

# Cate Edwards Marries College Sweetheart



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

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

## Cupid's Advice:

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

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

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

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

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

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## JLo Breaks Down During Song About Lost Love





On Saturday night, Jennifer Lopez broke down on stage in front of her fans. The teary eyed songstress paid homage to her old relationships after singing her past hit, *If You Had My Love* at Mohegan Sun concert in Montville, Ct. Lopez used the stage as her own personal therapy session. According to [UsMagazine.com](http://UsMagazine.com), a look-a-like P. Diddy (dated for 2.5 years) , Ben Affleck (engaged to in from 2002-2004), and Marc Anthony (who she recently divorced) all took the stage while JLo sang her new love songs. Hey, we're not judging. Whatever it takes, like JLo's song says to *Get Right*.

**What are some ways to reveal your emotions about lost love?**

### **Cupid's Advice:**

Getting your emotions out is a part of moving on and healing after a breakup. We don't all have a stage like JLo, so here are some average ways to reveal your emotions after a lost love:

**1. Talk it out:** Tell someone you trust—a girlfriend or sibling—how you feel about your past relationship and what you want out of a new one. It's okay to cry on someone's shoulder.

**2. Writing:** Expressing your feelings in a journal, poem, or letter is very therapeutic and just between you and the paper.

**3. Social Media:** Although it's never a good idea to bash your exes, revealing your emotions on Twitter or Facebook can be empowering. Just pretend your social platform is your stage, and Jennifer Lopez will be proud.

**How do you reveal your emotions after a breakup? Share your comments below.**

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## How to Communicate to Get What You Need



By Dating With  
Dignity's Marnia Battista for GalTime.com

While some men just aren't Mr. Boyfriend Material, others just need clear communication from you about what you want, need and expect from them. To make things trickier, many women have difficulty articulating exactly what they're looking for. That said, imagine if you knew the following:

- Exactly what you want in a partner, including his values and goals in life.
- How to effectively communicate your needs and expectations without having to be bitchy, brash or judgmental.
- Simple ways to set boundaries to allow the possibility of a relationship to unfold before you knee-jerk kick him to the curb.

In order to get your needs met, you have to be able to articulate exactly what you need and then be able to communicate those needs in a way that is appropriate, kind, compassionate, and reveals your true, authentic self.

Here are three steps you can take right now to begin to clearly express your desires to the man in your life so you can begin getting what you want:

## **1. Decide exactly you want.**

If you're going to communicate your needs and desires to your man clearly, you need to be clear in your own mind about exactly what those needs and desires are. Whether you want him to be on time, call instead of text, move the relationship to the next level, call you his girlfriend, or propose marriage, the first step is to own those needs and desires in your own mind.

## **2. Tell him directly.**

No matter how great a guy is, he's most likely not a mind reader. If you want him to call you instead of his usual

texting, you're going to have to tell him so. He may or may not be willing to comply. If he isn't, it's up to you to decide if the issue at hand is a deal-breaker. The bottom line is this: Once you communicate, he knows what you need and expect, and you are both agreeing to whatever resolution is reached together.

### **3. Set boundaries—and enforce them.**

This is the most difficult part of self-care for many women. One of my clients recently shared a story with me about a date that went horribly awry. She had met the man online, and then they had met in person for coffee. Upon leaving the coffee shop together, her date discovered his car had been towed. Instead of politely excusing herself from the impending drama (setting a boundary), she felt obligated to be part of his crisis-management team. He called his mom, complained loudly about the \$200 fee he had to pay to get his car back, and whined for hours while she drove him around searching for his car, an ATM machine, and so forth.

My client, who had known this man for only an hour (give or take a few exchanged emails and texts), spent the entire time she was with him fantasizing about how she might exit the drama without hurting his feelings. The result was that not only did she see a part of him he most likely didn't want to share on a first date, but she also became annoyed with herself for not speaking up. She felt bad that she could not set the boundary immediately. Had she followed the two steps outlined above, it would have been simple from the get-go. Knowing she did not want to do crisis management for a man she had just met, she should have stated simply, "Thanks for the coffee. It's such a drag your car was towed. I'm going to get on with my day now, but I look forward to hearing how it turns out when we talk next." Instead, she wondered why he didn't give her an out, excusing her from dealing with his mistake so she could get back to her life.



Men deserve to know what you want so that they have an opportunity to deliver. It's that simple. Men are not mind readers. It's up to you to tell them what you want, need and expect.

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## Ryan Reynolds Spends Birthday Weekend with Blake Lively



Ryan Reynolds spent his 35th birthday with *Green Lantern* costar Blake Lively, reports [People](#). The duo were seen Saturday morning outside an apartment in Boston, where Reynolds is filming the movie *R.I.P.D.* A source confirmed that the two are more than friends. “They are very much a couple,” said the source. “They’re really happy together.”

**What are some fun ways to spend your birthday with your significant other?**

**Cupid's Advice:**

Your birthday is one of the few days where you get to make all the decisions. Here are a few ways to spend your special day with your partner:

- 1. Go sightseeing:** Spend a day outside of the house. Take your partner and go sightseeing downtown. The time outdoors will be refreshing and entertaining.
- 2. Go to your favorite restaurant:** Take your partner to your preferred restaurant for a casual lunch. You'll be able to relax and enjoy your favorite foods.
- 3. Throw a party:** Having a birthday party is a great way to introduce your partner to your friends and family. You'll also be able to enjoy the company of those who care about you.

**Have you recently celebrated a birthday with your partner? Feel free to leave a comment below!**

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## **Jonah Hill and Longtime Girlfriend Split**







High school sweethearts, Jonah Hill and Jordan Klein, recently broke up. Coincidence or not, Hill had recently lost 40 pounds. According to [UsMagazine.com](http://UsMagazine.com), the actor was spotted hanging out with a different girl just a few weeks after the split. According to a source, Klein seemed really happy and there were no signs of a breakup. Traveling and time apart could be the culprit for the bad news. Following a job offer, Klein could no longer travel in order to spend time with her boyfriend.

**How do you define yourself independently after a breakup?**

### **Cupid's Advice:**

Ending a relationship can leave you lonely and without an identity. Sometimes being in a long term relationship means falling into a routine or doing almost everything with your partner. Being single means being your own person, again:

**1. Get rid of the past:** Give or throw away presents, borrowed items or anything else that reminds you of your old flame. Replace old pictures of you and your ex with pictures of your family and friends.

**2. Go out:** No need to make bad decisions, but do go out and spend time with someone who loves you and can support you through this tough time.

**3. Think about it:** Figure out whether you want to stay single for a while or start dating again right away. Whatever it is, take the time to find out what makes you happy.

**When is the best time to start moving on after a breakup?**

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## Former 'Bachelorette' DeAnna Pappas Ties the Knot



DeAnna Pappas and Stephen Stagliano have officially tied the knot! Stagliano, a high school teacher, who met *The Bachelorette* season 4 star at

the 2009 party for *The Bachelorette: The Men Tell All* special, wed in the Serenbe community of Palmetto, GA, on Saturday. “We’re so ecstatic to be husband and wife and we’re thrilled to be sharing this day with all our family and friends,” the couple told [UsMagazine.com](http://UsMagazine.com). Although Pappas ended up with Jesse Csincsak after her season of the hit reality show, it didn’t end up working out and the duo broke off their engagement.

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

### **Cupid’s Advice:**

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

- 1. Meet new people:** After you’re done healing from the break-up, go out and meet new people. Otherwise, you’ll never find the right person.
- 2. Think positive:** Avoiding thinking negative thoughts about the opposite sex and figure out what you’re searching for in a future spouse.
- 3. Behavior changes:** Once you know what you want in a marriage, find someone who is compatible with you. Don’t settle until you do.

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

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# Kim Kardashian and Kris Humphries Can't Wait to Find a Home



Newlyweds Kim Kardashian and Kris Humphries are currently seeking a permanent living situation. According to [People](#), the two have been shacking up with friends and family members as they pursue their careers. Most recently, the two were living in a three-bedroom suite with Kourtney Kardashian, Scott Disick, and their 22-month-old son, Mason, during the filming of *Kim and Kourtney Take New York*. Now that the show has wrapped, the newlyweds are looking for a home base.

**What are some factors to consider when you're deciding on a home with your partner?**

## Cupid's Advice:

Settling down with your partner is one of the most significant steps in your relationship. Here are some primary factors to consider when finding a place to build your nest:

**1. Kids:** If you want kids, you should look into the quality of schools in the area. You'll probably want to live in an area with other families, playgrounds, etc.

**2. Family and friends:** It's often good to be close to friends and family for a support system.

**3. Comfort:** Live where you both feel both comfortable and happy. Whether that's a result of weather or proximity of good restaurants and shopping, take it all into consideration before committing.

What would be the ideal place for you to settle down with your partner? Share your ideas below.

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## Are Scarlett Johansson and Joseph Gordon-Levitt Dating?







Scarlett

Johansson and Joseph Gordon-Levitt may be a new couple, reports [UsMagazine.com](http://UsMagazine.com). The two were seen kissing in New York City last month, and, according to an eyewitness, “were very lovey.” A friend of Johansson says that the relationship is “nothing serious,” and that the two were only hoping to work together. However, another source testified, “[Johansson and Gordon-Levitt] first met about a film they wanted to do together, but it’s gone beyond that now.”

### **What are some ways to take a new relationship slowly?**

#### **Cupid’s Advice:**

When you’re excited about a new relationship, it’s easy to get carried away. Here are a few ways to take things slowly:

**1. Plan infrequent dates:** Even if you aren’t busy, you should still avoid planning dates too frequently. Keep your outings few and far between at the beginning of the relationship so that you get to know each other gradually.

**2. Limit your affection:** Kissing your partner speeds up a relationship. To take things slowly, try waiting until the second or third date to show physical affection.



**3. Wait on an introduction:** It's okay to tell your friends and family about your new relationship, but don't allow them to meet your new partner until the two of you have dated for a while. Waiting on an introduction will limit your partner's influence in your life.

**Have you ever decided to take a relationship slowly? Feel free to share your experience in a comment below!**

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



So far, both Demi

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

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

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

### **Cupid's Advice:**

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

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

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

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# Kellan Lutz Says Past Girlfriends Have Made the First Moves



Fans of *Twilight* hunk Kellan Lutz can stop speculating. Like many other male celebrities, Lutz has fallen victim to gay rumors. However, he assures his fans they are not true and that only insecure girls believe such nonsense. “Most of the girlfriends I’ve had have come after me. So it’s really funny when girls get offended because I don’t hit on them. They’ll transform their

insecurity into ‘Oh that makes sense because I heard you’re into guys and have a boyfriend’...” The star has a lot of love for the LGBT community, despite the rumors. [RadarOnline](#) reports that he even prefers gay men as roommates because they’re typically cleaner. So ladies, if you ever want to approach Kellan Lutz, remember to be bold and secure with your tactics.

**As a woman, what are some appropriate ways to make the first move?**

### **Cupid’s Advice:**

**Making the first move is a bold approach. Remember to look your best and be confident in your choice of words and actions:**

**1. Buy them a drink:** Some guys may try to flip the script and buy you a drink, but stand your ground. This shows you’re a person of interest and that you’re independent and can hold your own.

**2. Compliments:** A good way to break the ice is to compliment them. Whether it’s their clothes, shoes, or eyes, this helps to get the conversation flowing.

**3 Ask them to dance:** Although this is a little risky because not everyone likes to dance , it does show that you want to have fun, which is an attractive characteristic. If the guy you choose can’t dance, hit them with some old school dances and make everyone laugh.

**What are some ways you make the first move? Tell us your story below.**

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



It stands to reason that Amy Smart and Carter Oosterhouse would have the ultimate green wedding, as the pair initially met on a project they did for the Environmental Media Awards. “We got assigned to adopt a school garden together,” said Smart at the 2011 EMA’s in Burbank, Calif. “We met, and we were both in relationships, so we just remained friends. And then we both got out of relationships around the same time, a year ago this summer. And then a year later we got married.” At their wedding last month, Smart and Oosterhouse saw to it that only one bag of trash was generated for 200 people, according to [People](#). Now, that’s impressive!

**Cupid’s Advice:**

## **What are some ways to keep your wedding green?**

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

**1. Use recycled and re-purposed decorations:** Instead of investing in brand new decorations you'll never use again (and will most likely throw away), either use decorations you've utilized at past occasions or buy decorations made out of recycled materials.

**2. Send out electronic invitations:** You waste a lot of precious materials by sending out paper invitations, and they're almost always thrown out after the fact. Send out e-mail notifications instead.

**3. Cut down on trash:** Follow in Amy Smart and Carter Oosterhouse's steps and cut down on waste you produce at your ceremony and reception. Use plates, glasses and silverware that can be washed and used again. Request that your guests don't wrap your gifts. Say "no" to paper or plastic decorations that will simply be tossed after your big day is over.

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

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# **Lauren Conrad and Derek Hough Are Caught Kissing in Public**





Lauren Conrad and Derek Hough are further fueling circulating relationship rumors. The duo was seen kissing in the back room of LA's Trousdale Lounge, reports [People](#). Though Conrad brought pal Lo Bosworth and Hough brought friend Mark Ballas, the two spent most of their time together. "It was obvious there was a lot of chemistry between the two," said an onlooker. "[Conrad] was very smitten. Neither seemed embarrassed about kissing in public."

**How do you show your affection in public without being obvious?**

### **Cupid's Advice:**

Subtlety is key when it comes to public displays of affection. Here are a few ways to keep your PDAs under the radar:

**1. Hold hands:** Holding hands is a way to show your affection

without drawing attention from others. It's a simple gesture that means little to the people around you, but can mean plenty to you and your partner.

**2. Stay close:** Standing closer together or sitting near each other at a table is an easy way to show your partner your affection without being obvious.

**3. Keep it short:** If you do want to kiss or hug your partner in public, keep it short. People passing by will not notice a quick smooch, but they will notice a prolonged kiss.

**How do you keep your public displays of affection unnoticed? Feel free to share your thoughts in a comment below!**

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## **Eva Longoria and Eduardo Cruz Attend Burlesque Show**





Eva Longoria and Eduardo Cruz were spotted at a Burlesque show at Beacher's Madhouse inside the Hollywood Roosevelt Hotel. Although it may be a unique kind of date night, [People](#) reports that the couple laughed, cuddled and enjoyed the show. Longoria is far from the jealous type. When drag queen Vicky Vox rubbed Cruz' head in her chest, Longoria just laughed it off. Cheers to that!

**What are some unique events you can attend as a couple?**

### **Cupid's Advice:**

Date night is a great way to keep your relationship hot and spicy. However, the same old routine can get pretty boring. To keep your date ideas fresh, try new events and locations:

- 1. Circus:** Going to the circus isn't just reserved for kids. When one comes to a town near you, take your partner to see the acrobats and elephants. Pretend you're a child and bond with your sweetie in a new way.
- 2. Symphony:** If you're getting sick of dinner and a movie, taking in some classical music is a great way to relax with your mate. Get all dressed up, drink some wine and indulge in an elegant night out.

**3. Comedy show:** Let go of the stress of the week by hitting up a comedy club with your significant other. Laugh out all of your worries.

**What unique date night have you experienced? Share your ideas below.**

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# How to Pursue Your Man Like Naomi Watts



By Brea Gunn

Everyone knows the formula: boy meets girl, boy flirts with girl, boy asks girl out and boy and girl become an item. But what happens when *girl* meets boy and *girl* pursues said boy?

While it's not unheard of for a woman to have a crush, it's becoming more fashionable for her to be the pursuer, rather than the pursued. Take Naomi Watts and Liev Schreiber, for example. The pair met at the Metropolitan Museum of Art's Costume Ball, and the rest is history, as they say. Or, actually, it's HERstory.

The thing is, unlike other couples, Naomi actually pursued Liev. That's right. The actress made up an excuse, flew to New York and now the couple have two beautiful children. A woman pursuing a man isn't necessarily a new phenomenon in Hollywood, though. In fact, it's starting to feel like the norm.

For example, Rachel Weisz married Daniel Craig after meeting the super-hunk on the set of their new movie. LeAnn Rimes and Eddie Cibrian couldn't keep their hands off each other (their very married hands!) when they met. Jessica Alba thought Cash Warren was a stud, and now they've got a beautiful family.

And sometimes life even imitates art...or art imitates life. Even Anna Paquin couldn't keep her eyes off of costar Stephen Moyer. And ironically, Sookie, her character on their show, *True Blood*, pursued his character, Bill.

So what's a woman to do? Here are some tips:

- 1. Make the first move:** Go talk to him. Compliment his awesome dancing ability. Hey, it worked for Naomi Watts!
- 2. Set up the next date:** Take a lesson from Anna Paquin, and tell him when you want to see him again. Don't wait the obligatory 48 hours to text and/or call.
- 3. Don't be shy:** Even if you tend to be on the quieter sell, go outside of your comfort zone and show your outgoing side. There's no place for hesitation when you're going after a man.



So, next time you're out with your girlfriends and you see a cute guy across the room, channel Naomi, Rachel, Leann and Anna ... and send him a drink.

*Brea Gunn is a monthly contributor for Cupid's Pulse and also writes about the best Westchester wedding venues. Check out what these wedding business marketing insiders have to share.*

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# Penelope Cruz and Javier Bardem Bring Son on Lunch Date



Javier Bardem took a break from shooting his new film, *Venuto Al Mundo*, with



a family lunch outgoing with wife Penelope Cruz and their son. Smiles and lots of love where on the lunch menu. [UsMagazine.com](https://www.usmagazine.com) captured the parents enjoying the meal as well as the company of their 10 month old child, Leo. About being a parent, Cruz told Vogue in June, "From the first second, you feel so much love. It is a revolutionary experience. That's the best way I can describe it. It transforms you completely, in a second. Nature is very wise and gives you nine months to prepare, but in that moment, when you see that face, you are transformed forever."

**How can you involve your child in a romantic date?**

**Cupid's Advice:**

A date with your partner can lose its romance when the kids have to tag along. Find out how to keep the vibe going with subtle actions:

- 1. Communicate:** Even if your child is present, make sure to speak to still incorporate adult conversation as well.
- 2. Touch:** Just taps on the hand or rubs on the back throughout the date can keep things intimate.
- 3. Share dessert:** Share a sweet treat while the kids make their own mess at the other end of the table.

**How do you keep the romance alive when your child is with you? Share your thoughts below.**

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# Buddy Valastro and Wife Renew Wedding Vows After 10 Years



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

**Where are some "out of the box" locations to have a renewal ceremony?**

## Cupid's Advice:

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

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

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

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

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

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## Rihanna Reunites With Ex Matt Kemp in London





Though she split with Los Angeles Dodgers center fielder Matt Kemp in December, Rihanna and her ex were seen leaving Stringfellows Nightclub in London around 2 a.m. last Wednesday. According to [UsMagazine.com](http://UsMagazine.com), the singer partied with Kemp and other pals during a break from her “Loud” concert tour. After the breakup last winter, Kemp said, “She’s a good friend of mine. We’re good. We’ve all got busy lives, and we’re concentrating on our careers.”

**How do you get to the point where you can “hang out” with your ex partner?**

### **Cupid’s Advice:**

If you didn’t have an ugly breakup and it just didn’t work out, look at this experience as an opportunity to make friends with your ex partner. Here are some signs that you’re ready to form a friendship with your ex:

- 1. When you can talk about your dates:** Being able to talk about your dates with an ex without feeling jealous or awkward is a huge sign that you’re safely in the friend zone.
- 2. When you like them more now:** Maybe breaking up was just

what you needed to discover that you're better as friends.

**3. When you see them differently:** In pursuing a friendship with an ex, you may grow to see them completely differently to the point where you sometimes forget that you were ever an item.

How you ever become "just friends" with someone after dating them? Share your experience below.

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## Shannen Doherty Gets Married



*Beverly Hills,* 90210 actress Shannen Doherty married photographer Kurt Iswarienko on Saturday, reports [People](#). Doherty, 40, and Iswarienko, 37, were married on a private hillside estate in

Malibu. Doherty has been married twice before, to actor Ashley Hamilton and Paris Hilton sex-tape costar Rick Salomon.

“Marriage to me is such a gigantic commitment that it’s not something I’d ever go into lightly anymore,” said the actress in an interview last year. “I’ve learned my lesson.”

**How can you increase your chances for a successful marriage?**

### **Cupid’s Advice:**

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

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

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

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

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

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# Demi Moore Proves There's Hope After Divorce



By Amy Osmond

Cook, Ph.D.

It's unclear as to whether Demi Moore is going to file for divorce from Ashton Kutcher after he allegedly cheated on their sixth wedding anniversary. At least, that's what the *Vancouver Sun* and other media outlets are reporting. Though both parties have declined to confirm the split, it's certainly apparent that this is a difficult time for both of them.

It's no surprise that many marriages crumble when there is a serious betrayal. For most Americans, marriage remains the highest expression of commitment that they can imagine. Most also believe it's unacceptable to cheat, lie, or keep secrets in a marriage—and that number has continued to fall over the

past 40 years, according to Stephanie Coontz, the author of the article *The Origins of Modern Divorce*.

While the difficulty of this situation cannot be overstated, Demi has navigated this terrain before with grace and poise.

If she handles a divorce from Ashton like she did her divorce from Bruce Willis, we can expect the couple to stay friends and find happiness amidst the devastation. So, what can we learn from this actress?

**1. Keep it classy.** Demi has yet to talk about her situation with Ashton in a public way. Until a final decision is made, she's probably going to keep quiet about it. She and Bruce were models of restraint during their divorce and continued to build each other up even as they separated.

**2. Remember that love conquers all.** Somehow, Demi and Bruce continued to love each other while no longer remaining "in love" with each other. Bruce told *Vanity Fair Magazine* in 2007: "It's hard to understand, but we go on holidays together. We still raise our kids together—we still have that bond. . . . I love Demi, and I know she loves me." We can expect Demi to go through a grieving process, but then come out on top—choosing love and forgiveness over bitterness and acrimony.

**3. Put the kids first.** In 2007, Demi stated: "I'm the product of divorced parents, and my brother and I were the pawns in my parents' game. I never wanted that for my kids." She explained, saying: "You know, I didn't get married and have children so I could get a divorce, get remarried, and get along with my ex-husband. But since that is what happened, I am grateful it turned out this way." Ashton has been a father figure to Demi's children for years, so Demi will most likely continue to support that relationship.

Divorce is certainly difficult. Many of us know that from personal experience. But if anyone can handle a public

divorce in a classy way and continue to find the good in her relationships, it's Demi Moore.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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## Giuliana Rancic and Husband Continue IVF to Have Baby



Giuliana and Bill

Rancic are not giving up! After two failed attempts, the couple have decided to give in-vitro fertilization another try. The E! News host and her husband miscarried after their second try of IVF. Devastated, they decided to put aside starting a family for a short while and focus on themselves and their relationship. Currently in the middle of their third IVF treatment, the reality star couple are optimistic, despite Guilian's recent breast cancer setback. The two are not opposed to other options such as adoption or surrogacy, however they are desperate to get pregnant. The Italian beauty tells [UsMagazine.com](https://www.usmagazine.com), "If [our doctor says] after this cycle, 'I don't think this is going to happen for you naturally. You're going to have to look at more options than we will.'"

**How do you decide if adoption is right for you and your partner?**

#### **Cupid's Advice:**

Adoption is something that should be deeply discussed. It can be a long and stressful process for which some couples are not ready. Make sure you and your partner have considered it from all angles:

- 1. Consider the pros and cons:** Making a list of positives and negatives with your partner can help to solidify that adoption is right for you as a couple.
- 2. Others who have adopted:** It may be a huge help to get advice from someone you know who has actually been through the adoption process and have them tell you their story.
- 3. Discuss with family:** Family knows you best and can give good advice. It's probably best to discuss with only those to whom you're closest.

**How would you decide if adoption is right for you? Tell us your story below.**

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# Are Bradley Cooper and Jennifer Lopez Dating?



When Bradley Cooper was seen driving around Los Angeles over the weekend, the paparazzi caught none other than what looked like Jennifer Lopez in the passenger's seat. According to [People](#), a source close to the *American Idol* judge says the two spent time together on Saturday. They also had dinner together recently at Per Se in New York. "She does like his attention, and it makes her feel good that he seems so into her. She has a fun time with Bradley and he makes her laugh," said a source close to the duo.

**How do you keep a new relationship under wraps?**

## Cupid's Advice:

When a relationship is very new, it's too early to know if it will last or not. Here are some ways to keep it under wraps until you're sure something is beginning:

**1. Think twice about social media:** Doing something as harmless as writing "Hi Honey" to your potential partner on Facebook or Twitter is enough to give you away.

**2. Don't get physical in public:** It's a small world. Therefore, you will probably bump into someone you know while holding hands in public.

**3. Don't blurt it out:** The biggest giveaway could be your excitement about a potential new relationship. Although you no doubt have butterflies right now, keep them quiet while around your family and friends.

**How long should you keep your relationship private? Share your ideas below.**

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# Footloose featuring Julianne Hough, Kenny Wormald and Dennis Quaid







Get prepared for a guilty pleasure flick! In the 2011 remake of the 1984 film, [Footloose](#) brings back city kid Ren McCormack (Kenny Wormald) who moves from Boston to a small town where dancing has been banned after a tragic accident. McCormack isn't as readily willing to give up dancing as the rest of the town, and he sets out on a mission to bring it back. When he unexpectedly becomes attracted to the preacher's daughter, Ariel (Julianne Hough), it causes drama as the preacher is the main culprit in the ban against dancing and rock 'n roll. Although remakes are rarely better than originals, there's no doubt that the quality dance moves in this flick will leave you with a great feeling.

**What do you do if your partner's parents don't like you?**

**Cupid's Advice:**

It can be difficult to make a relationship work if your significant other's parents don't like you. Cupid has some tips:

**1. Make amends:** Although you may not be able to fully solve the problem, it's important to encourage your partner's

parents to come around to you. Send them flowers or have a heart-to-heart conversation if need be.

**2. Analyze the situation:** Find out the facts about why your mate's parents aren't a big fan of you. If there are legit concerns, address them directly. If the concerns seem unwarranted, talk to your boyfriend or girlfriend about it.

**3. Change:** If your partner's parents are right in their view of you, then it might mean you need to change the way you go about doing things. Sometimes change can be a good thing.

**How did you deal with your partner's parents didn't like you? Share your experience below.**

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## Chris Martin Says Marrying Gwyneth Paltrow Is Like Winning the Lottery





In an interview with CBS Sunday Morning, Chris Martin publicly spoke about his wife, Gwyneth Paltrow, for the first time. The couple, who's been married for eight years and has two children, try to keep their marriage out of the public eye and rarely photograph together, according to [RadarOnline](#). The Coldplay frontman admitted that he's had one serious romance, and he's in it. When he was told that he made "quite a leap," Martin replied, "It's a big leap? What, from being a loser to going out with an Oscar winner? It's a giant leap. Let's face it, it's like winning the lottery."

**What are some ways to keep your relationship intimate?**

### **Cupid's Advice:**

For relationships to be successful, it should be both healthy and intimate. Cupid offers advice on how to keep the latter in your relationship:

- 1. Dating:** Take a day out of every week to spend alone with your partner.
- 2. Communicate:** Have daily discussions about your day, feelings, latest news, etc., so you both will be updated on

what's going on in each other's lives.

**3. Encourage each other:** Encouraging your significant other to follow their dreams and goals, and giving him/her advice will let them know that you care.

Let us know some of the ways you keep your relationship intimate.

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## Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know



By

Melissa

Caballero

The status of our relationships in this modern day dating world have become much more complex than they used to be. Many couples go through multiple stages until they're officially declared an item. From 'single' to 'it's complicated' to 'in a relationship,' the situation can get blurry. Although the beginning of a relationship can be exciting, it doesn't always end that way. Some people date for several months without a label, and then the painstaking question "Are we exclusive?" is asked and the relationship abruptly ends with no warning. It may not make sense, or seem even fair that one question can stir so much confusion or controversy. So, many women have learned to keep mum and stay in the 'it's complicated' stage instead of turning their status back to single. But, instead of going backwards how do we proceed forwards to the comfort zone of monogamy? We spoke to psychologist, professor, relationship expert and author, Dr. Karin Anderson and she offered five ways woman can navigate through:

1. **Play it cool.** Of course you're going nuts with the nebulous nature of your relationship and of course you're looking for a more definitive understanding as to what sort of connection you and your "friend with benefits/booty call/boyfriend(?)" actually have. But the #1 way to keep things complicated is to push the issue by having one of those, "I really need to know where this relationship is headed" conversations. Play it cool. Psychologists who study couples speak of *The Law of Least Interest*—whoever is least interested in maintaining the relationship holds the *most* power. Every time you bring up an issue, you lose power. And until your relationship has more concrete structure, you don't want to lose any power.

2. **Was it ever *not* complicated?** A good question to ask yourself is, "Was this *relationship* ever not complicated?"

Meaning—did you ever know where you stood with your man? If not, you probably have more information than you realize. This may be hard to hear, but if this guy has known you for some

time, has enjoyed having sex with you regularly, has never wanted to legitimately establish himself as your partner, then it's likely he's *never* going to go in that direction.

3. **Make him want to commit.** Naturally, we can't *make* anyone want to do anything, but we can certainly sweeten the pot.

For example, when you're together, demonstrate your affection in ways men respond to (e.g, a fridge stocked with his favorite beer, a TV tuned to his NFL and college teams' games). When you're away from each other, resist the temptation to be too available (i.e, absolutely **no booty calls**). You want him to recognize how great you and he are together, but those benefits can't be his 24/7 until you guys are an official couple. It'll keep him wanting you.

4. **You may need to pull all the way back.** If the above suggestions aren't working, you may need to create some space. Skip the drama of an ultimatum (remember, most guys think women are a little crazy because our emotions tend to run more intensely than theirs); let your behavior get your point across. If he reaches out with, "What's up with you? Where have you been?" you can reply, "I've been super busy with work and friends and I have to get my priorities straight. As much as I love hanging out with you, I need to focus my energy on aspects of my life that are more clearly defined." Leave it at that. Again, **no drama!** Just state the facts and see what he does with them.

5. **Be honest with yourself. Is this *really* what you want?** Ultimately, there's no magic formula for moving from 'it's complicated' to monogamy. But more importantly you need to ask yourself why you want this person. Hasn't it been a drag walking on egg shells, trying not to scare him off with your desire for a *real* relationship? Don't you hate the insecurity that comes with not knowing your place in his life? The reality is, most guys go for what they want—chalk it up to their DNA or the thrill of the chase or whatever, but most men will claim you if they want you. What does it say when we



want a man who doesn't want us?

If none of the above works, maybe the best answer for moving forward is to let the whole thing go and find someone who's interested in the same sort of relationship that you are.