

Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Thoughts on Season 2 and Physical Infidelity vs. Emotional Connection



Interview by [Lori Bizocco](#). Written by [Hope Ankney](#).

Mark Walberg (not to be confused with film actor Mark Wahlberg) is an American actor, on-air television personality, and talk show host known primarily for *Antiques Roadshow*, *The Moment of Truth*, and both the original (Fox Network: 2001) and

the modern reboot (USA Network: 2019), *Temptation Island*. Walberg's time on *Temptation Island* is split between acting as the host and being a relationship confidant who couples go to for guidance through all kinds of relationship struggles they experience on the show. In our exclusive [celebrity interview](#), Walberg offers our visitors his thoughts on the second season of the show, and some [dating advice](#) for any couple going through hardships.

In our celebrity interview with *Temptation Island*'s Mark Walberg, get season 2 sneak-peeks, dating advice, and tips on emotional connections.

Temptation Island is a reality show that follows four couples who are struggling in their relationships and can't decide whether to call it quits or not. When they arrive on the island, they are separated and put onto different parts of a beautiful island for four weeks, where they are tempted by other relationship options. The show has seen booming success since the first season of its reboot aired at the beginning of 2019. With season two premiering just a few weeks ago, the drama-filled show has only turned up the heat with its steamy antics.

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

A season that Walberg claims is "really on steroids" as far as content goes, he explains that what ends up happening with these couples isn't scripted. The producers aren't in charge of turning the heat up, despite the drama escalating quickly this season. According to Walberg, it all depends on the

couple and their personal journey. For example, Ashley G. slept with someone in the first episode, and that's something that just didn't happen in the first season of the show.

Walberg likes the idea of producers not being in control, because it allows him to be more open and vulnerable with the couples. In the second episode, Walberg has a conversation with Rick about Ashley's infidelity, saying that he's sincerely hurting alongside Rick. He takes his role with the couples very seriously, admitting, "I want the best for them. I'm very well aware that it's probably not going to go the way that they hoped or thought they could control, but the bigger question, to me, is always about yourself. What brought you here? It's not about the other person." He expands on this statement, explaining how he handled his discussion with Ashley G., hinting that she has great remorse about hurting Rick in later episodes.

When asked if a couple can come back from something like what Rick and Ashley G. are going through, he provides some great advice about the differences in every couple and how they handle hardship. According to Walberg, every couple is unique and thinks differently about their relationship. If you're talking about two people who have built a foundation from an on-again off-again dynamic, it's obvious that the couple has been able to forgive one another and get back together after past conflict. Walberg is serious when he asks couples, "Do you think you can come back from this?" He says, "When you sit and break it down, there's a lot of grey area between the black and white. I know that people watching at home are like, 'If anybody did that then it's over,' but relationships with these people are years long and unique to them."

Watching season 2 of *Temptation Island*, we observe events like David's threesome, Ashley's infidelity, and then cases like Casey's where he claims that his relationship with Ashley H. is weak, stating, "I could break-up with her and be fine." Does that raise questions about what really hurts more,

physical infidelity or emotional connection? Walberg seems to think that a lacking emotional connection is much scarier than a physical infidelity. Physical intimacy doesn't always cause a bond to form, and he agrees with viewers who believe that emotional connections are the ones that are lasting.



Mark L. Walberg. Photo Credit: Pr Photos/prphotos.com

Despite our curiosity, Walberg remains tight-lipped about who he thinks will survive as a couple and who he's rooting for, but he does touch on the growth he's seen from both Rick and Ashley H. He thinks that Rick's backstory of being a playboy is interesting when you see how he grows throughout the season. He even singles out Ashley H. and applauds her for her development from being extremely sensitive to radiating a sense of strength by the season's end.

In fact, Walberg explains that the island is a vehicle for couples to seek answers in different facets of their lives. "For some guys that require self-love, and sometimes [they] just do things I can't figure out. But, my hope is that

everybody leaves the island feeling like the experience helped them grow in some way or another.” If the couples are committed to going to the island, there is a sense of self-reflection that they have to go through and work on. It’s a natural process that happens on its own for every couple.

With shows like *Temptation Island*, it can be an addicting experience for the audience. So, it isn’t surprising that fans become attached to the show, because they see parts of themselves or their relationship in some of the couples on screen. People can relate to wondering whether or not they’re settling in their relationship. It’s easy to empathize with the struggles when it comes to finding your “person.”

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Relationship struggles are a reality for all couples, and Walberg stresses the importance of communication to overcome those low points. Not all folks can hop a plane and become part of a reality show to fix their problems, he says, but, “If you can talk about it, you’ve got a shot. Talk it out, and if you need to find professional help to talk it out, that might be the best way.”

And, speaking of communication, Walberg is still in touch with the entire cast from season 1 through Instagram! He says he’s still friendly with all of them, pointing out, for instance, that Evan reached out to him personally when he and Morgan announced their engagement.

So, what can we expect from upcoming episodes? Walberg wasn’t very forthcoming on this, but he told us to keep a watch on the dynamic between couples shifting from potential love interests to supportive friends, as well as seeing romantic connections grow. And, get ready for some entertainment! According to Walberg, the final bonfire is “pretty riveting.”

Stay tuned! If Walberg’s insight is anything to go on,

Temptation Island is about to get insanely entertaining.

You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out “Temptation Island” Tuesdays at 10/9c on USA Network.

Parenting Tips: How to Get Your Kids to Bed Early on Christmas Eve



By [Hope Ankney](#)

Getting your kids to sleep on any night is tough enough for a parent. But, getting your kids to sleep on Christmas Eve? Almost impossible. With the promise of Santa Claus, ripping open presents, and festive treats, it's guaranteed to be a hard job to get even the most cooperative kids to fall asleep. You're probably feeling a little worn out from the holiday season, as well. And... you're in desperate need of some [parenting advice](#) to get your children to sleep at a reasonable time.

Having your kids go to bed early is a success when it comes to Christmas Eve! What's some parenting advice for getting the little ones to sleep before Santa comes?

Probably deemed one of the most hectic days of the year, Christmas Eve is a whirlwind of last-minute shopping and gift-wrapping. But, the most chaotic part of the day is getting your kids to bed at a reasonable time. If you're dreading the moment you have to bring your kids to bed, don't worry. Cupid has some [parenting tips](#) on how to get your kids to go to sleep soundly on Christmas Eve:

1. Be active on Christmas Eve: Every parent knows that the best way to get your child to zonk out is to tire them out. Figure out a few ideas that the whole family can take part in. Have an outside adventure, go Christmas caroling, build snowmen, or have fun at an ice-skating rink!

Related Link: [Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem](#)

2. Fix them a bedtime snack: Unlike Santa who will be getting a plate of cookies and ice cold milk, prepare something a little less sugary for your kids as you send them to bed. A glass of warm milk with cinnamon, a slice of toast with almond butter, and some cubes of cheese will be enough to relax your kids and get them ready to sleep.

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3. Stick to the normal bedtime routine: Most times, kids are adapted to their bedtime routine, and any deviation from it will throw them off for the rest of the night. If you want to try to get your kids to sleep early on Christmas Eve, make sure to stick to their regular routine as you get them ready for bed. Practice this throughout their winter break so they're more tired at their normal time than they would be if they had been going to bed late and waking up late for days.

4. Read a bedtime story: A classic tradition on Christmas Eve is to read *The Night Before Christmas* to your kids before you tuck them in for the night. Reading to children while they're cozy under the blankets has a calming effect that can help them relax and get sleepy. Besides, it's always a nice bonding moment when you can share story time with each other.

What are some ways you get your kids to bed on Christmas Eve? Let us know down below!

Celebrity News: Gwen Stefani Thanks 'Babe' Blake Shelton

at People's Choice Awards



By [Hope Ankney](#)

In the latest [celebrity news](#), Gwen Stefani has been officially crowned a fashion icon. She was awarded the trendsetting award at Sunday's 2019 People's Choice Awards. As *UsMagazine.com* reports, while up on stage receiving her award, she made a playful shout-out to her love. Directing her attention to country-singer Blake Shelton, she stated, "Blake Shelton, look! Icon." before continuing her speech.

In celebrity news, Gwen Stefani thanked her love Blake Shelton in

her acceptance speech at the People's Choice Awards. What are some ways to thank your supportive partner?

Cupid's Advice:

Just like this [celebrity couple](#), you, too, can show thanks to your partner for being supportive. Even though it probably won't be on stage in front of thousands of people accepting an award, it doesn't mean you can't show support in other thoughtful ways. If you're wanting to let your significant other know that you're thankful for them, we've got you covered. Cupid has some [love advice](#) on thoughtful ways you can thank them for all their support:

1. Cook them a meal: The way to someone's heart is through their stomach. If you're wanting to show just how much you appreciate how supportive your partner has been, try cooking them one of their favorite meals. Putting in time and consideration to make them a home-cooked dish will let them know exactly how much they mean to you. Besides, you both get a tasty meal out of it.

Related Link: [Celebrity News: Gwen Stefani Had No Idea Who Blake Shelton Was Before 'The Voice'](#)

2. Plan a romantic evening at home: Planning a romantic evening with your partner in mind is a sure way to let them know how thankful you are for their support. Staying at home makes the gesture even more personal. So light some candles, put on some sappy music, lower the lights, and take out their favorite bottle of wine. When they get in from work, they'll love nothing more than to see an entire evening planned out for the two of you.

Related Link: [Celebrity Couple News: Gwen Stefani & Blake Shelton Attend Wedding Together](#)

3. Write them a letter: Sometimes, it's difficult to express how appreciative you are to your partner face-to-face. In these circumstances, try writing them a letter and getting all your thoughts down there. This way you can carefully craft what you want to say to them, and your words are memorialized forever. Then, your partner can always go back and look at the letter when they like.

How have you thanked your supportive partner? Let us know down below!

‘Bachelorette’ Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People’s Choice Awards





By [Hope Ankney](#)

In the latest [celebrity news](#), [Bachelorette](#) star Hannah Brown bumped into her [celebrity ex](#), Tyler Cameron, at Sunday's People's Choice Awards. According to *UsMagazine.com*, Brown commented on their interaction before the show started, saying there was no bad blood. She discussed how sweet it was that Cameron brought his mother as his date. When asked if she was nervous about seeing him, she replied positively, "I think I have so much going on right now. I mean, I came straight from practice for the show tomorrow, so there's no place for nerves and honestly, I'm just really focused on myself right now and I'm just really glad that I am able to be here and to celebrate the nomination of the award."

These celebrity exes crossed paths at the People's Choice Awards. What are some tips for keeping your cool

in the presence of an ex?

Cupid's Advice:

A break-up is never easy. It's even harder when you know you're going to have to see your ex again whether you plan on it or not. Standing in the presence of someone that you have a history with would make anyone sweat bullets, but it doesn't have to be an interaction you dread. Instead, if you're worried about keeping your blood pressure down the next time you see your ex, don't worry. Cupid has some [relationship advice](#) on how to stay as cool, calm, and collected as possible in their presence:

1. Think about the positives: If you know you're going to have to be around an ex in a public setting, make sure you don't focus on the negatives of your relationship. Associating their presence with hurt will only hinder you from having a cordial interaction with them. Try to keep your mind on the positives of your guys' time together. Then, when the time comes, you'll be level-headed enough to have a friendly passing conversation.

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2. Be surrounded by friends: Being around an ex, alone, can be a daunting task. But, if you know there might be a possibility that you'll run into your ex somewhere, bring a couple of your friends to cushion the blow. You'll feel much more confident and positive being around them. And, you won't have to worry about suffering through any awkward silences that might occur.

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3. Focus on yourself: The best advice to keeping your cool when you're around an ex is to do what Hannah Brown did and

focus on yourself. Don't allow yourself to think too much about their presence. Keep doing what you're doing, and don't worry about them being there. This helps in alleviating the stress of seeing your ex and acting kindly towards them when you do bump into them.

What are some ways you keep your cool around an ex? Sound off in the comments below!

Celebrity News: Joe Giudice Reunites with Teresa's Dad in Italy Amid Split Rumors





By [Hope Ankney](#)

In the latest [celebrity news](#), Joe Giudice was spotted reuniting with Teresa's dad in Italy amid the [celebrity couple's](#) breakup rumors. According to *EOnline.com*, Giudice posted new photos on his Instagram account of him in Italy where he is spending quality time with his father-in-law. He even posed for a selfie with Teresa's dad on his Instagram story before tagging her account in it.

In celebrity news, Joe Giudice is showing good faith by meeting up with Teresa's family. What are some ways involving your family can help save your relationship?

Cupid's Advice:

Families are such an integral part of a relationship. Getting

to know your partner's parents is a big step in taking a relationship to the next level. And, when you and your partner are on the rocks, they can also be a very helpful outlet to combatting these issues and keeping your bond from crumbling. If you're having a hard time figuring out how to save your relationship, don't fret! Cupid has some [love advice](#) on how involving your family can actually be a useful asset during these trying times:

1. New perspectives: If you're speaking to your in-laws, know that they know your partner better than you ever will. Being open and honest with them about your relationship will give them a chance to hand you new perspectives on the situation. They can provide anecdotes of how your significant other reacts towards certain behaviors while also offering wise advice for keeping your relationship alive.

Related Link: [Celebrity Breakup: Teresa & Joe Giudice Talk Divorce in Interview with Andy Cohen](#)

2. Tough-love: Families are good at many things, but one of their best skills is to give you tough love when you need it. Most times your family won't sugarcoat anything for you, and if you come to them for relationship advice, they won't hesitate to be as blunt and honest as possible. If you've messed up, they'll let you know, and if you're being stubborn, they'll call you out on it. Trust families to not take your feelings into consideration because, sometimes, being direct about relationship issues can actually help you resolve them.

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3. Safe space: Remember all those times you were homesick, and you wanted nothing more than to travel home and sleep in your childhood bedroom? A lot of times, having relationship blues can actually trigger a feeling of homesickness. Don't shrug it off. Lean into it, and visit your family. Taking time to

yourself to go back to a place that you consider a safe space can give you an opportunity to decompress. Relax, unwind, and distract yourself for a few days. This can do wonders by looking at your relationship troubles with a fresh perspective.

How has involving your family helped save your relationship? Sound off down below!

Celebrity Break-Up: David Eason Speaks Out After Jenelle Evans Announces Split





By [Hope Ankney](#)

In the latest [celebrity news](#), *Teen Mom 2* alum David Eason has spoken out after Jenelle Evans announced their [celebrity break-up](#). This is the first time he's addressed the issue with his estranged wife, and he seemingly shaded Evans through several Instagram stories on Sunday, November 3rd. According to *UsMagazine.com*, Eason posted two screenshots of *TMZ* articles. One detailed a request for full custody of the pair's two-year-old daughter, Ensley. The other discussed Evan's road rage that was broadcast in 2018 where she followed a driver home and then brandished a gun.

In celebrity break-up news, David Eason threw some shade Jenelle Evans' way after she announced their split. What are some things

to avoid on social media during a break-up?

Cupid's Advice:

Getting over a nasty breakup is hard, but it is even harder when social media is involved. Whether it is viewing their stories, stalking their profiles, or keeping up with what their friends are doing, it is a breeding ground for hurt feelings and questionable consequences. If you're going through a break-up, and you're having a hard time pulling yourself away from your ex's social media, don't worry! Cupid has some [relationship advice](#) on what to avoid on social media during a split:

1. Social media stories: Facebook has them. Instagram has them. Snapchat has them. Social media stories allow users to see exactly what's going on with someone in real-time. It's a cool feature unless you're going through a tough break-up. Seeing your ex out having fun on their stories can further fan the flame, and it might lead to feeling worse or to toxic social media behavior. Before you decide to click on their icon, think about what viewing this story is really going to help when it comes to getting over them.

Related Link: [Celebrity Parents: 'Teen Mom 2' Alum Jenelle Evans & David Eason Lose Custody of Kids After Legal Battle](#)

2. Burner accounts: If you follow their FINSTA (private Instagram) or Fake Twitter, chances are your ex will be venting about you and your relationship after it ends. If they haven't already blocked you from following their account, maybe it's a good idea to unfriend yourself from seeing those posts. And, if you are blocked, don't give in to the temptation to ask friends who are still privy to the accounts to spy on them and report back. You'll see or hear something you weren't prepared for, and it will only lead to anger or

hurt.

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3. Keeping up with the circle: Chances are, when a relationship ends, the friend circle won't be the same. Some people will choose to stay with your ex while others might be more neutral about the breakup. Either way, it isn't a good idea to poke your nose into the circle, especially on social media, to keep up to date about what your ex is doing. Not only does it not paint you in a good light, but it can cause issues in the friend group. It's better to keep a safe distance than to cause more distress than is necessary.

What are some things you avoid on social media while going through a breakup? Let us know down below!

Movie Review: Seberg





By [Hope Ankney](#)

Seberg is a film that will have everyone sitting on the edge of their seats. Following the story of Jean Seberg (as played by [Kristen Stewart](#)), the [movie](#) takes place in the late 1960s, as the American actress grows bored of acting and takes interest in activism and politics of the era. While on a flight, Seberg locks eyes with a handsome stranger, Hakim Jamal, who turns out to be an outgoing, yet controversial, leader of The Black Panthers Movement. Wanting to “make a difference,” she finds herself swept up in a romance with Jamal while she dives further and further into the movement of the Panthers. It isn’t long, though, until a young FBI agent named Jack Solomon falls for Seberg, making everything a little bit more difficult.

***Seberg* is a political thriller that will have you feeling a mix of**

emotions by the film's end! Check out our movie review.

Should you see it: If you're a fan of politics, true stories, or thrillers, this film will be perfect for you!

Who to take: Take someone who will appreciate the film's purpose as much as you do. It's better to link up with a friend who would be into Seberg's story line and understand the significance of the politics of that era for you to have a better viewing experience!

Cupid's Advice:

Even though Seberg is a political thriller, there is a subplot that revolves around lovesick FBI agent Solomon chasing after Jean even though she doesn't seem to be reciprocating the same smitten feelings. If you're falling for someone, and you don't know if they're feeling the same way, don't worry. Cupid has some [relationship advice](#) to figure out if someone is into you or not:

1. Extended eye contact: If you and your crush are consistently exchanging glances at one another, this could be a sign that they're interested in you. It's even more obvious if these glances include smiles, bashfulness, or rosy cheeks!

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2. Casual touches: innocent touching happens all the time between two people. But, it becomes a little less casual when these touches turn into gentle hands on the shoulder or brushing of hands. Chances are, if someone is going out of their way to come in contact with you, they're at least a little bit into you.

Related Link: [Movie Review: Midnight Sun](#)

3. Constant laughter: A sure sign that someone is flirting is when everything you say is taken like a comedy routine. People who like you are going to think you are the funniest person on the planet, and going out of their way to genuinely laugh at something you said is a way for them to show interest.

What are signs you've noticed to know when someone is into you? Let us know down below!

Movie Review: Portrait of a Lady on Fire



By [Hope Ankney](#)

If you've been looking for a good period piece with romance and gender representation, then look no further than Celine Sciamma's newest directorial move. Ending the year off right, *Portrait of a Lady on Fire* is the French film that burns on female desire. Following the story surrounding the 18th-century painting, the focus of the film revolves around the woman, Héloïse, who refuses to pose for it, defiant against the arranged marriage she's being forced into. This where she meets the artist commissioned to paint the portrait, Marianne, who she ends up having a very complex and intellectual bond with. Told through Marianne's eyes, it's a film that's hopeful, heart-wrenching, and utterly poetic as a beautiful lesbian representation of love and loss.

Check out our movie review of *Portrait of a Lady on Fire*, a stunning romance film for date night!

Should you see it: If you love period pieces, romance stories, female-directed films, or are just tired of not seeing enough lesbian representation in the industry, you should definitely mark your calendar to see *Portrait of a Lady on Fire*. It'll be a film you won't stop talking about in the new year.

Who to take: This [movie](#) is perfect for date night or just a G.N.O with some friends who want to experience a tearful yet beautiful love story! Filled with moments of complexity and the deeper layers of how love blossoms between two people, it's great for conversations over dinner about how the story made you feel afterward.

Cupid's Advice:

Portrait of a Lady on Fire details the relationship between two women who come into one another's lives in a way they both don't expect. A forbidden love story that relies heavily on trust and vulnerability, it pulls on anyone's heartstrings who have found themselves in relationships that are new and frightening. First time experiences and allowing a stranger into your chest can be a hazardous territory. If you're in-between a budding romance, but you're having a hard time allowing yourself to be completely vulnerable with the other, don't worry. Cupid has some [relationship advice](#) on how to knock your walls down as to let the other person in:

1. Communicate your fears: Stepping into a new relationship, usually, means that you haven't shared a lot about yourself with your partner. They don't know about your insecurities, doubts, problems, or fears. But, if you allow yourself to peel the layers back and reveal some of those issues and walls that you have built up, it'll be a relief for both you and your significant other. Besides, being vulnerable is one of the most attractive things to be in a relationship, and it will increase your intimacy and emotional connection ten-fold.

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2. Open up instead of shutting down: We've all been guilty of this. We get into an argument or something hurts our feelings, and instead of talking it through, we go completely silent and deal with it internally. In most cases, problems can be solved by choosing not to shut down but to open up. Communicating with your partner about something they did that affected you not only allows understanding of perspective, but it allows you, as a couple, to learn from the experience.

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3. Share aspirations and passions: It's a common theme in relationships that people fail to do what they love because they're afraid of what their partner will think. If you have a

goal or dream that is incredibly important to you, allow your partner to know about it! When you share something that personal with a significant other, you are letting them into your world which can make your relationship even better than it is. The more you do this, the stronger and more unique your bond will become.

What are some ways you've opened up in new relationships? Let us know down below!

Holiday Fashion Trends 2019



By [Hope Ankney](#)

We've officially made it to the Holiday season! And, of course, with the Holiday season comes colder weather, hotter drinks, lots of tinsel, and a different level of [fashion](#). Besides the copious number of scarves that seem to never go out of style, [fashion trends](#) come and go during this time of year. With office work parties, family get-togethers, and seasonally themed events with friends dominating your social life, it's easy to get overwhelmed with what to wear as the holidays approach. 2019 fashion tips look to lean heavily on the traditional pantsuit and even more rambunctious dresses. So, if you're scrambling for new ideas to fit into your wardrobe, now's the time to make a statement.

2019 holiday fashion trends land between conservative and liberal. Spice up your seasonal wardrobe with these stylish ideas.

From Pinterest to Instagram, to even *Vogue*, everyone has their own take on the new holiday fashion trends this year. It cycles through bold and wacky to more reserved and traditional, but the sweet spot is being able to fluctuate between the two. This season is all about embracing the two contrasting versions of yourself. Don't allow yourself to get trapped into one box regarding your wardrobe, because there's so much to choose from. If you're scrambling on where to start for holiday fashion, fortunately, Cupid has some [fashion advice](#) on some of the hottest trends that will be dominating the clothing racks this season:

1. Pantsuits: One of the options that have seemed to be more conservative in the past has flourished recently. With more and more people embracing the duality of pantsuits, it's no wonder they're on the top of the list for 2019 Holiday fashion trends. If you're wanting to show off your zany and eccentric

side, especially at an office party, find a unique colored suit, or even one with a print, to stand out wherever you go. With the tailored fit and business casual style, there's nothing that can bring this wardrobe-must down.

2. Bucket hats: Believe it or not, bucket hats are still trending into the winter season this year. But it isn't for street-wear. Dress up the bucket hat by getting festive colors and wearing them with a little black dress, head-to-toe lace, or even a trench coat. It'll make the casual head-wear into something a little chicer.

Related Link: [Fashion Trend: Tea Dresses](#)

3. Bold, flat colors: If there's one thing that stands out this year in fashion, it's the minimalistic designs of bold colors that are taking over. Best worn as a dress, this trend involves wearing only one color. Styling a strictly red or yellow dress won't just make you stand out at a holiday party, but it will attract everybody's attention in the room.

4. Jumpsuits: There's nothing more comfortable or exciting than wearing a jumpsuit. You zip up one article of clothing and you're on your way! Watch out for holiday-colored and printed suits as you get ready for winter fashion. They're a rare piece to rock, but if you take the risk, you'll be the most fashionable and conveniently comfortable person wherever you go. Besides, they're excellent at keeping you warm!

Related Link: [Date Idea: Warm Up By Exercising This Winter](#)

What are some of your favorite fashion trends this Holiday season? Let us know in the comments below!

Celebrity Couple News: Emily VanCamp Makes Tribute to Josh Bowman on 8th Anniversary



By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity couple](#) Emily VanCamp and Josh Bowman recently made everyone gush over their relationship. According to *EOnline.com*, VanCamp took to Instagram to post an adorable shout-out to Bowman for their 8th anniversary together. In the caption, she wrote, "Almost 1 year married, but today marks 8 years together. Thanks to this human for making life the greatest adventure and also for being the best dad to our furry child Frankie. We are so lucky." Not stopping there, she also went on to post multiple Instagram stories that documented the couple's time together.

In celebrity couple news, this pair proves they are soulmates. What are some ways to know you've found "the one"?

Cupid's Advice:

There's something about love that just makes colors brighter, the world happier, and your life the most magical part of the universe. There's nothing sweeter than finding someone that makes you feel like you are worthy of a lifetime of love. But, sometimes it isn't so easy to distinguish whether or not this person is "the one" for you. If you're in a relationship that you're thinking could be your soulmate, Cupid has some [relationship tips](#) for figuring out if your partner is "the one" or not:

1. They bring out the best parts of you: The right relationships should always show the absolute best parts of who you are. They are meant to bring out what others can't, and if you feel like your partner does that, it might be a good indication that they're the one for you. But, remember! Make sure you bring out the best in them, as well.

Related Link: [Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships](#)

2. Your friends and family have never seen you happier: Those closest to you know you better than you know yourself. They know when you're sad, or when you're angry, or even when you're happy. If you've gotten comments from friends and family that detail how much happier or how much you glow since being in this relationship, you might have found "the one" for you. You should never be in a relationship with someone that doesn't make you the happiest you've ever felt.

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3. You're each other's biggest fans: There's nothing like a relationship that shows how much you support the other. If you're both your guys' biggest cheerleaders, no matter what, it's a great indication that you found someone that can be with you for life. It's hard to find partners who are willing to support you, unconditionally. If you have that in your relationship, you're one of the lucky ones. Cherish it!

How did you know when you found "the one?" Sound off below!

Celebrity Breakup: Teresa & Joe Giudice Talk Divorce in Interview with Andy Cohen





By [Hope Ankney](#)

In the latest [celebrity news](#), Teresa from *Real Housewives* and husband Joe Giudice held nothing back as they discussed their relationship in a tell-all interview with Andy Cohen. According to *UsMagazine.com*, the [celebrity couple](#) stated that they had talked about divorce before. Joe even admitted, “If we stay together, we stay together. If we don’t, we don’t. We’ll see.” He even went on to say that Teresa needs to find another man since she is “high maintenance.”

In celebrity break-up news, things aren’t looking promising for Teresa and Joe Giudice. What are some ways to decide whether to call it quits on your marriage?

Cupid’s Advice:

[Celebrity breakups](#) aren't much different than ours. Even though there's fame and money, it doesn't change a lot about the dynamic when it comes to relationships. If you're on the rocks with your partner, and you don't know whether or not you should end the marriage, don't worry! Cupid has some [love advice](#) on when it might be a good idea to reevaluate your relationship:

1. No communication: The most important aspect of a relationship is the ability of both parties to be able to communicate with one another. If conversing openly and honestly with your partner has deteriorated, this might be a sign that the marriage needs to be reassessed. This is only if attempts to strengthen the communication has failed before.

Related Link: [Celebrity Couple News: Jenni 'JWoww' Farley & Zack Carpinello Are Back Together After Split](#)

2. Lack of respect: Joe dissing his wife Teresa by saying she needs to find another man that can handle her and her "high maintenance" tendencies is a very disrespectful thing to say about your partner. If you're in a marriage that shows levels of disrespect toward one another, your relationship has some layers of toxicity. Sit down and discuss why you're both saying such hateful things about one another, and if you cannot reach common ground, it might be a good idea to start packing your bags.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Tia Booth and Boyfriend Cory Cooper Split After 1 Year Together](#)

3. Low affection: This is something that can sometimes be harder to catch if both you and your partner have gotten into a routine that makes this behavior normal. If your marriage has faded into nothing, but low levels of attraction or intimacy, this may indicate a bigger issue. Try to figure out if this problem is fixable, and if it isn't, neither one of you deserves to be in a marriage that doesn't show the other

the affection they need.

What are some signs that show you might call quits on your marriage? Let us know down below!

Date Idea: Bet On It



By [Hope Ankney](#) and Kristin Mattern

Take a gamble on love this weekend and hit the strip with your man! Head out to a local casino and set the stakes high as you roll your way into your sweetie's heart. You'll be up all night with this weekend [date idea](#).

Check out this date idea if you want a fun and competitive date that lasts all night!

Get glammed up for your cutie, jump in the car (or get extra fancy and rent a limo) and drive over to the nearest gambling spot. As you walk arm and arm onto the casino floor together, share the surge of excitement and anticipation for the night ahead. Sit at the same table and play against one another to encourage some friendly competition, or root your honey on as he plays a card game alone. See if lady luck is with you as you sit side-by-side and have a go at the slots.

Make this date a romantic weekend getaway and catch a flight to Vegas. You never know, you might just make it into some high roller suites! After some boozy kisses and some wins at blackjack, head out onto the strip to take in the sights. Catch one of the many shows, like Cirque du Soleil or David Copperfield, and then hit up the clubs. Dance the night away as you celebrate your winnings. Check out Vegas.com to discover places to stay, shows to see, where to eat and more – everything you need to make this casino getaway truly unforgettable.

Related Link: [Date Idea: Enjoy a Secret Sunset](#)

If you're on the East Coast, make Atlantic City your destination. Play roulette and poker, then head out for a stroll along the iconic boardwalk. Snuggle up on the beach with your babe if you want to wind down, or hit up one of the many nightclubs to keep the electric feel going. Not in a dancing mood? Atlantic City has tons of shopping – the perfect way to spend your winnings. Check out AtlanticCityNJ.com for more information.

Related Link: [Date Idea: Finders Keepers](#)

If you're not looking to spend big bucks, set up a casino date at home! Have a fun and flirty night in as the two of you play rummy for pennies, blackjack for that last piece of pizza and maybe even a game of strip poker. Get creative and wager what you'd both like to bet for: kisses, hugs or the next movie you watch. Make sure to have some munchies on hand to nosh on while you play. Drink your favorite microbrew with your dearest, or share some sparkling wine. When you're done gambling, throw on a casino-themed movie like Ocean's Eleven and just relax.

No one loses on this date – you can bet on it!

Ever take your loved one out to a casino for date night? Tell us all about it in the comments below!

Date Idea: Play Romantic Dating Games





By [Hope Ankney](#) and Gabriela Robles

This weekend, spend the night indoors with your love by showing off your competitive side by organizing a few romantic dating games. This is a great [date idea](#) to share your best couple of friends too. So hurry over to an arcade and have a fun game night with your sweetheart!

Check out this date idea if you're up for a fun and competitive night with your partner!

Find a luxury bowling alley that's specifically set up for romantic dating games. Usually, these types of bowling alleys are done up in a glow-in-the-dark fashion and have a party-like environment that's extremely exciting. Most likely, there will be fun music, cocktails and tons of entertainment. Some luxury bowling alleys even have restaurants or grills attached to them as well as lounges, game rooms, cigar bars, and dance areas. This atmosphere will insure an amusing night that both

you and your date will enjoy.

Related Link: [Date Idea: Light Up Each Other's World](#)

If an arcade is more your style, you can still enjoy a romantic dating game spot such as Dave and Busters. This popular spot has a restaurant that serves delicious appetizers, salads, entrees, and desserts – plenty of options. After you've eaten, you can head over to the games and get busy with your man. Show off your gaming skills behind the wheel by playing Daytona USA or impress your date with Super Shot. If you're in the mood to compete, play some QuadAir Hockey or try Dance Dance Revolution. The best part is that they have great deals. In fact, their Eat, Play, Win Combo is a surefire way to have a great evening that your wallet will love! Dave and Busters even have new games, so if you're addicted to Temple Run or Cut The Rope on your phone, try the arcade versions!

Related Link: [Weekend Date Idea: Get Crafty](#)

Romantic dating games are about doing something fun and new with your significant other, so go in with an open mind and excited attitude. Who knows? You two might have such a good time that you'll head out to your local bowling alley or arcade each month. It's a great way to beat the chill and heat up your relationship.

What're some things that you do for your game nights? Share with us in the comments below.

Date Idea: Rent a Cabin in the Snow



By [Hope Ankney](#) and Gabriela Robles

Rent a cabin in the mountains with your partner and settle in for a comfy, romantic weekend together. Whether you're actually snowed in or just pretending to be, this [date idea](#) is a surefire way to light the flame together.

Check out this date idea if you're looking for something fun and romantic!

If you're on the East Coast, check out the Poconos Mountains

for some snowboarding, skiing, horseback riding and snow tubing. Or try the Woodloch Resort for an all-inclusive package deal. If you're on the West Coast, take a trip to Breckenridge Ski Resort, where you can enjoy tons of activities such as rafting, sleigh rides, balloon tours, and many delicious restaurants.

Related Link: [Date Idea: Get Your Relationship Off the Ground](#)

Before you go, think about what you may need. Besides the cozy sweaters and warm slippers, remember to bring something fun for entertainment. A board game will bring out the playful side in you, so pack Cranium, Monopoly or Scrabble. As you and your honey get into the games, talk about which one is your favorite. Reminisce over old games you used to play or still do. Once you're done with your board games, uncork a bottle of wine and grab a deck of cards. Maybe your partner wants to learn how to play gin rummy, or perhaps you're both skilled poker players. If all goes well, you may have a new weekly tradition on your hands: game night!

Related Link: [Date Idea: Run Outta Moonlight](#)

Outdoor activities are also a great way to romanticize a trip. Before jumping in the car, research the town you're staying in and find exciting things to do during your time there. Exploring a new place together will make for great memories that you'll think about for years to come. Go hiking, wine tasting and – if the snow allows – sledding to bring you two closer. When you've had enough of the cold air, head inside, cuddle up together and talk about your experiences that day. Talk about what activities you want to conquer on your next mountain trip.

This weekend is about sharing new experiences together. Whether it's your first time in this quaint mountain town or just the first time you've gone snowshoeing, focus on stepping out of your comfort zone and testing your capabilities. After

a delightful few days, you and your sweetheart will be glad you had a weekend away.

Have any suggestions for places to vacation? Share with us in the comments below.

Dating Advice: Why 'Ghosting' is the New Normal in the Dating Scene



By [Hope Ankney](#)

Most of us have been the victim of abandoned text messages, empty voicemail boxes, and the complete disappearance of someone we thought we had a great connection with over drinks. This leaves us with a haunted mind that tries to understand what we did wrong to cause someone to vanish from our lives. An experience that is more common in our [dating](#) lives than most of us think, the term “ghosting” (the act of withdrawing or ending a relationship suddenly and without explanation) has become the new normal.

In this dating advice, find out why “ghosting” is so trendy right now in the dating scene.

Is ghosting a new trend because of the rise of technology and social media? The absence of communicating with others face-to-face? The desensitization of considering others’ feelings due to impersonal interaction? Those are questions that have circulated around the term “ghosting” for a while now, in an effort to understand the epidemic that has created open wounds and confusion. It seems that the main culprit to “ghosting” in our dating lives is the lack of vulnerable communication we have, now. Many people don’t know how to cope with having an honest conversation, so they’d rather disappear instead of confronting the other person directly about their feelings. Dr. Fran Walfish, a leading child, couple and family Psychotherapist in private practice in Beverly Hills, California, provides her opinion on why “ghosting” has become so popular in modern dating:

1. Technology: As Dr. Walfish explains, “We are currently living in an age where people judge dates based on what technology they have. They slide this under the guise of ‘ease’.” With how technology-dependent our society is, nowadays, it’s much easier to contact people on whatever

social media app or texting device we have available to us. She goes on to say that people have normalized texting to be a front-runner in how we communicate in relationships, which ends up causing much more misunderstanding, uncertainty, and distance between people. This results in “ghosting” being a common practice that hurts and confuses the message receiver.

Related Link: [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

2. “Cookie Jarring”: This, as Dr. Walfish has coined, “is a dating term where you keep someone as a backup with no real intention of dating them. You use them as a possible escort for parties or group events so you don’t have to go alone, but you put them back in the cookie jar when you’re done.” This somewhat of a brutal way to put it, right? But, “cookie jarring” is actually a phenomenon that only further perpetuates “ghosting.” With millennials and Gen Z-ers being raised in an environment of selfish and narcissistic media, these daters lack the realization that their behavior could significantly impact another. So, when they’re using someone or treating them coldly, they often don’t see it as being rude or disrespectful.

Related Link: [Dating Advice: 3 Ways to Know If Your Relationship Is Worth Saving](#)

3. Peer Pressure: Young people seem to constantly worry about how their peers perceive them, especially on social media. Dr. Walfish details that “young adults seem more consumed with how they are viewed by their peers if they show up dateless, rather than building internal character by doing the right thing and treating others the way they want to be treated.” Not only that but sometimes friends persuade them to drop those they’re dating or seeing. We love to fit in, and it isn’t abnormal for us to do that by ‘ghosting’ someone that the peers we value are telling us to. Peer pressure is the culprit for many people disappearing on others, and the

constant focus on social media can tell a person that they don't need to be dating one person when there are so many potential partners out there.

4. Bottom Line: 'Ghosting has become a phenomenon that, sadly, is here to stay. The dating scene has veered away from finding someone to build a relationship with, instead, focusing more on how easy and simple hooking-up is. This replacement has caused a stunt in how we utilize our communication skills and function in healthy relationships. The [relationship advice](#) that Dr. Walfish gives on how to combat the ever-increasing, impersonal characteristics of modern dating is to stick to traditional dating roles. "Open, honest communication between two loving and solemnly committed partners is required to make all the types of role divisions in relationships work." And, if you aren't feeling the same connection that your date is, the best thing to say is what Dr. Walfish suggests: "You are a lovely person, but I feel like we are not the right match (or fit)." By doing this, you're at least not leaving someone in the dark, feeling abandoned and rejected without knowing exactly why.

[Dr. Fran Walfish](#) is a leading couples relationship and family psychologist in Beverly Hills, CA, as well as the author of the book [The Self-Aware Parent: Resolving Conflict and Building a Better Bond with Your Child](#). She also writes a weekly relationship and parenting Q&A that is published in the 'Beverly Hills Courier' newspaper and is a former co-star on WE TV's 'Sex Box.' You can find her on [Facebook](#), [Twitter](#), [LinkedIn](#), and [YouTube](#).

Celebrity Couple News: Jenni 'JWoww' Farley & Zack Carpinello Are Back Together After Split



By [Hope Ankney](#)

In our latest [celebrity news](#), Jenni 'JWoww' Farley and Zack Carpinello are back together! After the [celebrity couple](#) split only two weeks ago, it seems like the two have mended their relationship. According to *UsMagazine.com*, the reality star and wrestler were seen together twice after they announced their break-up. This is when they spent time at Universal Studios in Florida on October 18th, and when Carpinello hung out with Farley's children on October 12th.

In celebrity couple news, this split didn't last! What are some ways to decide whether to get back together with an ex?

Cupid's Advice:

Getting back together with an ex can be a difficult decision. Let's be honest, it's much easier to patch things up with an ex instead of finding someone new because it means we must get to *know* someone new which, usually, isn't something we want to do. As you've probably broken up for legit reasons, it usually doesn't stop lingering feelings from keeping the flame alive. But, it's important to know when these feelings aren't just the normal process of missing a past relationship. If you're unsure of whether to give your ex another chance, don't worry. Cupid has some [relationship advice](#) that can help you decide:

1. Listen to your gut: The first thing you must do when reconsidering an old flame is to listen to what your gut is telling you. A past relationship could've ended because you chose to ignore major red flags or never followed what your gut felt. If you're choosing to give this person a second chance, make sure you're willing and able to trust your instincts if things start to slide back into the same territory.

Related Link: [Celebrity News: JWoww Is 'Hurt' After Boyfriend Makes a Move on Angelina Pivarnick](#)

2. Address what ended the relationship: Sometimes, partners like to jump back together without discussing what made them split in the first place. But, those issues seem to always creep back into a relationship if they're not dealt with

properly. It's important for a couple to build on their new relationship by learning from the problems that occurred in the past that led to their break-up. It'll help you both to understand each other's perspective on the situation, and it will stop similar issues from arising in the future.

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3. Time has passed: Time heals all wounds, right? Or, so they say. It's possible that your relationship ended because both of you just needed some time apart from one another. Sometimes, one needs to go soul-searching. Sometimes, both of you just need to learn to live life without one another to see if the relationship is right. It's often that when time passes, you have matured and grown as people. So, when you do find your way back together, it's like your relationship has recharged, and you've realized that you'd rather be with no one else.

How have you decided when to get back together with an ex? Let us know down below!

Movie Review: Lady and the Tramp





By [Hope Ankney](#)

Get ready for another animated Disney re-make! *Lady and the Tramp* is the next film to be offered a reboot, but unlike its predecessors, it won't be coming out in theaters. It'll be offered through Disney's newest streaming service starting on November 12th. Don't worry, though. The adored [movie](#) will still stick to its classic story-line. The journey follows a pampered Cocker Spaniel named Lady whose life is ripped away from her once her owners have a baby of their own. She goes through certain circumstances that lead her onto the streets, where she meets the tough and brawny stray dog, Tramp, who comes around to protect her. Soon enough, a romance between the two starts to blossom, but the differences in who they are and where they come from threaten to keep them apart.

Check out our movie review for *Lady and the Tramp*, a perfect film for

the whole family!

Should you see it: If you were already a fan of the beloved classic, love a good, family-friendly movie that caters to all ages, adore dogs, or are always up for a heart-warming experience, you should definitely consider seeing this film. And, unlike other animated remakes that Disney has done, *Lady and the Tramp* feature real dogs and isn't made up of mostly CGI!

Who to take: This movie is perfect for any family outing with the kids, your friends when you're wanting to experience nostalgia, or even as a light rom-com for a casual date night! The story-line is made to entertain everyone that sees the film which makes it an easy and enjoyable watch for anyone who is even slightly interested!

Cupid's Advice:

Lady and the Tramp is known for how it marries a child-like adventure story with an unforgettable romance. Always acting as a loose interpretation of *Romeo & Juliet*, it focuses on how differences between two people can hinder the success of a budding relationship. If you've ever found yourself in a position where you and your partner have major differences between both of you, don't automatically call it quits! Cupid has some [relationship advice](#) on how to stay together even when it seems like your differences can tear you apart:

1. Talk about expectations/differences and negotiate: It's tough to have a conversation about expectations in a relationship. It's even harder when that conversation steers towards things that bother you about certain aspects between you and your significant other. But, having these hard discussions can help you and your partner grow stronger. Work together when it comes to making decisions and following through on expectations. It's a good start to being able to

have differences and disagreements that don't, ultimately, feel like a personal attack anytime they're brought up.

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2. Let the differences be a positive thing: Depending on the circumstances, some differences can actually be good to have in a relationship. Being with someone who shares the same opinion or values about everything as you do can actually be quite boring and bland. Differences between two people give texture to the romance and can make the relationship fun and exciting. You should always be growing and changing in your relationships, so being with someone who shows you new ways to perceive life and opens you to new experiences is always something you should be looking for.

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3. Only compromise when it's worth it for both of you: There's no such thing as a relationship without compromise. But, you should never find yourself in a relationship that has you compromising more than the other person. Every couple handles differences and the compromises to those differences in unique ways. So, the key to having a healthy and successful relationship is to find ways where compromise doesn't seem like a bad thing, and it can help both of you to become happier and better people.

What are some ways you've found a way to stay in relationships despite your differences? Let us know below!

Fashion Tip: Incorporate Trench Coats into your Holiday Wardrobe



By [Hope Ankney](#)

The holiday season typically brings with it a mix of all kinds of weather than can be hard to predict. Even in the South, the weather is much colder than it usually is the rest of the year, with rain and wind thrown in there as well. You must always be prepared for what winter has to offer, and what better way to be prepared than to know how to incorporate everyone's favorite [fashion](#) staple: the trench coat? A wardrobe essential that never goes out of style, there's an array of [fashion tips](#) all throughout history and pop culture for how to rock this famous coat style.

With the holidays approaching, what are some fashion tips on how to style a trench coat that'll have everyone at your holiday get-togethers envious?

If there's one thing that the trench coat is, it's culturally iconic. With both women and men flaunting their style with this fashion statement since the 1930s, it is a timeless way to look and feel glamorous. Everyone from [Blake Lively](#) to Meghan Markle has shown how simple, yet chic, the coat can be. A clothing choice that will never go out of style, it's an easy way to elevate an outfit. If you're thinking about joining the trench coat club during the holidays, Cupid has some [fashion advice](#) on some of the best times to wear the staple this season:

1. To work: Some of the most memorable pop culture references of the trench coat are in 1970s films. If you're tired of wearing the same drab, black slacks with a white button-down to work, this coat can easily switch up that wardrobe. You'll look like a killer businesswoman showing up to the office just by trading in your slacks for a wide-legged trouser, a blush-colored blouse, and a black or camel-toned trench.

Related Link: [Fashion Tips: 5 Fashion Staples You Should Have in Your Closet](#)

2. On the weekend: In the midst of the holiday season, there are several instances where holiday parties are going to be on your radar. If you're unsure of what to wear to the event, a good choice to dress up a simple black dress is to pop a trench coat over it before you head out the door. Make sure the coat has a vibrant color so that it stands out among your peers as you walk into that party; all eyes will be on you.

3. To brunch: Not every outing with a trench coat has to be one that involves being the center of attention. A trench coat can be casual, too. Next time you're hitting up brunch with your gals on a Sunday, try pairing a light-colored trench with a sweater and a pair of jeans. This can be a simple, yet effective way of making your outfit look more fashionable than it is.

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4. When it's raining: Besides being a fashion statement, the trench coat is actually a very versatile option to the [rain jacket](#) when it comes to the changing weather. When it's raining, it can be a life-saver as you head out into the storm. If you don't want to look like a drowned rat on days it drizzles, try pairing a simple outfit like a nice blouse or over-sized sweater with some leather leggings and a black or beige trench coat. Wearing some riding boots can really draw the look together.

5. To family dinners: Coming home for the holidays is one of the best parts of the season. Thanksgiving and Christmas are times to catch up with everyone, and it's also the perfect time to pull out a trench coat. This coat doesn't always have to be the focal point of the outfit. It can be an outer layer that you can easily take off without ruining your outfit. For instance, find a burnt ember or olive green trench that can look classic while also being subtly festive.

How do you like to incorporate a trench coat into your holiday wardrobe? Let us know down below!

New Celebrity Couple: Miley Cyrus & Cody Simpson Are All Smiles on Coffee Date



By [Hope Ankney](#)

New [celebrity couple](#) alert! In the latest [celebrity news](#), [Miley Cyrus](#) and Cody Simpson seemed to be all smiles on their coffee date on Sunday afternoon in Los Angeles. According to *UsMagazine.com*, the two singers kept the date very casual. This comes after Simpson shared his romance with the news outlet saying, "We just have a ball and that's the most important part of a relationship. It hasn't been a really crazy sudden thing. We've been friends for so long that when we sort of found each other again in a space where we're not partying and working really hard, [we] just like [to] keep

things healthy.”

This new celebrity couple seems to be hitting it off. What are some ways to know your new relationship is strong?

Cupid's Advice:

When you get into a new relationship, it can sometimes seem like everything is going so fast. There's the whirlwind romance, the attraction of everything that is fresh and new, and learning everything there is to know about this person. It can be fun and exciting, but it can also be difficult to know when a new relationship is becoming more than just a casual date. Fortunately, Cupid has some [love advice](#) on a few ways to know when your new relationship is going strong:

1. You're happy: This might seem obvious, but you'd be surprised how many people aren't genuinely happy with the one they're dating. Strong and healthy relationships should be full of as much fun and laughter as possible. We're not saying that every single moment of each other's relationship should be nothing but joy, but it should outweigh a lot of other emotions that make you both well... not happy.

Related Link: [Celebrity News: Miley Cyrus Appears to Shade Exes Kaitlynn Carter & Liam Hemsworth in Post About Love](#)

2. There's trust: Strong relationships cannot be built unless they have a sturdy foundation of trust. You must be able to have a very healthy level of trust and commitment with each other before you can label your relationship a strong one. Communication and openness are a big key to having a successful bond with your significant other.

Related Link: [Celebrity Couple News: Cassie Randolph & Colton Underwood Are 'On the Same Page' About Marriage](#)

3. The relationship makes you feel safe: This is probably the most important aspect of a bond. Knowing that you have a sense of comfort and safety within another person is one of the best signs of knowing if your relationship is going strong. Your significant other should be a safety net to you when you need them. They should provide you with a stable home and a sense of calm when you need it. If you don't feel safe within your relationship, maybe you shouldn't still be with that person.

How do you know when your relationship is going strong? Sound off in the comments below!

Celebrity News: Matthew Koma Calls Hilary Duff 'Wife' Sparking Marriage Rumors





By [Hope Ankney](#)

In the latest [celebrity news](#), Matthew Koma has, seemingly, sparked rumors that he and [Hilary Duff](#) have secretly tied the knot. According to *UsMagazine.com*, the musician referred to Duff as his “wife” in an Instagram post shared on Saturday night. In the photo, you can see the actress mid-laugh as she’s dressed to the nines. Many fans began speculating about a possible wedding ceremony, but neither party responded. Instead, Duff posted a photo to her own Instagram the same night of the two, detailing that they were attending the AdoptTogether’s 2019 Baby Ball in Los Angeles.

In celebrity news, is it possible that Hilary Duff and Matthew Koma tied the knot in secret? What are some benefits to keeping your

nuptials on the down-low?

Cupid's Advice:

It's not uncommon for [celebrity couples](#) to secretly get married. Their entire lives are handed to the public on a silver platter. Privacy is something they don't take for granted, so it's understandable that there are some aspects of their world that they would like to keep separate. But, this isn't just helpful for celebrity relationships. It can be just as beneficial for anyone to keep their private life... well, private. Here are some of Cupid's best [relationship advice](#) on why getting married on the down-low can actually be a good thing:

1. Filtered social media: The advancements in the visual aspect of social media has changed how we get attention from our peers. However, if you become obsessed with recognition and likes, it can negatively affect your relationship. It begins to blossom when a couple notices that they're more in love with the idea of their relationship being flaunted online than they actually are being in the relationship. Keeping your marriage private can help in keeping both of your motivations pure as you step into the next part of your lives together. It's important to note when you're in a partnership with another because you have a genuine bond versus when you love the views that social media gives you for that partnership.

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2. Fewer riffs due to privacy: When you share almost every waking moment of your marriage online or with others, it hinders the relationship from having a bond that should be shared only with each other. Most spouses aren't exactly excited to know that the majority of their relationship is exposed to third parties. This can cause drama and unnecessary

issues in your marriage when others know about problems or complications that are normally kept quiet.

Related Link: [Celebrity Wedding: Justin Bieber & Hailey Baldwin Tie the Knot for the Second Time](#)

3. Less opportunity for exes to meddle: No matter what, it seems like some exes just don't allow you to ever be happy. The only thing worse than friends or family being in your marriage's business is if an ex is meddling in it as well. This can damage your relationship if your marriage isn't built on the strongest of foundations. Disclosing information to your ex or those who know your ex can be harmful, and it should be something that isn't taken lightly. Don't allow yourself to be vulnerable, and always be wise.

What are some ways that you've found being private with your marriage has been beneficial? Let us know down below!

Food Tips: Healthy Thanksgiving Meal Alternatives





By [Hope Ankney](#)

Thanksgiving is a time where families come together, memories are made, and a delicious meal is prepared. But, what do we all know too well about this holiday? We know the overstuffed feeling of eating too much [food](#), lying on the couch, and unbuttoning our jeans. The food served during the holidays, but especially around Thanksgiving, are carb-loaded and act as a gateway to long-term consequences if you're not careful. So, implementing a tradition of healthier food choices for your holiday meals can stop the overeating misery you experience every year and even keep your waistline in check.

Food Tips: Thanksgiving is a holiday known for its huge feast. What are some small changes you can implement for a healthier

Thanksgiving meal?

Now, we're not saying to deprive yourself of all the goodies that Thanksgiving has to offer on the dining table, but try to switch out one or two dishes for something a bit healthier. Nothing too drastic, but make sure these meal alternatives won't have you wishing you hadn't eaten it hours later. Who knows, maybe Cupid's [food tips](#) on some healthier Thanksgiving Day plates will even become a traditional meal prepared in your home for years to come:

1. Pumpkin soup: Is Thanksgiving complete if you're not at least biting into something pumpkin-flavored? An easy dish to prepare, pumpkin soup packs all the flavor and all the filling of any other pumpkin recipe. By using this recipe from [Rachelcooks.com](#), you'll have a delicious, well-spiced curry soup in only 25 minutes!

2. Roasted sweet potatoes with honey and cinnamon: Sweet potatoes are featured in many Thanksgiving dishes. It's most well-known for the tasty sweet potato casserole that is a staple to the holiday. If you're looking for a healthier option, don't worry, a simple roasting of these potatoes with a slight drizzle of honey and a sprinkle of cinnamon will be just as delicious as any dessert there.

Related Link: Food Trend: [Managing Meal Complexity From Kitchen to Kit](#)

3. Vegan stuffing: This alternative might not look much different than the regular, but it is much healthier for you. Taking away the butter and eggs, you're still able to get a flavorful dish that reminds you of the holidays. The [Foodnetwork.com](#) has a recipe that even features green tea to give it an earthy kick that chicken stock or vegetable stock won't give you.

4. Thanksgiving cauliflower: This might not sound appealing, but trust us on this. With the recipe provided by Delish.com, it'll be a crowd favorite during the holiday. Pouring gravy on top of the cauliflower will make everyone forget about looking for the mashed potatoes.

Related Link: [Food Tips: Natural Sugar Replacements](#)

5. Apple nachos: When it comes to desserts, it's difficult to steer away from all the pies and cakes that are served on Thanksgiving. But, apple nachos can be the one thing that saves that dessert table. Obviously healthier than a pie, this dish from Delish.com can be prepared in minutes flat and have your guests coming back for more. It's a fun and creative recipe that you can mix and match every time you make it.

What are some healthy meal alternatives you prepare for Thanksgiving? Let us know!

Fashion Tips: 5 Fashion Staples Exclusively for Plus Size Women





By [Hope Ankney](#)

Step aside, size zeroes; this guide is specifically for those beautiful plus size ladies out there looking to expand their wardrobes. These five fashion staples are must-haves for plus size ladies everywhere and will help you feel comfortable and beautiful in your own skin. Not to mention, we've included a few [fashion tips](#) for every occasion, so whether you're headed to the club for an after-work celebration or attending the biggest meeting of your career, you'll look great and feel just as good.

Fashion Tips: Feel beautiful in your skin with these five fashion staples for plus size women!

Plus size ladies should have at least five essentials in their wardrobe to keep things versatile and fashionable at the same time. Whatever size or shape you are, something like a pencil skirt, tailored dress or good accessories (see [here](#) for some

unique pieces) can make you feel as good as you look, and that's something that simply doesn't have a price on it:

1. Dark or medium-wash jeans: Dark or medium-wash jeans tend to accent the best parts of your curvature and should be a staple in every plus size wardrobe. Darker jeans are slimming, creating a more form-fitting look so you can show off the beauty of your size and shape with a fashionable and versatile bottom that you can pretty much wear with anything.

Denim is always a staple in any closet, but *good denim* is a must for plus size ladies. We've all had the misfortune of purchasing department store jeans that just don't fit right. Instead of venturing into the unknown at a department or clothing store, buy exactly what you need online. [Designer plus size women's clothing](#) is available online from dozens of retailers, offering a more customized and fashionable range of options than your department stores will carry.

2. Pencil skirts: What's the best way to show off those curvaceous hips? With a pencil skirt, of course. These sleek, stylish additions to your wardrobe hug your body in all the right places, and darker colors can be slimming to your figure. Pencil skirts are the perfect addition to a plus-size lady's wardrobe, providing a formal bottom for any occasion.

Don't be afraid to accent your wider hips or thighs, ladies! A pencil skirt will curve around your body in all the right ways, helping you to feel more confident about yourself and turning heads all around you. Pencil skirts are probably the simplest solution we can offer to help accentuate your best curves and iron out your wardrobe options. Best of all, you can even wear them to work (most of the time).

3. A simple two-piece suit: If you work in an office or other professional environments, sometimes you need to dress up. Whether you're meeting a new client, or just running the day's budget meeting, you want to dress for success; and nothing

says success better than a two-piece suit. You can also choose to match separates to give the illusion of a tailored suit.

Mix and match different formal pieces, or simply purchase a pre-made two-piece suit so you have what you need for the formal occasions in your life. The best way to wear a suit is to have it *tailored* first; no matter what size you are. A tailored suit will fit your body better, feel more comfortable, and look ten times better than an un-tailored one.

4. A tailored dress: Speaking of tailored, dresses also look best on plus-size ladies when they're tailored to your specific measurements. Often, you'll find dresses at the mall or department stores that are simply labeled "XL" or "XXL". This leaves little room for interpretation, and the dress will often be too large and not form-fitting at *all*. You want your dress to conform to your body and show off your lovely curves, not fall around you like a blanket.

Getting your dress tailored ensures it will fit correctly and that you'll feel comfortable wearing it. After all, no one likes to feel like their clothes don't fit right, and plus size ladies especially always seem to get the short end of the stick when it comes to fashion. This is when it's a good idea to visit an online retailer that specializes in plus size clothing. Department stores simply won't have the range of options that an online retailer has available. Not to mention, online plus size clothing brands cater to specific shapes and body sizes rather than taking the "one size fits all" approach many department stores follow.

5. Patterned tops: Patterns like plaid or polka dots can bring just the right amount of attention to your upper body and provide a definitive separation of your top and bottom. Choose designs that are simple and not overly-colorful, such as a white blouse with black polka dots. This look can be combined with either a good pair of denim jeans (or a denim skirt) or

even a pencil dress to help really accentuate your curvature.

If you're a beautiful, plus-sized woman, what are your favorite fashion essentials? Let us know down below!

Celebrity Interview: Sophia Bush, The Activism Behind the Acting



By [Hope Ankney](#)

Sophia Bush is an American actress, director, and producer, but she's most well-known for starring as Brooke Davis in the hit CW drama series *One Tree Hill*.

Although she has been a part of the entertainment industry for years and has been featured in many TV series and films, she has an undying passion for activism. Working to use her platform to raise awareness for certain causes, she has been part of many campaigns and groups like *F*ck Cancer*, *Run for the Gulf*, *Humans Rights*, and *Do Something*. Recently, she has been very vocal about women's rights and the feminist movement, joining organizations and using her credibility to make a stand against misogyny.

In our exclusive [celebrity interview](#), we chat with the inspiring actress about her newest project with *Always to #EndPeriodPoverty*, her efforts to support the *Times Up* movement, her newest film, *Hard Luck Love Song*, and what she loves about her podcast *Work in Progress*!

In our celebrity interview with Sophia Bush, she talks about making the leap from the big screen to the activist scene.

1. Can you tell us about your latest campaign with *Always*?

I'm so proud to be working with *Always* on this important mission to help #EndPeriodPoverty. Last year, we were able to donate 20 million period products in the U.S. This year we're donating millions of additional products via *Always*' longstanding partner, *Feeding America*, and local *Period Heroes* who are already working to #EndPeriodPoverty for school-aged students in their communities! We are asking everyone to join us. Talking about the issue in your circles and on your social

channels – tagging @always_brand using #EndPeriodPoverty – will help raise awareness and inspire action! If you want to do, even more, you can purchase period protection products and support local *Period Heroes* in your community by donating them to your local school or shelter. Any donation could go a long way in making a difference for someone in need. Visit <https://always.com/en-us/about-us/end-period-poverty> to learn more about how you can get involved.

2. What made you want to join the campaign?

I was honestly shocked and disheartened when going over the data that shows that nearly 1 in 5 girls in the U.S. have either missed school entirely or left school early because they lacked access to basic period products. Here in the Los Angeles area alone, 88,000 students have missed school because of period poverty. That's why I'm honored to team up with Always to help raise awareness of this issue and make a difference. We cannot begin to tackle an issue if no one knows about it, so breaking the taboo and having the conversation is an important first step!

3. Another campaign you have been a part of and helped found is the *Times' Up* movement. How has this movement affected your life? Your dating life?

Well, I find it sad that there's some sort of fear that women speaking up for themselves – and their friends and coworkers – would somehow shrink their dating options. Or, that it's part of the consideration in the conversation around equity and eradicating sexual harassment in the workplace. I want to be clear- pursuing someone romantically and harassing someone in the workplace do not, ever, overlap or intersect. Nor should they. My understanding of that reality hasn't made men run away from me. And if it did, trust me they wouldn't be the right men for me or for any of us. *Times' Up* has been a long time coming. As has the general conversation about treatment in the workplace. Women deserve to go to work and just do

their jobs, the way men get to. The considerations and practices women have had to think about, just to avoid mistreatment while working, are an unfair amount of emotional labor, period. I'm glad we are in an era where we are talking about these things. I'll be even more glad when we see substantive, structural change taking place across industries. The conversation is certainly the first step, the awareness aspect is integral, but we need to see action taken as well. In my own life, I feel much safer and freer to be creative on sets where respect for everyone present has been clearly expressed. Where performers and crew alike are assured that they are supported. It matters.

4. Time's Up was founded by a number of other talented women. What are some lessons/ advice you have learned from the women you have campaigned with?

There are strength and safety in numbers, that's for sure. Whether it's the famous faces who have been able to garner global attention for the cause, those who champion behind the scenes, brilliant legal minds running the defense arm of the organization, I am in awe of how a committed group of women who are relentless in their pursuit of justice can effect change.



Sophia Bush at Variety and Women in Film. Photo: PRPhotos.com

Related Link: [Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating](#)

5. Along with being an activist, you are an actress who has starred in many popular shows/films. How do you use your platform as an actress to advocate for issues in the world or issues you are advocating?

My platform is the blessing of my career. I get to use it as a great big highlighter, a megaphone if you will, to draw attention to causes that need support. While I don't expect everyone to feel the way I do, I couldn't imagine having the ability to talk to millions of people every day and *not* pay that forward for great causes! I also happen to be a giant research nerd, so it excites me to do deep-dives on important subjects, from politics to philanthropy, and be able to share findings with my audience at large. It's the perfect marriage of the personal and professional, for me.

My acting career is something I love very much. I'm grateful

that my professional work is something I deeply enjoy. My activism, advocacy, political work, and volunteering are what truly fuel me as an individual, on a personal level. That's where I can truly serve. It has been a privilege to be able to use my platform and my social channels to share my dedication to causes that I'm passionate about. I'm grateful every day for the incredible community we've been able to build together, filled with people who continue to support these important causes along with me.

6. You have an upcoming film, *Hard Luck Love Song*. Is there anything you can tell us about it?

It's such a beautiful, tragic, messy love story. I was so struck by the cast of characters in this movie, each trying to do their best in their complicated circumstances. Working with Michael Dorman was a dream. He's a fantastic friend and collaborator!

7. Will you have any love interests in this movie?

Michael and I play used-to-be sweethearts who can't quite let each other go. It's a relationship that once held a lot of love, but also a lot of pain, and over the course of the film, our characters will have to see if they can start over.

8. How do you prepare for a love interest in a new movie?

I don't prepare for the love interest part so much as I prepare my own character and her experiences that have led her to the place where the audience meets her, the first time she appears on the screen.

Related Link: [Exclusive Celebrity Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses](#)

9. Is there anything you are excited to work on next?

I've been loving working on my new podcast, *Work In Progress*! It's been so fulfilling and fun. I get to have these deep,

funny, curious conversations with unbelievable people. The other day someone called it the “‘Fleabag’ of podcasts,” and considering “Fleabag” is one of my favorite shows of all time, I just about fainted. That kind of raw honesty is exactly what I’m looking to cultivate, and I’m so thrilled that our listeners feel it. Plus, getting to interview everyone from Gloria Steinem to Whitney Cummings has been such a joy!

What can’t Sophia Bush do? With her platform and determination to make a change, be on the lookout for this actress and her continued efforts through activism. Whether it’s filming a movie, using her voice, or actively participating as a woman’s activist, know that she’ll be a force to be reckoned with for years to come. And, if you want to get involved with any of the campaigns that Bush is apart of, herself, reach out to the organizations featured and make your own difference!

Keep up with Sophia on Twitter [@SophiaBush](#) and [Instagram](#).

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

Movie Review: The Sky is Pink





By [Hope Ankney](#)

If you're in the mood for a love story that pulls on your heartstrings and takes you on an emotional journey, look no further than Priyanka Chopra's newest Hindi [movie](#), *The Sky is Pink*. It acts as the true story of Aisha Chaudhary, a teenager who had pulmonary fibrosis whose parents dedicated their whole lives to helping her survive. Choosing not to focus on the illness aspect of the story, the film is narrated by the daughter, who instead details the incredible love story of her parents. She lets you know quite early on that she's speaking from beyond the grave, but her retelling of her parents' 25-year relationship is nothing short of hilarious, heart-warming, and, at times, heart-wrenching as it touches on the beauties of life and death.

Check out our movie review of *The Sky is Pink*, a perfect rom-com for

date night!

Should you see it: If you're a sucker for romantic comedies, love a good immersive, emotional experience, or gravitate towards true stories, you should definitely go give it a watch. It's a modern twist on the general love story, and if anything, it's refreshing as it is inspiring.

Who to take: This film is perfect for date night with your partner or even a girls' night with your girlfriends! Having moments of tenderness mixed with humor is the recipe for a great movie experience with others. Besides, you can wipe each other's tears, too.

Cupid's Advice:

The Sky is Pink inspires us and how we treat our relationships. To see a couple go through such trials and tribulations spanning 25 years, and yet they still choose one another at the end of the day is something that should be enacted in our own lives. Knowing that the film isn't an act of fiction but based on a true couple makes its impact even greater. Here is some of Cupid's [relationship advice](#) on how to have a loving and lasting marriage, yourself:

1. Learn how to handle fights: It shouldn't be shocking to anyone that relationships will have their fair share of fights, but it is in how you deal with those fights that matter. Surprisingly, some studies have shown that arguing is one of the healthiest things a couple can do. It allows both you and your partner to explain why you feel the way you do and to find a way to solve the conflict. Couples that engage with arguments and learn how to handle fights are more likely to be satisfied with their marriage than couples who choose to ignore conflict, altogether.

Related Link: [Movie Review: The Joker](#)

2. Don't always empathize: We've all been in conversations with our significant other where one of us is having a bad day and the other simply says, "me too." Saying "me too" can actually be damaging to a relationship because it can become a barrier to real communication. Those words shut the other person's feelings down even though we think we're being empathetic. Instead, if your partner is having a rough day, choose not to empathize but to listen to what happened and offer your support. Having a commitment to listen to their problems is something that can make all the difference.

Related Link: [Movie Review: Hustlers](#)

3. Be a little old-fashioned: It's not always bad to have old-fashioned morals. When it comes to marriage, having traditional views on certain issues is actually a good thing to ensuring a long-lasting marriage. Is my partner going to be able to provide? Are they going to be a good parent? How do they get along with my friends and family? These are all questions that can determine if a marriage will be worth the long-haul. Don't get caught up in the feeling of love, because reason and logic have to be important aspects of your relationship too.

What are some ways that you've kept your marriage long-lasting? Let us know in the comments!