Celebrity Wedding: Country Singers Carly Pearce & Michael Ray Marry After 1 Year of Dating





By Hope Ankney

It's official! In the latest <u>celebrity wedding news</u>, country singers Carly Pearce and Michael Ray are married after only one year of dating. *UsMagazine.com* confirms the wedding happened over the weekend in Nashville. The wedding ceremony came quickly after the <u>celebrity couple</u> had gotten their marriage license back in September. Pearce celebrated on Instagram with a photo of her and her new husband holding the license with nothing, but smiles all around.

This couple didn't waste much time just dating before their celebrity wedding. How do you know you're ready to marry your partner?

Cupid's Advice:

In <u>celebrity news</u>, Pearce and Ray only dated a year before they knew they were the ones for each other. But, knowing when you're ready to walk down the aisle is an important decision for every couple. If you've been with someone for a while, and you're wondering if you're both ready to dive headfirst into marriage, fortunately, Cupid has some <u>love advice</u> on signs you should look out for:

1. You recognize that effort is necessary: There's a certain stereotype that claims when you find the right one, everything will be easy. But, that isn't the case. In fact, every relationship has hardship and takes two people coming together to make an effort to keep their love alive. If you or your partner hasn't realized that being in this marriage is a long-term commitment to making an effort with one another, then maybe you're not ready to say "I do."

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Baldwin Tie the <u>Knot for the Second Time</u>

2. You make long-term plans together: If you're in it for the long haul, chances are both you and your partner have talked about your future together. Making serious life plans with your significant other is a big sign that you're ready for marriage. You've talked about your hopes and dreams, and you've supported one another when discussing them. Never plan a wedding if your future doesn't feature your partner as being apart of it.

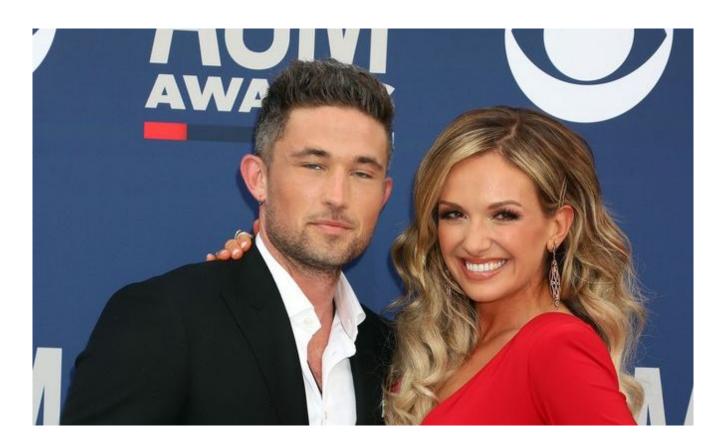
Related Link: Royal Celebrity Wedding: Princess Beatrice Is
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3. You've done your fair share of soul-searching: Before you commit to someone else, you first must commit to yourself. The most important step of being in healthy relationships is to know your worth and love every aspect of who you are. If you're expecting your partner to love you, you've got to invest in loving yourself, too. You've got to be willing, to be honest with yourself and to know every facet of who you are under different circumstances. Soul-searching is a hard part of life, and it can be very uncomfortable. But, when you've found peace and love inside yourself, you're more than ready to be married to someone who feels the same.

How did you know when you were ready for marriage? Sound off in the comments below!

Movie Review: The Joker





By <u>Hope Ankney</u>

If you're looking for a dark and psychologically thrilling film to jumpstart Halloween, Joaquin Phoenix's adaptation of The Joker is the perfect one for you. The film focuses on the origin story of the infamous DC comic villain, and his descent into chaos and madness. Arthur (The Joker's given name) has never felt like he genuinely fit into society. As a failing comedian, he tries to find purpose on the streets of Gotham City. Yet, he continuously feels the need to wear two masksone for his day-job and the other to try to fit into the framework of the world that has, overtly, rejected him. The only person who has shown Arthur any sense of empathy and kindness is his neighbor, Sophie Dumond. They form a connection as she tries to help better his circumstances and make him feel less alone. Unfortunately, this comes on the heels of his descent into the madness that ultimately transforms him into the criminal mastermind we now know him to be as The Joker.

Check out our movie review on *The Joker*, a psychologically-gripping movie for you and your friends if you're trying to jumpstart the Halloween spirit!

Should you see it: If you're a fan of DC comics, dark thrillers, themes of isolation and empathy, or you're just are looking for something creepy enough for the spooky month of October, definitely go see it. Besides, there's something oddly reassuring about the relationship forged between Arthur and Sophie, a certain kindness for those struggling that isn't reciprocated nearly enough these days.

Who to take: The Joker is rated R, so consider taking your friends or a date that loves dark and gritty films! Be wary of the violence, but be ready for a lot of good and tense cinema.

Cupid's Advice:

Even though the <u>movie</u> doesn't entirely focus on the connection that transpired between Arthur and Sophie, it is one that we think is an important aspect to take note of! Our main character is susceptible to falling through the cracks, yet Sophie takes it upon herself to reach out her empathy and understanding of his isolation to try and help him in any way she can. This can also be said for any relationship where one of you is struggling more than the other. Being in a partnership comes with its ups and its downs, and sometimes we need our significant other to be that Sophie Dumond for us when we're feeling down. Here's Cupid's <u>love advice</u> on how to be there for your partner when they're going through a tough time:

1. Be fully present when they want to talk to you: Not

everyone wants to talk about their situation when they're struggling, but if your partner does come to you at some point to discuss their hardships, make sure you're there for them. Giving your significant other the undivided attention they deserve when they're speaking out about their circumstances is incredibly important for them to feel supported by you.

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2. Empower them, even if it's in small ways: Sometimes, a partner can be less than motivated to do even the smallest of tasks when they're down. But, if you keep encouraging them to complete something and make them feel worthy when they do, this can go a long way for helping them realize their worth and purpose. This can be as mundane as answering emails, cooking a meal, or even running some errands. Productivity can make a huge difference when someone is having a tough time.

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3. Let them know they're not alone: Adversity can cause people to have a negative view of themselves and their lives. As a partner, you must be able to validate their feelings while also letting them know they aren't going through this alone. Relationships are built on the foundation of being a team. Whatever happens to one affects the other. Help them not to lose sight of that.

How have you supported your partner when they've been going through a hard time? Tell us down below!

Check out some other movie reviews from Cupid's Pulse here!

Food Trend: Fun Halloween-Inspired Desserts





By **Hope Ankney**

There's a lot that goes into planning for Halloween. There are the costumes, the pumpkin patches, the hayrides, the movies that won't scar anyone too badly, and, of course, the <u>food</u>. Having tasty snacks to eat are a staple for any good Halloween-themed get-together. They're not only a fun decoration, but they can taste terrifyingly good. So, why not put on your apron, get in the kitchen, and start brainstorming what spooky <u>food trends</u> will have your guests begging for the recipes by the end of the night?

Food Trend: With Halloween just around the corner, what are some of the best Halloween-inspired desserts you can bring to your party this year?

Let's face it: Halloween is nothing without the sugar. Sure, you can have a Halloween party and include more savory foods, but that's not what guests come for. When it comes to October 31st, we're setting our sights on dessert and dessert only. Guests come to indulge in so many sugary-sweet treats that they can barely stand afterward, and it's the one day a year where that is perfectly acceptable! If you want to have some fun, spooky snacks that are easy to make this Halloween, look no further than at Cupid's food tips for the best desserts to create this holiday:

1. Gluten-Free Halloween Monster Cookies: Whipping up some gluten-free options makes sure that every guest won't miss out on the fun. With cookies, it's easy to make them look like a spooky treat. Have almond butter, natural sweetener, and dark chocolate chips on hand as you plunge into this recipe. To bake the cookies, follow the steps provided off of Primaverakitchen.com, and then make sure to have some Halloween-colored sprinkles to draw a mouth with. Finish by adding a couple of white chocolate chips painted with dots of black food-coloring that are placed as the eyes of the monster!

Related Link: Food Tips: Natural Sugar Replacements

2. 3-Ingredient Spooky Rice Krispy Treats: With how busy you'll be planning for Halloween festivities, don't let complicated desserts eat up more time. Instead, opt for simple and easy snacks like these three-ingredient Rice Krispy treats

to dazzle your guests. According to <u>Chelseasmessykitchen.com</u>, all you'll need to do is take some rice cereal treats, dip them into some colored chocolate melts, place candy eye-balls on them, and cover them in sprinkles. How fun!

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Autumn

- **3. Boo-scotti**: A quick yet cute dessert that looks more sophisticated than it really is, is chocolate dipped biscotti cookies. Another three-ingredient recipe, <u>Goodhousekeeping.com</u> details how to make this treat in no time! Melt down some white chocolate, dip the biscotti into the mixture, lay on parchment paper in the fridge for 15 minutes, and then melt some milk chocolate, take a toothpick, and make the ghost's face.
- **4. Ghost Cupcake Cones:** A fun, little twist on a regular cupcake that will have your guests excited to try them. All *Confessionsofacookbookqueen.com* states is that you must bake your cupcake inside of an ice cream cone before decorating it to the top with a white, frosting swirl. Create the face with black food coloring and toothpicks, and you're done!

Related Link: Love & Libations: Cocktails Inspired by Halloween

5. Marshmallow Mummy Pops: This is probably the easiest dessert on the list. Coming from *Sprinklesofbreakfast.com*, all you have to do to make this cute treat is to purchase some jumbo marshmallows, lollipop sticks, white chocolate melts, candy eyes, and some white frosting to pipe at the end. Attach your marshmallow to your stick, dip it in the melted white chocolate, place the candy eyes, sit it in the fridge for 10-15 minutes, and then take your white frosting and pipe it over top of the marshmallow in big ribbons that resemble a mummy!

What are some of your favorite Halloween-inspired desserts to

Beauty Tips: Five Halloween Makeup Trends for 2019





By Hope Ankney

Every year there are new ideas for what to dress up as for Halloween. With the ever-changing pop culture landscape, new beauty trends rise to tackle different characters and costumes that premiered that year. In 2019, we had a lot of creativity come out of binge-able television series' and even memes that focused on more eccentric levels of eye shadows and color. If

you are a <u>beauty</u> lover, you've probably noticed how makeup has been a leading force in embodying these wild and creative looks. If anything, 2019 is the best year for getting weird and wacky with your makeup inspo for Halloween.

2019's beauty trends are eye-catching this Halloween. What are some of the most creative, popculture makeup looks to try this year?

If you're wondering what to wear or who to be on Halloween night, why not look towards some of the biggest makeup trends that this year had to offer? If anything, these makeup looks are taken from some of the biggest and most widely-talked about pieces of pop culture in 2019. Here is some beauty advice to get your creative juices flowing for absolutely killing your look this spooky season:

1. Euphoria-inspired: Zendaya and cast really turned up the volume on makeup styles once Euphoria hit HBO this summer. The show, which follows Zendaya's character in high school, tackles controversial topics like sexual assault and drug abuse among teenagers. The beauty looks in the show were something that hadn't been explored before in a television series, and it's something that really distracts from how tense the plot can be. If you want to recreate one of these bold looks this Halloween, look to sequins, glitter, and bright colors for eye shadow and face art to feel like you're apart of Euphoria, yourself.

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2. The E-Girl: With the surge of popularity that hit the app Tik-Tok the past few months, so did a surge of popularity in a type of makeup look deemed the "E-Girl." Many girls that were going viral on the app had a similar sense of makeup that focused on blush-tinted noses and eyeliner drawings underneath the eye. It is all very doll-like, and it can be as creative as you wish it to be. If you think you can replicate an E-Girl for Halloween this year, there's tons of inspo and tutorials on YouTube to choose from.

- 3. Ariana Grande: Of course, every year there are those that choose to dress up as some of the biggest names in the entertainment industry. But, with Ariana Grande, she gave so many unique styles in 2019, that it would be a shame if they weren't utilized in a gorgeous Halloween look. With the release of her single "7 Things," it's a fun idea to try and recreate what she was going for in the music video. Besides snagging a similar outfit, try tying your hair up in space buns and swiping on Grande's signature cat-eyeliner with a gold dusting of highlighter.
- 4. '80s trends of Stranger Things: The highly anticipated release of the third season of Stranger Things was met with an even better style, letting the kids flourish in 80's fashion. Eleven, as played by Millie Bobby Brown, got a superb makeover in the mall that is as retro and spunky as it can get. Many costumes and Halloween looks play off of different decades, but if you want to set yourself apart, try your hand at some neon eye shadow and bright rouge, and if you want everyone to know who you're trying to emulate, dab a little fake blood under your nose. Ya know, for Stranger Things.

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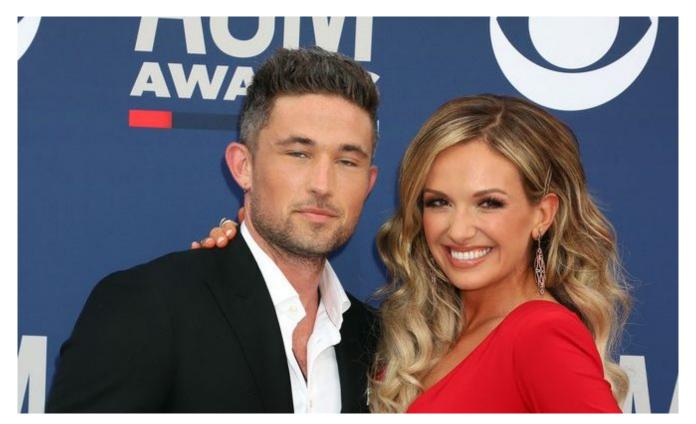
5. Eccentric rave-looks: Coachella and other big-name music festivals always bring out the creative side of those who attend. From the dazzling outfits to the wild and wacky makeup that glitters in the sun, there's nothing better than recreating a festival look for Halloween night. Confetti eyes

and glitter lips are two of the biggest trends that came from these events in 2019. To achieve these looks, apply tiny-sequins to your eyes and face with eye-lash glue while peppering your lips with mouth-safe glitter that looks like someone just blew sparkle in your face.

What are some makeup trends you're raving about for Halloween? Tell us in the comments!

Celebrity Wedding: Justin Bieber & Hailey Baldwin Celebrate Upcoming Nuptials #2 with Rehearsal Dinner





By <u>Hope Ankney</u>

In <u>celebrity wedding news</u>, <u>Justin Bieber</u> and Hailey Baldwin are getting ready to say "I do" for the second time! According to *People.com*, the <u>celebrity couple</u> held a rehearsal dinner for close family members on Saturday in South Carolina. Coming up on a year since the two secretly tied the knot in New York City at the courthouse, both Bieber and Baldwin wanted to host a bigger ceremony with their friends and family.

Justin and Hailey prepare for their second celebrity wedding with food and family. What are some ways to incorporate family in your wedding celebration?

Cupid's Advice:

Planning a wedding is one of the most stressful events to pull

- off. By the time the day comes, it goes by in such a whirlwind that it's hard to keep up with everyone and everything. But, sometimes family can help in easing the chaos you might feel as everything comes together for the big day. By incorporating your family into your wedding celebration, it can feel more personal and even reduce stress or wedding jitters. Cupid has some relationship tips for both you and your partner for incorporating your family before you walk down the aisle:
- 1. Unique walks down the aisle: The famous Office scene where the entire cast dances down the aisle in Jim and Pam's wedding is one that has been cemented in iconic television history. Everyone has seen that clip or even other ceremonies that implemented this idea. It's a fun and easy way to incorporate your family and friends into a part of your wedding that'll be incredibly memorable. You can have one song that is playing as everyone jigs down the aisle or you can try different songs for different groups. You can give the bridesmaids and grooms a song, the parents a song, and the flower girls and ring bearer a song. It'll liven up the ceremony and make everyone feel included.

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<u>Year Anniversary of Justin Bieber Proposal</u>

2. Musical loved one: Instead of hiring a DJ, if you or your partner have a talented family member, allow them to either open or close the wedding by singing or playing a beautiful song. It's even better if the loved one has created their own, personalized song for the occasion. It proves to be very intimate, and it can give the family member such honor to perform at your ceremony.

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<u>Baldwin Debut Wedding Bands</u>

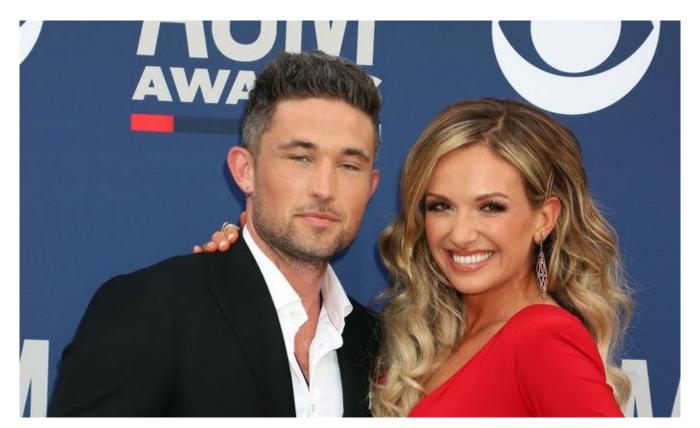
3. Honoring the deceased: It's always a very personal and touching part of a wedding if the bride and groom take time to

honor family members and loved ones that are no longer with them. There are many ways to do this. You can ask for a moment of silence for the departed. You can have family members come light a candle out of remembrance. Or, my personal favorite, is for a tree to be planted in honor of those that have been lost. Make it an uplifting part of your ceremony where it seems like they're celebrating alongside you.

How have you incorporated your family into your Wedding? Comment down below!

Celebrity News: Miley Cyrus Appears to Shade Exes Kaitlynn Carter & Liam Hemsworth in Post About Love





By <u>Hope Ankney</u>

In <u>celebrity news</u>, <u>Miley Cyrus</u> might've just indirectly shaded both of her <u>celebrity exes</u>. On Sunday, Cyrus took to Instagram to post about love and loyalty that could be pointed at Liam Hemsworth and Kaitlynn Carter. According to *UsMagazine.com*, her Instagram story showed her in bed surrounded by her pups. The caption of the stories read, "Happy Sunday from me & 2 stinky dogs! waking up surrounded by animals is my favorite way to start a morning. I am immediately reminded about LOVE without conditions... the best part about animals is that they are careless about the details. They live by the golden rule ... Love & Be Loved. Nothing in between. No questions regarding wealth, career, talents, race, age sex They love back 100X all they ask is to be cared for in exchange for loyalty, reliability, and faithfulness. (reminds me of someone)."

In celebrity news, Miley Cyrus sent a message to her exes via

Instagram. What are some ways social media can help you cope with feelings?

Cupid's Advice:

Even celebrities air their dirty laundry on social media from time to time. It's hard not to, especially when you're trying to handle your feelings that can be difficult to ignore. But, it can get messy if you throw your feelings out on your social platforms without thinking it through. If you're having a hard time coping with feelings by yourself, don't worry! Cupid has relationship advice on how using social media, in a healthy way, can help you sort through your feelings:

1. Private Instagrams: Something I'm sure you've heard before, but FINSTAS (or fake Instas) are accounts that are private for you to vent and cope over your feelings in a space that only a few people have access to. By creating a private IG, you're allowing yourself a place to comfortably discuss and post about things you're having a hard time dealing with. It's therapeutic to have a sense of freedom when it comes to not censoring yourself online, and accounts like these can act as a personal diary.

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Split Less Than 8 Months After Wedding

2. Private Twitters: Another way to cope on social media is through something similar to the FINSTAS- a private twitter. Private Twitter accounts are something that, from personal experience, has been even better at coping with feelings because of the format of the platform. Instead of having to post photos and write captions underneath to vent, Twitter allows you to simply post a tweet and even write threads that hold all your thoughts together in a cohesive manner. This

type of account feels most like a diary because it's like you're writing down excerpts from your day. You can also quote tweet others without them seeing it, so that can also help to vent if you're sorting through feelings about a certain person.

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3. The 'close friends' option:' Lastly, with the progress in certain social media to include options that allow you to post without others seeing, the Close Friends option allows someone to post their feelings on their own account, like their Instagram Story, without having to create a whole private account just to do so. This is much more accessible to the average person, and it can feel even more liberating to do it on your main account. The only issue here is to be sure you're careful in how you word things or choose to vent because even though things seem to be private, you must be observant which accounts on your main are allowed to see these stories. Trusting some friends to not share things you post in confidence might not be the best idea.

What are some ways that you find social media can help you cope with your feelings? Let us know down below!

Celebrity News: A Showmance Dominates 'Big Brother' and

Crowns a Winner





By **Hope Ankney**

In <u>celebrity news</u>, season 21 of the <u>reality TV</u> show *Big Brother* is over. As reported by *UsMagazine.com*, Holly Allen, Jackson Michie, and Nicole Anthony made it to the final three, and they gave everyone a finale to remember! Through rock-climbing and memory events, it was a close race between the three. But, when it came to the showmance between Michie and Holly, it was their confessions that reflected on the past competition and alliance with one another that ultimately won over the jury. Michie ended up being crowned the winner of *Big Brother*.

In celebrity news, a romance in the Big Brother house dominated the game. What are some ways that working with your partner can be effective?

Cupid's Advice:

Working with your partner is one that can be a difficult task to manage. The workplace is already stressful enough as it is, but being alongside your spouse can make it an even more stressful environment. But, there are positives to working with them, and it can also be a great thing for your relationship. Here's some <u>love advice</u> from Cupid about the pros of working with your partner:

1. Increased sense of intimacy: Couples that work together or share experiences are more likely to have a stronger connection than those that don't. If you're both working in the same environment or company, there is even more of a sense of intimacy involved because you can talk openly about your work lives in a way that your partner will understand it. There's something about shared stresses that can be very therapeutic once you get home from a long day at the office.

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<u>Kirpa Sudick Squashes Cam Ayala Dating Rumors</u>

2. Team-building skills: You and your partner should always be seen as a team. You aren't against one another. You're there to support one another. So, working in the same environment can be great for team-building. You learn how this person works with you and with others. It's a great way of understanding their behavior and actions when it comes to being apart of a group and dealing with pressures. It's

important that you and your partner can come together, effectively, whenever you both need it.

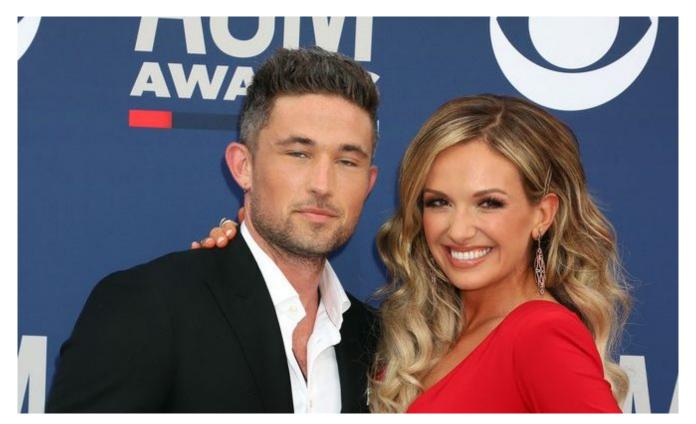
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3. Extra quality time: Most relationships don't have the pleasures of spending a lot of quality time together. After long days at work, it's difficult to have energy or time to really spend with your partner. But, if you work alongside your spouse, you spend a great deal of your time in the company of someone you love. It allows you to be more present in the relationship, and it can make stressful days in the office much more enjoyable.

How do you feel about working with your partner? Tell us in the comments below!

Royal Celebrity Wedding: Princess Beatrice Is Engaged to Property Tycoon Edoardo Mapelli Mozzi





By <u>Hope Ankney</u>

In royal <u>celebrity wedding news</u>, Princess Beatrice is engaged to property tycoon Edoardo Mapelli Mozzi. The Duke and Duchess of York even took to Instagram to congratulate the two, ending the sweet message by stating the wedding will be held in 2020. According to *UsMagazine.com*, when asked about the engagement, the royal <u>celebrity couple</u> gushed, saying, "We are extremely happy to be able to share the news of our recent engagement. We are both so excited to be embarking on this life adventure together and can't wait to be married. We share so many similar interests and values and we know this will stand us in great stead for the years ahead, full of love and happiness."

There's another royal celebrity wedding in the works! How do you know your partner wants to marry you for the right reasons?

Cupid's Advice:

Marriage is a beautiful thing, but knowing when a long-term partner is wanting to marry you for the right reasons can be harder to decipher than one might think. Walking down the aisle is a big commitment, and it's important to know that your significant other is in it for the same reasons you are. If you're thinking about marriage, but you don't know exactly how to tell if your partner is sincere, don't fret! Luckily, Cupid has some <u>love advice</u> that will help you know if your partner is the real deal or not:

1. They make future plans with you in them: Let's be honest, most people don't talk about things they would rather not entertain. But, if your partner has been making plans about their future and you're apart of it, this could be a great way to know that they're marrying you for the right reasons. Bringing up future plans, in general, is a good sign in knowing how much they trust you, as well. They're opening their thoughts to your opinion about something important to them because they value it that much!

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2. Other people tell you that they brag about how great you are when you're not around: An important part of a relationship is in how that person treats you when you're not there. How do they talk about you? How do they discuss your relationship? If friends, coworkers, and family alike speak up about how highly they praise you outside of being together, it's a sign that they're in the relationship for the right reasons. Your spouse should be one of your favorite people, so make sure they're just as great without you as they are with you before saying "I do."

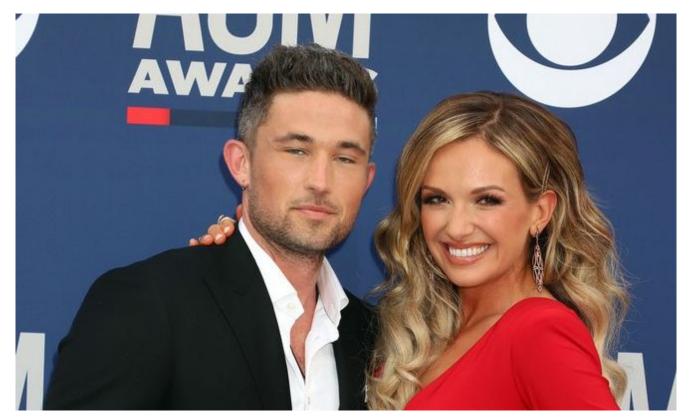
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3. They don't run when things get tough: All relationships have their ups-and-downs. It's just in how you handle them that tells how healthy your relationship is. Challenges never fully disappear, and the longer you're together, the more challenges you'll face together. During these trying times, if your partner is determined to stay by your side and stick it through, that's a great indication that they're marrying you for the right reasons. Never commit yourself to anyone who runs when things get tough.

How have you felt that your partner was marrying for the right reasons? Tell us down below!

Date Night Makeup: Red Lipstick is Hot





By **Hope Ankney**

Everyone has that special connection with one of their makeup products or a piece of clothing in their wardrobe. It's that special connection that only it can give you — the air of confidence, the power of beauty, and the reflection of radiance. So, what is it about red lipstick that has almost become a universal beauty trend that makes anyone that swipes it on feel untouchable? And, why do date nights that feature a red lip feel that much hotter?

Red lipstick has been a powerful beauty tool for ages. Make your date night soar with this pop of color.

The red lip has been one that's transcended history. Whether it was on royal figures, Disney princesses, or even <u>Kim Kardashian</u> on a dazzling red carpet, the color is the very

definition of beauty and grace. It's earned it's right to be a timeless and traditional form of feeling gorgeous and confident. If you're wanting to spice up your next date night, consider a few reasons why a red lip could help with Cupid's beauty tips:

1. It's romantic: A red lipstick can automatically turn your look romantic. There's something about the color that reminds us of passion and love. Allie from The Notebook even rocked a signature red lip. So, if you want to liven up your look right before a date, we recommend keeping the rest of your makeup to a minimum while swiping on a beautiful coat of red lipstick before you rush out the door.

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2. It's an attention-grabber: It's no surprise that red lipstick can make a woman feel invincible, but there are also studies that show a red lip is the most attractive color to wear. This hue is bright, bold, and it brings attention to one of the more sensual features of our faces. If you're wanting to instantly grab the attention of your date the moment they see you, we recommend using a bright, cherry lipstick. No one could resist!

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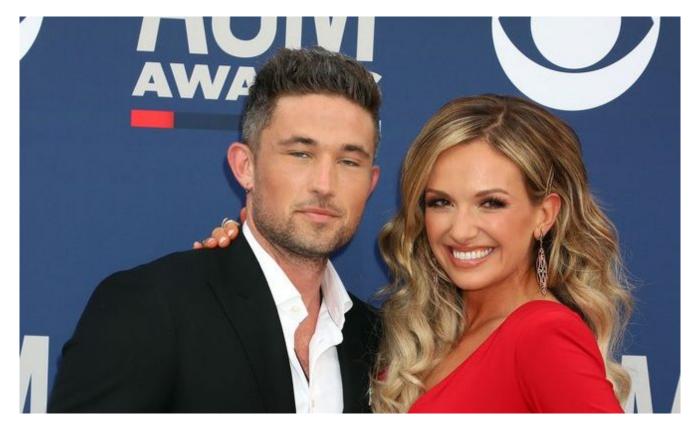
3. It embodies strength and femininity: The red lipstick has been a classic symbol for strength and beauty within women all throughout history. One of the most powerful women, Cleopatra, was known for her cherry-reddened lips. She would make others crush up thousands of beetles just to get the dark-pigment of this color. It even symbolized her power as she wore a beautiful red lip while her subjects' wore a dull and rusted tone on theirs. If you're searching for a color that is classy, polished, and bold for your next date night, pick up a striking red lipstick to feel powerful and in control.

4. It plays up youth: As we get older, our eyes, lips, and complexion get paler. It's just part of the aging process. But, there is something a red lipstick does that can liven you up and make you look more youthful with a term called 'facial contrast.' This contrast is the process of balancing out the paleness of our features with a vibrant color somewhere on our face. By using a striking red lip, it automatically flatters our skin. If you're wanting to create a more youthful and playful look for date night, we recommend one swipe of your most vibrant red lipstick before you head out!

How has red lipstick made you feel when you've worn it? Let us know down below!

Royal Celebrity Couple Prince Harry & Meghan Markle Hold Hands on Tour in South Africa





By <u>Hope Ankney</u>

In royal <u>celebrity news</u>, Prince Harry and Meghan Markle have officially started off their royal tour in South Africa! The Duke and Duchess of Sussex were given a very warm welcome as they walked hand-in-hand to the Nyanga township. According to *People.com*, the two were on their way to the NGO workshop called Justice Desk which teaches children about self-awareness and safety. The program is also said to teach self-defense and female empowerment to local, young girls.

This <u>celebrity couple</u> is staying close while on tough in South Africa. What are some ways traveling with your partner can bring you closer as a couple?

Cupid's Advice:

Traveling as a couple is one that can be very exciting. You both get to experience new sights and adventures together. You're making memories that only you two will remember. But, traveling with your partner can actually strengthen your relationship as well. If you're already packing your bags or are thinking about going off in the future with your significant other, Cupid has some <u>relationship advice</u> on how traveling can bring you that much closer:

1. Seeing the best and worst of your partner: Few things can quickly bring out the highs and lows in another person than traveling does. It's automatically a stressful situation if you're traveling somewhere where there's language and cultural barriers. But, it can also be the best experience when you see your partner at the height of their excitement. You're both being able to take part in something that neither of you has done before. Traveling usually shows every side of your partner, and if you can handle those highs and lows, it can create an unbreakable bond between the two of you.

Related Link: Royal Celebrity Parents: Meghan Markle & Prince Harry Are 'Enjoying Each Day' with Baby Archie

2. More time to talk: It's obvious that when you're traveling there is a lot more time to talk than any other time in your relationship. You're constantly driving, flying, or waiting around. And, if you're traveling as a couple, you are the only two people you're constantly talking to. Being able to have that time to really converse and open up to your partner while experiencing new things together is an opportunity to learn a lot more about them than you thought you knew. The open discussions and conversations you have on this trip can bring you that much closer to each other than you ever thought possible.

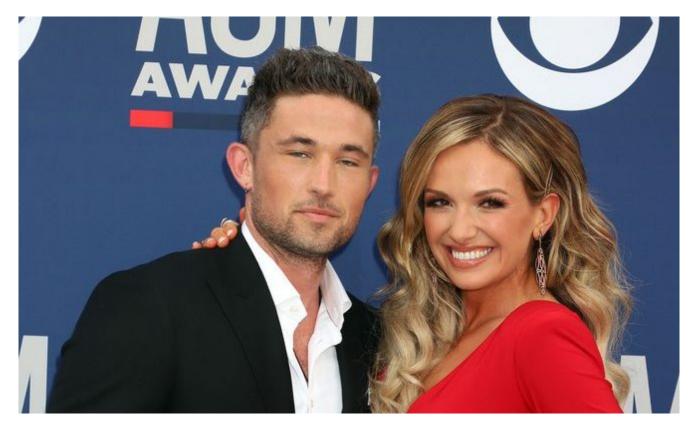
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<u>Spots</u>

3. Teamwork: Traveling is a very stressful thing to plan and do. Traveling with your partner can show how well both of you deal with working together. There's always the planning of the trip and packing the right necessities, and then there are the directions and where to go once you're there. A lot of couples get into a pre-travel ritual that allows them to both work with one another to get everything sorted the way it needs to be before they go. It's amazing how helpful teamwork and splitting up duties can make you feel less stressed, especially when the trip starts. It can also bring you closer by figuring out how to have the best time together as you travel, encouraging the other or keeping their interests in mind.

How have you felt you've gotten closer as a couple when you've traveled? Tell us down below!

Celebrity News: Heidi Klum Reveals What Her Kids Think of New Husband Tom Kaulitz





By <u>Hope Ankney</u>

In the latest <u>celebrity news</u>, Heidi Klum revealed how her children feel about her new husband, Tom Kaulitz. According to *UsMagazine.com*, Klum opened up at the Amazon Prime Video Post-Emmy party, saying that things seem "so far, so good." Kaulitz added, "I think it's working out pretty good," as he spoke about teaching her four kids how to play the guitar. <u>The celebrity couple</u> wed in front of friends and family only last month.

In celebrity news, even the famous worry about introducing their kids to a new partner. What are some effective ways to introduce your kids to your partner?

Cupid's Advice:

There are some things celebrities do that aren't so much different than us. Fame doesn't always have its perks, especially when it comes to introducing your children to your newest love interest. It's something that a lot of couples worry about, as things get complicated when kids are involved. If you're stressing over having the talk with your little ones about or introducing them to your new partner, don't worry! Cupid has some parenting advice that'll help you navigate the trickiness of moving on with someone new when you're a parent:

1. Don't have your children meet every person you date: Children rely on you for their security and stability. They tend to thrive in environments that can be built on trust and vulnerability. Having partners come in and out of your life is something that hurts a child's ability to find genuine investment within your relationships. Everyone wants to jump into inviting the date over to 'get to know' their kids, but unless it is someone you've been with that you trust being in your life for a long time, it might not be the greatest idea to have kids form a bond with them.

Related Link: <u>Celebrity Parents Open Up About Their Best Parenting Advice</u>

2. Keep the first meeting short and sweet: Going somewhere that is public is a great way to introduce your kids to your partner. Perhaps, ask them where they would like to go. Restaurants or out for ice cream are great environments for the children to relate to the new person that is being introduced to them since they are content and relaxed. Remember, meeting the kids where they are comfortable is key!

Related Link: Parenting Advice: Tips to Get Your Child Talking

3. Talk to your kids: Having a conversation about your partner first is always a great idea before introducing your kids to them. Ask your children how they feel about you seeing a new person and what they think about you having a dating life.

Opening a dialogue can be an important aspect of your relationship with your kids, and it can help you see their perspective on the relationship before you figure out how to introduce the person to the rest of your family.

How have you introduced your children to your new partner? Sound off in the comments below!

Fashion Trend: Colors to Mix and Match This Fall





By **Hope Ankney**

In the social media age where Instagram reigns supreme for photo sharing, it can seem like any time is a great occasion for a quick photo-op. With autumn approaching, it's only natural for us to know what colors and fashion trends are in so we can look our best on the Gram and in the chilly weather. Every year, the trends of colors and styles change as it gets colder, and as 2018 was the year of more rustic colors, like Red Pear and Russet Orange, 2019 has gotten a little bolder and more fun with its palette. Our fashion tips for what to wear this Fall are something you might want to consider trying out to if you want a vibrant and unique look that'll dazzle your friends.

The fashion trends and colors of Fall 2019 are vibrant and full of life. Check out some of our favorites for this Autumn!

Every year, New York Fashion Week kicks off the newest fall colors and styles that are going to be the hottest trends as the season comes into full swing. Many looks catch the eye of designers as they implement them into their own designs for Autumn. 2019 is all about the fun, flare, and daring. Are you looking for some of the best colors to mix and match as the cooler weather approaches? Don't worry, Cupid has got you covered for all the <u>fashion advice</u> on what colors to mix and match this fall:

1. Two tone color-blocking: Color-blocking has always been a sure-fire way of grabbing people's attention. It's fun and creative, allowing you to be as unique in your style as you want. This season, though, it seems like color-blocking has been elevated. Instead of merely mixing and matching colors, the trend is to get two completely contrasting hues of color on at least one piece of clothing before you go out. If you're

tired of the common prints of floral or plaid, spice up your outfit with some two-toned garments! An easy way to feel fresh this Fall, grab some bi-colored boots, pants, and two-toned button-ups. You'll be the talk of the town.

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<u>Jennifer Lopez</u>

- 2. Dark cheddar: Being a bold and daring color trend this season, Dark Cheddar is a sharp blend of yellow and orange. This color is easily found in Hermes bags and even in the paper used for purchases from highbrow boutiques. This shade is meant to feel nurturing and warm, but it does have that spicy kick that could have you looking and feeling fresh this Fall. If you're looking for something a bit on the wicked side, this color is definitely one to consider!
- 3. Shades of purple: Purple has always been a controversial color among fashion for how poignant and polarizing it can be, but its comeback for 2019's fall collection is one that should be celebrated. From pastels, to lilacs, to vibrant hues of royal purple and violet, purple is all the rage for a statement piece this Autumn. Worn best on dresses, coats, sweaters, and even hats. Bring a pop of color to your wardrobe if you want a fun and eye-catching look.

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Sunshine and Flowers

4. Electrifying pink: Now, this is a color trend on the wilder side. We're not talking about baby pinks or pastel pinks. We're talking about the brightest and hottest shades of pink for this fall. If you are desperate for a unique spin on your Autumn wardrobe, bring this shocking hue into your closet. Easy to mix and match, take your normal fall colors of browns, blacks, and greys, and throw something on with that hue of electrifying pink. This is perfect for those dreary, blustery days this season where you need a color to really wake you up.

Try it on a coat first and see how you feel.

What colors stood out to you to mix and match this fall? Tell us down below!

Product Review: Reduce Anxiety This School Year with Oilogic





By **Hope Ankney**

With school back in full swing this season, it can cause a

bundle of nerves for you AND your kids! With homework and projects balanced with work and extracurricular activities, it can feel like you barely have time to breathe. Fortunately, you can break away from all of the stress and redirect your focus with Oilogic and their newest products: Attention and Focus and Nervous and Anxious Essential Oil Roll-Ons that help refocus and reduce anxiety naturally. A safe and effective prescription alternative for adults, children, and babies, there's no more asking about prescriptions or investing in expensive options to help with these very common conditions.

It's back to school season, which means anxiety and distraction for both you and your kids. Reduce those nerves with safe and effective essential oils. Learn more about the new Oilogic Attention and Focus and Nervous and Anxious Essential Oil Roll-Ons in this product review.

There is a rise in diagnosis and awareness of learning differences and mental health among children which makes it challenging for parents to cope. With the new school year throwing curve balls and being chalked full of distraction, it's easy for both you and your kids to feel overwhelmed. Don't worry, though. Be open to introducing your son or daughter to Oilogic's Attention and Focus Essential Oil Roll-On and Nervous and Anxious Essential Oil Roll-On, and see the difference yourself! Here is some more information for Oilogic's newest products for focus and anxiety:

Best Use

To best use this product, roll-on on the wrist and breathe in the 100% Pure Essential blend, diluted for Kids 2 years+. It can also be applied to the back of the neck and behind ears.

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Oilogic's oils are pediatrician and dermatologist tested. The Attention & Focus Oil includes Orange Oil, Litsea Oil, Bergamot Oil, Lime Oil, Lemon Oil, and Spearmint Oil. Oilogic's Nervous & Anxious includes Orange Oil, Mandarin Oil, Chamomile Oil, Geranium Oil, and Bergamot Oil. It's also cruelty-free and vegan, free of petroleum, phthalates, parabens, sulfates, gluten, DEA, dyes, synthetic perfumes, artificial colors, mineral oil.

Related Link: Product Review: Rock Long Hair on Date Night with Barely Xtensions

Price and Where to Buy

Retail = \$7.99-\$9.99, and it's available at CVS now.

For more information about Oilogic's newest products, please visit Oilogic's website here.

Celebrity News: Former 'Bachelor' Contestant Kirpa

Sudick Squashes Cam Ayala Dating Rumors





By Hope Ankney

In <u>celebrity news</u>, former <u>Bachelor</u> contestant, Kirpa Sudick, is dismissing rumors of dating <u>Bachelor in Paradise</u> alum Cam Ayala. <u>Bachelor</u> Nation began speculating a potential spark between the two when Sudick took to Instagram to upload a post in dedication to Ayala's birthday. Ayala had commented underneath the post saying, "ILYSM" alongside a heart emoji and an angel emoji. According to <u>UsMagazine.com</u>, the reality star squashed the rumors by stating, "We are just friends and not dating! I've just been very lucky to have met so many great people through <u>The Bachelor!</u>"

In celebrity news, Kirpa Sudick is not dating Cam Ayala after all. What are some ways to tastefully let people know you are not dating someone?

Cupid's Advice:

Just like celebrities, sometimes we can post something on our social media that tend to look different than how we intended. But unlike them, we can't go to a news source and dismiss these relationship rumors. Instead, we have to think up ways to tastefully let others know we're not dating someone without looking too defensive. If you're in this predicament, and you don't know how to go about squashing dating rumors, don't worry! Cupid has you covered with our <u>love advice</u> on how to nicely let others know you're not dating this person:

1. Be playful: Sometimes, having fun with the situation can be a good way to let others know it doesn't bother you before you let them know you guys aren't dating. If both you and the other person are game, it can be funny to be playful and pretend like you are dating. Be over-dramatic with the idea, posting mushy comments, creating your own 'ship' name, taking ridiculous photos together, etc. By doing this before coming clean that you both aren't dating, it can let people know that none of it bothered you, and it wasn't a big deal!

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Has a New Boyfriend

2. Be kind: This might seem like an obvious answer, but there are ways you can dismiss dating rumors that are much harsher than you meant them to be. Try and be as kind as possible when letting others know you aren't dating someone. Saying

something rude or condescending can make you look bad when someone was just curious about the situation. So, try and be as polite and friendly as you can when letting others know so you don't look like a ticking timebomb anytime something false is said about you!

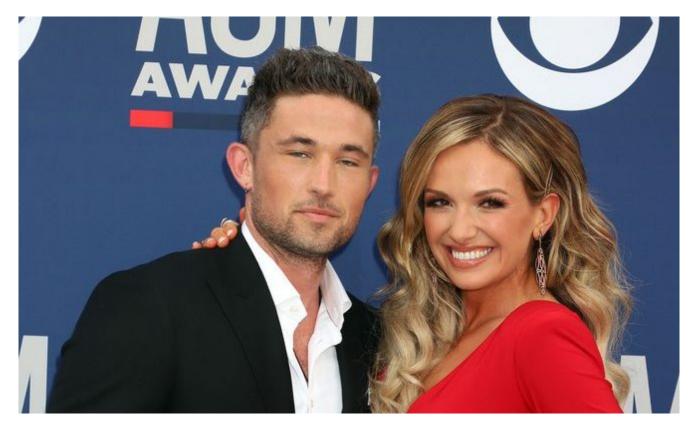
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Blake Releasing Their Texts

3. Be direct: Perhaps, the best way to be tasteful is to just be honest about it. Being direct doesn't have to be harsh, and it can stop speculation quickly. Simply explain away the idea that you and the person are dating and then say nothing else on the matter. By facing the situation head-on and refusing to talk about it further, it can be an easy and effective way of stopping the rumors from circulating.

Do you have any tips for tastefully letting others know you aren't dating someone? Sound off in the comments!

Celebrity News: Laura Dern Speaks Out About Bradley Cooper Dating Rumors





By <u>Hope Ankney</u>

In the latest <u>celebrity news</u>, Laura Dern dismissed all dating rumors between herself and <u>Bradley Cooper</u>. According to *UsMagazine.com*, the actress opened up about her close relationship with Cooper, stating, "We are amazing friends, and we're family." This set of rumors circulated soon after Cooper's <u>celebrity relationship</u> with supermodel Irina Shayk ended back in June.

In celebrity news, this pair are just good friends. What are some ways to lay false relationship rumors to rest?

Cupid's Advice:

Sometimes, it can be frustrating for two people to be friendly towards one another without others thinking something romantic is going on behind the scenes. Platonic relationships,

especially between the opposite sex, have a connotation that there must be underlying feelings there when that isn't always the case. Two people enjoying each other's company is fairly common. Friendship exists. If you're stuck in a situation where others are trying to make something out of nothing, don't worry! Cupid has some <u>love advice</u> on how to lay pesky relationship rumors to rest:

1. Direct conversation: Sometimes communication can be the biggest key when dismissing relationship rumors with your friends. They might just be teasing you about it for fun, without realizing it can actually bother you. If you haven't been abundantly clear about this newfound friendship, sit these friends down and have a direct conversation about it. Opening up about how you aren't dating this specific person and explaining why these false rumors have been bothering you may allow them to realize that you're telling the truth and not assume anything else about the relationship or even relationships in the future!

Related Link: Celebrity Break-Up: Bradley Cooper Enjoys a Boys' Night in L.A. After Irina Shayk Split

2. Ignore it: Perhaps, people are only speculating about you and this other person because they know it gets a rise out of you. If these rumors don't overly upset you, find it in you to simply ignore what others are saying. Like is told to us from a young age, ignoring someone's teasing can often lead to the teasing to stop, altogether. This can be used in your adult life, as well. If you pretend like these false rumors don't bother you, the situation will probably diffuse itself.

Related Link: <u>Celebrity News: Halsey Responds to Rumors She's</u>
<u>Dating John Mayer</u>

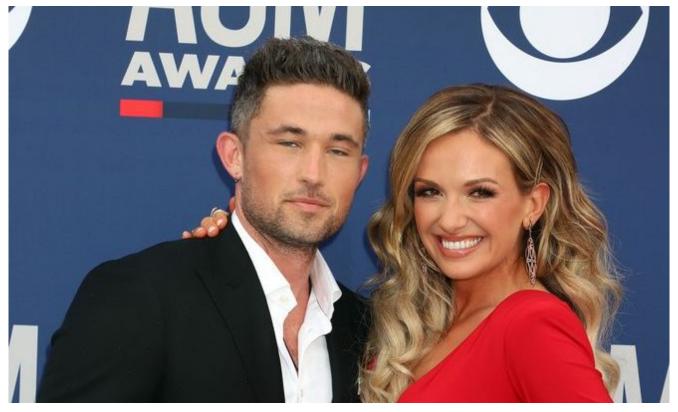
3. Be open publicly: If all else fails, maybe it's time to take to social media! Making a post about false relationship rumors can be overkill, but if nothing else has worked to stop

it, it can be an effective way to get others to stop speculating. Make a status update, tweet, or even post a photo of the both of you explaining away the rumors. Speaking out publicly about the situation can immediately dismiss it if you're taking that much time and effort to set the record straight on your social media platform!

How have you been successful in dismissing false relationship rumors in your life? Tell us down below!

Food Tips: Seven Foods That Aren't Really Vegan





By Hope Ankney

Sure, being vegan seems like an easy enough regiment to follow: Avoid dairy, meat, eggs, fish, and any animal-based ingredient. But, distinguishing what foods do and don't contain some of these ingredients can be much harder to recognize, even for a seasoned veteran. It's important to know what foods are safe, and surprisingly, some <u>foods</u> that seem vegan actually aren't at all!

Being a vegan is great for a healthy lifestyle, but sometimes it's difficult to know what foods are safe! In these food tips, find out some surprising foods that aren't vegan.

Going to the grocery store as a vegan can be a slippery slope sometimes. It's one thing to know that fruits, vegetables, and dry grains are safe dietary options for a vegan, but it's another thing when the options become murkier. Reading labels becomes second-nature when it comes to pre-packaged foods because anything from lard to gelatin can be found in products that seem vegan-friendly upon first glance. But, if you're now wondering if some of your favorite foods aren't safe, don't worry! Cupid has some <u>food tips</u> for seven foods that are, surprisingly, not vegan:

1. Bagels: Even though bagels might seem safe, many are known to contain L-cysteine, which is an amino acid that is found in human, duck, or even hog hair! This ingredient is added by many commercial food manufacturers because of how much it speeds up production and how it makes a nicer texture in the bread. That said, it's more common than you think for

manufacturers to use synthetic L-cysteine in their bagel products now. But, before you snag one on the way to the office, make sure the company you're buying the bagel from has options suitable for vegans!

- 2. Honey: As delightful and appropriate as honey may look, it doesn't fit the bill for being vegan. The key reason for this is because bees are killed during the production of honey. Honey is the main source of food for bees, and beekeepers tend to kill the queen bee to keep the production levels of the honey up. If you're looking for alternatives, maple and agave are great options for your honey fix!
- 3. Refried beans: Vegans know to stay away from any products that contain or are cooked in lard. But, it's not as common to know that foods that list 'natural flavors' could also mean they contain meat products! Make sure to know the sourcing and production process of these beans before assuming they're suitable foods for vegans. Search out vegetarian refried beans to make sure meat isn't used, and even then, check the label for other non-vegan products that could be involved.

Related Link: Food Tips: Natural Sugar Replacements

- 4. Marshmallows and Haribo treats: Unfortunately, most marshmallow and Haribo products contain two of a Vegan's no-go ingredients: gelatin and possibly carmine (if the sweet is red). But, fear not! With the rise of veganism in the mainstream food industry, there's a massive selection of vegan sweets that you can enjoy just like everyone else.
- **5. Some dark chocolate:** Usually, dark chocolate can be checked off as vegan. However, there are some brands that do contain animal-derived ingredients such as whey, a variety of milk related products, or clarified butter. Those should easily be distinguishable on the back of a label, though, if you're unsure next time you're craving some dark chocolate.
- 6. Beer: Something that vegans really should be aware of is

what beer is filtered with. Alcohol, in general, can be a slippery slope for vegans depending on what products go into creating the drink. But, with beer, many brands are filtered with isinglass. Isinglass is a membrane that is derived from tropical fish bladder. It usually is used to give your beer that bright and clear look. If you're unsure of whether your beer is vegan or not, German and Belgian beers are usually great vegan-friendly alternatives!

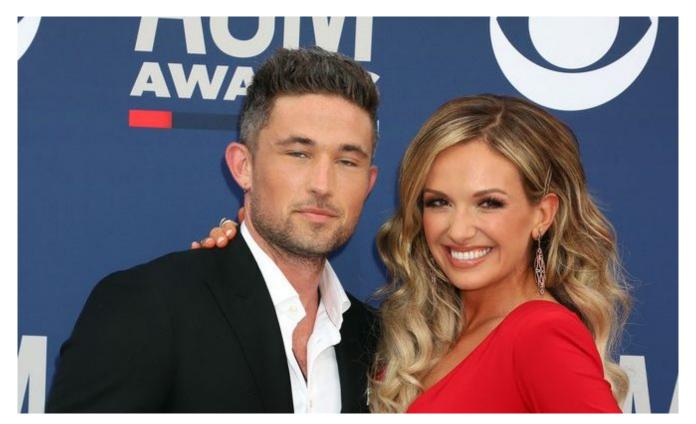
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Like bRestaurant

7. Figs: Most times natural fruits are safe for vegans to eat. But, with figs, it's a little more complicated. Unlike other products on this list, this situation isn't due to industrial processing. Instead, it's because female wasps lay their eggs inside figs. Often, these wasps are unable to escape from the fruit, and they decompose inside of it. Figs produce enzymes that break down the wasps so they're a protein, but it's hard not to think of this when you're munching on certain kinds of figs that contain wasps. Yikes!

Did any of these foods surprise you as not being veganfriendly? Comment down below!

Beauty Tip: Instagram-Worthy Fall Hairstyles





By <u>Hope Ankney</u>

It's Fall. The leaves are falling off the trees. The air is dropping in temperature. The smell of the horizon has officially shifted to burning firewood and... somehow... cinnamon? And Thanksgiving is right around the corner. The changing seasons can inspire a personal change in your own appearance as well, and what better way to do that than with one of the easiest and refreshing beauty switch-ups: Hairstyles!

Changing up your hair this Fall will definitely turn heads. In these beauty tips, what are some of the best new 'dos that you can deem as an Instagram-worthy reveal?

With Thanksgiving coming up, it seems like the perfect time to debut a new hairstyle to your friends and family for the holiday season. But, your hair transformation doesn't have to

be anything drastic. In fact, some of the most popular 2019 Fall hairstyles are subtle, yet effective. No need to drain your bank account or take a big risk completely changing your hair if you're looking for a simple switch that'll be just as powerful as bleaching your entire head. Here are five of Cupid's favorite low-effort, Instagram-worthy hairstyles that'll be sure to turn heads:

1. Low-side ponytail: A quick and easy way to change your hairstyle if you are usually a big fan of wearing your hair down is to tie it back in a nice low side ponytail. A favorite of celebrities like Kourtney Kardashian, this simple ponytail can add a touch of difference to your look without much effort. Tie up your hair right above the shoulder on the side of your head, and add some slight wave for texture to change a casual side-pony to a sophisticated style worthy of your Instagram and any Fall get-together.

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- 2. Long shag: A shag is a great way to add a little flair of retro to your appearance. With recent beauty trends taking a page from decades past, it's only natural that a '70s shag would be "in" sooner or later. Easy to achieve, tell your stylist that you want some shattered layers with a long, thick bang. This should get you that fun and casual shag for the season.
- 3. Blunt lob: If you have thin hair and are forever wishing for a fuller look, the blunt lob could be your saving grace. Very popular this Fall, this hairstyle can be bold and classic while also giving the illusion of a fuller mane. Some stylist experts have even called this look the "statement cut of the season." Having a simple lob that grazes your collarbone can do wonders for transforming your appearance without much effort involved.

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- 4. Intense curls: It's refreshing to see such a celebration of natural hair within the beauty industry, recently. Whether your hair is naturally curly or you want to to add some voluminous curls to your hair, anyone can achieve this '70s disco trend that's emerging for the Fall season. If you don't have naturally beautiful curls, using a small curling iron and a teasing comb can give you that fun and timeless look. Keeping it voluminous or pulling the hair back into a semiupdo are both looks out of the several this hairstyle is capable of that can add that change you've been looking for this Fall.
- **5. Statement headbands**: Probably the easiest and yet most effective hairstyle on this list, the headband had its time this summer, but it doesn't seem like it's going anywhere for the Fall. A cute way to switch up your Instagram feed as well as your own personal style, buying some chunkier headbands in fun, Fall patterns or colors can add that Boho spark to your look. Simply slide it on your head, pull the front pieces of your hair forward, and rock the 'do. The best part is that you can stock up on many headbands for cheap at your local retail stores.

What are some of your favorite Instagram-worthy, Fall hairstyles you've been eyeing this year? Let us know in the comments down below!

Celebrity Couple News: Why

Jana Kramer & Mike Cuassin Are So Open About Their Marriage





By Hope Ankney

In <u>celebrity news</u>, <u>celebrity couple</u> Jana Kramer and Mike Cuassin discuss why they are so open about their marriage. According to *EOnline.com*, the two stars explained their openness after being asked why people feel connected to their podcast: *Whine Down With Jana Kramer*. Kramer said, "Because we don't hold back and we talk about real stuff and we don't sugarcoat anything and we're not like, 'Our marriage is perfect.' We are very open and honest about our struggles, which then opens the door for our listeners to have that same experience and be able to relate."

In celebrity couple news, Jana and Mike are very open and honest about the ups and downs of their celebrity marriage. What are some ways being open about the issues in your marriage can help you resolve them?

Cupid's Advice:

The way a couple decides to communicate within their marriage can tell a lot about how successful and sustainable that marriage will be. Discussing issues when they arise can save a lot of heartaches later, and it also builds a sense of trust and vulnerability within the two of you. It can be tough, but Cupid has some love advice on how being open about problems in your marriage can actually lead to a healthier and stronger relationship:

1. Allows you both to be heard: A marriage is a two-way street. In a relationship, it's only natural to want to feel heard and validated when things that upset you. When healthy communication is enacted in a marriage, the two of you will be able to feel like your need for being heard has been met. It also helps present issues not turn into bigger issues down the road.

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Mike Caussin Saying Cheating Would Be a Dealbreaker

2. Creates a safe-space: More often than not, marriages can fall into a routine of tiptoeing around the other when it comes to certain subjects. It's almost like you're both keeping secrets just to appease each other and not start a

conflict. But, consistently being open about issues within your relationship can create a place of vulnerability and calm between the two of you. Having this comfort of never feeling judged around your partner helps in facilitating a safe space that allows both of you to confide in each other anytime something feels off.

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3. Helps in understanding one another: The most critical aspect of being open about your issues in a marriage is that it causes your partner to understand why you're upset. Bad communication can cause one-sided perspectives that blind someone as to why their spouse is reacting the way they are. Sitting down and being open about your issues can help in understanding why something has caused an issue within your marriage. It strengthens a relationship and allows you both to understand each other's point of view when something like this arises in the future.

What are some ways that being open in your marriage has helped you resolve conflict? Sound off below!

Celebrity Exes: Kristen Stewart Is 'So Happy' Ex Robert Pattinson is Batman





By Hope Ankney

In <u>celebrity news</u>, it's nice to know that <u>Kristen Stewart</u> and <u>Robert Pattinson</u> are <u>celebrity exes</u> who are actually on good terms. According to *UsMagazine.com*, over the weekend, Stewart gushed over how happy she was for Pattinson snagging the role of Batman. Speaking to *Variety.com* at the Toronto Film Festival, the actress exclaimed, "I feel like he's the only guy that could play that part. I'm so happy for him. It's crazy ... I'm very, very happy about that. I heard that and I was like, 'Oh man!' It's awesome."

These celebrity exes still show each other support in their

careers. What are some benefits to staying on good terms with your ex?

Cupid's Advice:

Kristen Stewart and Robert Pattinson are exes that have tons of history, yet they still stand on good terms with one another. They make it look easy to continuously support an ex after a break-up, but we all know how difficult that can be. But, there can be upsides to staying friendly with an ex. Cupid has some advice that can have you reaping the benefits of staying on good terms with one of your exes:

1. This person knows you better than others: If your relationship started off with the both of you being friends, chances are this ex knows you better than most people do. If the relationship didn't have a messy end, it may be good to keep this person a part of your life. Besides, if you're both up to it, you can give each other relationship advice since you both dated each other. Who else can give you better relationship advice than that?

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Her Love Life

2. Your ex brings out your strengths: It's obvious that one of the main reasons they were in a relationship with you is because they saw how wonderful you were. If you can stay friends after a break-up, this ex is a valuable person to come to when your self-confidence has been beaten down. They'll be able to remind you of the best parts of who you are. Not to mention, they'll be able to give you this pick-me-up from an outsider's perspective.

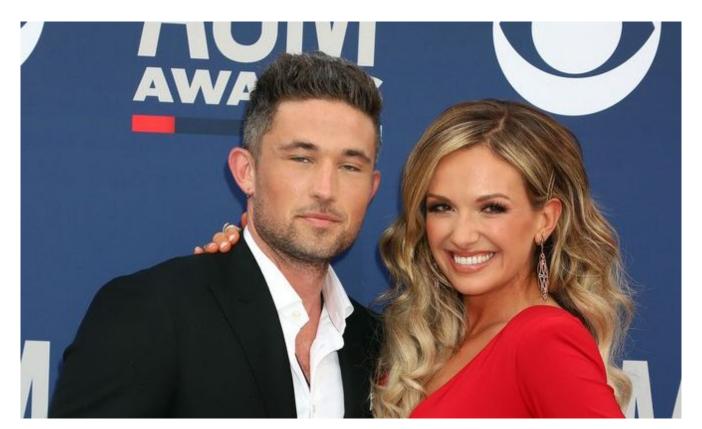
Related Link: New Celebrity Couple? Robert Pattinson Kisses
Suki Waterhouse on Movie Date

3. It can be rewarding: Having very positive and genuine interactions with your ex after a relationship has ended can be a very healthy part of the healing process. It's rewarding to be able to know you are both mature enough to handle being friendly towards one another. The fewer people you so hastily cut from your life, the more people you will have in your corner. It also gives you a sense of growth if you make an effort to stay friends with someone you had a failed relationship with.

What are some ways that you have benefitted from staying friendly with an ex? Tell us down below!

Celebrity Exes: Tyler Cameron Sets the Record Straight on Feelings for 'Bachelorette' Hannah Brown





By Hope Ankney

In <u>celebrity news</u>, <u>The Bachelorette</u> runner-up, Tyler Cameron, has officially set the record straight about where he stands with Hannah Brown. According to <u>EOnline.com</u>, the star popped on Twitter Wednesday to dismiss claims that he had been shading <u>The Bachelorette</u> star. What started with an accidental liking of a tweet shading Brown ended with Cameron writing a series of tweets defending her. Sharing how much respect he had for Brown, he stated "...that girl deserves no shade and nothing but success. She empowers women and deserves all the accolades. She empowers women and created so much conversation on how women should be treated. I am grateful for our time together and all that I learned from her."

These <u>celebrity exes</u> are keeping their feelings positive all the way around. What do you do if your ex

is throwing shade at you?

Cupid's Advice:

When an ex decides to throw shade your way, it triggers an almost immediate emotional reaction. It's hard to ignore the issue and not let it affect you or your behavior. It's even worse if this ex has thrown something like this at you before. But, is it worth giving them the satisfaction of visibly showing how upset it made you? Not at all. Take a look at a few of Cupid's suggestions for relationship advice on how to deal with an ex that is trying to shade you:

1. Delete their social media from your accounts: A big mistake people make is keeping their exes on their social media as friends, followers, etc. It not only keeps a break-up fresh, but it's easy to go on their pages and keep up with their every move. Deleting them as friends or unfollowing their accounts will help you deal with an ex that might cryptically tweet about you or like shady tweets that could be indirectly addressed towards you. In fact, after wiping them away, you might not even know they're doing it anymore.

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2. Take a breath: Taking a long, deep breath can do wonders for how you react towards an ex throwing shade. It'll help you balance your composure by trying to keep your mind and body calm. And, if you feel like you need to respond, taking a moment to collect yourself and your thoughts before you reply can do wonders for how the entire situation will go.

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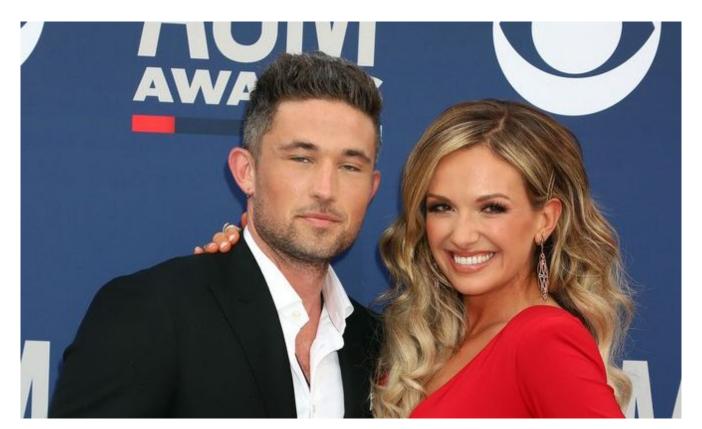
3. Surround yourself with positivity: There's nothing worse

than being alone or around negativity when an ex decides to throw something your way. The isolation and negative energy will only fuel you to respond with something you'll regret later. When an ex is exhibiting this behavior, try and find friends full of positivity to surround yourself with. They'll bring your mood up while further encouraging you and keeping you motivated to be above the nonsense.

How have you dealt with an ex that's thrown shade at you? Tell us down below!

Celebrity News: Brody Jenner is 'Happy' for Miley Cyrus & Ex Kaitlynn Carter





By Hope Ankney

Three cheers for supportive exes! In <u>celebrity news</u>, Brody Jenner is speaking out about his ex, Kaitlynn Carter, and her new fling with <u>Miley Cyrus</u>. According to *UsMagazine.com*, Jenner is "happy that Kaitlynn's moved on and found love." The two <u>celebrity exes</u>, reportedly, have no hard feelings towards one another. They had a clean split that helped them to stay close friends, allowing Jenner to not be bothered by Carter and Cyrus's relationship.

In celebrity news, Brody Jenner isn't holding any ill will toward his ex, Kaitlynn Carter and her new relationship with Miley. What are some ways to keep jealousy at bay

when your ex moves on?

Cupid's Advice:

Even Hollywood's stars go through jealousy after break-ups. It's a normal feeling to have, especially after seeing an ex with someone new. Jealousy can consume, but it doesn't have to be that way. Fortunately, Cupid has some <u>relationship advice</u> on how to keep the eye of jealousy away when your ex has moved on:

1. Distract yourself: Keeping one's mind busy after seeing an ex with a new fling is an important step in keeping jealousy at bay. Distraction can be your best friend when all else fails, and you just need time to turn your brain off from it all. Throwing yourself into a new hobby, double-downing at work, or even spending more time with friends could be the perfect way to keep your mind from wandering to your ex and the person they're with.

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2. Try to bring closure to the relationship: Many studies state that journaling, venting to loved ones, and creating arts and crafts are just some things that bring closure after a break-up. By creating a safe space where you can let out all your feelings without judgment, the less likely you'll become jealous and act on that jealousy. It could also help you find out more about where this jealousy is stemming from, and how you can de-construct it.

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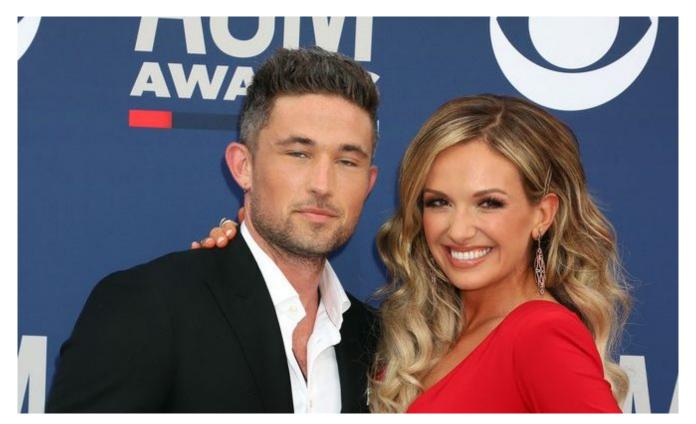
3. Embrace your 'wins:' Break-ups take such an emotional toll on us. It's even worse when it seems like they've moved on before you. You've got to learn to let go by discovering all

the 'wins' that the relationship gave you. By studying the positive sides of the relationships and understanding that those things were 'wins' to you even if the relationship ended, it helps you come to terms with the loss before jealousy overrides it. What did this person teach you about yourself? Did they encourage you to embrace something you wouldn't have otherwise? That's the 'win' that keeps the memory of the relationship positive.

Have you ever had to overcome jealousy after you saw an ex with someone new? How did you do it? Sound off in the comments below!

Celebrity Wedding: Miles Teller Marries Longtime Girlfriend Keleigh Sperry in Hawaii





By Hope Ankney

In <u>celebrity news</u>, Miles Teller and long-time girlfriend Keleigh Sperry have tied the knot! According to *EOnline.com*, the <u>celebrity couple</u> got married over Labor Day weekend in Hawaii. The ceremony was held in a Catholic church on Maui while the reception was hosted at a beautiful waterfront venue at The Ritz. A source told the publication that the <u>celebrity wedding</u> was "very Hawaiian, just what the couple asked for." They toasted with champagne and thanked every guest for flying there to be with them on their special day.

This celebrity wedding was a very Hawaiian affair! What are some themes to consider for your wedding?

Cupid's Advice:

Decorating isn't always the best part of planning for a

wedding, but hosting a theme can really liven up the occasion. Themed weddings are always fun as they allow a couple to really express their style and creativity. It proves to be much more immersive as the theme can tie into invitations, hashtags, wedding cake, and more! Here are Cupid's suggestions of fun themes to consider for your wedding:

1. Under-the-sea wedding: A personal favorite is a wedding that has an underwater theme because it is a fun and unique way to entertain your guests! You can get crazy with table decorations by incorporating brightly colored fish into the centerpieces, print off aquatic invitations, and you can even set-up a photobooth station with a sea-life backdrop for everyone to take fun photos in front of. The color palette for this theme is so varied, you don't even have to worry about colors clashing. And, if you're invested enough, you might even be able to host your reception at a real aquarium!

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<u>Secretly Marries Lauren Hashian in Hawaii</u>

2. Halloween wedding: A Halloween-themed wedding is one that never fails to be a memorable event. If you enjoy the holiday and love to dress up, consider this idea as one to plan your wedding around! Guests could come dressed up to the ceremony or reception in any costume they pleased as the decorations and meal revolve around the spooky day. There's not a shortage of inspiration for ideas to really get into the Halloween spirit. Besides, who wouldn't want to come to a wedding that doubles as a costume party?

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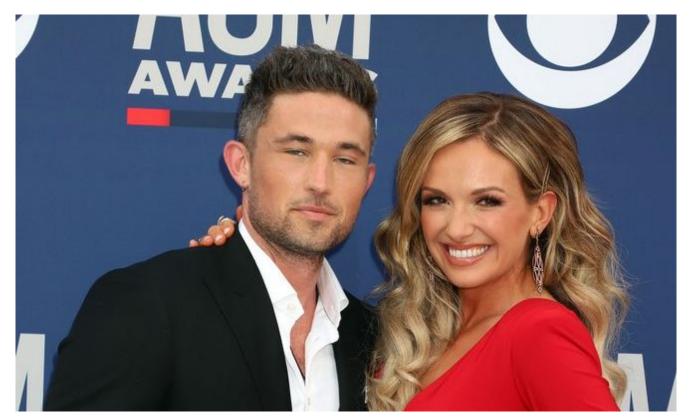
3. Game of Thrones wedding: With Game of Thrones ending earlier this year, a themed wedding of the series is great for any die-hard fan! Wedding planning can be quite the adventure, but why make it seem like a chore when it can be filled with

mothers of dragons, iron thrones, and medieval undertones? Host your ceremony in a woodland setting, wear a crystal wedding tiara, have an hors d'oeuvre grazing table to feast like kings, and really lean into the Game of Thrones universe with your decorations. This themed wedding will excite any fan that wants to experience the series one last time!

Have you experienced any themed weddings that you really enjoyed? Leave your suggestions below!

Celebrity News: Miley Cyrus Gets Close to Kaitlynn Carter at Lunch with Mom Tish





By Hope Ankney

There was lots of love for Labor Day weekend! In <u>celebrity</u> <u>news</u>, it seems that <u>Miley Cyrus</u> and Kaitlynn Carter are getting closer as they were seen grabbing lunch with Cyrus' mom, Tish, in Los Angeles on Sunday. According to *UsMagazine.com*, the <u>celebrity couple</u> was spotted in a parking area of a local restaurant, with Cyrus' arm wrapped snugly around Carter, both sporting smiles. This is the second time the two have been seen getting lunch with Tish in the past two weeks. The duo spending more time with one another comes shortly after their respective break-ups with Liam Hemsworth and Brody Jenner.

In celebrity news, Miley Cyrus is getting closer to Kaitlynn Carter after Liam Hemsworth filed for divorce. What are some steps you

can take to move on after an intense split?

Cupid's Advice:

Not everyone is experiencing a <u>celebrity break-up</u>, but the hurt generated by splits are universal. Break-ups are hard, and it's even harder when an ex quickly moves on with someone new. But, it's not impossible to get over a heartbreak! Fortunately, Cupid has some <u>relationship advice</u> on steps to take after you go through an intense split:

1. Remove the rose-colored glasses: Sometimes, it's easy to forget that we are all just human. It's natural to almost idealize an ex-partner after a break-up, experiencing insecurities and wondering if you'll ever find someone that matches up to them. But, it's important to make an effort to see the limitations of this person. They have flaws, doubts, and insecurities, themselves. They were never perfect, and it's better to find the logic in the realistic nature and incompatibilities of the break-up to be able to properly move on.

Related Link: Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding

2. Surround yourself with good friends: Good friendships are important for many things, but they are especially important when life-altering situations occur like intense break-ups. They tend to be your biggest supporters, rooting you on and giving you the love and positivity you need. They are there to distract you and pick you up when you're feeling down. When relationship problems arise, these people are the ones that help you put the relationship into perspective, making it easier to see the ex-lover objectively.

Related Link: Relationship Advice: How to Approach Social

Media Post-Breakup

3. Find a great therapist: Therapy is a very helpful tool when going through hardship. It acts as a safe space to open up about feelings and communication without being judged. Working through loss, like a relationship, in a setting where you can freely talk and further your introspection is significant in easing the pain. A lot of people feel more comfortable speaking out about these kinds of issues with someone they hold no personal attachment to than those they know. Find a therapist you can trust being vulnerable around, and you might have a healthier time moving on from your past relationship.

Can you think of other steps you've personally experienced that helped in getting over your most intense splits? Let us know in the comments below!