

Madonna and BF Brahim Zaibat Vacation In ... Guéthary?



Guethary is now on the map. The little French village with a population of 1,600 was the recent vacation spot for Madonna and her much-younger dancer boyfriend Brahim Zaibat last Tuesday for two weeks, according to [People](#). The couple was spotted Wednesday morning in matching exercise gear biking on the village's cycling paths before meeting with her 14 year-old daughter Lourdes at a beach close to the village port. Still, the biggest question remains to be answered is, why Guethary? "We have three hotels, six small restaurants and no nightclub," said a representative from the local tourist office. "We're known for our three surfing beaches, but besides from that there's nothing. Only reason she would come here for ... is ... is the quiet."

What are some “out of the way” vacation spots good for couples?

Cupid's Advice:

Sometimes it's nice to have some time away from rest of the world with your partner. Cupid has a few getaway ideas:

- 1. Go camping:** There's no better way than to be surrounded by nature with your lover. Just remember to pack bug spray and the fixings for s'mores.
- 2. Book a hotel:** It doesn't have to be far from home, but book a suite for a weekend and shut off your phones and computers. Spend a lazy two days in bed, on walks and in restaurants.
- 3. Avoid major cities:** Avoid any obvious vacation choices, such as big cities or beaches seen on the Corona commercials. Chances are they've been commercialized and are super touristy. Try to think of something out of the box.

What are some other “out of the box” ideas for a getaway with your partner? Share your comments below.

Kasey Kahl Serenades Vienna Girardi With Love Song





Kasey Kahl showed Vienna Girardi his true feelings for her with a song on this week's episode of *Bachelor Pad 2*. In a clip from the show on *UsMagazine.com*, Girardi seems to truly enjoy this display of affection, but she is unable to contain her composure as she giggles throughout the intimate love song.

What are some romantic gestures to make your partner feel special?

Cupid's Advice:

1. Text your love: In the middle of the day, for no reason at all, send a quick and easy text. Tell your partner "I love you," or "I miss you." This unexpected message will put a smile on their face and have them thinking of you all day long.

2. Help out: Spend a little extra time here and there making your partner's life easier. Do a bit of his or her to-do list. If you lighten the load, there will be more time for the two of you to play together.

3. Give a kiss: After being in a relationship for a long time, sometimes we forget to slow down and show each other we care. One of the simplest ways to do this is to give your partner a simple, yet passionate kiss on his or her way out the door or while he or she is cooking dinner.

How do you make you love feel extra special? Share your experiences with a comment below.

10 Tips for Dating Your Friend's Sister



Submitted By Donna Cullen

It's not uncommon for guys to become attracted to sisters of their friends. When the attraction is mutual and a dating relationship develops, there are some guidelines that should be followed in order to keep the original friendship intact. Here are ten tips to avoid issues when you're dating your friend's sister:

1. Don't take sides: If there's a disagreement between your friend and his sister, do not take sides. Insist on remaining neutral and not being brought into the middle of the argument. It is a no-win situation for you, should you voice any opinion at all.

2. Don't share stories: This works both ways. Don't share stories about his sister with him, and don't share stories about things your friend has done with his sister. Keep your lips sealed tight.

3. Don't double date: There may be some brothers and sisters who would be comfortable on a double date, but most would not be. You don't want your friend watching your every move with his sister, and she probably doesn't either.

4. Stay on good terms: This would not be a good time to get your friend upset with you. He has the ear of your girl, and he could do irreparable harm to your relationship with her, if he was inclined to do so.

5. Gain inside knowledge: Use your relationship with your friend to gather some insight into what his sister likes and doesn't like. You have access to a great resource, if he's willing to assist.

6. Treat her well: If he hears news from her, or anyone else, that you have been anything, but a knight in shining armor, you could lose a friend and gain an enemy, very quickly. Be on your best behavior with this lady.

7. Watch what you say: This can be applied in several ways. Anything you say about your friend, may be carried back to him via his sister. Anything you say about her, could be carried back to her through her brother. Do not discuss your relationship with one, with the other.

8. Remember the relationship: This fits along with the previous tip. Be careful about what you say about the sibling in front of your friend or your girl. Always remember that, in their eyes, you're talking about their brother/sister, not 'your friend' or 'your girl'.

9. Don't break her heart: This is one of the biggest dangers that you risk in dating the sister of one of your friends. What will happen when you break up? If she feels wounded or betrayed, her tears are not likely to go over to well with her brother. Ending your relationship with her could potentially end your relationship with your friend.

Don't neglect him: Be careful not to give the impression that you're no longer interested in your friend, or don't have time for him, once you start dating his sister. See #4 for one good reason; the other is that you don't want to give the impression that you were using his friendship to get connected to his sister.

Weigh out the complications before deciding to enter into one of these sibling relationships. They can get a bit sticky at times, depending on the maturity of those involved.

Kim Kardashian and Kris

Humphries Say 'I Do'



Kim Kardashian is officially married and off the market. The Armenian beauty tied the knot with Kris Humphries on Saturday at a beautiful estate in Montecito, California. 450 guests were in attendance. According to [People](#), the two were married in a traditional Christian ceremony officiated by the Humphries family's pastor, Joel Johnso. Kardashian paid tribute to her late father, attorney, Robert Kardashian, in a heartfelt message in the program, "I so wish my dad could be here today to walk me down the aisle, But I know in a way he is here, and I feel his loving presence all around me. I love and miss you, dad."

How do you deal with nerves on your wedding day?

Cupid's Pulse:

Your wedding day is one of the most memorable days of your life. What makes it memorable isn't the dress or the lavish party, but the feelings of excitement and nervousness. Here are some ways to calm your nerves on the big day:

1. Take a deep breath: Your yoga teacher has the answer. Don't forget to breathe. The time it takes to inhale and exhale will put everything into perspective.

2. Ask for help: Getting ready for your wedding is difficult for you to do alone, so ask your friends for help. After all, what are bridesmaids for?

3. Feel the love: It's easy to get caught up in the superficial aspect of a wedding, but in the end the only thing that matters is celebrating your love.

What have you done to relive stress? Share your tips below.

Bachelor Pad 2: Gia Allemand Finds Love In the NBA





Love appears to have finally pulled through for an upbeat *Bachelor Pad 2* alum Gia Allemand. The 27 year-old model said that her relationship with boyfriend Ryan Anderson, power forward for the Orlando Magic, fell into place back in February when the two began dating, according to UsMagazine.com. Allemand and Anderson met while *Bachelor Pad 2* star was doing a photo shoot in The Bahamas in February and from there, the two were inseparable. Fate was on the couple's side as Allemand was offered a job that enabled her to live in Florida and be flown into The Bahamas on the weekend for modeling engagements. "Not only was it love at first sight, but it seemed like a touch of destiny. We now both live in Orlando and couldn't be happier," she said. "I think I finally found the one!"

What are some ways to stay positive about finding love?

Cupid's Advice:

Although sometimes it gets difficult, optimism for love is the always the best attitude. Cupid has some suggestions for when times get tough:

1. Looks can be uplifting: You don't have to play dress up, but if you feel good, your confidence will increase and help you out when you're looking for a new partner. Get a quickie makeover.

2. Catharsis: Although not always recommended, sometimes it's just easier to let out all your emotions and work from the ground-up. Cry if you want to cry. Scream if you want to scream (but maybe into a pillow!).

3. Attitude is everything: Although easier said than done, it's important to stay positive and keep your doubts and negativity in check. Even if you don't *feel* positive, fake it a for a while and maybe it'll end up taking hold.

How do you keep a positive outlook on love? Share your thoughts below.

Is He Husband Material?





By Kelly Rouba, GalTime.com

The other day, my friend was distraught over how his wife has been treating him lately. The two had begun the process of getting divorced when she suddenly had a change in attitude and promised she would change. Sadly, that promise lasted only a couple of weeks.

After we discussed the situation, we began exploring what he should expect from his partner and it led me to think about what characteristics I should be looking for in a man so that I don't end up in a similar situation someday. For those single ladies, like myself, who are hoping to get married one day, allow me to share some expert advice on what you should be looking for in a partner:

"What makes a man husband material are emotional characteristics, including stability, reliability and honesty. These are the hallmarks of what makes a man a good long-term partner," says Dr. Seth Meyers, a licensed psychologist, relationship expert, and author of *Dr. Seth's Love Prescription*.

In addition, and perhaps “the most surprising factor that is important is empathy, or the ability to be sensitive and understand how the other person feels,” Meyers adds. “When problems develop, as they inevitably will, having a man in your life who listens and cares about your feelings is one factor that helps to solidify mutual respect and intimacy.”

Stacie Ikka, founder of Sitting In A Tree, a consulting service that was created in response to the dating community’s need for customized and innovative approaches to help facilitate sustainable relationships, offers the following tips:

1. You feel as good about him when you’re not with him as you do when you are with him.
2. He’s never made you cry and you’re confident he never will. (There’s a saying that goes something like this: No boy/man is worth crying over and the one who is will never make you.)
3. He shows a genuine interest in the things that are important to you.
4. He fights fair.
5. He holds your hair back if/when you’re sick.
6. If your child were to come out EXACTLY like him, you’d be thrilled.

As for my own advice, which I shared with my friend, you need to learn to love yourself first. Learning to love yourself and finding self-fulfillment while single is crucial because you cannot expect a mate to fill those voids for you. Depending on a partner to meet those needs will never work and you’ll remain emotionally needy, not to mention more likely to put up with bad behavior just to be with someone.

Personally, I also promised my parents I’d never bring someone into the family who didn’t fit in with them or get along with them because they mean too much to me. Plus, I want to be with a man who respects me, values me and treats me well

because I will do the same in return.

Maybe this piece of advice seems obvious, but Robert Epstein, Ph.D., who is a distinguished research psychologist and former editor-in-chief of *Psychology Today* magazine, reminds us that the man needs to be “available (meaning not married or in a serious relationship), and he needs to be ready for a long-term commitment.” Emotional availability (don’t want someone who’s pining for his ex) is also key.

Beyond that, women also need to watch out for deal breakers, meaning threats to having a future together, Epstein says. “When there is a deal breaker, that means that extremely important relationship needs – either your’s or his – are not met by the other person. You want kids, for example, and he hates them. Forget about it!”

If you feel an issue is at-hand that could be a deal breaker, it’s best to address it right away. “When there are deal breakers, you need to put them on the table and talk about them. If you try to hide them, they’ll turn up anyway, eventually, and probably destroy your relationship – or at least make you miserable. Get them out in the open and see if you can work something out! Hey, maybe he can handle having just one kid! You never know until you talk.”

Here’s to happily ever after!

‘One Day’ featuring Jim Sturgess and Anne Hathaway



Dexter and Emma (Jim Sturgess and Anne Hathaway) are two college-friends who sleep together on the night of their college graduation, and then they go their own ways while still remaining friends. Dexter goes into the entertainment business and Emma becomes a teacher. The film shows the two of them each year on the anniversary of their college graduation to see where the two are in their lives. Sometimes they're apart, and other times, they're together. An original idea for a romantic movie, "One Day" captures the power friendship has in a person's life.

Is it possible to remain just friends after it crosses the line once?

Cupid's Advice:

Yes it is possible, but it at times be difficult to keep it a platonic friendship. Cupid has a few suggestions:

1. Boundaries: It's important that you and your friend keep your distance and don't have your friendship turn into something more if you're not ready.

2. Talk to your lover: Your partner shouldn't feel threatened by a friendship, you just have to reassure them you are just friends.

3. Mutuality: You and your friend need to stay on the same page on the status of your friendship, meaning if feelings blossom, they need to know so you two can act accordingly.

Release Date: Aug. 19

Kevin Federline Is a Dad Again





Happy day! Kevin Federline is a father again, according to [People](#). The former backup dancer and onetime rapper welcomed his fifth child, daughter, Jordan Kay, at 6:33 p.m. on Monday. This is the first child for his girlfriend, Victoria Prince. Federline, 33, and Prince, 28, a former competitive volleyball player from Washington State, began dating toward the end of 2008. Federline is also father to sons Jayden, 4 and 1/2, and Preston, 5 and 1/2, with ex-wife Britney Spears and son Kaleb, 7, and daughter, Kori, 10, with ex-girlfriend Shar Jackson.

How do you explain your broken relationships to your children?

Cupid's Advice:

The best thing you can do is be upfront and honest with your children. Cupid has some tips:

1. Honesty is the key: Situations are always a lot easier when you are honest with yourself and others. No matter what age, just be honest with your children. Let them know that nobody is perfect and everyone makes mistakes. Also, just because your past relationships didn't work out, it doesn't mean they

were all bad experiences. Let them know that.

2. Don't play the blame game: Be sure to admit to your faults. Teach your kids that right is right and wrong is wrong. Don't make it seem like it's all the other person's fault, when it most likely wasn't. A relationship consists of two people and each has their own issues.

3. Reassure them: Tell your children that you don't plan on making the same mistakes again. Then, show them through your actions that you're serious about that statement.

How did you explain your broken relationships to your children? Share in a comment below.

Celebrity Lighting Designer, Bentley Meeker Offers Advice for the Perfect Date





By Whitney Baker and Krissy Dolor

You spent hours preparing tonight's meal. You carefully selected the background music. You even pulled out the "special occasion" dishes. With your date set to arrive at any moment, you quickly – and without any real thought – set the lighting: you turn off the overhead lights and ignite a beautiful scented candle in the center of your table. You step back to admire your efforts; everything's perfect, right? Not quite. With help from lighting expert, Bentley Meeker, a little bit of tweaking can add just the right touch.

"If you're going to use candles, use them sparingly and keep them out of the direct line of you and your partner's vision," advises Meeker, event lighting extraordinaire and president of Bentley Meeker Lighting & Staging, Inc. "I do recommend using candles because of the quality of light and how flattering they can be, [but] a little thought needs to be put into the placement."

If you haven't heard of Meeker, no doubt you've heard of the places and events that he's touched. He's staged designs for a multitude of soirées, ranging from Chelsea Clinton's

wedding, concerts for Kanye West and Elton John, runway shows for Victoria's Secret, birthday parties for celebrities like P. Diddy to events and dinners at The Plaza, and The White House. This man is one of the top, if not *the top*, lighting designers in the country. His new book, *Light X Design: 20 Years of Lighting*, is a compilation of all his work, in which he shares his inspirations and motives for the wonderful illuminations he produces.

It's no surprise, then, that he also knows just the right kind of effect to make your date a splendid success. "Lighting that is too bright and uncomfortable can kill the mood very easily and quickly. Even if it's the street light shining in through the window," he says.

If you're having trouble setting the room just right for that special date, you're not alone. It can take a little trial and error to figure out how to make things perfect. Meeker has had his own dating experiences where the lighting was just not right.

"I've been in situations where bad lighting kills the mood, and I've been in situations where great lighting just makes you feel so good that anything can happen."

Fortunately, Meeker has some suggestions for couples who want those sparks to fly. He recommends Blue Hill and Erminia, both in New York City. In his own words, Blue Hill "nailed it!" and Erminia "is an amazing Italian restaurant [in which the] lighting is so conducive to the environment, it actually makes the whole place and the experience romantic."

Lighting is more than just a switch flicked on and off. It's about creativity; it's about romance; and it's about achieving the mood that you desire. "You'll know when the lighting is right," Meeker says. "It just feels unbelievable, and there's a feeling of resonation that you can't find anywhere else!"

His Website beckons visitors to enter with a simple thought in

mind: "Light is the energy of truth." Meeker's work truly embodies this idea, with his past projects ranging from The Museum of Modern Art to the ravishing wedding of Catherine Zeta-Jones and Michael Douglas. He is a creator of more than just romance, and his book will tell you so; he is a man of innovation.

To learn more about Meeker, you can check out his website at www.BentleyMeeker.com or purchase his illuminating book on Amazon.

Brooke Burke Finally Weds David Charvet





Five years after announcing their engagement, Brooke Burke and David Charvet have finally tied the knot, according to UsMagazine.com. The *Dancing With the Stars* cohost, 39, and her *Baywatch* beau tied the knot in St. Barts Friday, Burke's rep confirmed. The couple were joined by their four children during the Caribbean ceremony. "Want to thank everyone for their support," Charvet, 39, tweeted Saturday. "It has been a great day!" The couple are parents to son Shaya, 3, and daughter, Rain, 4. Burke also has two children from her previous marriage to plastic surgeon Garth Fisher, daughters Sierra, 9, and Neriah, 11.

What are some good reasons to date a long while before marriage?

Cupid's Advice:

It's important to dig as deep as possible to make sure you know your lover inside and out before marriage. Cupid has some reasons not to move too quickly:

1. Get all your questions out: Don't let any questions go

unanswered. No matter how minor they may be, every detail is crucial to getting to know the man or woman you plan on spending the rest of your life with.

2. Ask his or her family and friends: Family and friends are the ones that know you the best. Chances are if they are aware you are serious about their loved one and plan on getting married to him or her, they will be honest with you.

3. As the time goes by: There are some things you may start to realize about your mate that you didn't notice earlier in the relationship. As the time goes by, the filter lessons and the quirks come out.

**Why do you think it's good to date awhile before marriage?
Share your answer in a comment below.**

'Project Runway' Judge Michael Kors Gets Married





Fashion icon Michael Kors recently tied the knot with longtime partner Lance LePere in stylish Southampton, NY. According to [People](#), the private ceremony took place on Dune Beach and was officiated by Southampton Mayor Mark Epley. Shortly after same-sex marriage became legal in the state of New York, the 51-year-old fashion designer announced on *Project Runway* his plans to marry LePere. As Kors told *Women's Wear Daily*, "To marry someone as wonderful and special to me as Lance barefoot on a glorious beach is more than I could have dreamed of."

How do you know when you're ready to tie the knot?

Cupid's Advice:

Knowing you're ready for marriage is more of a feeling than anything else. You have to be ready to completely commit. Here are some strong indicators:

- 1. When your eyes sparkle:** The moment your eyes begin to sparkle more than your engagement ring is the moment you should walk down the aisle.
- 2. Your partner is always on your mind:** If your mate is all

you can talk, think and dream about, it's time to put on that white dress.

3. You can't stop smiling: One can always spot a person in love from his or her radiant smile. If your smiles outweigh your frowns by a long shot, you might consider tying the knot.

When did you know it was time to make it official and get married? Share your thoughts below.

Bachelor Pad 2: Jackie and Ames Have Already Split



Shock! *Bachelor Bad 2* contestants Jackie Gordon and Ames Brown have already parted ways, according to [People](#). On Monday's episode, Brown romantically chose love over money (a chance at winning \$250,000) and left the competition to be with Jackie when she was eliminated. However, when reporters caught up with the duo, it has come to light that they only lasted a few weeks after the elimination. Brown told reporters, "Um, well, we had a great time on the show and chose love over money in the competition. We are not still dating, but we enjoyed every moment we had together. After a little while, we split up. Nothing too exotic about it. We just maybe weren't the ideal match."

What are some ways to tell early on that a relationship will last?

Cupid's Advice:

There are always flags that will tell you whether your relationship will last or not. Here are just a few ways to spot out a lasting relationship:

- 1. He brings you home to Mom:** When a man brings you home to meet his mother, it's clear that he is serious about having a long-term relationship with you.
- 2. He brings you to a work function:** Bringing you to a work engagement means that he thinks highly of you. He respects you and knows you will impress his co-workers. He wants to show you off.
- 3. He makes plans in advance:** If it's only Labor Day and you've already booked a trip in January together, he has the intentions of being with you for more than just the time-being.

How did you know whether or not you were in a storybook romance or if your relationship was doomed from the start?

Share your thoughts in a comment below.

Kristen Bell and Dax Shepard Make Out on the Red Carpet



Kristen Bell and Dax Shepard have been engaged for nineteen months and still couldn't be more in love, according to UsMagazine.com. The pair showed their amour for each other on the red carpet of the Do Something Awards on Sunday in Hollywood by making out for the cameras. Bell says she loves Shepard because, "He constantly keeps me laughing: when I'm sad, mad, frustrated, annoyed. Regardless of what it is he can lighten the mood. He'll do anything that the mood

requires. I can't get frustrated and that is a very powerful weapon. Comedy is a very powerful weapon. He's so funny that it's overwhelming."

What are some ways to show you love your partner in public?

Cupid's Advice:

Packing on the PDA isn't for everyone. Here are some other ways to show your love in public:

1. **Touch:** You can tell by the way two people touch each other as to whether they're in love. Hold hands or walk arm-in-arm.
2. **Take photos:** When you're out for a stroll or at a party, take turns snapping cute shots of each other, and take a few pictures of you together. Not only will this show people you value this moment with your partner, but later on you can share them online to further display your love for one another.
3. **Peck on the cheek:** If the thought of a make out sesh like Dax and Kristen's makes your skin crawl, simply give your beau a little kiss on the cheek to let the room know that this is your man and you are completely in love with him.

How do you and your beau show your love in public place? Share your thoughts in a comment below.

Jay-Z Raves About Wife Beyonce During Interview



It looks like love got the best of him! Jay-Z finally broke his longstanding silence when it comes to talking about wife Beyonce to the media. He just couldn't contain himself during a phone call into a Miami, Florida, radio station, according to UsMagazine.com. And when he opens up, he *really* lets it fly. "What I've learned from her is similar to what I learned from Mike [Jackson] – and I know that's blasphemy to compare the two because Mike was such an innovator – but I think she's like the second coming," said Jay-Z. "You know, the hard work and dedication that she puts into her shows. It just makes you want to work harder at your own craft. She's like a machine."

How do you publicly show your support for your partner?

Cupid's Advice:

Some people are more forward about their relationships than others in public. Regardless, it's important to show your love

and support to the world ... at least once in a while. Cupid has a few suggestions:

1. Cheer: If your partner is being honored for an accomplishment, it's extremely important that you are there with a beaming smile on your face and your hands wildly clapping together. Seeing the support of the one you love makes the occasion even more memorable.

2. Be attentive: Sometimes it's the small things that count the most. When you're out with your mate, keep a watchful eye on him or her. If she's getting hit on at the bar and doesn't seem to be liking it, step in. If she trips on a crack in the sidewalk, catch her.

3. Plan dates: Going on dates typically involves going out in public. Make sure your significant other has no doubts that you're paying attention to her and only her while you're surrounded by others. The phrase, "I only have eyes for you" comes to mind.

How do you show your partner support in public? Share your thoughts below.

Top 5 Ways to Get Him to Propose By Labor Day





There may only be three weeks until Labor Day, but that's still plenty of time to encourage your beau to pop the question by the end of the summer ... or at least get him in the right mindset to do so. **Dana B. Myers**, sexy lifestyle expert and author of *The Official Booty Parlor Mojo Makeover*, has a unique take on how to do just that. Here are her top five tips:

1. Work It Out: Boost your confidence by adding some extra gym or spa time to your routine this summer. Taking this time to yourself will give you a new self-assured attitude that your man will find to be oh-so-sexy.

2. Take Charge: Plan a date night that is all about him. Incorporate some of his favorite date night activities and make a reservation at his favorite restaurant. Then, prep your bikini area because if everything goes well, your night will just be getting started when you return home. Dana suggests the painless at home hair removal device, no! no!

Hair. And another tip: share your little secret at the beginning of the night so that the anticipation to see what you've done will make the date even better.

3. Heat Things Up: The best way to a man's heart is through his stomach, so make him an old-fashioned, home-cooked meal, like roasted chicken or lasagna. The traditional meal will remind your man of family and starting his own. And, if you're in with his mom, ask if you can borrow one of her recipes.

4. Get Hands-on: Let your man know you're there for him after a long, stressful day of work by setting up some special pampering time just for him. This can be as simple as giving him shoulder, neck and/or foot rub. For a full body treatment try the Don't Stop Massage Candle. The candle provides a seductive glow, and when you're ready to start the massage simply blow out the flame and drizzle the warm oil onto bare skin for a uniquely intimate, exciting massage experience.

5. Change Locations: Plan a romantic summer getaway together. The vacation could present the perfect opportunity for him to pop the question, or inspire him to plan a special event on his own.

Have some ideas on how to get your man to pop the question? Share your thoughts below.

Kate Gosselin Says She's Glad to Be Divorced





Kate Gosselin has shown us the good, the bad and the ugly parts of her life and now she wants everyone to see she's doing just fine as a divorced woman taking care of her 8 kids. "I wouldn't change my marriage because I have eight awesome kids that I would not change, but people change and they're not who you thought they were and if they're not for you, move on. And I have," she said, according to [People](#). That's a winning attitude! Her show *Kate Plus 8* has recently been canceled, but Gosselin continues to maintain that positive attitude and focus on what's most important, her kids.

Divorce can be tough, but what are its advantages after the fact?

Cupid's Advice:

Divorce is a difficult thing to go through, but there's always a light at the end of the tunnel, and Cupid has come up with a few advantages:

1. Happiness: Yes, initially you may be heartbroken, but in

the end it's important to realize that the two of you weren't happy. Once you move on, you'll be happy knowing you ended something that wasn't going anywhere.

2. Find yourself: One of the best parts of life after divorce is rediscovering what makes you, you. Whether it's going back to the hobbies you used to love or jumping back into the dating pool, keeping yourself busy with things you enjoy will remind you that you're self sufficient.

3. Open to new love: Maybe your idea of a picture perfect marriage didn't work out as planned, but that doesn't mean you have to give up. Now that you're single, you can find your true soul mate.

**What do you think are some advantages of life after divorce?
Share your thoughts below.**

Tara Reid: Engaged and Married All In One Day





Just hours after tweeting that she “just got engaged,” Tara Reid tied the knot with her fiancé Zack Kehayov in Greece on Saturday. UsMagazine.com reported that the *American Reunion* actress recently split from her boyfriend Michael Lilleun. She was also previously engaged to Internet entrepreneur Michael Axtmann, but called it off in April 2010. Even further back, she was engaged to Carson Daly – *The Voice* host – and they ended their relationship in June 2001. Things might be happening very quickly for Reid, but we wish her all the best.

What are the advantages to eloping?

Cupid's Advice:

Weddings are expensive and can be stressful to plan. Here is why Cupid thinks eloping can be the best decision for you:

- 1. Cost:** Couples who elope will pay a nominal fee compared to those who have a wedding. Marriage licenses range from \$10 (Colorado) to \$100 (Minnesota). Your other expenses will only be your outfit, transportation and lodging.
- 2. No stress:** Planning a wedding is stressful. If you elope,

you won't be overwhelmed because all you have to plan is when and where you want to marry the one you love.

3. Avoid drama: If your parents object to the marriage, then avoid the drama the wedding will cause. By eloping, you'll have a simpler ceremony and won't have to deal with people who don't support you both.

Do you think it's a good idea for couples to elope? Let us know about your thoughts by commenting below.

'TORN' Author Samantha Walravens Addresses Career and Motherhood: Can Women Do it All?





By Melissa Tierney

In the world of modern motherhood, it's believed that powerful professional women should be able to "have it all" without a problem. By watching celebrity moms like Angelina Jolie and Reese Witherspoon who are able to maintain loving relationships with their beaus, amazing careers and happy and healthy family lives, it inspires the rest of us to think, 'Hey, why can't I have that, too?'. Samantha Walravens, author of the new book *TORN: True Stories of Kids, Career and the Conflict of Modern Motherhood*, shared with us her wisdom and insight on what it actually means to "have it all" and just how normal a little bit of chaos can be.

In addition to her take on modern motherhood, she also shared her personal take on how to maintain a healthy and loving relationship with your spouse, a successful career and a great family life, something she happens to know quite a bit about.

Walravens is an accomplished writer, wife and mother of four, giving her enough life experience to navigate the everyday conflicts even the most organized moms are facing today.

If you feel like you are about to have a meltdown because you just can't manage it all, worry no more! Our interview with Walravens will reassure you that you're doing just fine. Here's what she had to say:

How do you manage it all (successful career, family and a healthy loving relationship)?

Honestly? I don't. One of the key messages of my book, *TORN* is that women today are admitting—and learning to accept—the fact that nobody can “do it all.” Trying to be the perfect mother, the perfect wife AND the perfect professional—all at the same time— is a recipe for a nervous breakdown. And I'm only stretching the truth a bit when I say “nervous breakdown.” What I have learned— with age, wisdom, and each successive child (I now have 4)— is that by trying to do it all, I am not doing anything at a level of 100 percent effort or enjoyment. There is simply too much to accomplish to feel 100 percent about anything other than my stress level.

What made you go back to writing after having children?

One of the keys to being happy—as a mother, worker and wife—is to find a vocation or hobby that brings you joy. Writing is, and always has been, my joy. From childhood on, I've kept journals and written stories and poems. I'm one of the lucky few that have been able to combine my passion with my work. If you can't combine the two, you just need to look outside your job to find your passion—be it gardening, tennis, reading, or just enjoying time with friends.

How do you keep the “spark” alive with your husband? Do you have date nights?

We've been married for 15 years and together for 20, and we actually still like being with each other. Imagine that! I agree with Michelle Obama when she said of her marriage to the President: “I think in our house we don't take ourselves too

seriously, and laughter is the best form of unity in a marriage.” My husband and I work hard on our relationship—we’ve done a weekly date night since we started having kids 13 years ago, and we’ve had our share of marriage counseling. But we try to remember to have fun together and to laugh often. At night, we like to watch a funny show in bed together—30 Rock or Modern Family. It’s nice to go to sleep with a smile on your face.

In your opinion, what are the 3 most important things to maintaining a healthy, loving relationship?

Managing conflict in a healthy manner. Recognizing that conflict is not the end, but a situation awaiting resolution. This has been an essential component in helping my husband and I deal with arguments and conflict. Early on in our relationship, I used to think that if we had a serious difference of views on something, it meant that he didn’t love me anymore and would possibly leave me. Over time I learned that it was safe to disagree and that we could talk our way through problems.

Feeling appreciated and letting your partner know that s/he is appreciated. With four kids, my husband and I feel like we are both “on” at all times. Coming home from work isn’t a break—it’s just more work, but with the kids and the household. We have learned to tell each other frequently how much we appreciate the other person’s efforts and to say “thank you” even for the little things, like putting the garbage out. Since we are both working, we are in murky territory when it comes to who does what—with the kids, the house, etc. And we have learned to take turns doing things: One night I will be in charge of dinner; another night, he will be. One night, I will put the baby to sleep; another night, he will. Gratitude is one of the key things that keeps our romantic relationship alive. The old complaint, “My husband doesn’t appreciate me” or “My wife takes me for granted” points to what happens when gratitude is not

expressed often enough.

Keeping your sex life alive! Let's call a spade a spade. If you are not having sex with your partner, then there's a good chance your partner will seek sex elsewhere. Don't fall into the trap. If you are having problems in your marriage that make you NOT want to be intimate with your spouse, seek help. The money spent on a marriage counselor is well worth it—and it's a lot less expensive than what it costs to get a divorce these days. Sex can definitely get better with time as you feel more comfortable communicating your desires with your partner.

Are there any celebrity couples that you feel are doing a good job at “having it all”?

One celebrity couple I feel is doing it really well is John Travolta & Kelly Preston. John and Kelly have been married now for 29 years. Believe it or not, lists are John and Kelly's secret to marital bliss. The couple uses lists to make sure they make enough time for each other, and for sex, among other things. According to John, “We make lists of what we need and want from each other and check them regularly, we list everything, from how much sex to what kind of food we want”. This may seem like a chore but according to them, it helps them find out what the other person needs and reminds them that they are going the right direction. Sounds a little unromantic but hey, if it works!

Cupid wants to give a big thanks to author, Samantha Walravens for giving us some of her time. Be sure to check out her new book *TORN: True Stories of Modern Motherhood* at Amazon and for more information on Samantha, check out her website at www.SamanthaWalravens.com.

Top Summer Hotspots If You're a Celebrity Couple



By Diamon Hall

Hard work and dedication. Cameras constantly flashing. People relentlessly gossiping. Not to mention, lack of free time and sleep. We must admit, celebrities have very hectic schedules, ones that the typical person probably couldn't handle. Therefore, not only do they desire long and relaxing vacations, but they also deserve them.

Take a look at the top five hot spots that a lot of celeb couples swarm to when it's time for recess:

1. Los Cabos, Mexico: Better known as Cabo, Los Cabos, Mexico is one of the most popular spots for A-listers from Tinseltown

to vacation. Offering beachfront villas, indoor and outdoor suites, top-of-the-line restaurants and high-quality spas, this is the perfect place for celebrity couples to be. And to prove it, Gwyneth Paltrow and musician Chris Martin honeymooned in one of the beachfront villas. Other celebrity couples that have visited include Will Smith and wife, Jada Pinkett-Smith and Michael Douglas and wife, Catherine Zeta-Jones.

2. Cannes, France: This popular vacation spot, located on the French Riviera, hosts the annual Cannes Film Festival, which is a pretty big deal to most celebs. This is one of the many places where celebrity couples get to show off their new trends, and add to their collections by shopping at some of the city's luxurious shops. What sizzling celeb couple wouldn't want to be in the midst of all the glitz and glam in Cannes?

3. Vail, Colorado: When celebrity couples are looking to cool off, they hit the slopes in Vail. As if skiing isn't enough fun in itself, the Red Lion in Vail Village lays live music nightly and has therefore earned its reputation as the spot to be after skiing. When it's time to wind down, The Tap Room is the place that all the hot commodities scatter to for martinis. Celebrity couples don't want to miss being cool at these famous ski ruins.

4. Saint Barthelemy: This hot, beautiful vacation spot, more commonly known as St. Bart's, is located in the Caribbean. This island collects so many celebs each year that it has gained the nickname "Hollywood South" by some writers. As if the fact that this romantic island was discovered by Columbus isn't enough reason to visit, celebrity couples can get very intimate at St. Bart's.

5. Aspen, Colorado: Another popular ski resort for the stars is this place. Some even have second homes in Aspen, while others simply vacation there for the holidays. Either way,

Aspen has all the celebrity couples attracted to wearing fur coats and cuddling with each other after long ski cycles. The uniquely-named ski trails such as “Buttermilk Mountain” have all the celeb buzz.

Want to vacation like the A-listers? These five hotspots are only a sample of some of the fun and relaxing vacations that they routinely enjoy. Be on the lookout for more of your favorite celebrity couples and their exclusive vacation spots. You’ll be surprised!

Hilary Duff Announces She Is Expecting





In the midst of celebrating their first wedding anniversary this past Sunday, Hilary Duff and husband Mike Comrie announced they are expecting their first child, [E! Online](#) reports. While reflecting on her year of marriage, Duff made the big announcement on her official website. “We also want to share the exciting news that... BABY MAKES THREE,” she wrote. “We are extremely happy and ready to start this new chapter of our lives.”

How do you creatively announce your pregnancy to family and friends?

Cupid’s Advice:

News of a baby on the way isn’t just exciting for the expecting couple, but also for friends and family. Here are a few creative ways to make the big announcement:

1. Give an ultrasound picture as a gift: Send out copies of your first ultrasound to family members and put it in personalized picture frames (Think: “Grandma/Grandpa/Aunt/Uncle-to-be” frames).

2. Be the gift: During the next holiday or family get together (preferably involving gift giving), tie a big red bow around your belly and see how long it takes for friends and family to realize what you're trying to tell them.

3. Use a surprise website: Creating a free website is fairly easy; make a site with a message about your pregnancy (something along the lines of "_____ is pregnant!"). Send your close ones an email with the link telling them to check out a "shocking" website you found.

How did you announce your pregnancy to everyone? Share your experiences in a comment below.

Jessica Alba and Cash Warren Welcome Daughter Haven Garner





It's baby number two for actress Jessica Alba and hubby Cash Warren. They welcomed daughter Haven Garner into the world this past Saturday and Alba couldn't wait to share the news.

Sunday morning, she posted it on her Facebook page, according to [OK! Magazine](#). The busy mother who was working right up until she gave birth promoting her new movie *Spy Kids: All The Time in The World*, says her 3 year-old daughter loves having a little sister and was just as excited about the newborn as her parents. Now Alba is focusing on balancing a busy career, motherhood and a loving relationship with her beau.

What are some ways to lose the baby weight quickly after giving birth?

Cupid's Advice:

Every woman knows it's difficult to shed weight, but it's even tougher to lose the baby weight after giving birth. Cupid has some advice on how to drop the pounds so quick that people won't believe you were even pregnant:

1. Pilates and yoga: Not only is this a perfect way to relax

and chill out, but both of these activities are great ways to tone your body and get your shape back. If you're up for a challenge, instead of doing traditional yoga, try hot yoga or bikrim. You'll sweat everything out of your body and feel cleansed. Plus, you'll sweat off the pounds.

2. Diet: Whether you decide to try Weight Watchers, Jenny Craig, or any other diet, as long as you start to eat healthy and watch what your eating, you are sure to shed the pounds fast. Keep track of what your eating and make subtle changes in your diet.

3. Plain old exercise: When all else fails, hit the gym and lose the weight the old fashion way, by working out. Not only does this give you some alone time, but it also makes you feel good and will most likely cause you to make healthier decisions throughout the day.

What are some ways to lose baby weight quickly after giving birth? Share your thoughts below.

Funny Girl Tina Fey Welcomes a Baby Daughter





Tina Fey's comedy troupe just got bigger. The funny girl welcomed daughter Penelope Athena on Wednesday, reports [People](#). The *30 Rock* actress, 41, is already mom to 5-year-old Alice with husband Jeff Richmond, 50. During her "easy" second pregnancy, Fey joked with Ellen Degeneres about waiting to discover her baby's gender. "I'm just going to see what it chooses to wear to prom," said Fey.

What are the advantages of waiting to find out the gender of your child?

Cupid's Advice:

Though discovering your child's gender can soothe your curiosity, waiting for the surprise does have advantages.

Here are a few:

- 1. Surprise:** Nothing can beat the surprise of meeting your son or daughter for the first time. If you know the gender beforehand, some of that initial surprise will have disappeared when you finally give birth.
- 2. Guessing games:** Guessing the gender of your baby can be

very entertaining. Researching old wives' tales or even taking a poll amongst your friends is a great way to raise excitement. In fact, it could make a great baby shower game.

3. No stress: While ultrasounds are nearly always correct, they do make mistakes. If you're on a budget, it may be better to prepare for a child of either gender. If you prepare for a girl and end up with a little boy, you may have a lot of new shopping to do.

Did you wait to find out the gender of your baby? Feel free to share your experience in a comment below!

Do's and Don'ts of Flirtexting and Sexting





By Olivia Baniuszewicz and Debra Goldstein

We were eating dinner the other night with our best guy friend, and the topic turned to sexting. Not too soon after, he handed us his cell phone to show us close to a hundred naked photos of different girls. Can you believe he actually created a folder on his phone to archive them because there were so many? Sigh. Anyways, all of these girls sent him photos for one reason and one reason alone ...because he asked. He didn't think twice about showing them to us nor is he shy about sharing them with his boys.

Ladies, we don't particularly want to see your privates on our friend's phone, in the news (yes, you Andrew Weiner, Blake Lively, Vanessa Hudgens...) or anywhere else for that matter. We thought a nice refresher on some do's and don'ts of sexting may be just what we all need to keep our privates, well, private.

What is Flirtexting?

Flirtexting is what you do in the beginning stages of a relationship to build a connection.

What is Sexting?

Sexting is sending suggestive flirtexts that are bold and blunt and used to spice up an existing relationship.

Do's:

- Sexts should be used by mature adults in a committed relationship to avoid risky backlash
- Stay classy by sending simple sexts telling him what you want to do when you see him later, or what you plan on wearing
- Use the casual and safe environment of text to forgo shyness by sexting to reveal your fantasies
- Spark fire in a long distance relationship with an exciting bedtime sext
- Send a flirtext to spice up an existing relationship during work
- Less is more, send sexy photos of new lingerie or a picture of your legs to get him aroused

Don'ts:

- Never include your face in a naked photo text.
- Avoid your kids seeing these photos by deleting them immediately from your phone after sending them.
- Don't reveal everything in a text message exchange, leave him wanting more.
- Stay away from racy photos unless you're in a serious relationship to avoid unwanted leaks and criticism.

You Should Know:

- Guys have said that they will often test girls by sending them a sext to see how they will respond.
- Nothing is going to happen if you refuse to take it all off for a sext, except for maybe gaining more respect from the person asking you for it.
- Unlike phone sex, you don't need to be anywhere private to send a sexy text.

Flirtexting: How to Text Your Way into his Heart is a dating guide that spells out the rules, the guidelines and the do's and don'ts of the dating phenomenon of flirting over text message. "We date, therefore we text," was Debra Goldstein and Olivia Baniuszewicz's motto and inspiration for writing Flirtexting. Once guys stopped calling and started courting them over text, they decided to equip themselves, their friends, and the greater cell carrying public, with the tools to cleverly respond to get what they want. www.flirtexting.com

Sherri Shepherd Ties the Knot With Longtime Beau



The View has another newlywed on its hands. According to [People](#), Sherri Shepherd married fiancé, Lamar Sally, in her hometown of Chicago at the Fairmont Hotel on Saturday. Co-host, Elizabeth Hasselbeck, served as one of her eight bridesmaids along with Nicey Nash and Yvette Nicole Brown.

The bride shared her wedding jitters with her Twitter followers tweeting things such as, “What happens when you are in your wedding dress and you have to tinkle? Uh-oh!”

How do you decide whom to include in your wedding party?

Cupid's Advice:

With all of the factors you have consider, such as friends, family, and who included you in their wedding, choosing a wedding party can often be difficult. Here are some ways to make it easier:

1. Family first: Start with the people with whom you are closest. They don't necessarily have to be biologically related to you to feel like family.

2. The type of wedding: Do you want a large wedding or a small one? If you choose a small wedding, then the wedding party should also be minimal.

3. The weddings you have been in: Just because you were in someone's wedding doesn't mean you have to ask them to be in yours. But, you can give them extra consideration.

How big of a wedding party do you plan on having? Share your ideas below.