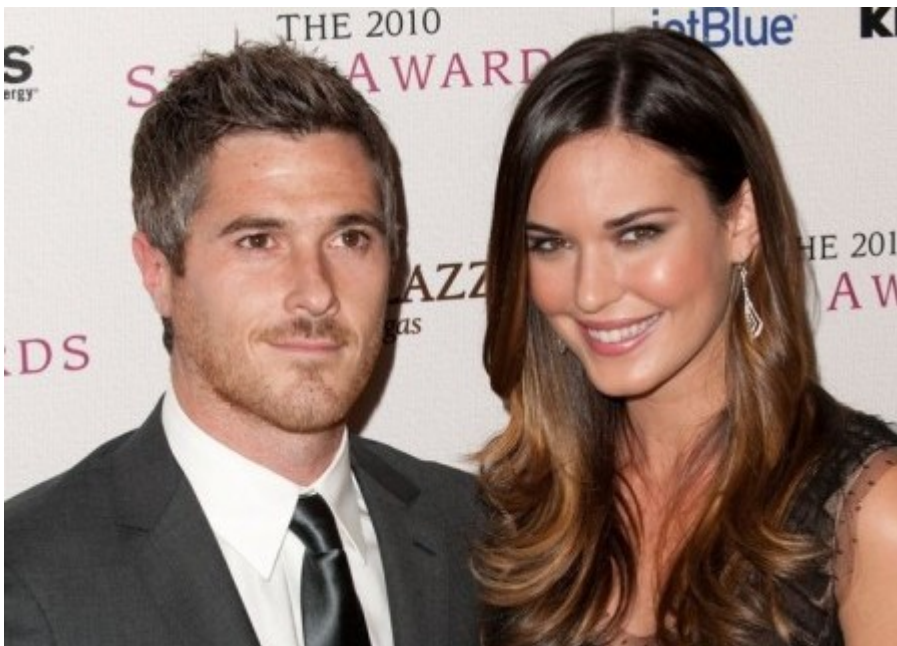
Consider only what you think and how you feel about the matter, and go from there.

2. Consider the details: There are various types of cheating, with differing types of meanings attached. Talk to your partner, and try to figure out why he did what he did. Is he unhappy in your relationship? Was his judgment impaired at the time? Did it mean anything?

3. Love: Here's the ultimate question: do you love your mate? If the answer is "yes," it becomes even more important to thoroughly think things through before making a rash decision.

It may or may not be true that “love isn’t everything,” but it’s certainly a very important thing to consider.

Bradley Cooper and Renée Zellwegers’ Cold Outing



Longtime couple

Renée Zellweger and Bradley Cooper were caught by paparazzi as they left restaurant Katsuya last week. Before dinner, the couple had attended CAA’s Young Hollywood charity event at MyHouse, but refused to pose for photos. The cold atmosphere lasted the rest of the night, reports [E! Online](#). A source claimed that the couple were “not affectionate at all” during dinner, a claim bolstered by a video of Zellweger and Cooper leaving Katsuya. Cooper allowed for another man to escort

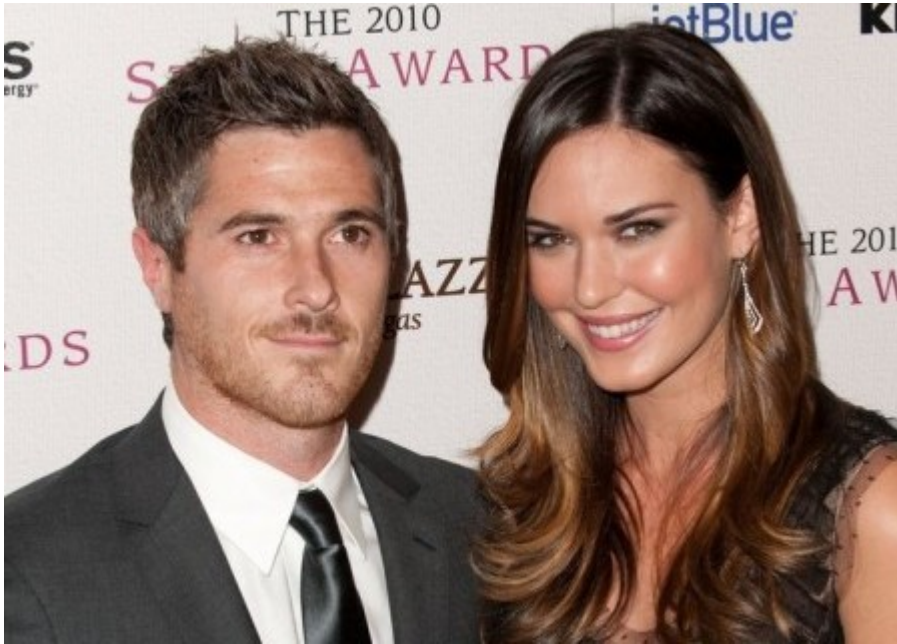
Zellweger down a staircase, and was blown off by Zellweger when he tried to open a door for her. Is there a possible reason for the couple's cold outing? "The studios aren't happy that their movie *Case 39* took so long to premiere," reports the insider. "They're trying to get publicity going." **How can you tell if your partner has ulterior motives?**

Cupid's Advice:

If your beau has ulterior motives in your relationship, he is probably very clever, but he can't hide all of the signs of his deception. Cupid has a few that you should be able to pick up on:

- 1. He's not attentive:** The next time the two of you are out to dinner, see if he's really listening to what you're saying. If he frequently loses focus, it may mean that he's bored with the relationship and is only sticking around for other reasons.
 - 2. Favors:** If you find that you are always the one paying for meals, giving him rides and doing other favors for him, then it's time for a change. Talk to him about your worries, and if he stops mooching off of you, then you know he's honest.
 - 3. Pick-up lines:** Next time you're at a bar or a party with some friends, be careful about which guys you approach. The ones who immediately compliment your looks are probably only lustful.
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Rumer Willis & Micah Alberti Are No More



Demi Moore's famed

daughter Rumer Willis and beau Micah Alberti have called it quits, reports [People](#). But Willis isn't letting a breakup get her down. She was seen celebrating her 21st birthday at Tao in Las Vegas last weekend. Sources say Willis was dancing and having a good time: even chatting up *Glee*'s Mark Salling. It seems Willis has chosen laughter over ice cream when it comes to getting over her ex.

Is it necessary to “prove” you’re over your ex?

Cupid's Advice:

Rumer Willis' exciting 21st birthday may have been the extra boost she needed post breakup. Girls are often expected to maintain a low profile the first few days after a breakup, but going out and clearing your head with some friends and good music could be just the thing to let the world know you're

okay:

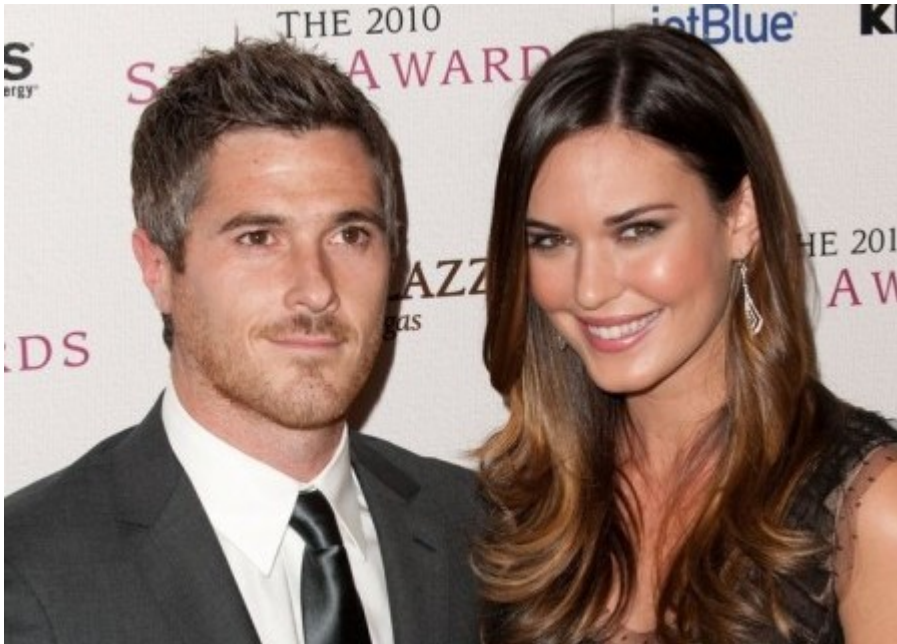
1. A catch-22: Staying in post break-up is definitely the way to play it safe. Friends understand and are willing to keep you company while you mourn the end of your relationship. Although it's healthy to get out and distract yourself for a night, having too good of a time might send others the wrong message. Create a balance by giving yourself time to grieve as well as time to smile.

2. True to yourself: You don't have to prove to anybody that you're over your ex. If you find yourself going out on endless party binges, take a step back and ask yourself if you're just trying to prove to yourself that you're over him. If the only person who needs convincing is you, perhaps it's time to call it a night.

3. Small-town girl: It seems to be nature's evil sense of humor that we always run into our exes when we're either looking our worst or right after a breakup. If it's the latter, keep your head held high. Smile politely and excuse yourself from the situation. By sticking around and exerting your "I'm over him" mantra, it may do more harm than good.

Are Chelsea Handler & 50 Cent Dating?





The unlikely duo of

Chelsea Handler and 50 Cent are rumored to be dating, reports [US Magazine](#). The two were photographed looking romantic at a bar in New Orleans last weekend. A source confirmed the relationship and says, "It's been going on awhile.... It's more of a hookup thing – whenever they are in the same town." **How should you handle criticism for dating someone considered different from you?**

Cupid's Advice:

An unlikely pair or not, who are we to judge? Just because the consensus is that the two of you are opposites, that doesn't mean you can't make it work. Cupid has some tips to help you block the noise and just enjoy each other's company:

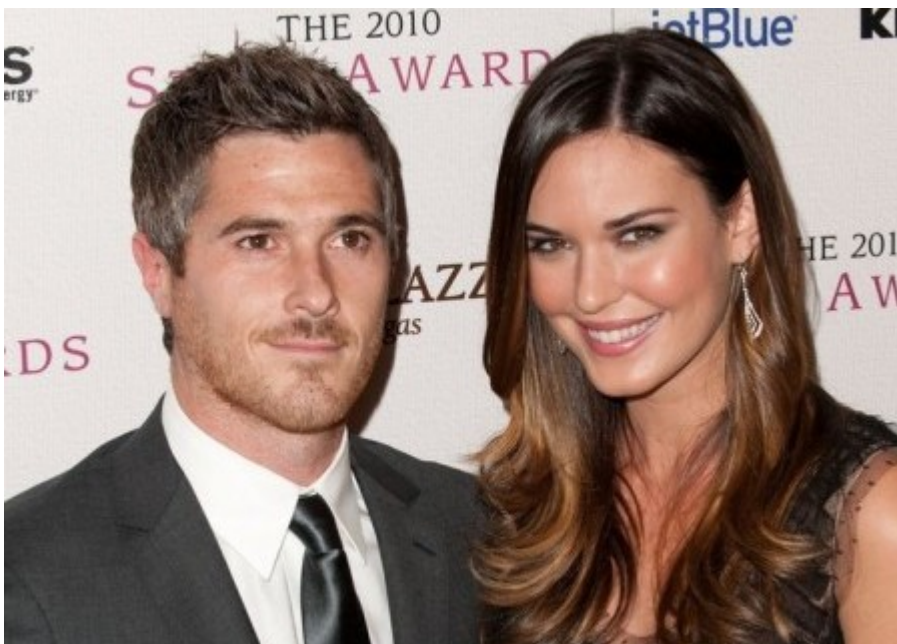
1. Just the two of us: Grover Washington, Jr. had a good point in his Grammy winning song "Just the Two of Us." When it comes down to it, it only matters how the two of you feel about each other. Yes, approval from family and friends is always nice, but the fact that the two of you found something special in each other is what really counts.

2. Embrace the differences: We've all heard it a million times: opposites attract. Dating someone different can help you open your eyes to a whole new world. You can learn from

each other and balance out each other's personalities.

3. Step back and listen: While it might be exciting dating someone different, you don't want to let the allure of it all shadow the fact that it might not be a great idea. If family or friends have something to say, listen, but take it with a grain of salt. An outsider looking in might be able to see something you don't.

Tiger Woods Porn Mistress Threatens to Kill



It doesn't look like the drama surrounding pro golfer Tiger Woods will end any time soon. Devon James, a porn star who admitted to an affair

with Woods, apparently threatened Joslyn James, another of Woods' mistresses, in an e-mail sent to a mutual friend obtained by [RadarOnline](#). Joslyn accused Devon of stealing from her during the filming of a porn-flick about their affairs with Woods. The accusation prompted Devon to chastise the friend for not seeing through Joslyn's "bulls*t" and threatening, "Trust me I swear to you I will kill over this."

What are the repercussions of cheating?

Cupid's Advice:

Cupid knows cheating doesn't always end in death threats, but it usually ends in someone getting hurt. Here are some of the most common results of infidelity:

- 1. Loss of trust:** Your partner may worry that you're cheating every time you're not together, and this added stress could show itself in more fights, less togetherness, and a faster breakdown of the relationship.
- 2. Create feelings of revenge:** Your partner may feel that there is now an unfair imbalance in the relationship, where one partner got something the other didn't. This could lead to deep-seeded feelings of revenge that could break apart a once-stable relationship.
- 3. Messy breakup:** Cheating can break apart couples, but because it causes negative feelings and involves taboo topics, it makes the breakup difficult to talk about with family, friends, or children the couple may have together. This can lead to bitterness and internalized anger, thereby hurting both parties even more.

Kim Kardashian is Single in the City



Many changes are happening famed reality star Kim Kardashian's high-profile life. Along with moving to New York City for the new series *Kourtney and Kim Take New York* set to premiere in January, for the first time in a long time, this Kardashian sister is also single. Since the socialite is known for both her curves and arm candy, such as ex-boyfriends Reggie Bush and Miles Austin, her new relationship status is somewhat of a surprise. According to [RadarOnline](#), Kardashian recently spoke with Ryan Seacrest on KIIS FM show and confessed that she needed to get away from her usual routine. The relocation couldn't have come at a more perfect time! She then bravely announced, "I'm officially on my own... now I'm the single one in New York!"

How do you find love in New York?

Cupid's Advice:

Every year, countless singles bravely leave their small town lives behind in search of love and success in the Big Apple. Unlike Kim Kardashian, however, most newcomers to New York City aren't armed with a high rise apartment or on V.I.P. guest lists. Even with the glitz and glam of the celebrity life, New York is by far the hardest place to find love, but the best place to be in love:

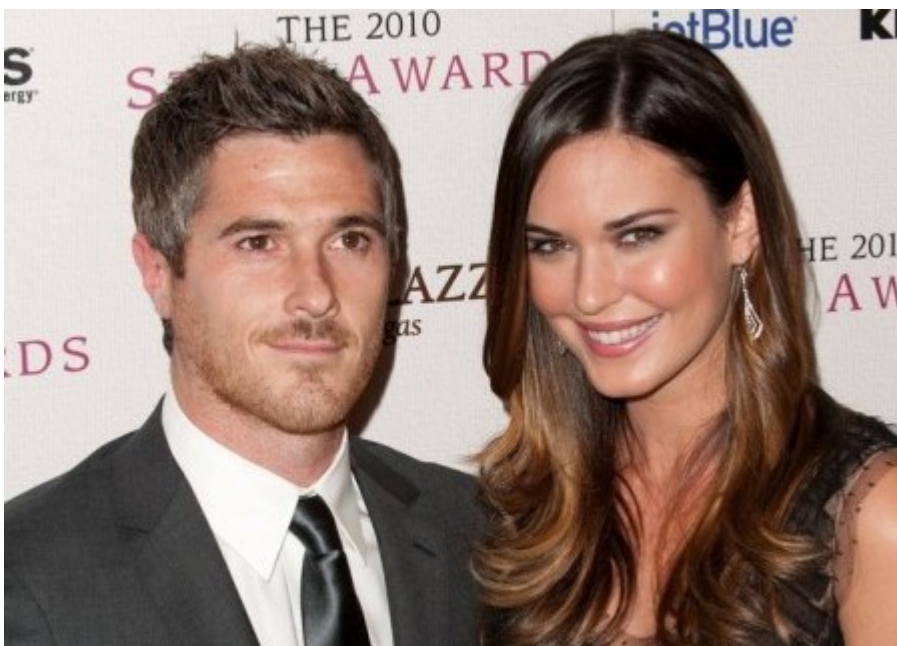
Related: [Enjoy The Big Apple](#)

1. Never turn down an invitation: Living in a big metropolis like NYC can be tiring and overwhelming much of the time. Though you may feel like giving up, force yourself to get to even the smallest of events, such as your friend's housewarming party. Though everyone seems to fixate on high-end bars and four-star events for meeting their next lover, some of the biggest connections are made far more casually. Don't miss out!

2. Become self-sufficient: If you don't meet anyone right away, really get to know yourself. Though it has an incredibly high population, New York can be a very lonely city. Don't be afraid to be alone. Take this time to focus on hobbies or your career. Who knows? You could end up meeting your next partner that way.

3. Explore new places: Even in a city with countless things to do, it's very easy to get stuck in the same routine and going to the same places week after week. Explore a different part of the city for once, even if it means having to take an extra subway ride. You are never going to meet anyone new if you don't branch out.

Nick Jonas Dating Another British Co-Star?



Nick Jonas sure has a love for Brits. [People](#) reports that Jonas, 18, is getting close with *Les Misérables* co-star Samantha Barks. Barks, 20, was all giggles when asked about Jonas, commenting, “Nick is such a wonderful person...we definitely keep in contact.” Jonas had nothing to say on the subject, politely telling reporters, “I keep that stuff to myself.” The Jo-Bro has been playing the role of Marius since June, and, according to the [Daily Mail](#), has been romantically linked to another one of his co-stars, Lucie Jones. Now, however, Jonas seems extremely happy with Barks. When asked about his love for British women, Jonas merely replied, “They’re great – very kind...[and] very supportive.” **What are important things to consider before entering the dating world?**

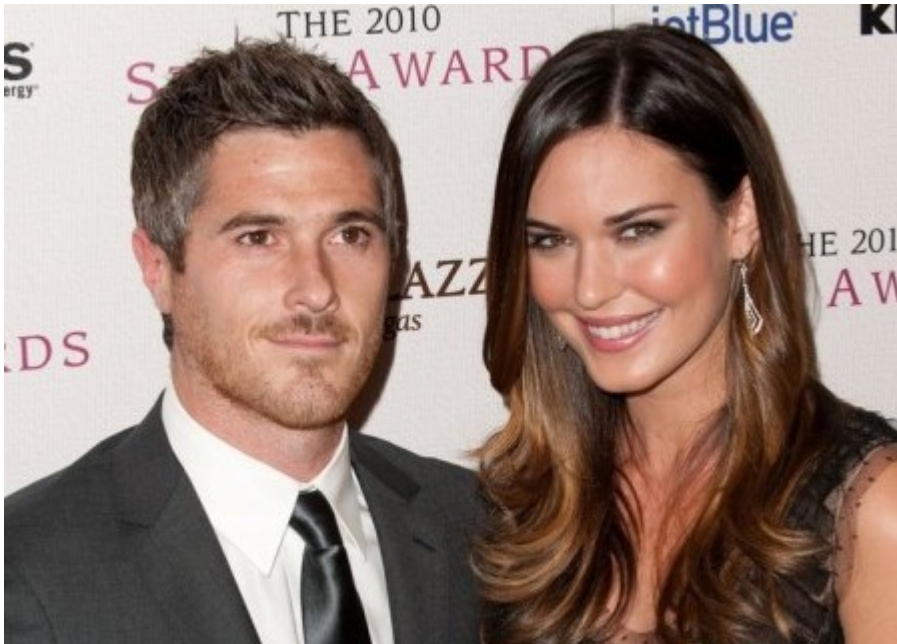
Cupid's Advice:

When you're young and just starting to realize you're attracted to the opposite sex, it can seem like nothing can go wrong. Cupid has some things to consider before jumping into the dating pool:

- 1. Know the risks:** A mistake many young people make when they first start dating is not knowing the risks. There are too many stories of unwanted teenage pregnancies and rape that circulate these days, so it's important to be cautious.
- 2. Separation:** Young people often make the mistake of mixing their private and professional lives. It's important to keep your relationship separate from your career ambitions when you're young. If your relationship ends, your job should not be affected.
- 3. Peer pressure:** Peer pressure is at its peak when you're young. Don't date around just because everyone else is doing it. Only play the field if you feel ready.

Ricky Gervais and Girlfriend Jane Fallon Lose 40 Pounds





Funnyman Ricky

Gervais and longtime girlfriend Jane Fallon have lost a total of 40 pounds together through diet and exercise. According to [People](#), the pair say they run about three or four miles daily.

While Gervais claims that the 20 pounds or so that he has lost was made possible with little change to his diet, Fallon tells us that he must not be aware of the change in her cooking habits. “He didn’t realize that I was probably feeding him less calories at the same time he was running,” she says. By eating healthy versions of “fat things” and exercising together, Fallon has lost 18 pounds and Gervais, 22 pounds. Perhaps with that kind of dual motivation, we’ll be seeing the two running the Boston Marathon.

Can dieting with a partner help you lose weight?

Cupid’s Advice:

Jane Fallon cooks healthy meals, Ricky Gervais eats them and runs a little bit everyday, and viola, the weight seems to fall right off! Most couples, however, decide together that they want to make a change in their lifestyle and tackle the issue together:

1. Personal choice: While it seems obvious to have someone there who can motivate you to work hard, not everybody diets

and exercises to their full potential with an exercise buddy.

But beware of getting distracted to the point where you're running your mouth more than running on the treadmill.

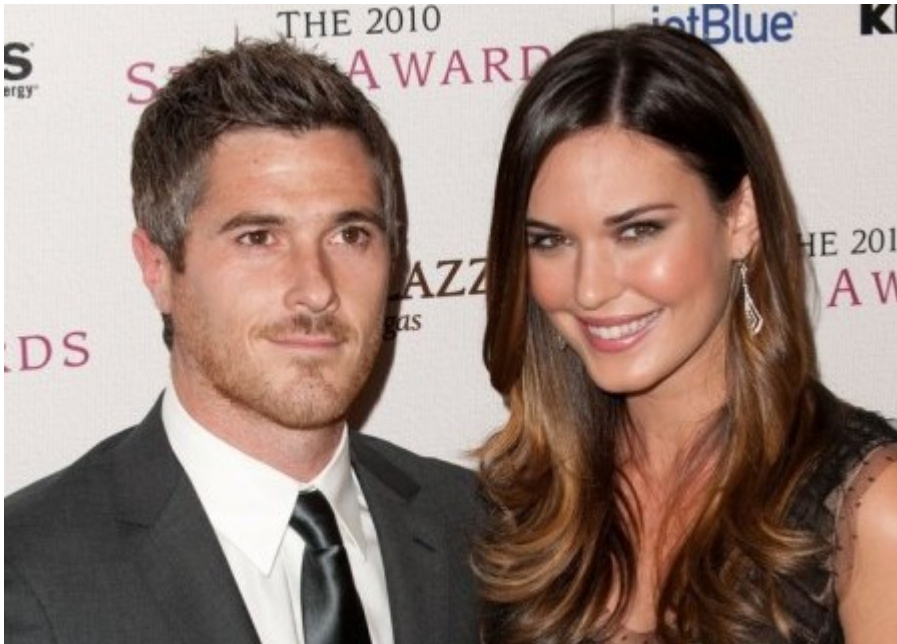
2. Something new: By having a workout partner, you are more likely to try something new at the gym. Whether it's an aerobics class you never envisioned attending, or trying free weights for the first time, having a partner with you will make the new endeavor less intimidating.

3. The power of two: Trying to think of a healthy dinner option every day can get dull fast. With a dieting partner, you can swap ideas and brainstorm different recipes together.

And when cravings hit, you'll have someone there to help coax you out of eating that Krispy Kreme baker's dozen and indulge in some fresh strawberries instead.

NYC Singles: Let's Play Poker!





Cupid loves Poker.

Why? Because eligible single men love poker. That's right NY ladies. If there is one place where you are guaranteed to meet men, it's at a poker tournament. If there is one place where you can meet eligible Manhattan bachelors it's at the charity poker tournament, *Spot at the Table* with poker pro Beth Shak.

When: October 12

Time: 7pm-11pm

Where: Luxe Lounge- Lucky Strike Manhattan
42nd St & 12th Ave

Beth Shak is known for more than just her pretty poker face; she is considered a Red Sole Diva with a very impressive shoe collection (1400 Louboutins to be exact) and will also be a featured millionaire on *Millionaire Matchmaker* next month where Patti teaches Beth tough love at its finest.

The charity in brief detail is four lucky Asylum.com readers get the chance to compete along with Beth in a charity event next Tuesday Oct. 12 at the private Luxe Lounge in the luxurious Lucky Strike Lanes. The winner of the poker game will donate the money raised at the event to a charity of their choice.

Although donating to charity is a reward in itself, the winning prize is the “Ultimate Bachelor Pack” consisting of a private Social Poker party, Rue 57 gift card and more.

For the event, there will be a private DJ, unlimited bowling in 4 private lanes, billiards, 1 hour open bar sponsored by ZYR vodka, delicious appetizers and of course, a bunch of poker tables. Don't know how to play poker, ladies? It's okay; there will be instructor tables for beginners to learn the basics.

The tickets are an affordable price and will be available through ticketbud.com (\$40 General Admission and \$100 Seat at a Table)

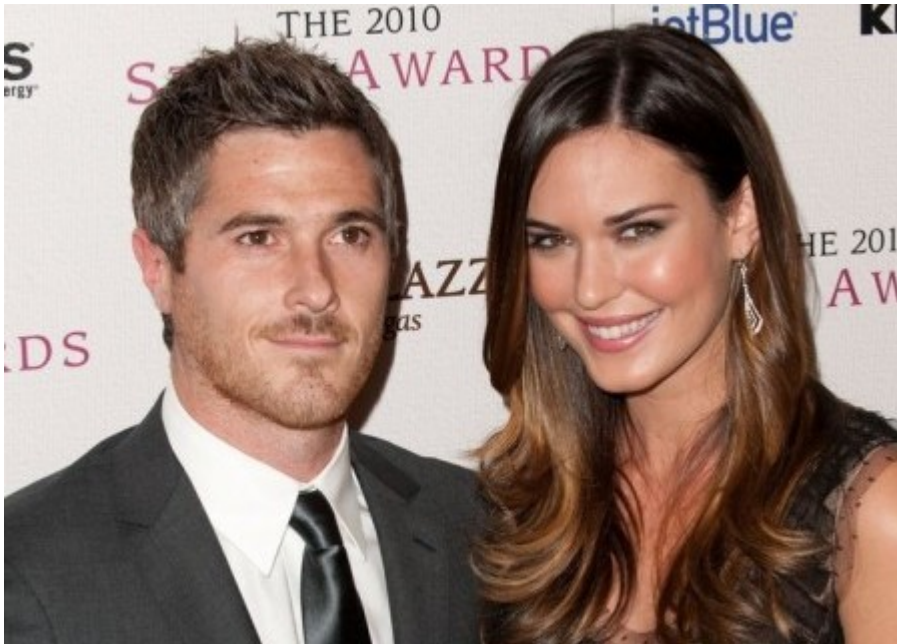
That same evening, Beth will also be filming a feature with German primetime television show, Stars and Stories which airs primetime every Monday on SAT1.

For Ticket Sales: <http://spotatthetable.ticketbud.com/tickets>

For more contest info:
<http://www.asylum.com/2010/09/27/asylum-beth-shak-poker-event/>

DC Housewives Stars Michaela & Tareq Salahi Back to Bankruptcy





Wacky Real

Housewives of DC couple Michael and Tareq Salahi, known for questionably attending the White House State Dinner, have filed for bankruptcy yet again. Their company, America's Polo Cup Inc., went under late last month, according to [RadarOnline](#). Tareq Salahi was president of the company that currently owes \$320,000 to a catering company that has sued for non-payment, reports the Northern Virginia Daily. Tareq was also the president of Oasis Winery, which went into bankruptcy last year. It looks like the Salahi's are not having good luck in the business world lately! **How do you support a partner who isn't good with money matters?**

Cupid's Advice:

Money is one of the worst relationship killers. Cupid has some advice on how to deal with your partner's not-so-frugal ways:

1. Talk about it: It's important to discuss what both you and your partner value when it comes to your finances. Serious talks about money are far from romantic, but it's best to get it over with so that financial issues won't haunt your romance down the line.

2. Budget: Working with your partner to *realistically* plot out

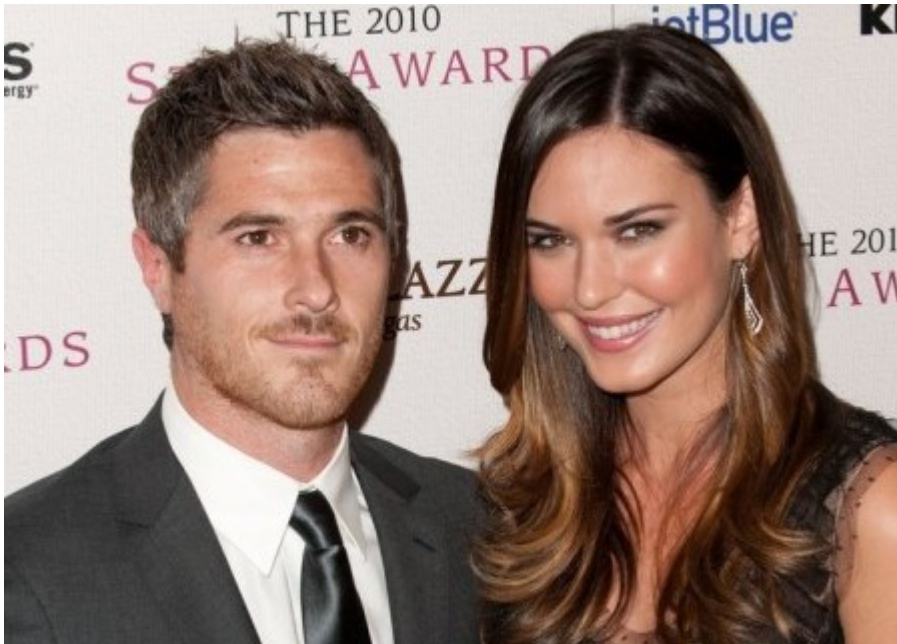
your expenses is absolutely necessary. Being surprised by a sudden lack of money is never a good thing. Sometimes luxurious candle light dinners or expensive vacations will have to be put aside, but in the scheme of things, it's better than being broke!

3. Work together: Maybe you've discovered that your partner is not as good with handling money as you are. Take charge! Let that be a contribution to the strength of your relationship.

Just because your partner isn't great with finances doesn't mean he or she doesn't have plenty of other qualities to bring to the table.

Celeb Stylist Rachel Zoe & Brad Goreski Split





Celebrity stylist

Rachel Zoe and her assistant Brad Goreski have decided to part ways, reports [People](#). The amicable split between the two was brought on nearly a month ago when Goreski broke the news to Zoe. He tells *People*, "... there's a point where either I do it now or I'll never know what it's like to spread my wings and soar." With the duo being used as fodder for her show, *The Rachel Zoe project*, Zoe speaks kindly of Goreski, "I don't want to hire somebody for the purpose of the show, we just got lucky. No one's ever going to be Brad to me."

Is it better to "test the waters" before committing to a relationship?

Cupid's Advice:

You shouldn't extend the inevitable by staying in a relationship when one person wants to explore other options. Whether you're just starting out or you've been together for a long time, Cupid has some pointers for determining if your partner (new or old) is ready to settle down:

1. Start slow: Instead of dinner and a bottle of wine on a first date, agree to meet for coffee. People can have a fuzzy sense of belief or communication when alcohol is involved. Keeping it sober can help you get a sense of someone's level

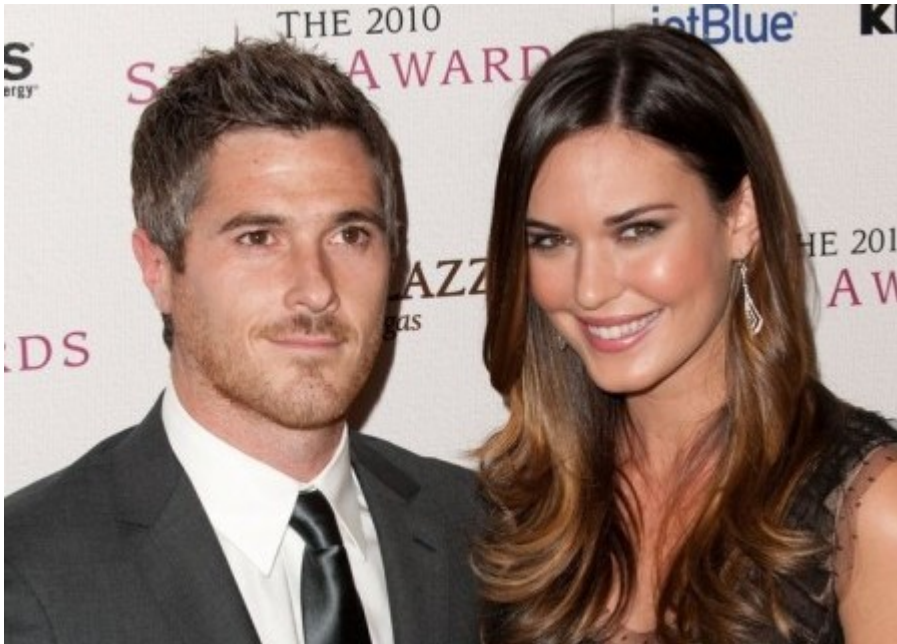
of commitment before you pencil him or her in for a Friday night.

2. Following the crowd: If you or your partner are surrounded by friends and family who are in relationships, this may be what's keeping you together. Watching others around you couple up could make you feel like the black sheep if you're the only single one. Explore your partners feelings about being serious and most importantly be upfront with yourself.

3. Be careful: Dating different people can be fun but eventually it could leave you feeling lonely. Before you decide to break it off with someone or say "no" to dating them, make sure that you're ready. Sometimes people break-up and end up regretting it for the rest of their lives.

'Life As We Know It' Starring Katherine Heigl & Josh Duhamel





For a story about romance cropping up in the most unexpected places (with often hilarious results), check out the new comedy *Life As We Know It*. In the film, two single adults are forced to raise a baby together after their mutual friends die in an accident and leave their daughter in their friends' care. The situation is complicated even more by the fact that Holly (Katherine Heigl) and Eric (Josh Duhamel) don't exactly get along. But for the sake of Sophie, their new baby girl, they must learn to live together. In the end, after going through all the challenges that new parents face together, their relationship goes from outright hostility to mutual respect ... and eventually, maybe even love.

How can having a baby bring you together as a couple?

Cupid's Advice:

Raising a child is the hardest job in the world, and children often change relationships forever. Cupid has some insight on what to expect after bringing home a baby, and how to make sure the bond between you and your partner stays strong:

1. Take a break: The chaos that a new baby brings leaves little time to focus on your partner (or yourself, for that

matter). Make sure to take a night off once in awhile to de-stress. It'll also help you realize that you couldn't do it without your mate.

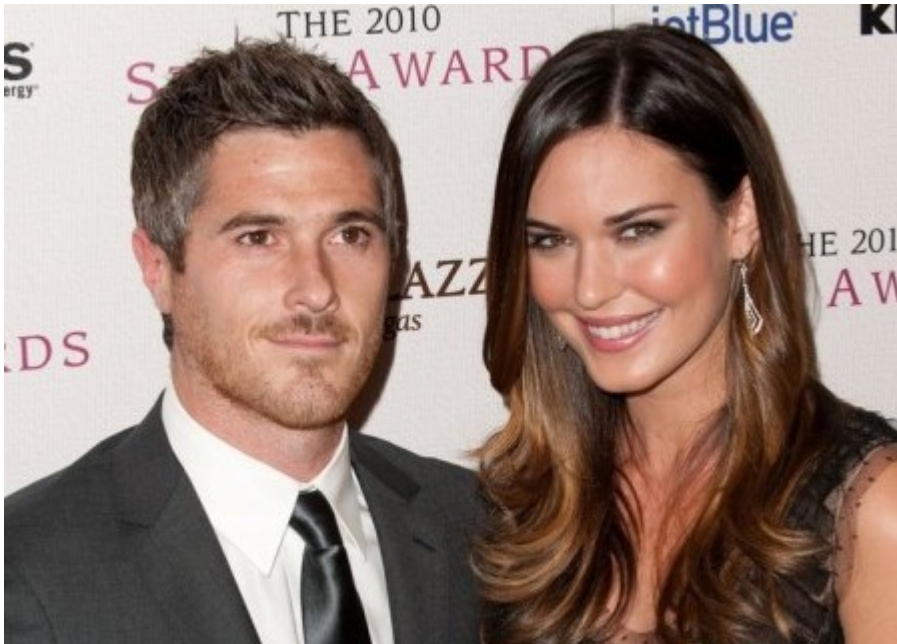
2. Learn new things: Becoming a parent can bring out a whole new side of a person. You might learn that your partner is more caring and responsible than you'd ever imagined. Don't forget to tell him how much you appreciate his new soft side.

3. Grow stronger: Raising a child presents so many new challenges to a couple that it can't help but strengthen a relationship. Every time you feel so tired and stressed out that you want to give up, remember that you are in this together.

Release date: October 8, 2010

'Big Bang Theory' Co-Stars Kaley Cuoco & Johnny Galecki Secretly Dated





Big Bang Theory

star Kaley Cuoco has been channeling her spy side. The actress, 24, recently opened up about her undercover relationship with *Big Bang* co-star Johnny Galecki in an interview with [CBS Watch Magazine](#). “We dated for almost two years. It was such a huge part of my life and no one knew about it,” Cuoco said. “This is the first time I’ve ever talked about it, ever. It was a wonderful relationship, but we never spoke a word about it and never went anywhere together.” But why did they keep their love a secret?

According to Cuoco, it was because they wanted to protect themselves and their show. Unfortunately, the secrecy proved to be too much and the couple called it quits last winter.

Is keeping a relationship under wraps healthy?

Cupid’s Advice:

There are numerous reasons you may be tempted to keep your relationship off the radar. Maybe your family and friends won’t approve of the person you’re dating, or perhaps you’ve been friends for so long that you’re hesitant to tell the world you’ve taken it to the next level. Cupid explores why keeping a relationship to yourself may not be healthy:

1. It takes work: Sure, at first it may feel mysterious and

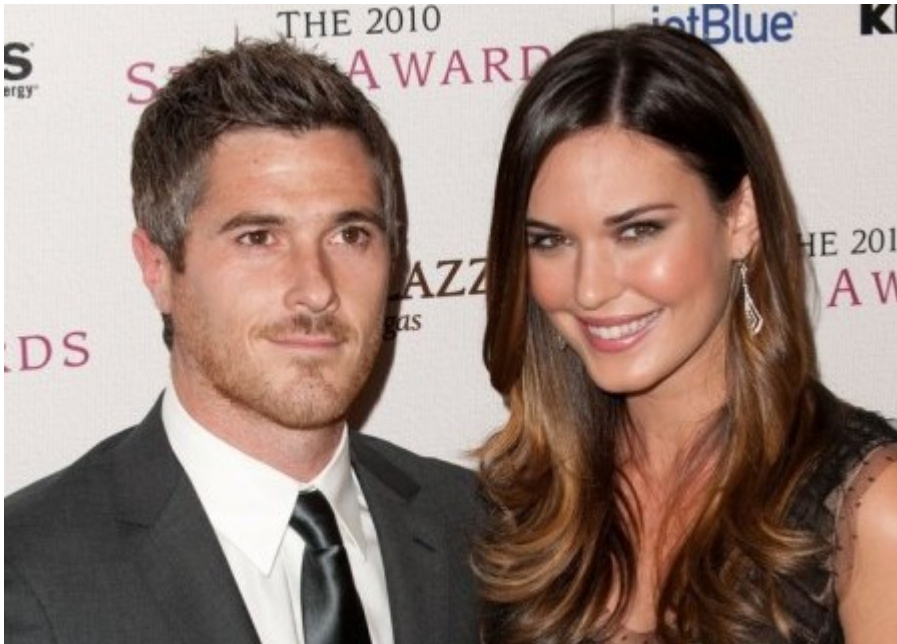
exciting to sneak around, but eventually it will get tiring to tip-toe around your friends, family and the old places you normally go. Relationships are hard enough without adding another element of difficulty into the mix.

2. Suppressed emotions: When you keep your relationship behind closed doors, you're keeping your emotions there, too. Suppressing your feelings and happiness to the outside world is unhealthy for your mind and body.

3. Lowers self-esteem: Make sure to evaluate the reasons for your secrecy. If infidelity, or being ashamed of your partner, plays any part in why you are hiding your love from the outside world, it may not be love at all. These types of issues can lower self-esteem and hurt your chance of finding love when the right one does come around.

George Lopez and Wife Divorce After Long Marriage





After 17 years of love, partnership and parenting, George Lopez, host of *Lopez Tonight*, and his wife Ann Lopez have announced they will end their marriage. The couple wed in 1993, and have one daughter, Mayan Lopez. Earlier this year, rumors circulated about Lopez cheating on his wife, but a Lopez rep told [People](#) the decision to separate was amicable and mutual. “They remain dedicated parents, and committed partners in business and their philanthropic organization, The Lopez Foundation,” the rep said.

How do you know when your marriage is over?

Cupid’s Advice:

Though most people vow to remain together “till death do us part,” it may not always work out that way. Knowing when to divorce may save both people a lot of heartbreak and suffering. Cupid has some tips on when to walk away:

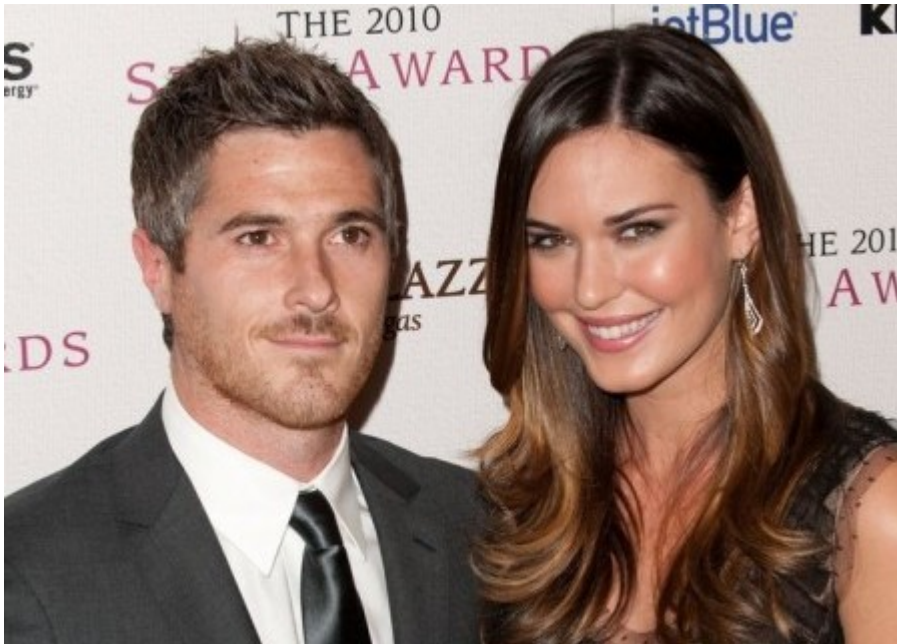
1. Harboring anger: Disagreement and conflict is part of any relationship, but when deep seated feelings of anger or hatred cannot be resolved, they can threaten to destroy not only the marriage, but also both people involved. If counseling or therapy doesn’t work, distance may be the only healthy option.

2. Loss of respect: Even if the relationship seems healthy from the outside, if one or both partners lose respect for each other, the relationship is bound to fail. A marriage is a union of equals based on love and respect, and if one of those cornerstones is missing, there cannot be equality in the relationship.

3. Growing apart: It is often inevitable that people will change, but sometimes, that change is too great for a relationship to withstand. If you or your partner is not the same person that said "I do," and it has put a strain on the relationship, have discussions about what has changed and see if compromises can be made before calling your lawyer.

Is Miles Austin Less Famous Without Kim Kardashian?





Dallas Cowboys

player Miles Austin and reality bombshell Kim Kardashian may have recently split, but neither of them are feeling much remorse. But Austin does miss the attention that came with dating Kardashian. An insider told [Us Weekly](#) that the athlete “liked [Kardashian] to an extent, but he loved the publicity a lot more. Sitting on the floor of the Lakers game with her was better than any commercial of him that would ever run.” Kardashian wasn’t the only person used in the relationship, however. She would bring her NFL beau when she needed a date for an event. Though the relationship didn’t work, the pair are both moving forward. States the insider, “[Austin] thought [Kardashian] was cool, but by no means is he heartbroken.”

Is your beau dating you for the right reasons?

Cupid’s Advice:

It may seem like the perfect relationship, but always be wary of ulterior motives. Cupid has a few tell-tale signs of a hidden agenda:

1. Eagerness: He wants to take you everywhere. He wants to tell all of his friends that he’s dating you and shows no restraint in his excitement. While this may be legitimate, it

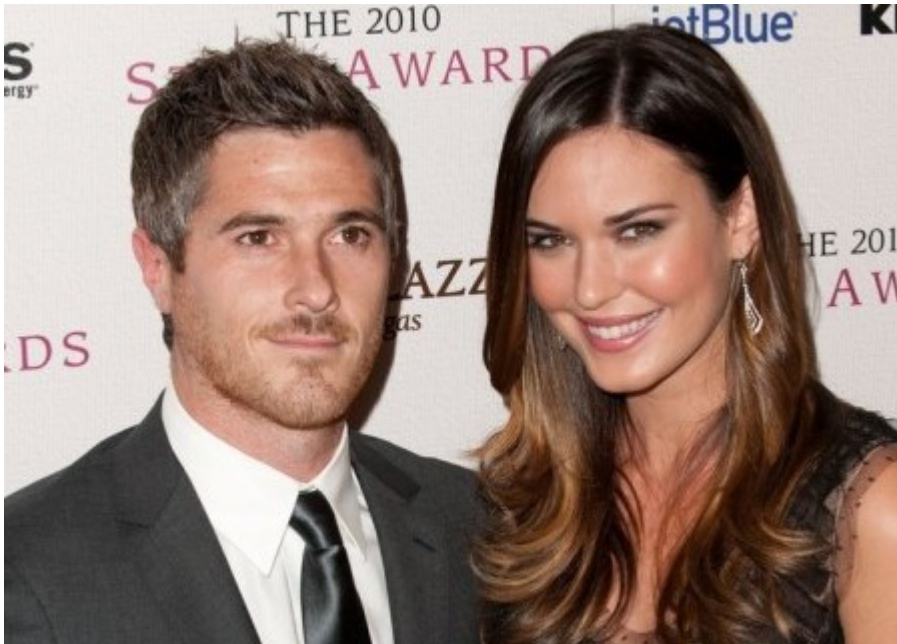
could also mean that he's only interested in trying to impress others. Make sure he's still excited when you're alone together, too.

2. Reluctance: The opposite of eagerness, his reluctance to talk about you with his friends could mean that he's shy, or it could also mean that he's ashamed. He may feel that you are only a temporary solution, and not worth his time or excitement.

3. You're out of his league: If you have turned down most of his friends, then chances are part of his views you as a challenge. While you may be genuinely happy, he may only be thinking about how successful he is in dating a girl like you.

Is Melissa Rycroft and Tye Strickland's Baby a Boy or Girl?





Reality star

Melissa Rycroft and husband Tye Strickland are getting ready to face a different reality by becoming parents. According to [People](#), the former 'Dancing with the Stars' contestant and hubby are taking the upcoming arrival of their little one in full stride. While the two wait for confirmation on the sex of their baby, Strickland has been doing whatever he can to make his baby's mama comfortable and feeling pretty.

How can your beau help make sure your pregnancy goes as easily as possible?

Cupid's Advice:

Nine months is a long time and can be quite emotional for the mother-to-be. Men will most definitely also face their share of apprehension and excitement, but let's face it, they aren't carrying around a bowling ball in their bellies and don't have to deal with stretch marks! Cupid has some advice for your beau to help him make sure your pregnancy is fun and not all labor:

1. Attack of the hormones: It's inevitable that at some point during your pregnancy your emotions will take over, and your husband will take a ride on a roller coaster of mood swings. Prepare him for this, and advise him to be as patient as

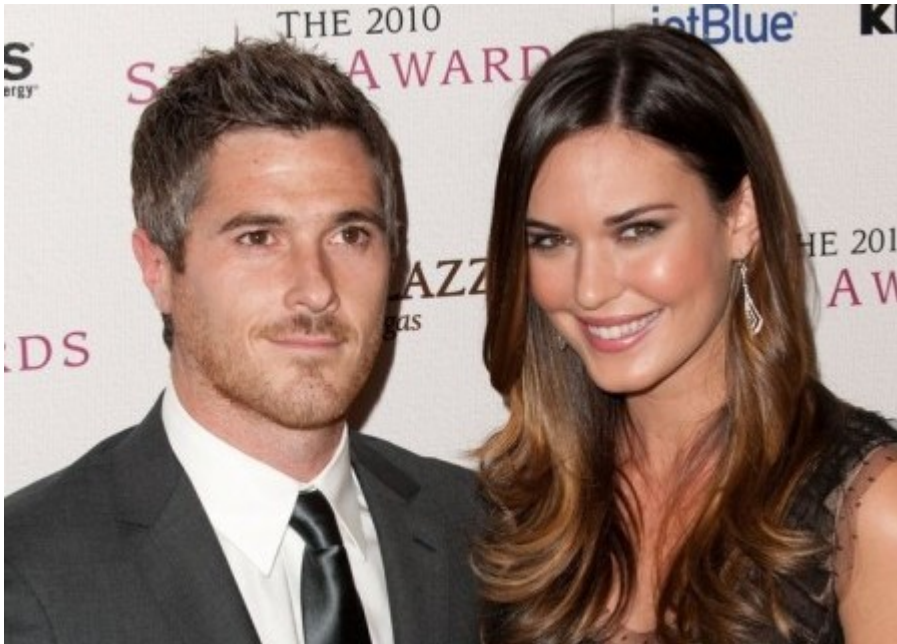
possible. Tell him not take your moods personally!

2. Put her on a pedestal: Men: get used to cravings, sore body parts and your wives dealing with sudden changes in her body. Remember, she's carrying your unborn child and deserves as much extra attention as possible.

3. Become baby educated: The more you know, the more you'll understand what your wife is going through. Plus, you'll be ready for the baby once it arrives. Try to go to as many doctor's appointments as possible so you can listen to the experts' advice on how to handle different stages of the pregnancy.

Katherine Heigl & Josh Duhamel Compare Past Dating Disasters





First dates are

always hit or miss. At a promotional press conference for their upcoming romantic comedy, *Life As We Know It*, Katherine Heigl and Josh Duhamel, both married, reminisced about past dating disasters, according to [People](#). Whereas dating in general scared Duhamel, Heigl, married three years to singer Josh Kelley, spoke of an awkward date with a personal trainer.

“He took me to Sizzler and gave me his head shot and asked me if I could get him in my agency,” recalled the actress.

Although this was ultimately the deal breaker, she also went on to notice his shaved legs. We can only wonder if she stuck around long enough for dessert!

How can you tactfully escape a bad date?

Cupid’s Advice:

Not all love connections will a relationship make. While it can be frustrating to see a potential date go down the drain, it is also important to keep a positive attitude and wait until the night is over to dish your friends the outrageous details:

1. Play it cool: Yes, he may be extremely rude to the waitress, and yes, it was crazy he didn’t open the door for you, but keep this in mind: it’s a one-time deal. There’s no

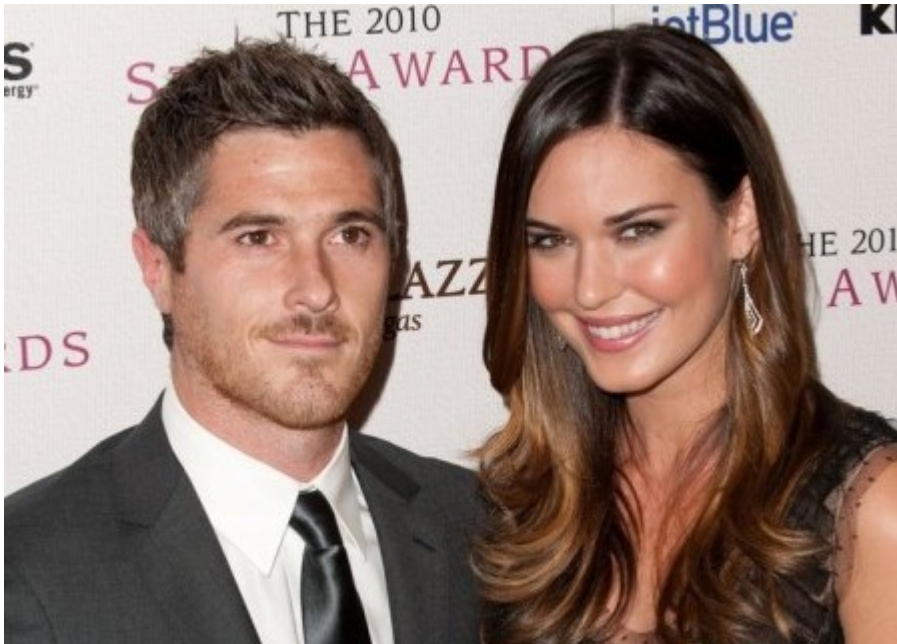
rule that says the relationship has to continue. Try to sit through the dinner. Just make sure he's not planning on leaving you with the bill!

2. Something bad happened: If you have a feeling things may take a turn for the worse on your date, let a friend in on how you feel. Although it can be crass to take personal calls on your date, if it's going poorly, make an exception. Or, text your friend from the bathroom, and let her know it's time to pull the plug. The classic *Sex and the City*-inspired "something bad happened" will always get you out of a tight jam.

3. Do not pass go: If your date involves two parts, like dinner and a movie for example, leave at intermission. This will be exceptionally easy if you each drove separately. Tell him something has come up and you won't be able to make the movie after all. Then, speed back home to your sweats and a glass of wine. Hold all calls until the next day.

Jack Wagner Gives Heather Locklear the Gift of Song





Melrose Place star

Heather Locklear celebrated her 49th birthday in style!

According to [People](#), her longtime boyfriend, Jack Wagner, sang the starlet a very special Happy Birthday song, harmony and all. Wagner's romantic plans for Locklear took place at Beverly Hills' popular Korean BBQ restaurant, Woo Lae Oak.

"Jack and Heather were cooking for all their friends. They were having so much fun," said an onlooker. Locklear's birthday celebration comes at the end of a laid-back summer where she spent time with Wagner and her daughter, Ava. The actress' next professional gig will be shooting a new Lifetime original movie called *He Loves Me*.

What are some romantic birthday gifts?

Cupid's Advice:

Birthdays are a great opportunity to show your special someone how much you care for them. Cupid has some ideas to make their big day unforgettable:

1. Reminisce: Birthdays are a good time to reflect on some of your favorite memories. Revisit some of the special locations where your relationship took flight, like the restaurant where you went on your first date or the place where you shared your first kiss. Remembering these moments together will make the

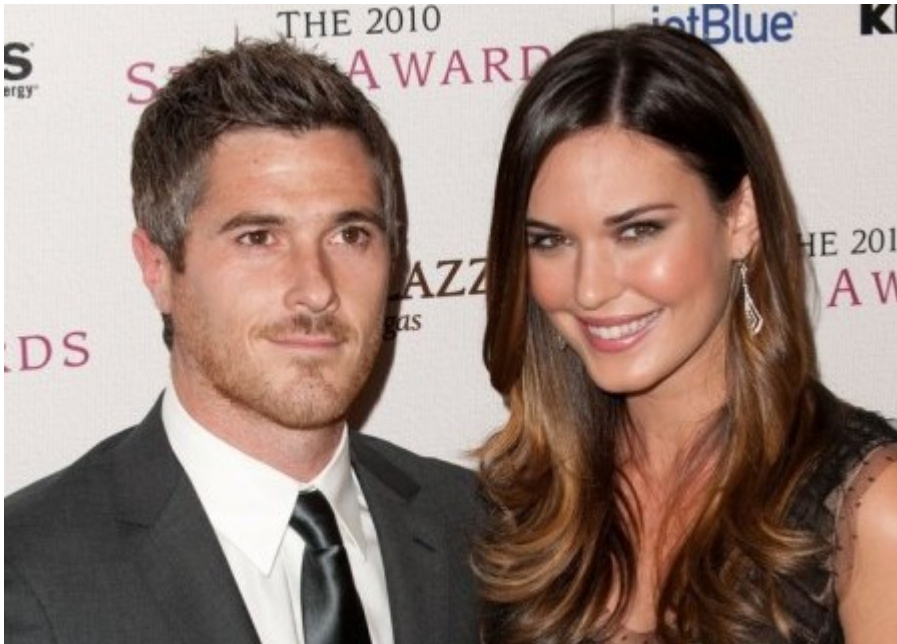
day one your partner will never forget.

2. Arts and crafts: Putting time into hand making a gift for your beau shows them how dedicated you are to the relationship. Scrapbooks and photo albums are always a sweet touch to any celebration. Or, if you enjoy doing crafts together, consider taking a birthday trip to a pottery making or art class and making each other gifts. You'll undoubtedly come out with new memories!

3. Home cooking: Make your partner their favorite meal. The old adage, "the way to a person's heart is through their stomach" may actually prove to be true.

Demi Moore and Ashton Kutcher Are All Smiles





The rumor mill is

straining when it comes to Demi Moore & Ashton Kutcher. Although the much-talked about couple are in the midst of fighting off infidelity banter from critics and fans alike, they seem to be showing a united front, at least in public.

Full of giggles, jokes and all sorts of PDA, Moore and Kutcher were all smiles on the set of Moore's new film *The Reasonable Bunch* last week, according to [People](#). "Demi and Ashton got here in the early hours of the morning, and you could hear them laughing and carrying on from inside her trailer," says a source. The pair, whose fifth anniversary is quickly approaching, are faced with claims that Kutcher cheated with a 21-year-old. But if the two are troubled at all by these serious accusations, they certainly aren't letting on.

How can you stop cheating rumors from circulating?

Cupid's Advice:

There's no doubt about it – rumors, especially negative ones, are tough to deal with and difficult to hear. And the age-old advice, "don't dignify a rumor with a response" doesn't always work. Cupid has some suggestions for ways to halt rumors before they spiral out of control:

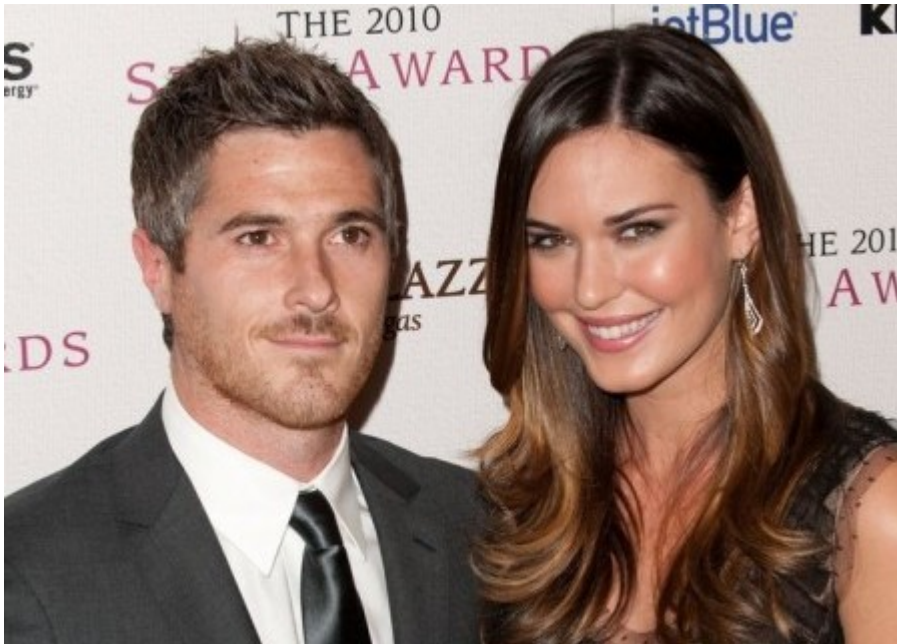
1. Prove the rumor isn't credible: The people who start rumors want other people to believe they're telling the truth. So, they make sure that what they're saying is plausible. To stop the news before it spreads, determine what makes the rumor credible in the first place.

2. Keep it simple: One of the worst things you can do in the face of a dirty rumor is to appear defensive and angry. There's no reason to let it get that far. If you have evidence to the contrary, just say, "That can't be true, because ..." and leave it at that.

3. Create a new truth: The reason gossip exists is because it's fun to know things about other people that they're probably trying to keep to themselves. If you find yourself the subject of rumors, introduce a new rumor – one you can control more easily. People will stop focusing on the old news and put their attention to the new information they just got.

**Tori Spelling & Dean
McDermott Give Each Other
Mani-Pedis**





90210 star Tori

Spelling and her family seem to always be making news. This week is no different, with Spelling's husband, *Home Sweet Hollywood* star Dean McDermott, recently telling [InTouch Magazine](#) all about his family's interesting hobbies. One of their favorites? Mani-pedis. "I call it 'Male Polish,'" said McDermott. "We started doing each other's nails, and I love it. I'm wearing blue right now on my toes! I don't know why everyone doesn't do it!" Spelling adds, "I wanted to paint my nails gun metal for the night, so I borrowed [Dean's] nail polish." The couple's young children also like to participate. "Whenever we can, they come get manicures and pedicures with us and they love it!" said McDermott. "Liam has blue and red on his toes like Spider-Man this week and green on his fingernails like The Hulk." **What are some fun bonding activities for you and your partner?**

Cupid's Advice:

You don't always need a reservation at an extravagant restaurant to make your date memorable. Try partaking in some fun activities for easy laughs and quality one-on-one time.

Cupid has a few ideas:

1. Board game: Open up your cupboard and fish out an old

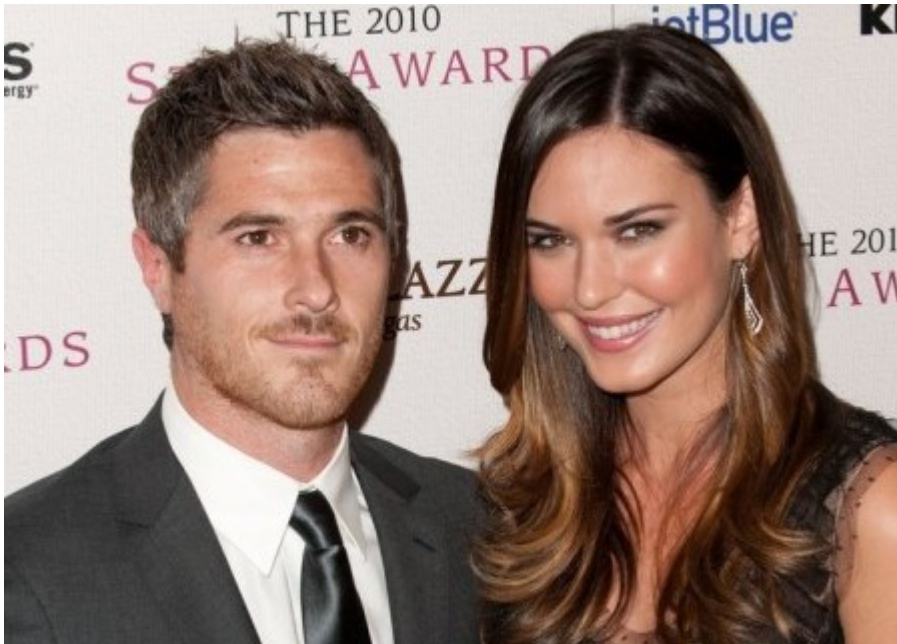
board game, like Monopoly or Risk. Though you may have to dust off the game pieces, you and your beau will appreciate the simple and amusing activity.

2. Movie exploration: Try finding some old movies neither of you have seen in ages. Funny 80s movies, like *Ferris Bueller's Day Off*, will have you laughing hysterically together.

3. Video games: If your partner is into video games, then he will have fun teaching you how to play. If you're the one crazy about them, then you'll enjoy watching him squirm as you repeatedly beat him. Your prowess in shooting zombies or braving the difficult stages of *Guitar Hero* will be sure to impress (or embarrass). Either way, you'll both be rolling on the carpet.

Tyra Banks Takes Low-Key BF to Premiere





Tyra Banks, host of

America's Next Top Model, isn't shy about a lot of things, but she usually keeps her long-term relationship with banker John Utendahl on the down-low. Apparently, though, his flair for finances couldn't keep the couple away from the premiere of *Wall Street: Money Never Sleeps* in New York recently, according to [E! Online](#). The couple was spotted on the red carpet, and though Banks still doesn't have an engagement ring on her finger, the couple seemed happier than ever. **How can you show your beau you support his interests?**

Cupid's Advice:

A happy and healthy relationship depends on both partners supporting each other, and there's no better way to do that than to scope out what makes your honey happy. Cupid offers some suggestions:

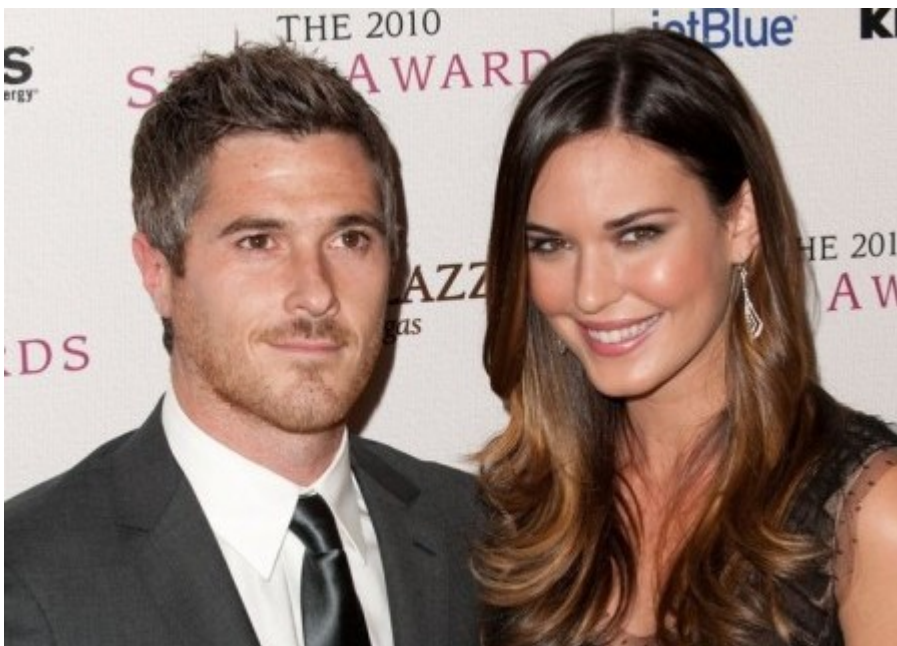
1. Ask questions: Though it may sound simple, asking your sweetie about his interests and giving him the time to talk about what makes him tick shows that you care. Plus, it could teach you a few new things about him!

2. Play the student: Every interest has some background to it, so whether your beau loves cooking or chemistry, asking for a demonstration or explanation could make your bond even

stronger.

3. Surprise him: Go one step further and pick a random day to do something special. Purchase tickets to his favorite sporting event, or rent a movie you know he'd like to see. The element of surprise will show that you recognize what's important to him.

Chris Lambton and Ty Brown in Talks to be Next 'Bachelor'



Two of last season's bachelors, who appeared on *The Bachelorette*, may have a second chance at love. According to [People](#), sources say Chris Lambton and Ty Brown are among those who have been “in

serious talks” with ABC about the next season of *The Bachelor*. Neither Lambton nor Brown have confirmed as of yet.

Meanwhile, ABC and Warner Horizon, who produce *The Bachelor*, decline to comment on casting speculation. **Can you find true love on reality TV?**

Cupid’s Advice:

Reality TV has taken over the airwaves, and many in search of love have turned to the tube to see if they can find their soul mates. Cupid is here with some advice to help determine if searching for love on TV will result in a prime-time relationship or leave you with nothing but dead air:

1. Let’s get real: Learn to spot the difference between real love and camera love. Are the contestants actually falling for each other, or are they simply influenced by the desire to become famous and grab as much air time as possible?

2. Don’t get blinded by the spotlight: If you are determined to find true love on a reality show, make sure you define your priorities. The goal is to find a soul mate, not to let the paparazzi and tabloids dictate your feelings.

3. Avoid playing the desperate role: You have to wonder if people who go on national TV to find love are serious or simply desperate. According to Starpulse, it’s called “not having anything else to do.” Being stuck in a house with dozens of other women competing to earn one man’s attention will most definitely make you *think* you are falling in love, so make sure to separate your sense of competition from actual emotion.