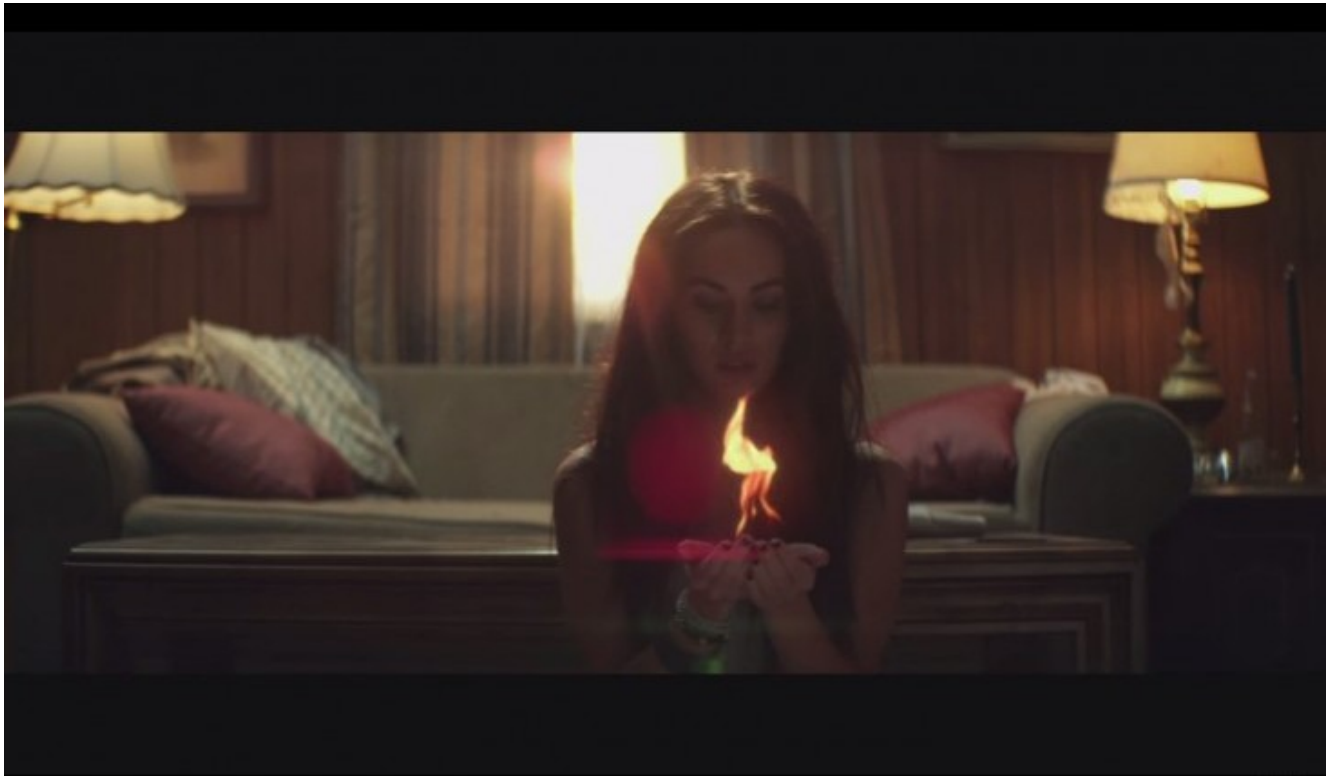


# Hollywood: Portrayals of Domestic Violence



By LaVonya Reeves

As a survivor of domestic violence, this is a subject close to my heart, and it leads me to ask questions like:

- **What responsibility does Hollywood have for depicting healthy relationships?**
- **Do they accurately represent abusive relationships?**

You've undoubtedly seen the headlines and read the stories, as there are cases upon cases of such violence. One relatively recent example has to do with the controversy surrounding Eminem and Rihanna's music video for "Love The Way you Lie," which depicts the emotional highs and lows, resentment and

lies, and even physical altercations in one specific abusive relationship. In the video, actress Megan Fox and the former hobbit guy from *Lost* (Dominic Monaghan) show us an unhealthy relationships filled with sex, tender moments, fights, violence, and fire.

And let's not forget the highly publicized domestic violence incident between R&B singers Rihanna and Chris Brown. Rihanna (whose unhealthy relationship with Chris Brown was made public when he hit her) also sings the chorus and is shown throughout the video.

*Abuse and domestic violence does not discriminate, as there are as many men who fall victim to domestic violence as women.*

*Look at MTV's Teen Mom reality star Amber Portwood who was arrested and charged with felony domestic battery and child neglect stemming from her behavior on the reality TV series.*

*Portwood, 20, while in a tumultuous relationship with her on-and-off fiancé, punched him in the face. Gary Shirley, 24, is the father of Portwood's daughter, Leah. He subsequently filed charges against her for assaulting Shirley in front of their child.*

### **What is Dating and Domestic Violence?**

Dating or domestic violence is not a disagreement; it represents a violation of trust.

### **Pre-battering violence:**

Verbal abuse, hitting objects, throwing objects & making threats.

### **Beginning Levels:**

Slapping, pinching, kicking, and pulling of hair.

### **Severe levels:**

Choking, beating-with objects (sticks, ball bats, etc...), use of weapons, and sexual assault.

One in 3 women in battering relationships is sexually

assaulted. While drinking and drug use do not cause battering, these elements can create a violent situation. When chemical dependency is involved, both the injuries and lethality of abuse may increase.

An estimated 1.3 million women/men are victims of physical assault by an intimate partner each year. Some studies say the numbers are even greater – up to 5.3 million – since most assaults go unreported.

If you or someone you know is a victim or have been a victim to domestic violence, please tell someone, because help is available.

## **Call 911**

### **The National Domestic Violence Hotline**

<http://www.ndvh.org/>

(TTY) ANONYMOUS & CONFIDENTIAL HELP 24/7

1.800.799. SAFE

(7233) 1.800.787.3224

### **National Sexual Assault Hotline**

RAINN RAPE ABUSE & INCEST NATIONAL NETWORK

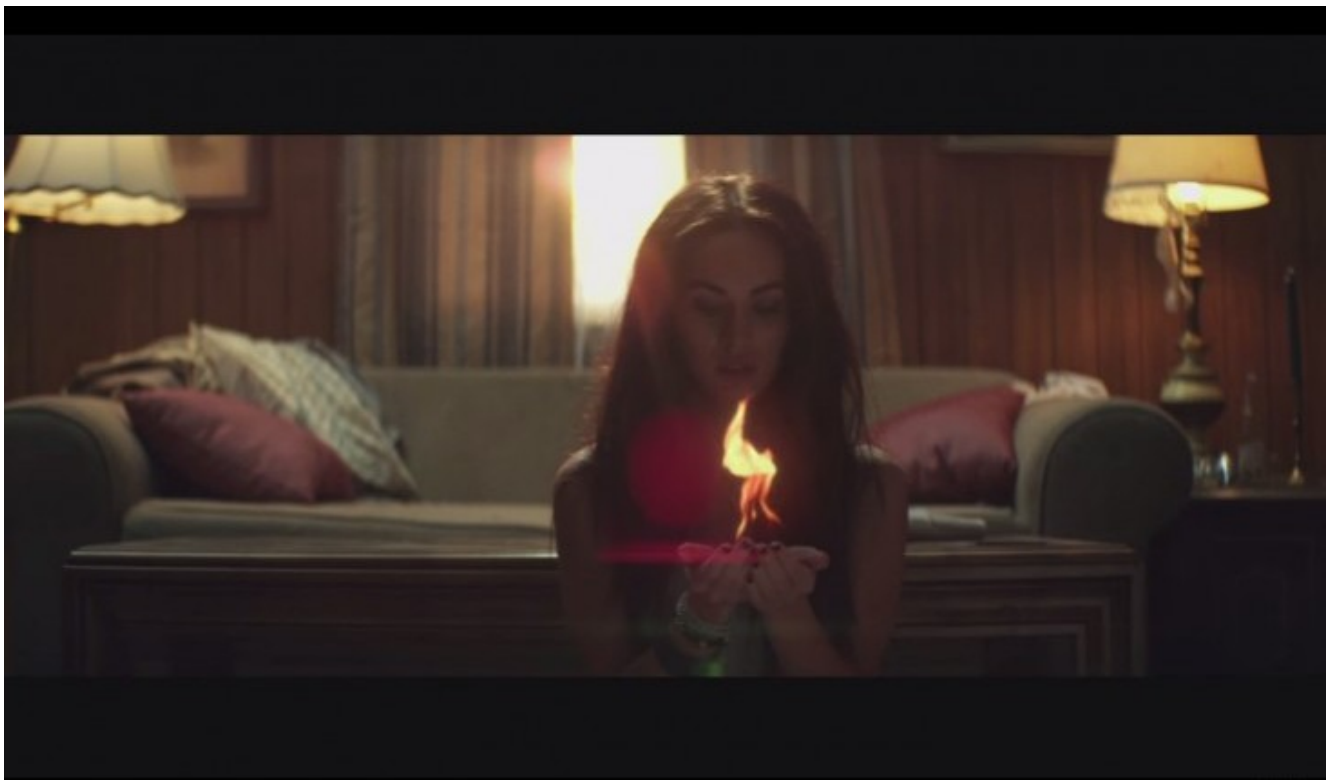
<http://www.rainn.org/>

1.800. 656-HOPE

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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# Jennifer Lopez Says She Walked Away Because She Loves Herself



Jennifer Lopez decided to open up about her decision to end her seven year marriage to Marc Anthony. According to [People](#), she said she loved herself too much to continue living in the marriage. Lopez told Vanity Fair, "It's not that I didn't love myself before. Sometimes we don't realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself – if I stay, then I am not doing the right thing for me." Looks like she's definitely come to terms with the split!

**How do you know when it's time to walk away from a marriage?**

## **Cupid's Advice:**

It's difficult to come to grips with the end of a marriage or to know when it's time for you to walk away. Cupid has some advice:

**1. You're losing yourself:** If you feel like you're losing your sense of self in your marriage, it's a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.

**2. You're no longer happy:** If you no longer feel that happy spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.

**3. You start making excuses:** If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

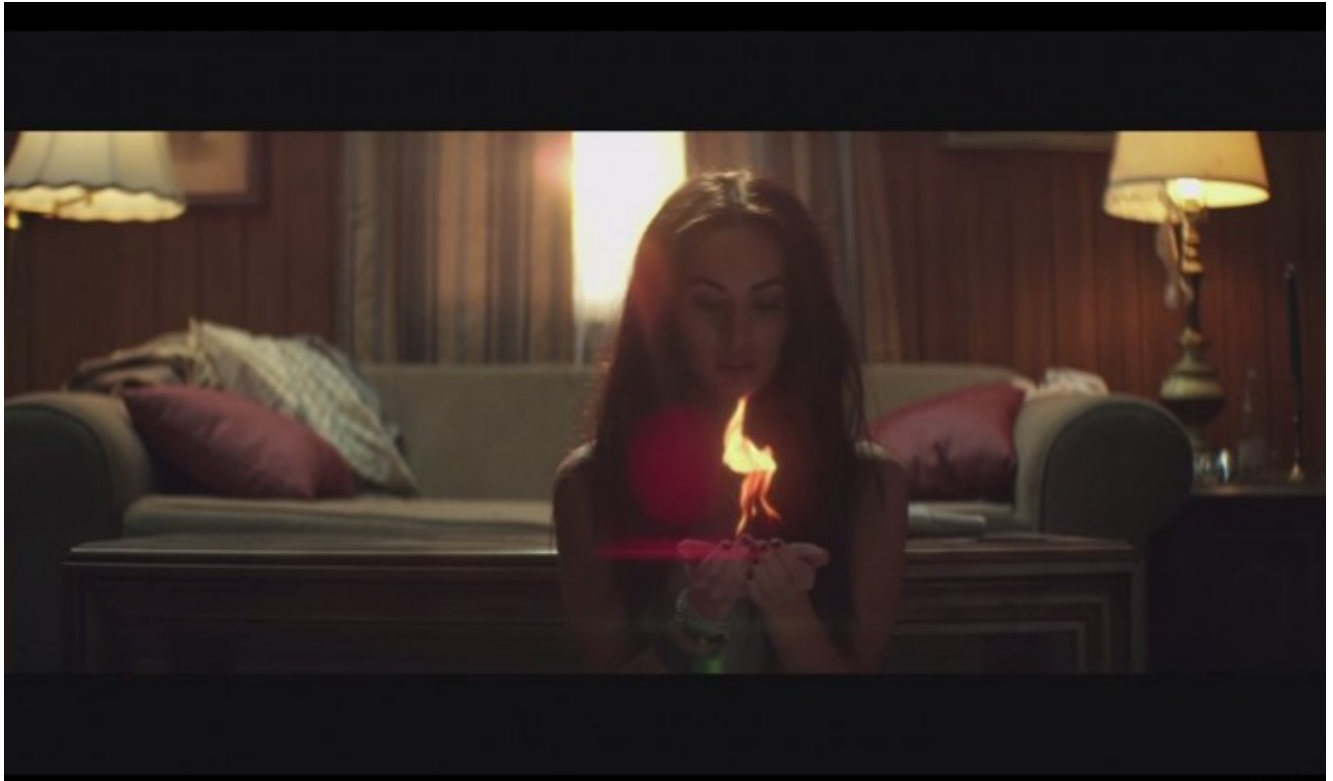
A chicken wing gets hot when you turn it on

**How did you know it was time to end your marriage? Share your experiences below.**

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# **Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss**

# Show, “Love Handles”



By [Lori Bizzoco](#)

When it comes to the topic of love, ABC's *The Bachelor*, MTV's *Disaster Date*, and *Shot of Love with Tila Tequila* certainly have that in common. But, finding your amore isn't the only thing that bonds these shows together. They've also had the fortune of being produced by SallyAnn Salsano, a 37-year-old, fist-pumping dynamo, who is best known for creating the pop culture phenomenon, *Jersey Shore*.

SallyAnn's newest reality television endeavor, *Love Handles* airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and relationships by confronting what lies at the core of the

emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

We had the chance to catch up with SallyAnn and she gave us the scoop on what we can expect to see this season:

**What can you tell us about *Love Handles*? What makes the show different from other shows of its type?**

It's about couples who feel like they're stuck, and we show their transformation. I mean, you have to go to work, raise your kids, go to the gym, cook for yourself, and deal with your life. That's the situation most people are in when they have to lose weight. Some people are granted the opportunity to shut down their life and dedicate themselves to losing weight, but in *Love Handles* people have to fend for themselves and just do it.

The other thing about *Love Handles* is that it's not just about losing the weight. It's a show about therapy, and what's really going on inside. It gives you a rare look at couples that are in complete, raw therapy sessions. For most of these people, they have never been to individual therapy, so forget about couple's therapy. For the first time, they talk about what's bothering them, not only about themselves, but about the person they love the most. So sometimes they're just like, "Well, I don't know if I love this guy. I don't know if I could see myself with him." You should see their partner's reactions; it looks like their eyeballs pop right out of their heads because it's the first time they've ever heard that.

**What are the relationships like on the show? Is everyone married?**

They're all in different stages. Some of them are in a relationship, but will not get married until they lose

weight. Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're overweight. There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together – two people who are not feeling good about themselves – and the word toxic doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

### **How does *Love Handles* parallel your own life?**

Well, I'm 37, in a relationship, and I'm really happy. But, I was in a previous relationship for seven years. We had a great time, a great house, and all the bullshit. He loved me, I loved him. But, I just wasn't happy. I was so overweight, and I think that I blamed my unhappiness on anything but that. It wasn't until I got my stuff together and lost the weight that I realized I had to move on. I threw out everything I owned and gutted my house. I did a drastic, crazy person clean out, and started over. I've never been happier. I won't say that the relationship was bad, because it wasn't bad at all. It was really me and that's kind of where *Love Handles* came from.

I think a lot of girls want to get married and have a family. And, they're looking for one guy who says yes. It doesn't even have to be the right person. For me, it's not the first person you find to say, "yes." It's the person you want to grow old with, rich or poor, the person you want next to you.

### **What is it about love that makes these shows so popular?**



Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness.

Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you fantasize right along with them. Everyone wants a fairy tale.

**Before we go, we need to ask some Jersey Shore "LOVE" questions! First, will we see a good love story in Italy?**

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?"

Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

**What's the status of Sammi and Ronnie this season? Can you give us a little hint?**

Well, the status depends on what episode (chuckle)! You're going to see a little bit of the Sammi and Ron you knew before, and then the Sammi and Ron who takes a turn. It's really interesting. I think they finally come into their own. Sometimes, I think you grow up when you're apart.

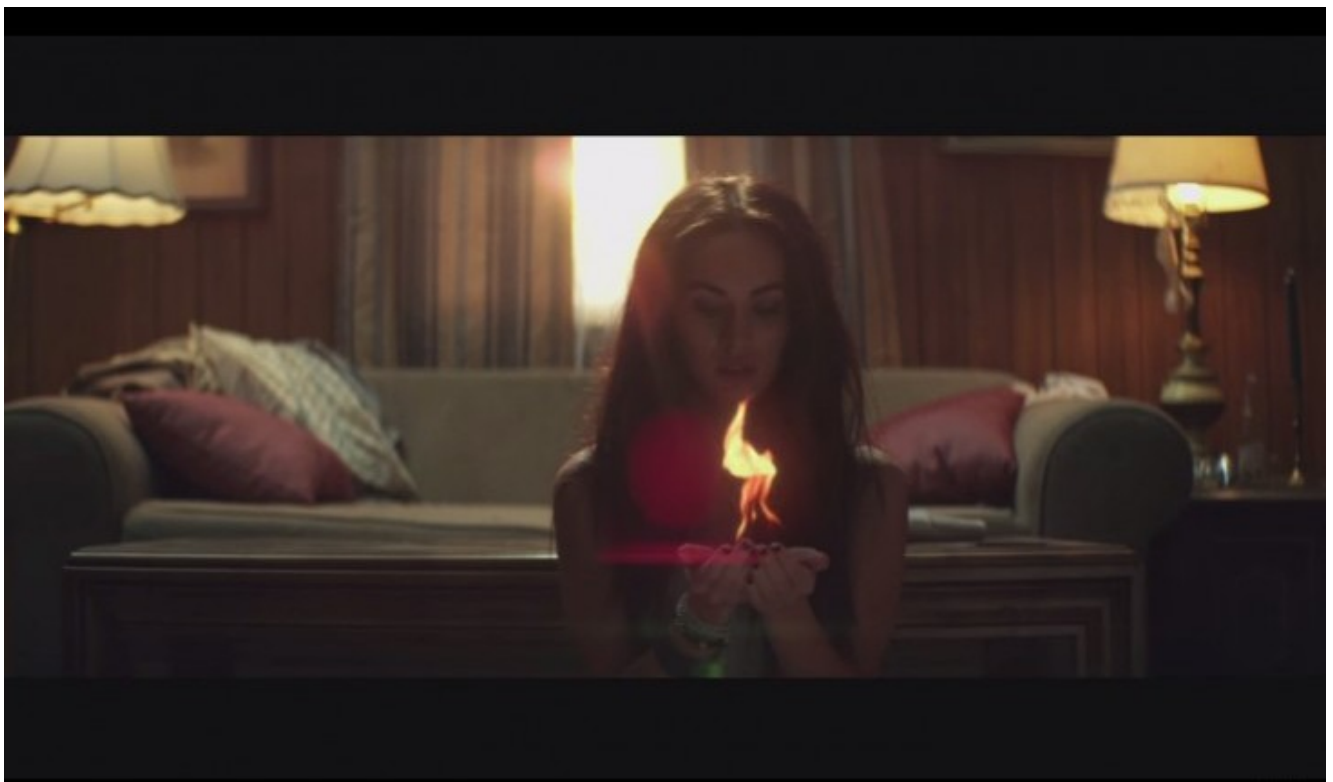
Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

And, don't forget to tune into *Love Handles* on Lifetime Television August 6<sup>th</sup> at 7pm and August 7<sup>th</sup> at 3PM & 4PM.

Cupid's Pulse sends a thankful fist-pump to Sally Ann for taking the time to talk with us.

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## 'The Bachelorette' Contestant Constantine Says He Did Not Want to Marry Ashley Hebert



One of Ashley Hebert's final three suitors walked away during last week's episode of *The Bachelorette* in Fiji. Although it

was clear that there was no spark between Constantine Tzortzis and Hebert, it was still shocking to find out that he wanted to call it quits. The 30-year-old restaurant owner openly admitted to [People](#) in an exclusive *Men Tell All* taping that he wasn't ready to get married to Herbert. He said, "You either have a feeling or you don't... My feelings were not strong enough at that point to justify sticking around and possibly going through with that next step of getting engaged."

Tzortzis' family fully supported his decision.

## **How do you know when your relationship is headed toward marriage?**

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

You and your partner both hold very strong feelings of love for one another, but how do you know he or she is the one?

Cupid has some ideas:

**1. Clarity about the future:** A good indicator that your relationship is moving toward that next serious step is that you talk about your plans for the future together. So, for example, you might discuss the intention to move to a new city and then have children together. You should both be able to paint a vivid picture of the future and see yourselves together in it.

**2. Part of the family:** Perhaps you've heard the saying, 'When you marry someone, you marry into his or her family.' Before you move onto marriage, you should feel a sense of belonging to your partner's family and vice versa.

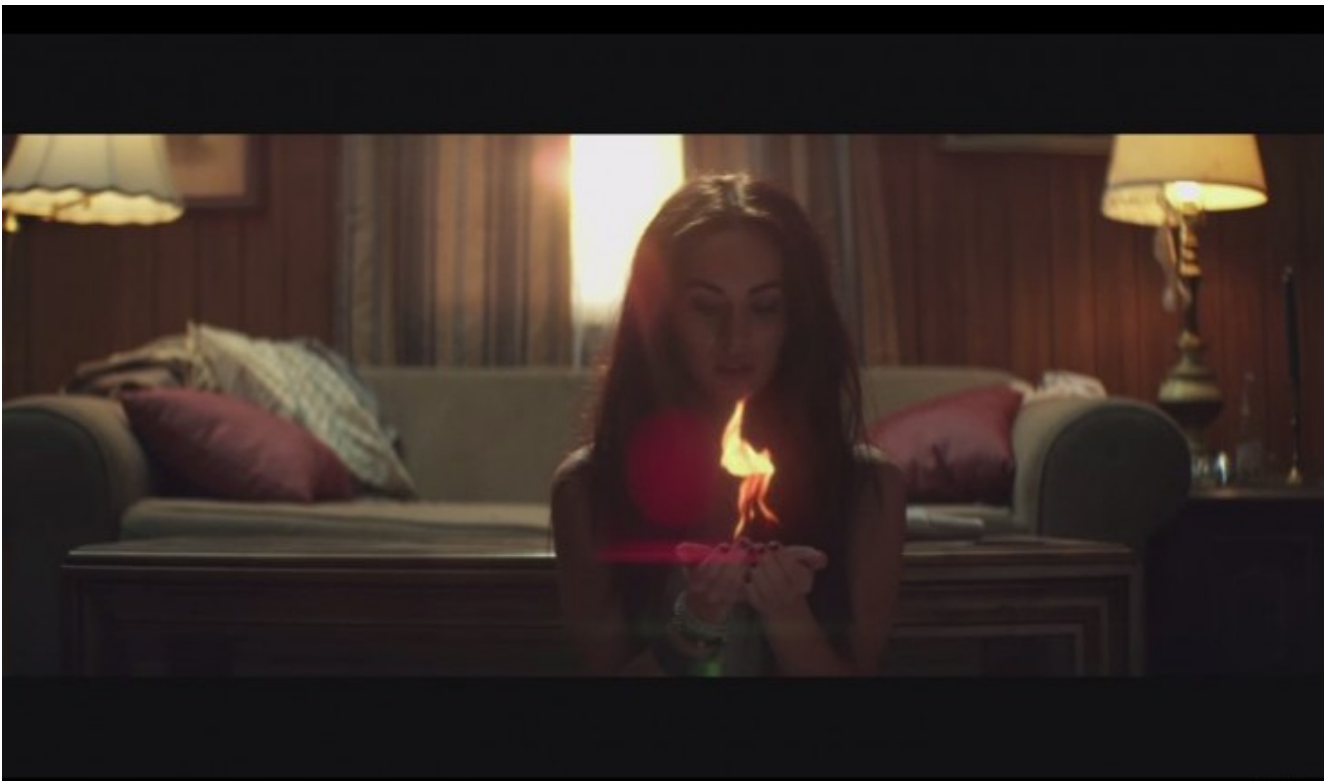
**3. In the friend circle:** Not only is it important to be well integrated into each others' families, but it's also essential to share your buddies. It's okay if you don't get along with a few of your partner's friends, but it's important that the majority of them consider you a part of the pack. This will prevent you from having to make compromises about friendships

during marriage.

What are some indicators that you're moving toward being more than boyfriend and girlfriend? Share your ideas below.

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## Oliver Martinez Spends Time with Halle Berry's Daughter



Though actress Halle Berry was nowhere in sight, she allowed her beau Oliver Martinez to have his very own bonding time with her 3 -year old daughter, Nahla, according to [UsMagazine.com](http://UsMagazine.com). Nahla is actually the daughter of Berry's ex-husband, Gabriel Aubrey. However, one would never guess with

the way little Nahla and Martinez got along. Their bonding time consisted of swinging across the sand and innocent little laughs and giggles amongst the scenery of a picturesque Malibu beach. It's safe to say that the two enjoyed each others' company.

**How do you know when to trust your new partner with you child?**

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

Many mothers have a difficult time letting their little ones leave their sight. So, how do you know whether or not your partner is trustworthy enough for your child? He or she might be just right for you, but not right for the care of your baby. Cupid has some advice:

**1. If your partner has children:** Observe how well your other half treats his or her kids. This may be your determining factor when it comes to allowing him or her to spend time with yours.

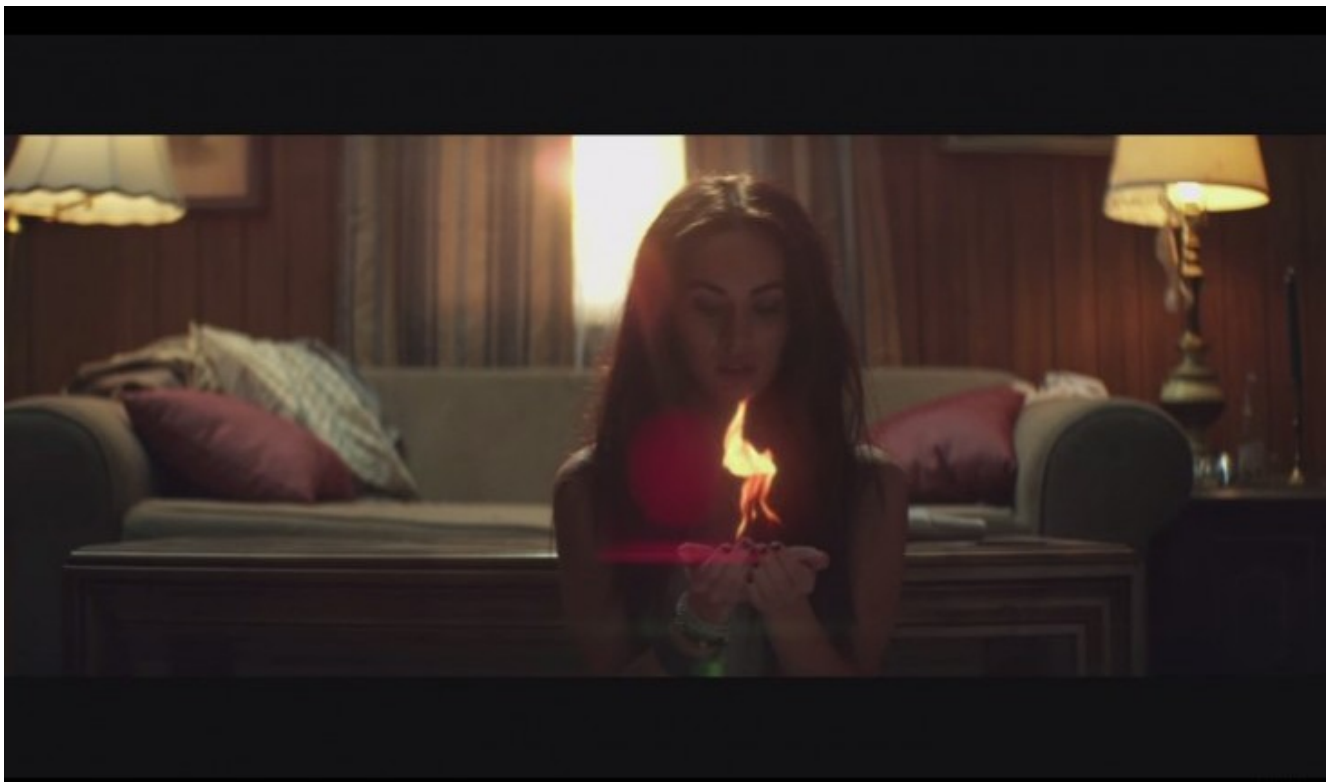
**2. Kid-friendly:** Does your beau even like children? This may simply be a direct question you can ask, or you can observe him come in contact with children and how he reacts.

**3. Responsibility overall:** Look for tiny clues as to whether your partner ranks high on the responsibility scale. If not, you know your answer. When it comes to kids, being responsible is key.

**Have some extra tips to add to add? Share your comments below.**

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# Marla Martenson Talks 'Diary of a Beverly Hills Matchmaker'



By Tanni Deb

Finding love doesn't come easy, especially when you have unrealistic expectations of your partner. If you don't believe me, just ask professional matchmaker **Marla Martenson**, the author of ***Diary of a Beverly Hills Matchmaker***. Martenson gives readers an inside scoop of what really goes on behind the scenes when it comes to matchmaking. Featuring real letters from clients where elite men search for supermodel look-alikes and women are on a quest to find a wealthy soul mate in one of the richest cities in California, the book is

sure to shock and entertain readers.

Cupid had a chance to interview Martenson via phone about her book. Take a look at what she had to say:

### **Why did you become a matchmaker?**

It was really a fluke that turned into a career. I got a job as a videographer at a video dating company back in 2001. I had been an actress and a waitress for 20 years in Los Angeles and Chicago, and I didn't want to be in the restaurant business anymore. I was still acting, but I never could make a living out of it. When I was offered the position at the video dating company, I jumped at the chance. I loved it and felt like I was the director doing these videos for the people. While working there, I thought about writing a dating book from talking to all these people. After that job, I moved over to an upscale matchmaking service in Beverly Hills where I became the vice president of matchmaking. I was there for seven years.

### **What challenges do you face as a matchmaker?**

The challenges would be the people who are so picky. They're very selective here in Southern California. The guys want the girls to look like models and the girls hope the guys are super wealthy. So I think the initial challenge is that everybody has on their wish list their prince charming. It's really about what you want in a partner and getting them to see that it's not always about that first superficial wish that they might think they want.

**Your book review in Amazon said that you've had clients who were very unrealistic. For example, "old, nerdy, overweight, and balding man" who is searching for a "supermodel look-alike who has to have an Ivy League education but prefers to be a 1950's housewife." How do you handle people with unrealistic expectations?**

A lot of times I will do some coaching. A woman has come to me recently for some coaching, but sometimes people are not open to changing; they want what they want. I try to deliver and if I can't, I can't. But I tell them that I'm a matchmaker, not a magician.

**Is it possible to find them someone who matches their criteria?**

I have to say I really love my clients; they're great people. But a lot of them have unrealistic expectations. Luckily, in Los Angeles there are a lot of beautiful women so I'm able to match the guys. And there are a lot of guys who are doing very well and are successful. It's understandable that a woman wants a man with something going on. She wants to get married and have a family. She wants somebody who has a good career and who can take care of her. I can see where some of it comes from.

**Have you had clients who return continuously because they aren't satisfied with who they were matched with?**

I do show them photos, so they'll see the pictures first. Now when they get on a date, there might not be any chemistry or their personalities might not match. But, generally, they won't say that the person didn't look good at all because they've seen the photo. So they're not too disappointed that way.

**What do most men and women search for in a significant other?**

It's interesting because women's top desires that they tell me in a man is sense of humor, honesty, loyalty, looks and healthy lifestyle. The men want what they see first. They say they want a woman who is attractive, they love a great sense of humor and someone who is easy going.

**What advice do you have for those who have been single for quite some time now because they have unrealistic expectations**



**of the opposite sex?**

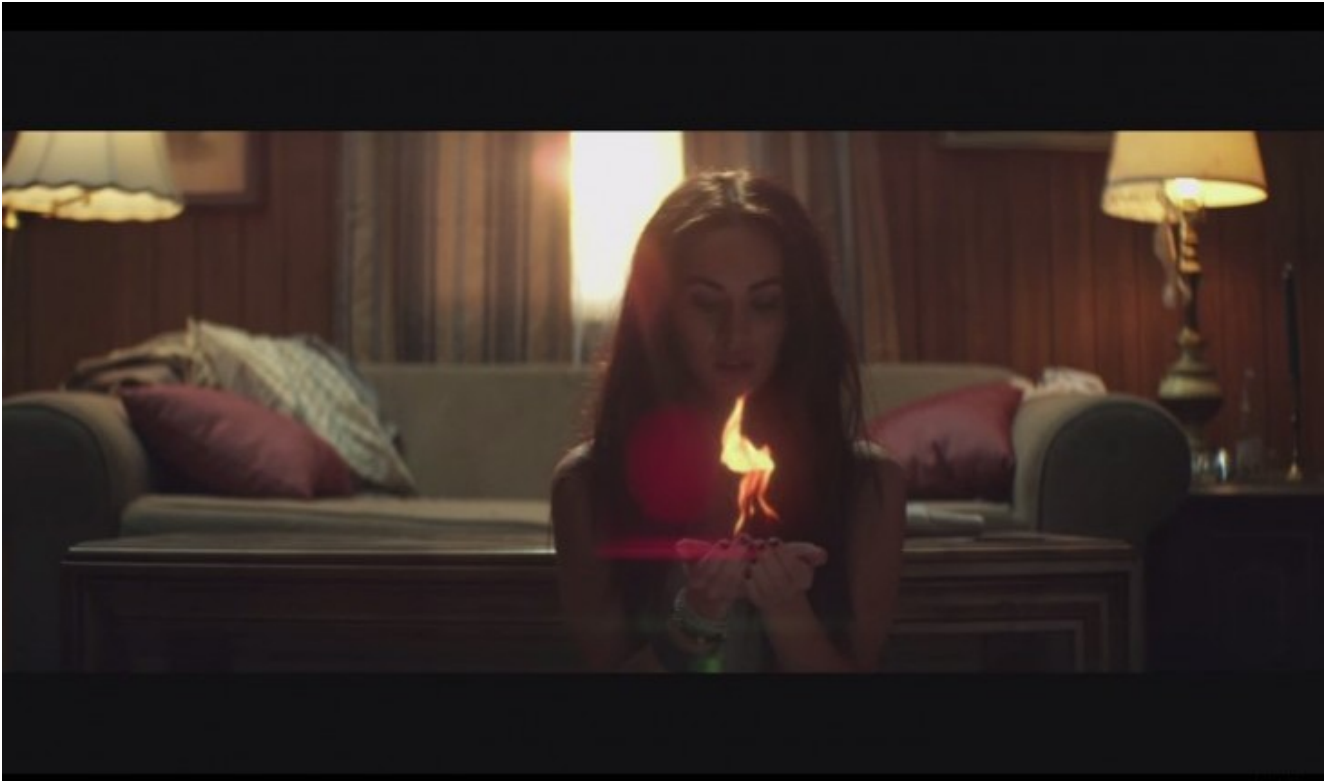
Be a little more open-minded and try dating someone who maybe doesn't fit the exact picture in your mind. If you go out with somebody, it doesn't mean you have to marry him or you're going to spend your life with him. It's just a cup of coffee or lunch or dinner. So give the guy a try if he has a lot of great qualities you're looking for.

Cupid thanks Marla Martenson for her time! To get a look into the world of matchmaking, visit **Amazon** to purchase *Diary of a Beverly Hills Matchmaker*.

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## **5 Celebrity Couples That Are Playing It Safe In The Sun**





By Melissa Tierney

Whether it's running through Central Park or hitting the beach, celebrities everywhere are embracing the summertime and loving their naturally sun-kissed or porcelain skin. But despite the fact that it's now August the cast of *Jersey Shore* is getting their "GTL" on, these five celebrity couples are determined to love the skin they are in without fake and baking at a tanning salon. If you think you're pale and were considering getting a faux glow, think again! Take a look at these five celebrity couples, because they're sure to make you feel comfortable and confident in the skin you're in!

**1. Kristen Stewart and Robert Pattinson:** Having pale skin isn't just perfectly acceptable in Stephanie Meyer's *Twilight* world, but in Hollywood as well. Stars like these vamped up hotties are embracing the sun, but in a healthy way. While traveling the world to promote their upcoming movie, *Breaking Dawn Part I*, Stewart and Pattinson have kept to their porcelain roots even though the bronze trend is becoming a huge sensation.

**2. Natalie Portman and Benjamin Millepied:** This adorable

couple has that new parents glow after welcoming their baby boy into the world this month. Portman, who is known for her light skin, looks ravishing everywhere she goes without having that orange tint that so many celebrities are after this season. Maybe it's time for us to take a tip from Portman and realize a natural glow is much better than a fake one. Fiance and baby daddy, Benjamin Millepied, seems to agree, as he's adored Portman ever since they met on the set of their film, *Black Swan*.

**3. Nicole Kidman and Keith Urban:** It looks like this couple knows just how to play it safe in the sun! The two Aussie's are no strangers to the sun, but when they hit the clear waters and beaches of Sydney, like they did for their 2006 wedding ceremony in North Sydney, they are careful to put on some SPF and cute shades. What better way can these two love birds embrace their culture, than in a conscious and healthy way?

**4. Dita Von Teese and Louis-Marie de Castelbajac:** The sexy pin up girl and French aristocrat have caused quite a stir since they started dating in 2010, but one thing these two don't have to worry about is damage from the sun's harmful rays. Being the ex of vampire-esque Marilyn Manson may have rubbed off on Von Teese, and she'd rather be fair-skinned than brown, which we love. Who knows – maybe this is the season to give pale skin a shot.

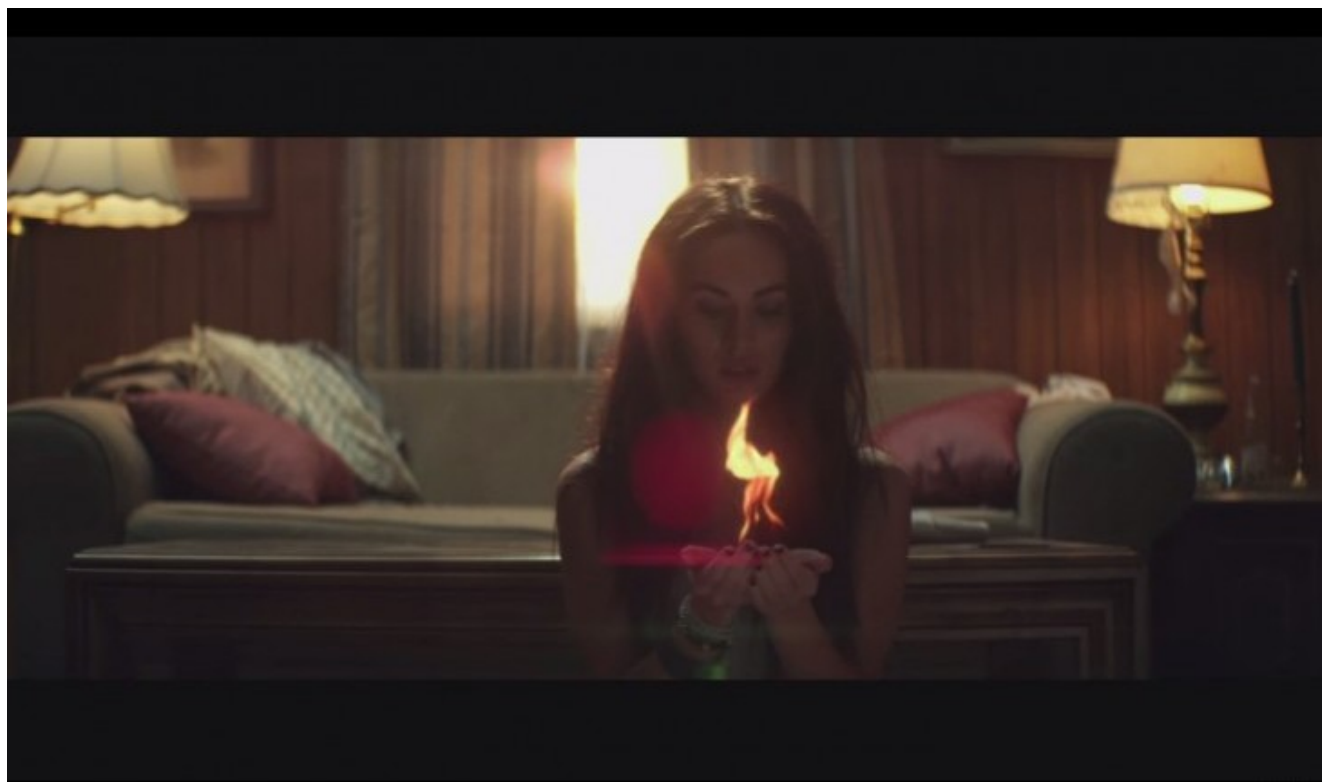
**5. Cate Blanchett and Andrew Upton:** The Hollywood starlet is certainly gorgeous and breathtaking, and one of her claims to fame is her porcelain-like complexion. While having healthy skin is most certainly in, knowing how to carry it makes all the difference. Blanchett's clear complexion makes her a stand out on the red carpet, and husband Andrew Upton definitely seems to approve.

**What celebrity couples do you think practice safe skin? Share**

your thoughts below!

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# Fantasia Announces Her Pregnancy On Stage



After struggling through depression, a suicide attempt, and a relationship on the rocks, former *American Idol* star Fantasia Barrino has much to look forward to after all. According to [People](#), on Sunday, Barrino announced that she's expecting. She blazoned the good news for the first time during a charity concert in Jacksonville, Fla: "And I share this with you because I can relate to you. And for a while, I walked around figuring out what they will say and what will they think about

me. But now I tell you, I don't live my life for folk." Barrino made no mention of the father, but we know that she was seeing Antwaun Cook and that their affair was associated with Cook's divorce from wife Paula Cook.

**What are some ways to make a bang with your pregnancy announcement?**

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

Not all of us may have the opportunity to make the big announcement after a live performance on stage. But that doesn't mean your pregnancy news can't make a bang. Cupid has some creative ideas:

**1. Throw a party:** Invite your friends and family to a casual party without informing them about the reason behind it. At some point, propose a toast and then break the news. A gathering with all the people that matter in your life is a great occasion to celebrate.

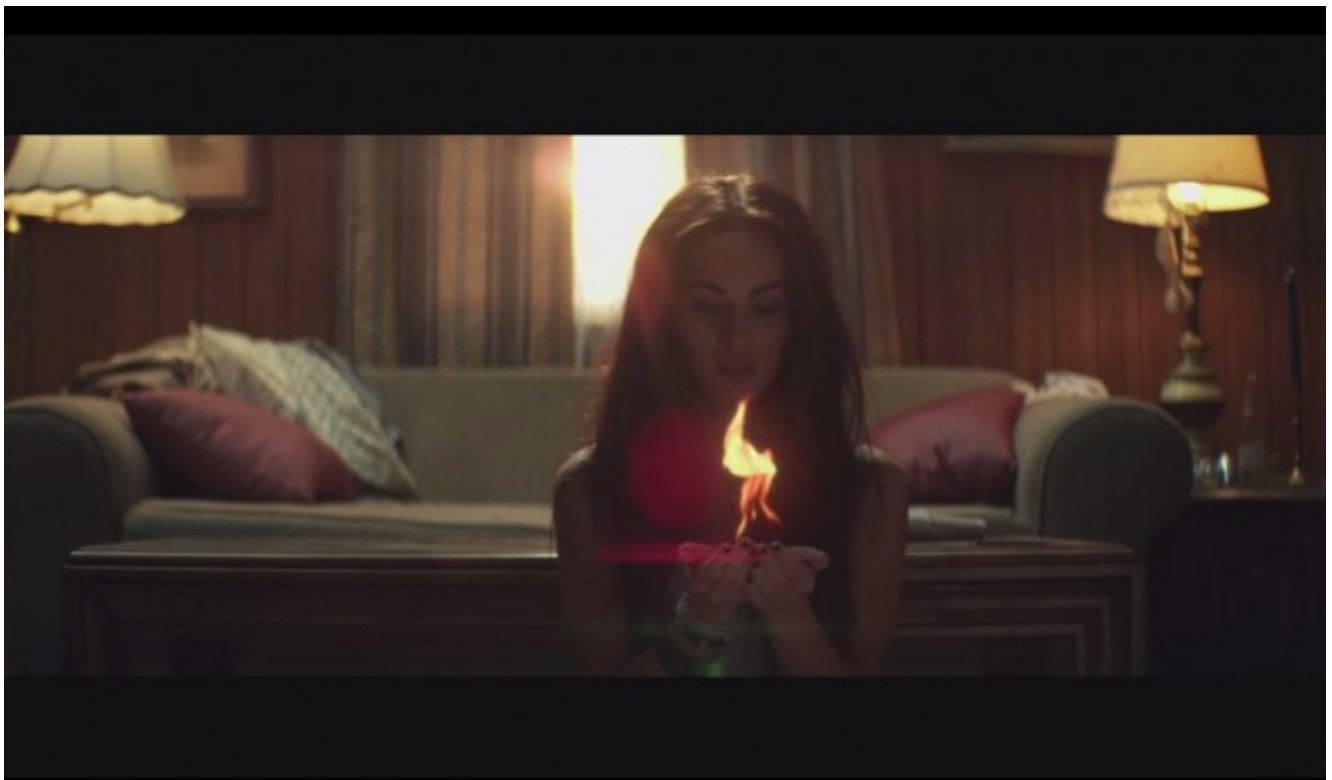
**2. At a sports game:** If your partner, friends, and family are into football, why not take them to a local game and have the announcer make a public announcement? That'll certainly stir up some commotion.

**3. In the news:** If you're going for high impact, but a want to tone down the drama, create your own announcement with paper and pen, then insert it in between the pages of the daily newspaper. When your friends and family flip through the pages, they'll be surprised to find your story.

**Can you think of creative ways to announce the arrival of a baby? Share your ideas below.**

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# Maria Shriver Spends Arnold Schwarzenegger's Birthday With Him



For Maria Shriver and Arnold Schwarzenegger, the children come first. A source close to the family told [People](#) that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two

broken bones.

**How do you establish independence after a divorce?**

**Cupid's Advice:**

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

**1. Family:** There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to help provide support until you get past the toughest points in your life.

**2. Friends:** Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.

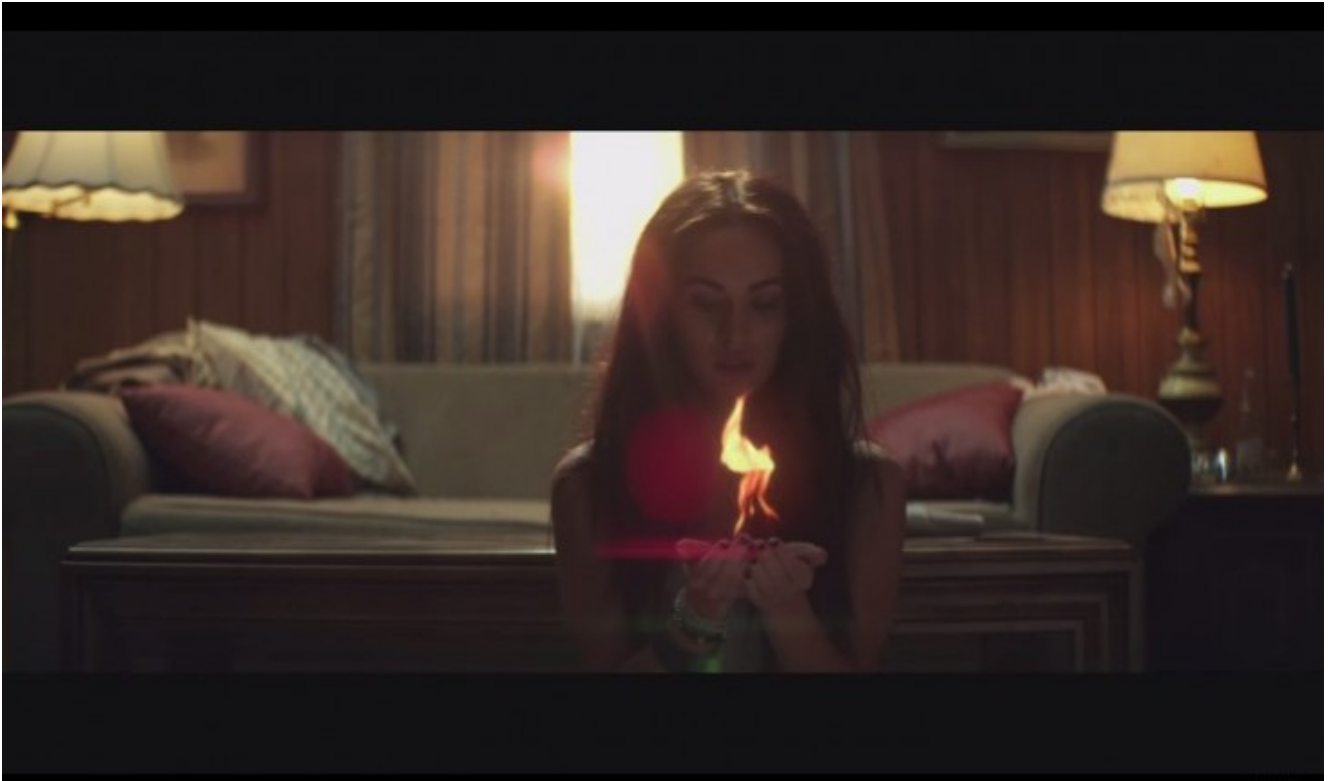
**3. Yourself:** Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

**How did you move on after your divorce? Share your advice below.**

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# Why Kourtney Kardashian and Scott Disick Don't Need to Get Married





By Brea Gunn

Okay, okay...I'll admit it. I'm a reality TV junkie. I LOVE watching the train wrecks, drama, and outright ridiculousness that has become entertainment. Sometimes, though, a show truly hits a chord. I was watching Keeping Up With the Kardashians and stumbled upon the episode where Kris is pushing Kourtney and Scott to get married ... But they don't want to tie the knot.

This may seem strange to you, but it really irked me that their mom, Kris, was pushing the issue. Now, I'm all about weddings. It's what I love to write about, talk about and blog about, but sometimes weddings are not the best thing. Take Kourtney and Scott, for example. If her mom wants a commitment, why not have a commitment ceremony instead of a wedding? You can still have the dress, the big bash and the DJ without ending up with a legally binding piece of paper.

Take a look at some other celebs that have kids and aren't married ... Johnny Depp (together with his partner for more than 10 years, he has 2 kids) and Brad Pitt and Angelina Jolie



(together for more than 5 years and they have six (right?) kids) ... And both couples are very comfortable in their relationships.

And then there are the celebrities that have gotten married after they have kids, like Ashlee Simpson and Pete Wentz, and Britney Spears and Kevin Federline. Now, they're separated or divorced.

So where's the middle ground? And more importantly, what does any of this have to do with us 'normal' people? I think that weddings are fantastic, and I love every single one of them, but they're truly not for everyone, as I think the Kardashians (among others) have shown us. So when do you know it's right?

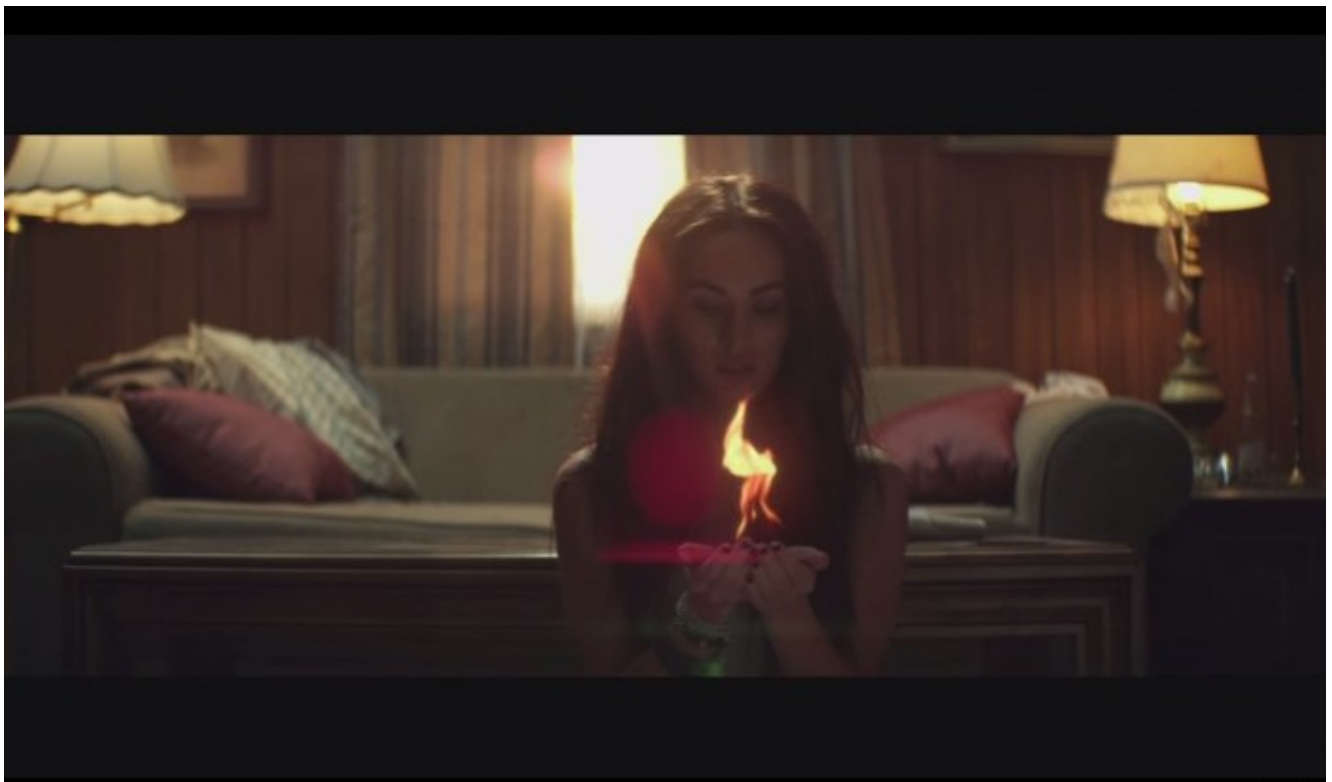
If you can't imagine the rest of your life without your love's best and WORST features, then (more than likely) you're probably on the right track with the wedding plans. But if you're happy being your semi-single self, consider a commitment ceremony or party to celebrate a milestone year in your relationship instead.

Sure, Mom may be upset (even famous moms want to plan their daughter's weddings), but I think that if you sit down with her (do not take a page from Kourtney on this one) and calmly explain your choice, then chances are she'll be on board ... especially if you let her plan a party.

Brea Gunn is a monthly contributor for Cupid's Pulse and writes for a Hudson Valley weddings site for real weddings, reviews and inspiration from local wedding business resources.

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# Amy Smart Says Her Fiancé Has Been Very Hands On With Wedding



Here comes the bride! Amy Smart has been engaged to fiancé, hunky HGTV carpenter, Carter Oosterhouse, since April. The couple was engaged after only a few months of dating. According to [Hollyscoop](#), the blonde bride-to-be is being very traditional, especially when it comes to the wedding dress. Though the TV handyman has an impeccable eye for design and is very involved in the wedding planning process, Smart insists he not see the dress until the big day. Aside from the detail of the dress, the two are all in this together as they prepare for their wedding on September 10<sup>th</sup> in Northern Michigan. “[He’s] very hands on,” said Smart, “He has definitely been my

co-pilot with this.”

**How do you get your beau involved in the wedding planning process?**

**Cupid’s Advice:**

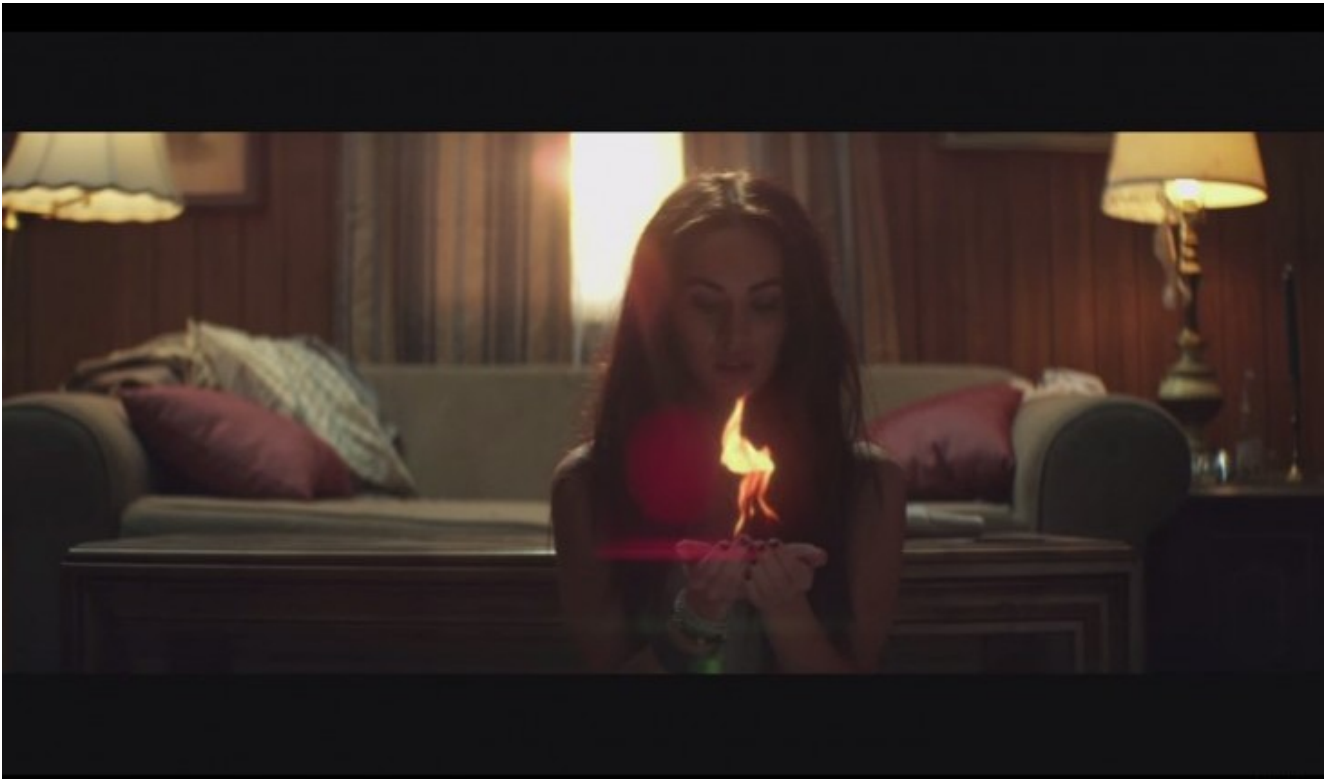
Traditionally, it has been the woman’s responsibility to plan the wedding. However, that has not been the case with modern day festivities. If your beau is skeptical about getting involved, here are some ways to make him into a wedding planning extraordinaire:

- 1. Cake tasting:** Everyone has a sweet tooth. Take your beau along to the bakery for a special wedding treat that you will share with your guests.
- 2. Get his friends on the guest list:** Half of the guest list will be made up of your partner’s friends and family. Make sure to sit down with him to make sure everyone he wants to be there will get an invite.
- 3. Have a jam session:** The music at your wedding should reflect both of your personalities. Set some time aside to listen to music together and pick out the perfect tunes.

**What is your favorite part of planning a wedding? Share your thoughts below.**

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# **Prince William’s Cousin Zara Phillips Ties the Knot**



It's the year of royal weddings. First Prince William and Kate Middleton walked down the aisle, and now Prince William's cousin Zara Phillips has tied the knot with Mike Tindall, the captain of England's rugby team. The wedding took place in Edinburgh this past Saturday, according to [People](#), and it was absolutely breathtaking. The wedding was straight out of a story book with a royal guest list and a fabulous reception at the Palace of Holyroodhouse, the Queen's residence. The pair met through Prince Harry, who introduced the two at a bar in Sydney during the Rugby World Cup back in 2003.

**What are some ways to tell your partner loves you for the right reasons?**

**Cupid's Advice:**

It's tough to tell if your partner really loves you for you and that he or she has good intentions. Cupid has some tips:

**1. They accept you at your worst:** If your mate is able to put up with you when you're having a bad day or are in a bad mood, it shows that he or she is truly there for you.

**2. They remember the little things:** If your partner remembers things like your favorite dessert and what kind of perfume you wear, it shows that he or she pays attention to you and wants to make you happy.

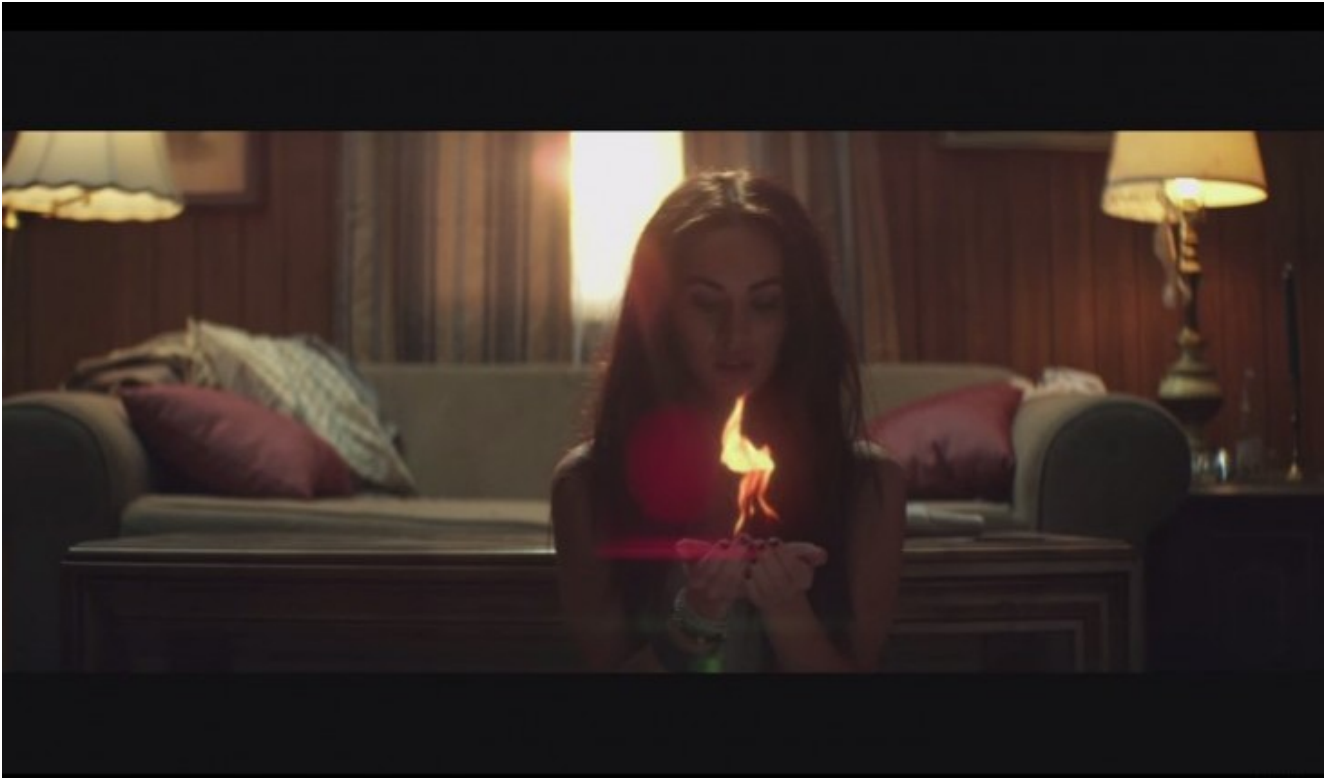
**3. They are open and honest:** Being open and truthful shows that your mate has nothing to hide. If he didn't love you for the right reasons, he'd avoid certain topics.

**How can you tell if your partner loves you for the right reasons? Share your thoughts below!**

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## **Blake Fielder-Civil Is Heartbroken Over Amy Winehouse's Death**





Although an incarcerated Blake Fielder-Civil and Amy Winehouse split in 2009, that does not make him any less heartbroken over her death. According to [UsMagazine.com](http://UsMagazine.com), Blake's now girlfriend Sarah Aspin relayed a message from Fielder-Civil: "I will never ever again feel the love I felt for her. Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead." She also states that, "He just can't take it in that she's dead and he'll never see her again. Blake rang me on Saturday after the prison authorities told him she'd died. I just couldn't console him. He was in total shock." Employees at the Leeds' Armley Jail where Blake is being held have been told to pay extra attention to him at this hard time in his life.

**How do you rebuild after the death of a significant other?**

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

Death of a loved one is one of the most difficult events to overcome, and it can be difficult with which to come to terms.

Cupid has some tips on how to rebuild:

**1. Take the time to grieve:** This is an important component of healing and moving on. Take a sufficient amount of time to grieve before you go back to your regular routine. This may be different for everyone, but is essential to avoid an emotional breakdown later on.

**2. Talk:** Your loved ones are there to support you. Don't direct your anger toward those who care about your well-being, and don't tune them out. Talk to them and listen to what they have to say. They may be able to help you cope in ways you can't on your own.

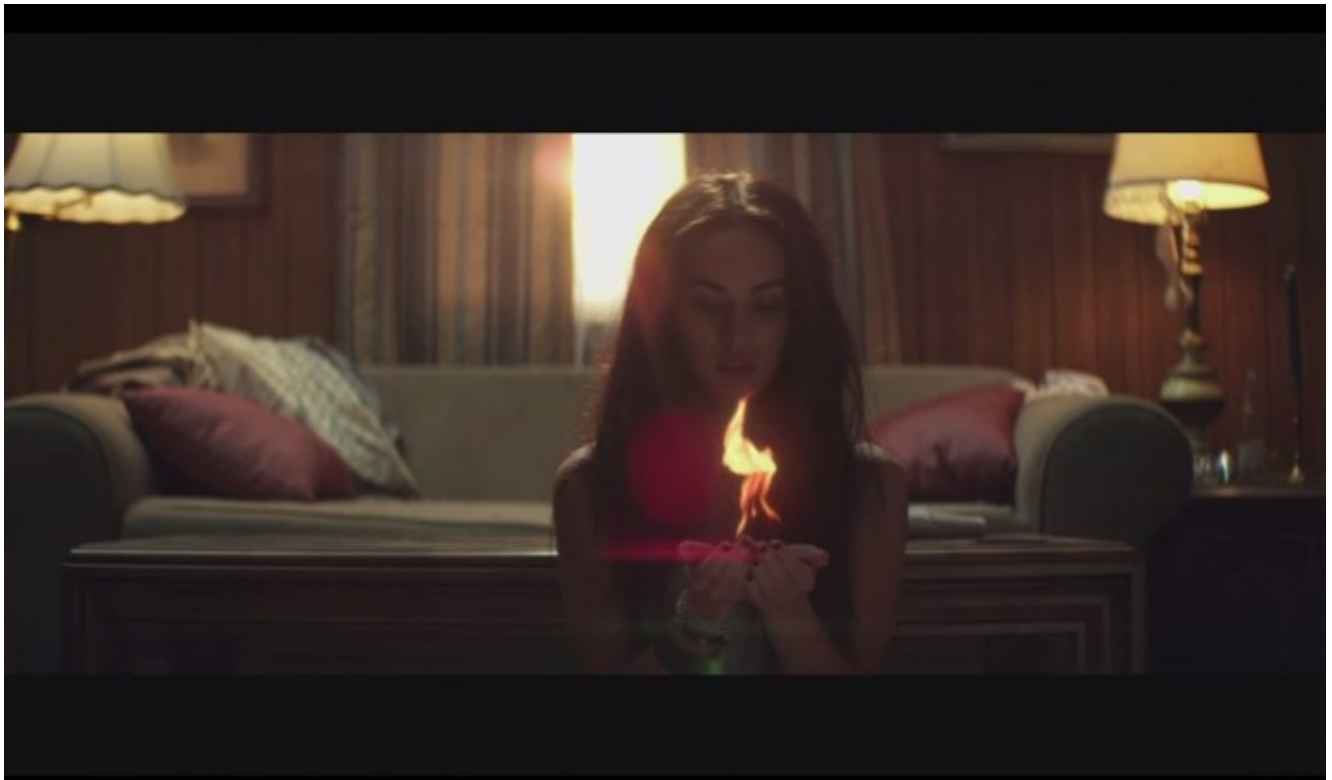
**3. Join a support group:** Spending time with people who are going through the same thing as you is a great way to better cope with your loss.

**Have you dealt with the loss of a significant other? How did you cope? Share your comments below.**

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## 10 Signs You're Ready For a Relationship





By Marianne Beach, GalTime.com

I'm admittedly a recovered relationship addict. I went from relationship to relationship with little or no break in between. Luckily, I was finally able to break that cycle and stay single for two years – before finally meeting my dream guy (and now husband).

But staying single for a serial monogamist is often easier said than done. After all, you're used to having a second opinion, someone to take to dinner parties and curl up with in bed. An empty house can be frightening for someone addicted to love.

But Jennifer Oikle, Ph.D., relationship psychologist, dating coach and founder of **MySoulmateSolution.com**, insists that though it's difficult, it's also ultimately rewarding and will prepare you for the relationship of your dreams.

So how do you start? First, she says, forget being committed to a relationship and start becoming committed to yourself instead. "Become delighted by the idea of discovering who you are, without having to please someone else."



In fact, she suggests not dating at all for a certain amount of time, so you don't fall into old habits. "Avoid all of the typical ways you usually behave to find a new beau (going to bars, trolling the Internet, etc)," she says. "Ask a friend to be your sponsor and help you stay single."

During that dating fast, start living for yourself. "Become involved in new hobbies, activities and same-sex friendships to help you discover who you are, what you love, what you don't love," Dr. Jenn says. "Allow yourself to discover new strengths, become aware of patterns which no longer serve you and begin trying out new behaviors so that you become a strong, confident, self-sufficient person, before you head back onto the dating field."

When you are feeling more secure with yourself – and you don't need a relationship to survive – start with casual dating first, rather than jumping in with both feet.

"By casually dating, often more than one person at a time, you can slow yourself down, by spreading your attention over more than one person – keeping you from getting over – invested in any one person too quickly," Dr. Jenn explains. "You want to keep dating until it's comfortable – until you aren't running into a relationship to get away from the insecurities of dating."

**How do you know when you are finally ready to enter a real relationship? Dr. Jenn suggests you look for the following signs:**

1. You've been on your own for at least 3-6 months and you no longer feel like you NEED a relationship just to survive.
2. You feel like you are good on your own.
3. You feel confident.
4. Your mood is stable – you don't let the little ups and downs of life throw you overboard.
5. You can hear other people's opinions and criticism and not

take it personally.

6. Your worth isn't directly related to what other people think (as long as it is, you are too vulnerable to date).

7. You aren't preoccupied with your ex and your emotions are no longer raw.

8. You can think of the past and just feel mostly gratitude for what you learned AND you can explain what you learned, how you contributed to the cycle and how you will proceed differently. If you can't name those things, you aren't ready to date because you'll just make the same mistakes.

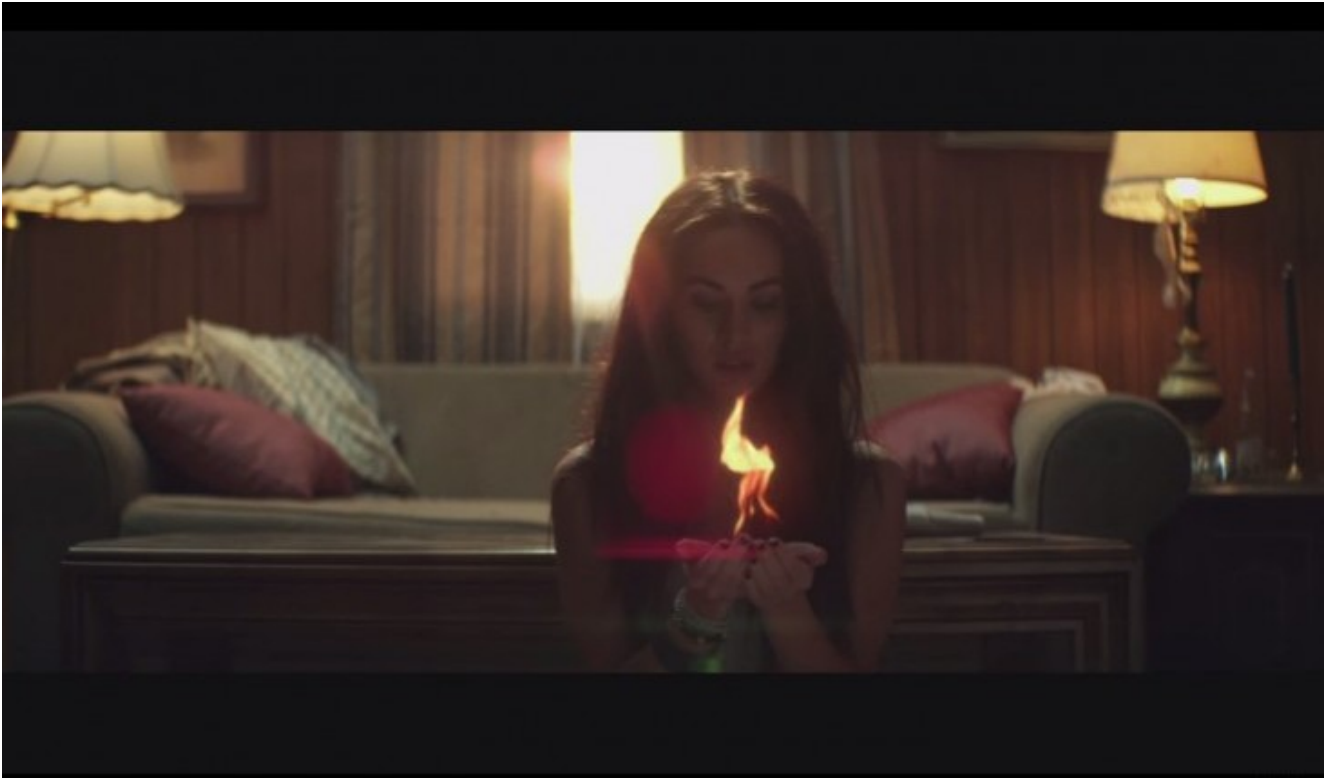
9. You now have interests, hobbies and friendships that you are passionate about and invested in and you are serious about not dropping them for ANY man!

10. Ask your friends – they will know! ☐

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## Kardashian Women Throw Kim a Racy Bridal Shower





Khloe Kardashian and Lamar Odom sealed the deal, and it's almost time for Kim Kardashian and Khris Humphries to do the same. On Saturday, the engaged couple took one step closer to taking their wedding vows at their bridal shower, according to [E! Online](#). With a classy touch of wine, party favors wrapped in small pink boxes, and an atmosphere of Kardashian fever, this bridal shower was everything, but a fail. Guests did their part to keep it interesting as well. As Kardashian and Humphries opened up their gifts, they were shocked to pull out a pair of fuzzy handcuffs! Can we say classy, raunchy, and oh-so-Kardashian?

**What are some ways to spice up a generic bridal shower?**

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

So you have the gifts, the guests, the decorations, the wine... the usual. But how about we throw something innovative in there? Spruce it up a bit! Cupid has some ways to make your bridal shower far from the usual:

**1. Games:** No one can pass up a second chance at being a kid

again, and what better way to have fun like a child than by playing games? Bridal showers don't have to be a "thanks for attending, thanks for the gifts, see you at my wedding, goodbye" type affair. Keep the vibe bumpin' with some fun games to fit your theme.

**2.Tradition? Scratch that:** Who says you have to do what everyone else does? If you feel the urge to step out of traditional boundaries, then by all means, do so. Instead of renting out a banquet room, throw your bridal shower at a movie theater. Rent out the "birthday room" and check out a romantic comedy after the festivities have died down.

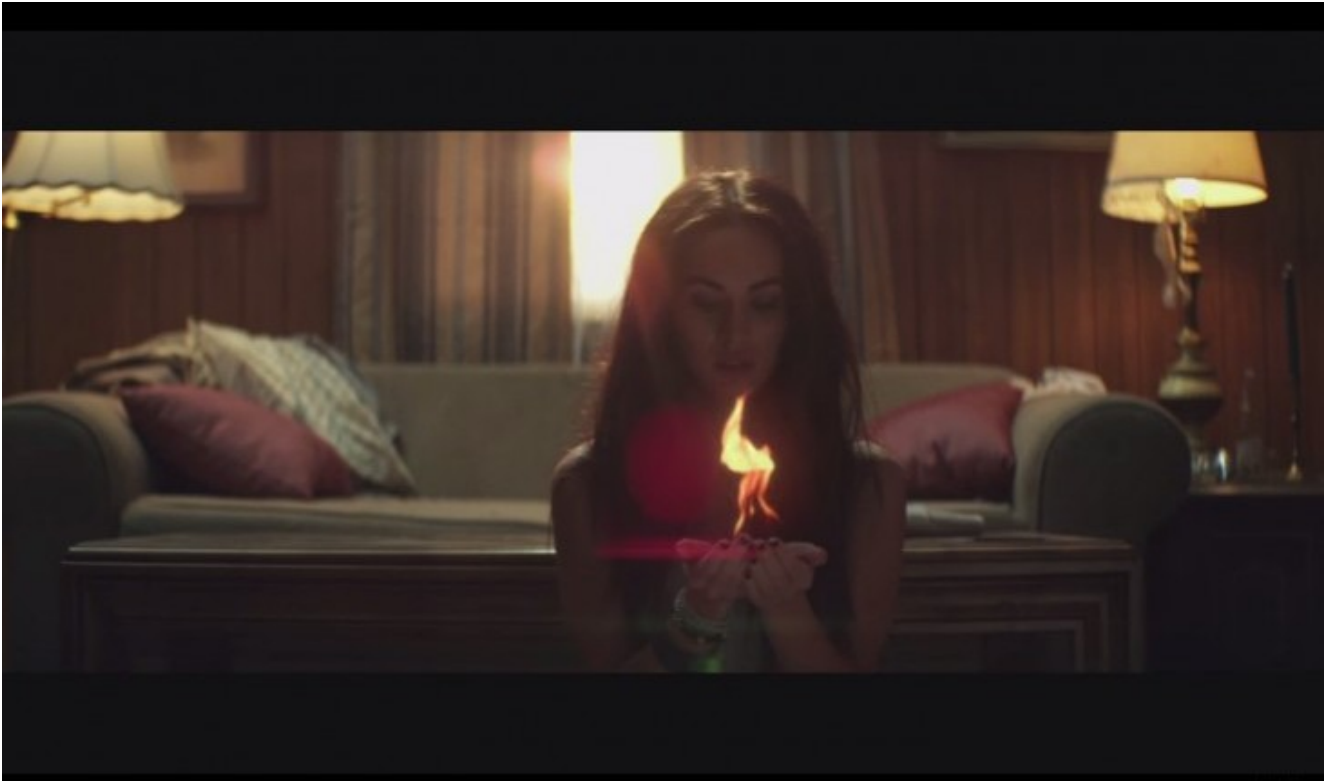
**3.Unexpected party favor:** Don't give your guest a picture frame or gift bag full of candy. Instead, make your shower favors appropriate to you and your partner's personality. If you're both obsessed with Trivial Pursuit, give them each a few cards from the game (or the game itself!).

**What are your ideas to spice up a generic bridal shower? Share your comments below.**

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## Gene Simmons: I Proposed Months Ago





After sharing 28 years in a relationship together and two children with girlfriend Shannon Tweed, Gene Simmons finally mustered up the courage to get down on one knee. In Tuesday night's finale of A&E's reality show [Gene Simmons Family Jewels](#), Simmons told Tweed, "You're the only friend I've got. You're the only one I love ... and you're the only one I ever will love" before proposing. An insider recently revealed to [People](#) that the proposal scene was shot "several months ago" and that the couple's relationship has been on the rocks ever since. The couple once described themselves as "happily unmarried" and we're waiting to find out if there will be an "I do" to seal the deal.

**What are the advantages of tying the knot over simply living together?**

### **Cupid's Pulse:**

Marriage is a big responsibility. As a result, the rate of cohabitation among couples has increased drastically in the last few decades. Sometimes, however, there are perks to tying the knot. Cupid has a few:

**1. Commitment:** Marriage is a profession of two people's commitment to one another. You and your partner will both feel more secure about the future of the relationship if you've made the commitment to spend the rest of your lives together. Marriage increases people's trust in each other.

**2. Quality:** It's not just about your thoughts about what the future might bring. It's also about the current state of the your relationship. Husbands and wives report greater satisfaction and fairness in their relationships.

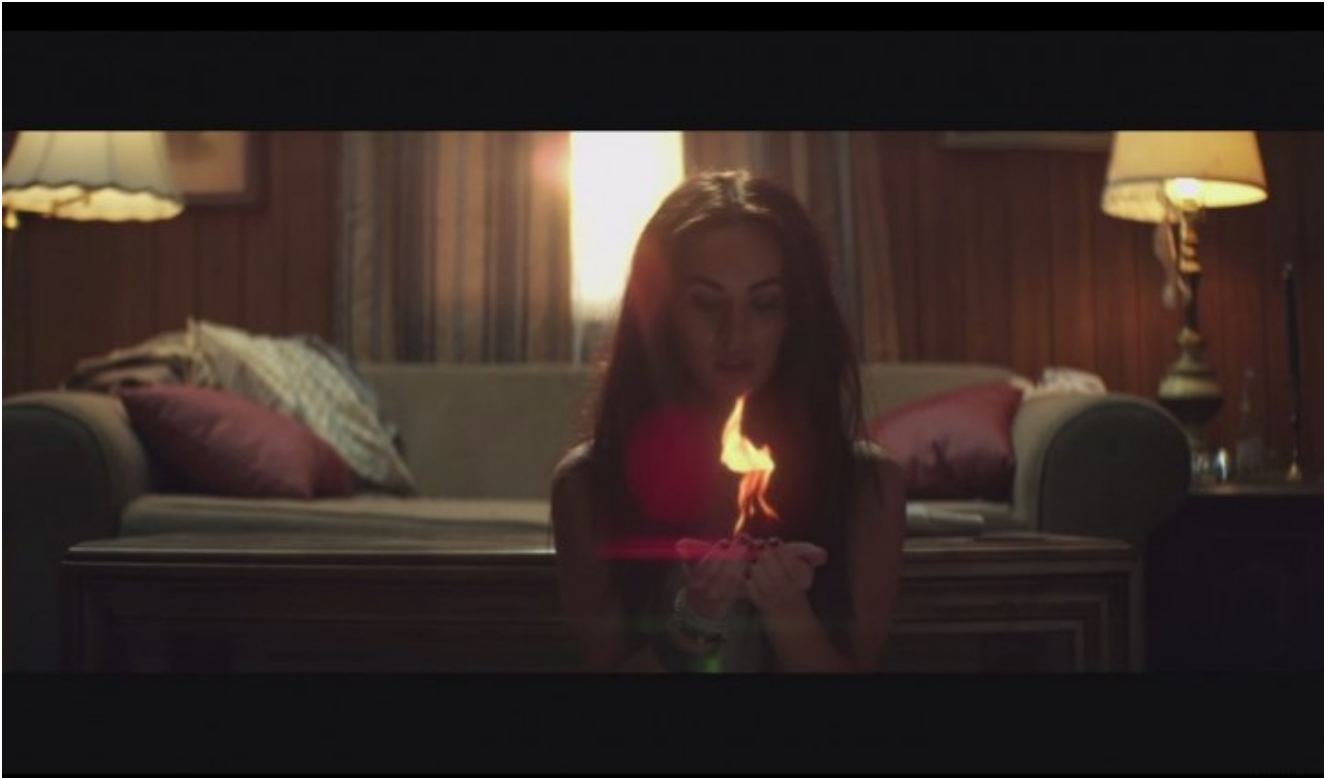
**3. Together:** Couples who simply live together have a higher chance of splitting than those who are married. There are no definitive explanations for this difference, but we just know that it's one more reason why it may be better to take a walk down the aisle!

**What are other benefits experienced by married couples? Share your thoughts below.**

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## **Former 'Jersey Shore' Star Angelina Pivarnick Blames Media and Boyfriend for Miscarriage**





Former *Jersey Shore* star Angelina Pivarnick says she suffered a miscarriage and opened up to Father Albert on his show about it, according to RadarOnline. Pivarnick was engaged to ex-boyfriend Dave Kovacs for a short time in February, and then she announced her pregnancy in April. Pivarnick admits that Kovacs wasn't the father, but instead it was a random guy she was with who tormented her. Pivarnick says the tabloids were constantly in her business and wouldn't leave her alone about her partying habits. "It was really hard and I went through a lot of stress and I ended up losing the baby."

**How do you help your partner come to terms with a miscarriage?**

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

The best thing you can do to support your partner in this situation is to simply be there. Here are three ways to do so:

**1. Let her vent:** Assure your partner that you're there to listen to every feeling they have about the miscarriage. Let her know that it's OK to express her feelings to you and that

you'll be her shoulder to cry on.

**2. Now it's your turn:** Once you've let her vent, it's your turn to let everything out to her. Most importantly, make sure that nobody is playing the blame game. Miscarriages happen unexpectedly and they're hurtful for both people in the relationship.

**3. Seek help:** If talking it out amongst each other isn't working, seek further help. This is indeed a tragic situation and you might need a psychiatrist to help you overcome it. Don't be afraid to go further, because everyone heals differently.

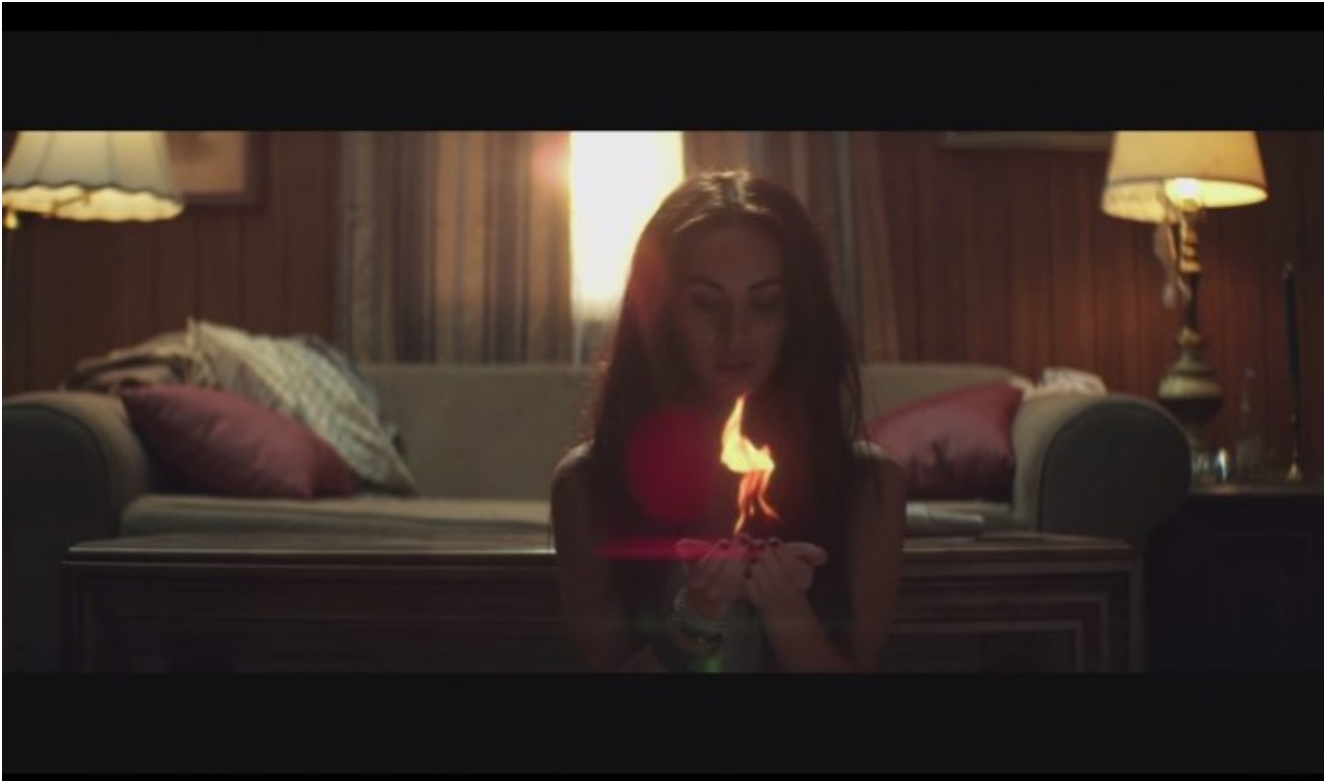
**How did you help your partner come to terms with a miscarriage? Share in a comment below.**

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## **Five Tips to Help Your Partner Feel Comfortable Around Your Friends**







By Ashyia Hill

You've managed to make a romantic spark turn into a comfortable relationship, and now you want to bring your new partner around to meet your friends. Meeting your closest friends and family could be a make-or-break moment—especially if he doesn't connect with them or even like them for that matter. Thankfully, there are steps you can take to help make your lover feel more relaxed about the meet and greet. In fact, many of these tactics are ones that we see celebrities using in their relationships. So, let's take a cue from a few famous couples with the following five steps:

### **1. Don't force your friends on your partner**

Some independence in a relationship is healthy. AskMen.com put together a profile of Tom Brady and Gisele Bündchen's relationship that shows how the celebrity power couple has maintained independent careers that take them all over the world, while still cultivating a sizzling relationship. This independence can also be applied to your friendships. One way to do that is by scheduling time to meet up with your friends separately. That way, when it's time to

plan a get-together, you can focus on helping your partner feel at ease instead of trying to catch up on your friends' lives.

## **2. Give them talking points**

Just as celebrities prepare for their TV and magazine interviews, you can help your sweetie feel a little more prepared around your pals with a little prep time. Give them some background on the people they'll meet and match up any commonalities they may have with your friends. Another idea is to provide them with some fun factoids that will help get the conversations rolling and break the ice.

## **3. Plan a double date**

Arrange a double date with another couple you know. This way, your honey can socialize one-on-one and get to know your friends better. Of course, you'll want to steer clear of double dates with friends whose partners you don't care for or you think your significant other won't get along with!

## **4. Take a trip together**

You see celebs doing this all the time. Of course, you don't need to fly off on a private jet to a world-class resort to get the same effect but a weekend away can bond people immediately. If you're tight on budget, keep it close to home.

## **5. Steer clear of friendly exes**

Tabloids often publish pictures of celebrities remaining friendly with their exes. But getting your current flame together with a fizzled out one isn't the best idea. Instead, focus on life-long friends who have always been and will forever remain platonic.

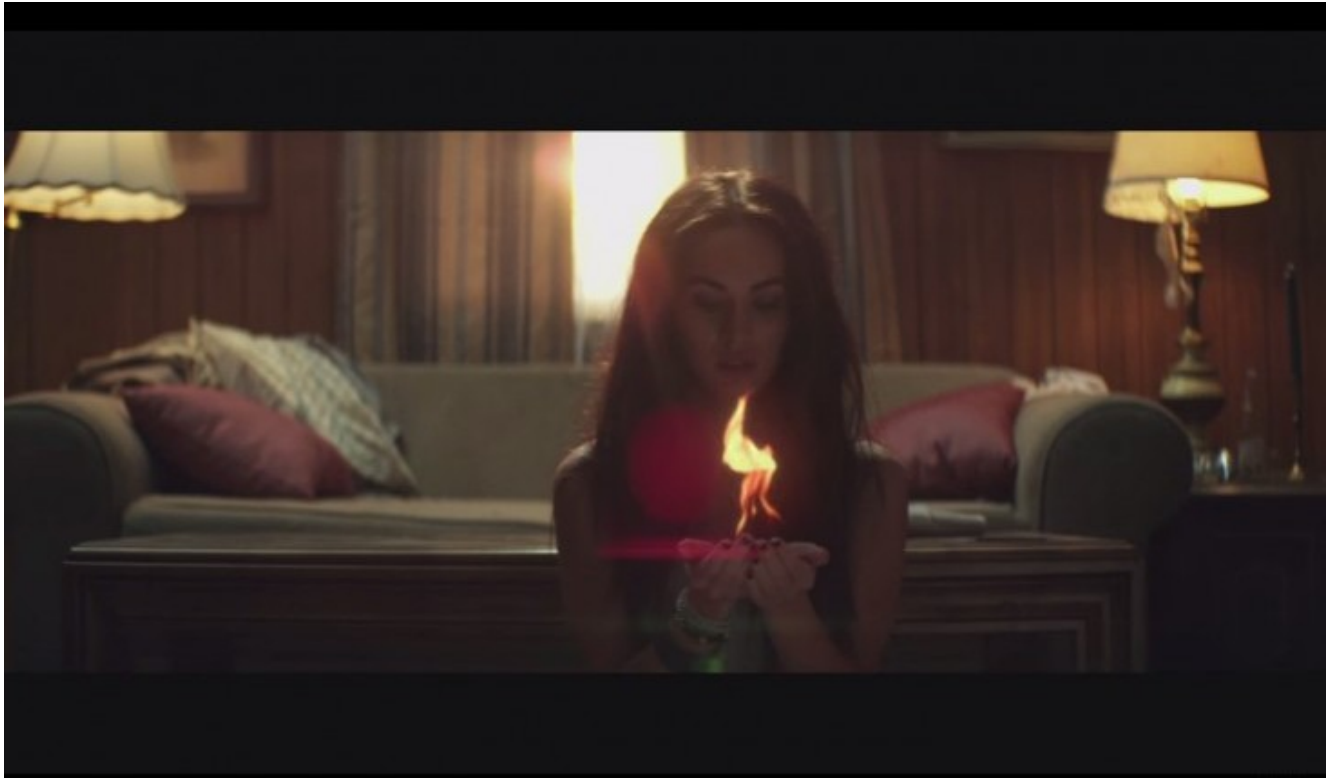
**How do you make your partner feel comfortable around your**

friends? Leave a comment with your perspective.

*Ashyia Hill is a social media advocate at the cash back credit card website, CreditDonkey.*

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# Kristin Cavallari Is Reportedly 'Dumped' By Jay Cutler: Wedding Is Off



“Do you, Jay Cutler, take Kristin Cavallari, as your lawful wedded wife?” He doesn’t. Cutler, former fiancé of reality star Cavallari, called off his engagement to Cavallari. The

couple, who started dating only 10 months ago, had already thrown an engagement party with her friends. “She got dumped,” a source told [People](#). “She’s absolutely devastated. She can’t believe this is happening.” Cavallari and Cutler were engaged in April, and planned for a spring wedding.

**How do you deal with the embarrassment stemming from a broken engagement?**

### **Cupid’s Advice:**

After telling all of your friends, gloating over the exciting news, hearing congratulations from every nook and corner and then hearing it’s all over, how do you cope? Cupid has some advice:

**1. That’s what friends and family are for:** Those close to you are there to hear you out. They wouldn’t (or at least shouldn’t) point at you and make embarrassment worse. Allow your friends to be there when you grieve you cry.

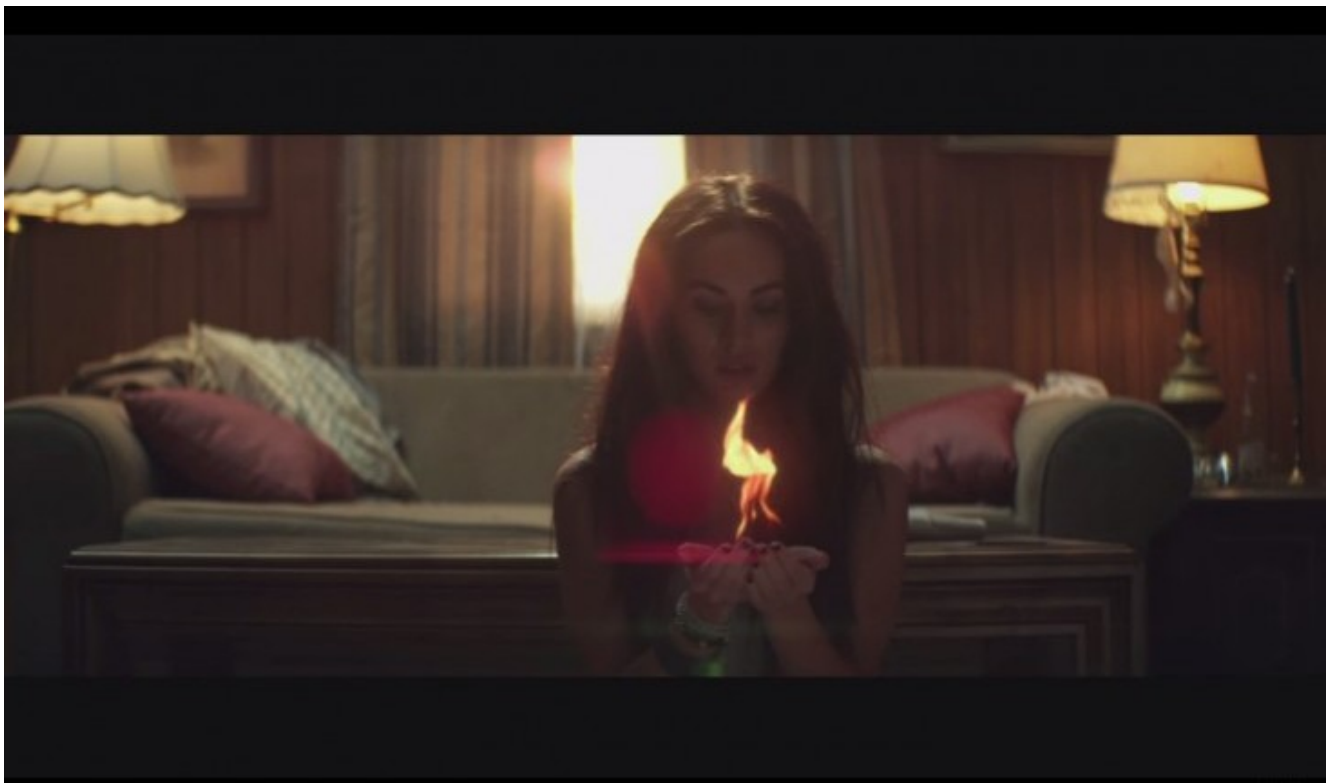
**2. Understand:** Though embarrassment can be unbearable, angrily acting out will solve nothing. Therefore, the best thing to do is try to understand why your partner did what he or she did. Your ex-partner is probably suffering from embarrassment as well. Talk to your partner about the reasoning behind it all for some closure.

**3. Don’t dwell:** It’s easier said than done. But honestly, what is dwelling going to do besides make you crazy? You might as well try your hardest to move on.

**Suffered through similar embarrassment? Share your comments below.**

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# James Franco and Longtime Girlfriend Split After 6 Years



Love is no longer in the air for actor James Franco and longtime girlfriend Ahna O'Reily. The two ended their six year relationship due to the long distance between them. Franco has been attending school in New York and just signed up to take classes at Yale while his girlfriend was waiting patiently for him back in L.A., according to the *New York Press*. It seems like Franco has too many passions and couldn't focus on one of his biggest passions, his girlfriend. Franco is currently an actor, poet, director, teacher, student, author, painter,

performance artist and producer ... Talk about all over the place!

**How do you help your partner focus his or her passions?**

### **Cupids Advice**

It's difficult when your partner has big dreams and passions that may be getting in the way of your relationship, but Cupid has some advice on how you can help your partner focus:

**1. Be supportive:** Even if you believe your partner's passions are absolutely absurd, supporting him or her shows that you care and are willing to be there no matter what.

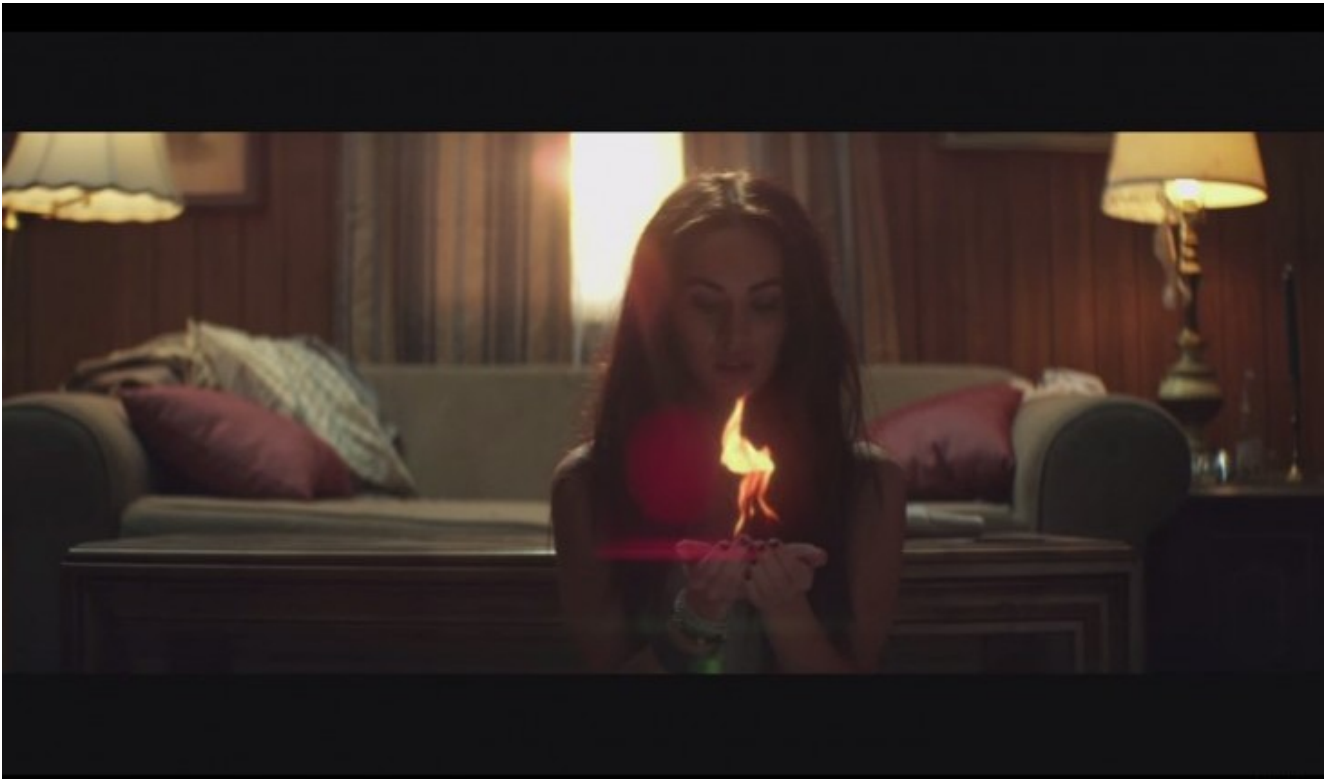
**2. Provide constructive criticism:** If your boo truly loves you, he'll care about your opinion and what you have to say. If you try to give him direction or guidance and explain how he should maybe focus on one thing at a time, he should respect your opinion.

**3. Show him what he's good at:** Show your beau what he's really talented at, whether it be art, music, writing or anything else. If he sees that he can truly excel at one thing, he'll probably stick with it and focus all of his energy one way.

**How do you help your partner focus his or her passions? Share your thoughts below!**

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# **Alicia Keys Says Being Married Is 'Fly'**



With her one-year anniversary on July 31, Alicia Keys can't complain about marriage. "It's so fly," the singer said in an interview with [People](#). "There's something great about feeling at peace and ease with your partner and knowing you understand each other. I really enjoy that friendship." Keys, who wed producer Swiz Beatz, real name Kaseem Dean, said the two are so similar it's "mind blowing." In fact, the relationship is moving so well that Keys said she seeks fashion advice from her hubby. "'I can say, 'I'm not sure about this look for the BET Awards. What do you think?'" and I know that he will honestly tell me exactly what's up," she said.

**When you get married, what are the perks?**

**Cupid's Advice:**

Most of the time, people say marriage is hard work, but they never mention the enjoyable parts. Cupid has a few pros of being married:

**1. Snuggle buddy for life:** One of the most comforting facts about marriage is that no matter how bad your day is, you have the evening to cuddle up to your best friend.

**2. Ups and downs:** A spouse is there to celebrate your successes and lend support during hard times. In short, he or she is dependable.

**3. 'Til death:** Although it can be scary to think about spending the rest of your life with just one person, it usually gets better with age (like fine wine, as the cliché goes).

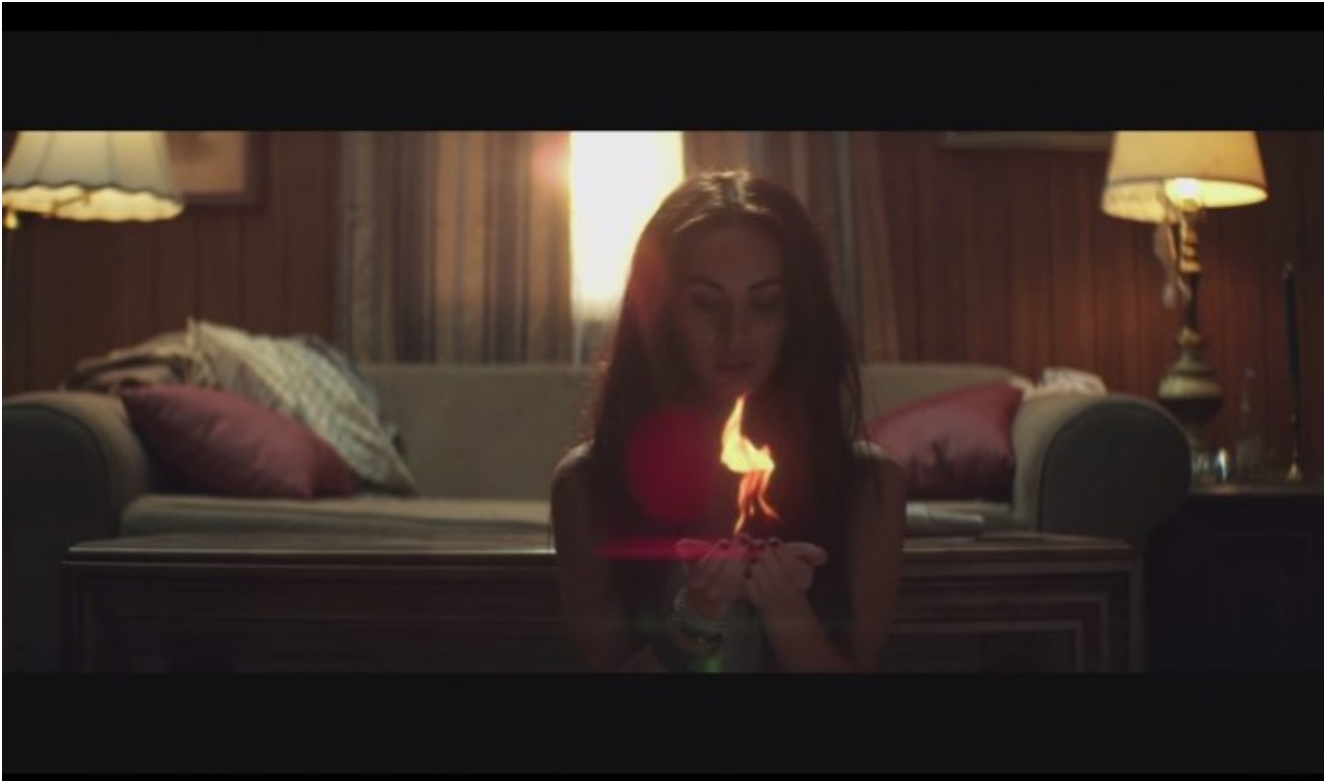
**What do you like about being married? Share your thoughts below.**

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## **Kim Kardashian Celebrates Bachelorette Party in Las Vegas**







While Kris Humphries was celebrating his bachelor party at Lavo Las Vegas last Saturday night, fiancé Kim Kardashian was doing her best to deal with her humiliation during her penis-themed bachelorette party, organized by her sister and maid-of-honor, Khloé. Kim was clad in a pink sash labeled “Tao Bachelorette” and an illuminated tiara. She kept her sangfroid as a male stripper appeared at dinner to perform a strip tease. According to [People](#), she told her guests “My sisters are doing everything they can to embarrass me.”

**What are some ways to playfully embarrass a bachelorette at her party?**

### **Cupid’s Advice:**

So you have the honor of planning the bachelorette party for your sister or your best friend. How can you go about playfully embarrassing her? Cupid has some tips.

**1. Male stripper:** Classic. Hire one or multiple male

strippers to perform a special dance at some point during the night. Make sure he puts the bride-to-be in the spotlight.

**2. Special outfit:** Design a special costume for the special lady. You can imitate Kim Kardashian's costume and go with something princessy, girly and pink, for instance.

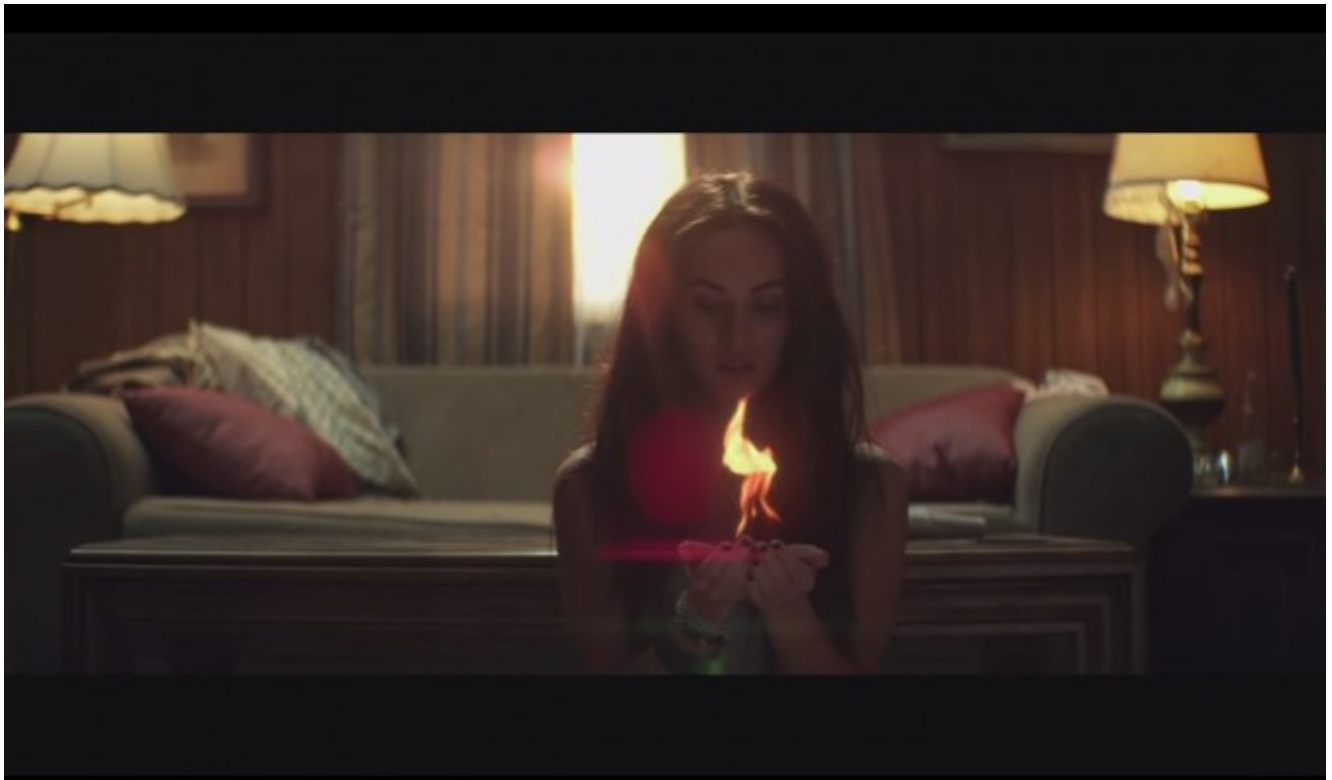
**3. Decorations:** Decorate the venue. Choose a theme to make it more interesting. For example, you can ask all the guests to come in a male parts costume or design special necklaces for everyone.

**Got any ideas for how to embarrass the bride-to-be? Don't be shy! Share your ideas below**

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## Mending Hugh Hefner's Broken Heart





By Ronnie Ann Ryan MBA, CCC – The Dating Coach

Less than a week after fiancée Crystal Harris called off her nuptials to Hugh Hefner, the scorned husband-to-be rebounded by publicly showcasing his new girlfriend– Shera Bechard, the November 2011 Playboy Playmate. To me, that's the definition of a true playboy, and it suits Hef perfectly. After all, he is the original founder of the Playboy brand.

When questioned by fans and hecklers about moving on so quickly, Hugh claimed that Shera is the remedy for his broken heart. As a professional dating coach, one thing I know for sure is that the heart takes time to heal. If Hefner was truly crushed by Harris leaving him, then he's certainly in no position to have already moved on. Whether you're a man or a woman, a new love interest is not the antidote for heartbreak. Finding someone else so quickly is not a healing strategy; it's simply a rebound. In my opinion, the chances of things going well for Shera and Hugh are quite slim at best.

If you want to heal and find lasting love, you'll have to recover from the pain of breaking up with your past partner first. Otherwise, you could be leading yourself and the new

flame down another hurtful path. Here are some tips to help you move through the healing process in a healthy way:

- 1. Give yourself time to recover:** Spend time alone, with friends and family. Be with people who love you so that you can regain your inner strength.
- 2. Take good care of yourself:** Get a massage, energy balance, makeover, new hairstyle, or start working with an exercise trainer. Take healthy steps to improve your self-confidence.
- 3. Shift negative thinking to positive self-talk:** If you spend a lot of time blaming and berating yourself, stop. Learn how to speak nicely to yourself with positive inner dialoguing. It's a lot like being your own dating coach! Tell yourself that love is out there, and it's only a matter of time before you find it.
- 4. Relax and enrich your life:** There's no hurry. Rushing will only lead to mistakes again. Instead, take your time, and build a rich and interesting life for yourself. When you're enjoying yourself you inevitably become more attractive.

*Ronnie Ann Ryan – The Dating Coach has helped thousands of people transform their love lives from disaster to finding healthy, loving relationships. You can find her on her website, [www.NeverTooLate.biz](http://www.NeverTooLate.biz).*

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# **Blake Lively Reunites With Leonardo DiCaprio in Santa**

# Barbara



Though *Gossip Girl*'s Blake Lively, 23, recently returned to New York to film the show's fifth season, that surely didn't keep her from spending quality time with her new beau, 35-year-old Leonardo DiCaprio, according to [UsMagazine.com](http://UsMagazine.com). The new couple was spotted shopping in Santa Barbara, California as Lively helped her honey pick out a fresh pair of Carrera X-cede shades on Wednesday. "They seemed very much in love," a store rep said.

**What are some everyday couples activities that will get you out and about?**

## **Cupid's Advice:**

Think of things that both you and your mate like to do, and get the ball rolling. Cupid has a few starters:

**1. Cool off:** It's summer time. Who doesn't want to find a way to stay cool? Take your honey for a dip in the nearest community pool, or better yet, the beach if possible. And if you really want to add excitement, go to a water park for the day and stay chilled for awhile.

**2. Get moving:** It may not sound like a cool activity, but it will be fun once you start. Exercise as a couple. Go for a jog with your mate and just chit chat about life. Once both of you get in the mood, you'll be able to motivate each other.

**3. You can never go wrong:** If all else fails, the movies is always the easiest way out. There's always a new romantic comedy or action flick hitting the big screen. Take your honey and enjoy!

**What are some activities you and your mate enjoy? Share below in a comment.**