

# Travel Tips: Vacation Destinations for a Girls' Getaway



By

[Katie Sotack](#)

Life's been hectic lately. The muscles in your shoulder are so knotted you can't lift your arm over your head. Your brain's always on overdrive in an effort to match your racing heart. Your body sending you a message. The rhythm of routine responsibility is too overwhelming and there's no better way to unwind than travel with a good [vacation destination](#). It's time for a getaway with your gal pals at a [popular vacation spot](#)!

# Get ready for the fun, relaxing getaway you've been craving. Here's how to find a vacation destination that's right for your girl group.

Grab your bikini and suntan lotion! These are [travel tips](#) for the hot spots during a fun-fueled vacation.

**1. San Diego, CA:** Rated among the top ten fittest cities in the world, San Diego is perfect for the exercise-loving girl gang. The beautiful weather and coastal beaches are perfect for hiking, biking, and swimming. While you're there consider taking a group surfing lesson and returning home with a new skill.

**Related Link:** [Vacation Destinations: Underrated Vacation Locations](#)

**2. Fort Lauderdale, FL:** If your style is more along the lines of bad and boujee head out to Fort Lauderdale. Take after Elizabeth Taylor's [celebrity vacation](#) where there are endless opportunities to relax in this a glamorous getaway. The Riverwalk Arts & Entertainment district will keep you busy for days with a metropolitan and cultural vibe.

**3. Martha's Vineyard, MA:** Try beaches as a classy affair. Seen as the prime vacation destination in *Gilmore Girls*, Martha's Vineyard is famous for an upper-class getaway with beautiful beaches aligned with houses to rent for a weekend. Bring your wallet though, because the shops and top-notch restaurants cannot be missed.

**Related Link:** [Travel Tips: Pocket Friendly U.S. Travel Destinations](#)

**4. New Orleans, LA:** Take a tip from Tiffany Haddish and

friends from the movie *Girls Trip*. After a screening of this film take your crew on the dream nightlife getaway that is New Orleans. End your nights at early morning with the region's famous Cajun cuisine.

Where are you going with your girlfriends? Share in the comments below!

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## Celebrity News: 'Bachelorette' Front Runner Jed's Ex Details Heartbreak & Being Ghosted





By

[Katie Sotack](#)

In [celebrity news](#), *Bachelorette* front runner Jed had a girl at home when he left for the show and broke her heart. Jed and his ex, Haley Stevens, are both country singers who fell in love before Jed was accepted onto *The Bachelorette*. According to *UsMagazine.com*, Jed went on the show as a way to publicize his music, and Haley didn't want to hold him back from any show biz opportunity. However, the six weeks of filming and two weeks after with no phone call from Jed devastated Haley. When the ex [celebrity couple](#) ran into each other at CMA Fest, few words were exchanged and Haley knew they were finished.

**In celebrity news, all may not be as it seems with *Bachelorette* favorite Jed Wyatt. What are some ways to know if your new partner is being genuine?**

**Cupid's Advice:**

When falling in love there's no guarantee. The possibility of pain is around every corner. However there are tell tale signs that your partner is the real deal. Here is dating advice on how to tell if they're leading you on:

**1. Listen to your gut:** First things first, always listen to your gut. If there's a nagging feeling from something primal in your body, it's probably right. Do a little investigative work into what instinct is telling you.

**Related Link:** [Celebrity News: 'Bachelorette' Hannah Brown Considers Quitting the Show After Luke P. Fight](#)

**2. Listen to what they're really saying:** If you find yourself in a Haley situation, where your partner is saying 'I love you' but keeping the door to others open: actions speak louder than words. Some people will say anything to keep something good around, but remember that the way someone treats you is the true test to if they value you.

**Related Link:** [Celebrity Marriage: 'The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe](#)

**3. Listen to others:** So your friends and family raise an eyebrow every time you tell a story about your flailing significant other. Clearly they think this partner's not good enough for you. If their reasons go beyond the shallow (ie: money, looks, etc.) then put stock into what they're saying. They want someone to treat you right even more than you do.

**How do you detect if your partner's being genuine? Share in the comments below!**

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# Celebrity News: Barack & Michelle Obama Double Date With George & Amal Clooney in Italy



By

[Katie Sotack](#)

Former President Barack Obama and wife Michelle were seen out with married [celebrity couple](#) George and Amal Clooney. According to *UsMagazine.com* the couples spent the day on Clooney's boat, which seemed to be headed toward the Clooney's villa on the coast of northern Italy. The couples go way back, as George even hosted a \$40,000 plate fundraiser for Barack in 2012.

# In celebrity news, the former President and First Lady went on a double date with actor George Clooney and wife Amal. What are some benefits to double dates?

## Cupid's Advice:

Even presidents and celebrities need double dates to spice things up. Here are the benefits to having couples friends:

**1. They're in the same place:** Most couples face an array of similar problems. "He never picks up his socks." "Same here!" By double dating your problems seem less about your relationship and therefore smaller in your mind. A couple going through the same thing will just get it, in a way your single friends may not.

**Related Link:** [Celebrity News: Tori Spelling Says It's 'Hard to Be Monogamous' Years After Dean McDermott's Affair](#)

**2. It's reinvigorating:** Chances are if you've been together a while, your partner's become somewhat predictable. Shake things up by introducing another couple to the mix. The social interaction will liven your relationship by bringing in topics you've never discussed and new ideas for you to share.

**Related Link:** [Celebrity News: Beyonce Gives Death Stare As Warriors Owner Wife Talks to Jay-Z](#)

**3. It's fun:** Frankly the biggest reason to double date is because it's fun. Forming relationships outside of romance is an important ingredient for a happy life. By double dating you and your partner can have fun and build relationships outside your union together.

What's your best double date story? Share in the comments below!

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# Parenting Advice: How to Support Your Child Through Graduation



By

[Katie Sotack](#)

You've made it to the graduation milestone, congratulations! Graduation is a testament to both students and parents alike. Both parties have worked hard to get to this point, but in terms of [parenting](#), you may be asking, "what's next?" Whether



your child's looking for their first career or moving onto more school, they need your support now more than ever.

## **Graduation symbolizes the end of an era. What are some ways to ensure a successful transition with this parenting advice?**

With parental pride swelling as your grad sweeps across the stage with their diploma, this is surely one of the best moments shared between you and your child. Here are some [parenting advice](#) and [parenting tips](#) on the road after pomp and circumstance:

**1. Instill confidence:** Avoid expressing your concerns about your child's weaknesses at this moment, especially if they're underperforming. Instead, routinely share your belief in them and their abilities.

**Related Link:** [Parenting Tips: Apply Research to the Practice of Parenting](#)

**2. Be proactive:** It's important to be aware of all opportunities. Avoid an explosive reaction by keeping your mind open to all the possibilities your child may consider. When something comes up that you hadn't thought out, process your feelings and then react in accordance.

**3. Encourage the best fit:** Whether it be college or career, find one that is a personal fit. The 'take what you can get' attitude will be harmful to your child's potential in the long run. So encourage them to keep searching until they find what will work for them.

**Related Link:** [Parenting Advice: 5 Steps to More Effective Parenting](#)

**4. Sit on the sidelines:** This is your child's journey. While it may be tempting to impart your desires and dictate which way is the right one, let your child take the lead and support their decisions.

How do you support your child through transitions like graduation? Share in the comments below.

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## Food Trend: Managing Meal Complexity From Kitchen to Kit



By

[Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body—nutritionists, dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

**When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal prep in your home.**

Bottom line: meal prep is an individual choice when it comes to following [food advice](#) and [diet tips](#). If cooking relaxes you then it might be the way to go. But, if you find yourself overwhelmed with all the possibilities and ever-changing health dialogue, that's a great reason to consider meal kits.

**1. Built-in portion control:** Purchasing meal kits will ensure that you're eating the right amount of food. It can be painful to break out the measuring cup for every aspect of your meal and this way you won't have to.

**2. Nutrition to a T:** Check to make sure your meal kits are sought over by a nutritionist or dietitian and it'll make nutrition simple. Instead of doing the guesswork after a long day at the office, leave it to the professionals to find balance in your meal.

**Related Link:** [Product Review: Harlow's Harvest](#)

**3. There's a chance you could lose weight:** This isn't always the case. If you're used to eating junk food in high portions, switching to a measured and nutritious system could help you shed some pounds.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**4. Exotic flavors:** Meal kits bring an exciting twist to what would've been plain pasta night. There are hundreds of different flavors from exotic origins to try. In one week you could span the food global from Italy to China.

**5. It's just less work:** Planning, shopping, prepping, cooking, and cleaning can be overwhelming if you aren't used to doing it. Busy Millennials with no time to aging Boomers losing dexterity could use a simple and easy solution to the necessity that is eating.

**Are you going to try meal kits? Share why or why not in the comments below!**

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## Celebrity Couple News: Teresa Giudice Shares Worries about Husband Joe's Deportation







By

Katie Sotack

In [celebrity news](#), Teresa Giudice of *Real Housewives* announced concern over her husband, Joe's, upcoming deportation. According to *UsMagazine.com* the [celebrity couple](#) is separated, but Giudice shares real worries about her husband's absence from their daughters' lives. Giudice started a *Change.org* petition and wrote to the President in hopes of keeping Joe in the country.

**In celebrity couple news, Teresa is worrying that her husband Joe will miss seeing their kids grow up. What are some ways to help a distant parent stay involved?**

**Cupid's Advice:**

Even with tremendous amounts of distance, it's possible and important to remain active in your children's lives. Here are

some parenting tips to stay present despite the distance:

**1. Facetime:** Keep the face to face interaction going by Facetiming your kids. The video chatting will guarantee the spontaneity and lively conversation with your children.

**Related Link:** [Celebrity News: Tori Spelling Says It's 'Hard to be Monogamous' Years After Dean McDermott's Affair](#)

**2. Mail:** Snail mail is a fun way to stay in touch with your kids. Not only will it give you the time to think about what you'd like to say, but it will have the added benefit of exciting your kids each day the mail arrives.

**Related Link:** [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

**3. Regular scheduling:** No matter how you choose to stay in contact make sure you adhere to a regular schedule. Don't leave your kids wondering whether or not you'll call. To be present in their lives you've got to be regular.

**What's your favorite method of contact when you're long distance? Share in the comments below!**

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**Celebrity News: 'RHOC' Alum Alexis Bellino Takes Next Step with Boyfriend Andy Bohns**



By

Katie Sotack

In [celebrity news](#), *Real Housewives of Orange County* alum and [celebrity parent](#) Alexis Bellino recently took the next step in her relationship with her boyfriend, Andy Bohns, and introduced him to her children. According to *UsMagazine.com*, the family merged together during a boat outing on Father's Day. Bohns has children of his own, making the decision to blend families extra challenging. Bohns' ex-wife recently pleaded through her crisis manager that the couple be extra considerate when posting on social media for all the children involved.

**In this celebrity news, Alexis met her boyfriend's kids. How do you**

# know when it's time to introduce your partner to your child(ren)?

## Cupid's Advice:

Celebrity couple Alexis and Andy are blending families. With consistency and thought your kid(s) may grow to love your S.O. as much as you do. Here are some tips to finding the right time to introduce your partner to your child(ren):

**1. You see a future:** If you're picturing your future and it has to have this person in it, it's time to introduce the family. You can't very well go on living two separate lives and your kids are a nonnegotiable. In time in getting the two parts of your life to be one.

**Related Link:** [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

**2. You've primed your kids:** The little ones know you're going out with someone special every night and they're dying to be let in. You've spoken to them about your relationship and supported the idea that their mom will always be their mom/their dad will always be their dad. If the trend continues it's time to introduce your partner to your family.

**Related Link:** [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

**3. Enough time has past:** Even if the other two tips are right on the money, consider waiting six months to a year. Each individual you introduce as a part of your kids lives is going to make a huge impact. If you break up that'll be tough enough for you, let alone the kids. Make sure this one is going to last.



When did you know it was time to introduce your child(ren) to your partner? Share in the comments below!

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## Fashion Trend: Khaki & Beige, Plain No More!



By

Katie Sotack

Say “goodbye” to the flashy, logo-driven wardrobes you’ve seen over the past few years. According to *harpersbazaar.com*, this Fall’s 2019 [fashion trend](#) will be beige on beige. While you might be tempted after the glitz of sequins, feathers, and neons (oh my!) to accuse beige of being boring, think again. Classically cut neutrals have historically stood the test of

time from Audrey Hepburn to Taylor Swift. This fall there's plenty of reason to dive into the beige trend that look timeless in photos for decades to come.

## **Beige will be making its way to the fashion runway this fall. To follow this fashion trend, what are some ways to incorporate neutrals into your wardrobe?**

Beige's comeback reminds us that fashion is fluid. What's trendy must always be measured against what works for our personal style. Here are some fashion tips for incorporating neutrals with your own personal flare:

**1. Work with what you've got:** If you're a fan of color and cringe at the thought of giving up your hard earned colorful closet, incorporate what you own with the beige trend. Neutrals often make a great base for colorful accents and expressions throughout the rest of the outfit.

**2. Remember the statement piece:** Just because we're not demanding funky fashion from these silhouettes doesn't mean you can't be playful. Add charm to your classic cuts and beige on beige with statement earrings or a dazzling necklace.

**Related Link:** [Fashion Trend: 5 Trends Making a Comeback in 2019](#)

**3. Go for classic cuts:** Street wear has become popular in recent years, but we're circling back to timeless cuts. This isn't a call to end comfort. Instead of tight leggings try a straight legged slack which will give your legs breathing room.

**4. Mixing and matching:** The task of finding clothes that work together becomes much easier when you've opted for simple cuts and beige or khaki bases. The entirety of your wardrobe will match and you'll never be known as the person whose outfits clash.

**Related Link:** [Fashion Trend: Beige Is Making a Comeback](#)

**5. Color block your beige tones:** the beige look doesn't require the wearer to be completely mono toned. Pair different shades of beige together to create a dynamic and fluid look which will add to the dimensional quality of your look.

**How do you work beige into your wardrobe? Share in the comments below!**

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## **Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day**





By

Katie Sotack

According to *UsMagazine.com*, Katherine Schwarzenegger wished Chris Pratt a “Happy Father’s Day” on Instagram. Schwarzenegger posted a photo of Pratt watching over his son along with a laundry list of compliments for the father. Katherine claimed, “Watching you be such a hands on and loving father was one of the many reasons I fell in love with you, and continue to each day.” The news comes after the [celebrity couple](#) married at a ranch in California about a week ago.

**In this celebrity couple news, Katherine may have kids on the mind this Father’s Day! What are some ways to celebrate your partner as a parent year-round?**

**Cupid’s Advice:**

The challenges of parenthood deserve to be rewarded with



appreciation. Celebrating your partner's dedication to your children can help to strengthen the whole family's relationship. Here are some ways to acknowledge your partner's work with the kids:

**1. A day to themselves:** being a care taker is as rewarding as it is exhausting. If you want to show your partner how much you appreciate them consider giving them the day off to rest and practice self care. Send them to a spa or take the kids out so they can relax at home.

**Related Link:** [Celebrity Wedding News: Chris Pratt & Katherine Schwarzenegger Tie the Knot](#)

**2. Craft time:** sit your kids down to make your significant other some heart-warming crafts. Have your kids express how much they love their mommy or daddy with homemade cards or presents.

**Related Link:** [Celebrity Baby News: Elin Nordegren Is Expecting With Former Football Pro Jordan Cameron](#)

**3. Post up:** If your partners been working extra hard lately, take a cue from Schwarzenegger. Pick your favorite shot of your partner and child and take to social media as a nice surprise saying how much you admire their parent-child relationship.

**How do you show your parenting partner appreciation? Share in the comments below!**

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## Katie Sotack



Summer 2019

r 2019

## Editorial Intern

In the spring of 2019, Katie Sotack graduated from SUNY Oneonta with her Bachelor of Communications. She recently began writing [celebrity news](#) articles as a summer editorial intern for [CupidsPulse.com](#). She started her love affair with writing as a child through realistic fiction until she was a teenager when she switched to romance stories. Katie lives in New York with her supportive parents, brother, and guinea pig, Bojack. In her free time, Katie enjoys exercising, reading historical romance, and watching classic movies.

Katie's favorite celebrity couple is [Ryan Reynolds](#) and [Blake Lively](#). She loves the way they support each other and joke around with playful banter. Their running Twitter jokes make her laugh. She also loves Reynolds' bromance with her celebrity crush, [Jake Gyllenhaal](#).

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# Celebrity Diet: Does Going Vegan Hurt Your Health?



By

[Katie Sotack](#)

Reducing meat intake is becoming hugely popular in [celebrity diets](#). According to *Foodnavigator-usa.com* companies like Beyond Meat are skyrocketing in sales because their branding has increased food options for vegan and vegetarian diets. This, coupled with people's growing concern over climate change, has added to the desire to reduce meat intake. However, celebrities like actress [Anne Hathaway](#) and food blogger Virpi Mikkonen on a vegan and vegetarian diet have expressed their concerns with a completely raw, plant-based diet. Mikkonen experienced early menopause. Hathaway lacks

energy. Check out our [fitness advice](#) and [food advice](#) on how to remain healthy on a vegan or vegetarian diet!

## Here's some food advice on how to follow this celebrity diet trend but also stay healthy at the same time!

Adding raw, plant-based foods to meals have been all the rage for dieting tip articles, but to maintain a strictly vegan or vegetarian diet requires a lot of knowledge on how nutrition affects the body. Here are the facts to consider when switching up your diet:

**1. Up your protein intake:** If you're cutting out animal products, you could be cutting out the majority of your protein source. At the start of a plant-based diet, it's important to find other protein sources in nuts and lentils. Tofu is fine but be careful not to overeat soy-based products, which contain isoflavones, and can have ill effects on the body.

**2. There are different types of vegetarian diets:** Be sure to research different kinds of diets before you make any major changes for yourself. Some eliminate foods high in fat, like avocados, and others encourage minimal cooking. Find which diet works for you.

**Related Link:** [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

**3. Consult a nutritionist:** Not everyone can afford it, but if your insurance will cover it, contact a nutritionist. Whenever you drastically alter your diet it's best to speak with a professional to make sure all your bases are covered. If you can't afford a nutritionist or doctor's visit, make sure to do



your research by checking out books on the diet you're seeking to emulate.

**Related Link:** [Fitness Advice: How to Get Your Best Booty](#)

**4. Mix and match:** Lacto-Ovo vegetarians, for example, eat only eggs and dairy produce. Pescatarians include fish. Beegans are vegans who eat honey only. There's no need to follow a by-the-book diet. If you want to enjoy a vegan lifestyle, but need to incorporate seafood to increase your energy go ahead!

**5. Listen to your body:** Above all be aware of your body. Listen to your natural instincts, if you're hungry, tired, and off-kilter in any way, adapt your diet to fit you and your needs. Everybody is different and there are no one-size-fits-all for a diet.

**Have you reduced your meat intake or gone vegan? What are your tips and tricks? Share your comment below!**

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## Why Fans Think Lady Gaga Is Defending Bradley Cooper After Celebrity Break-Up





By

Katie Sotack

Recently, news of Bradley Cooper's [celebrity break-up](#) with Irina Shayk broke. According to *EOnline.com*, rumors had been flying that Cooper's *A Star Is Born* costar Lady Gaga contributed to the couple's tension and demise. Gaga, who was performing in Vegas when news of the split arose, gave a speech about trying to change others before singing her and Cooper's duet, *Shallow*. It may be a stretch, but fans are certain of Gaga's hidden message about Cooper.

**This celebrity break-up has a lot of rumors surrounding it. What are some ways to keep gossip from making your break-up worse than it actually is?**

**Cupid's Advice:**

Rumor mills never stop turning. They can be hurtful and

amplify situations for the worse. Here are some ways to keep ahead of the gossip about your breakup:

**1. Make a clear statement:** Once news of the breakup hits you'll have to have a go-to explanation prepared. Make it unbiased and appreciative of your ex-partner if you want to minimize the damage and potential gossip.

**Related Link:** [Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together](#)

**2. Stay Facebook friends:** If you and your ex are on good terms stay friends on social media. Apps like Facebook and Twitter have the added perk of a mute option. That way the breakup can be amicable online, but you won't need to see their posts everyday.

**Related Link:** [Celebrity News: Brad Pitt Attends Ex Jennifer Aniston's Birthday Party](#)

**3. Keep it light, but honest:** When you're pressed for more information, don't get worked up. Be honest about the way you feel, but not accusatory or angry. This way you'll stay authentic but positive about your ex-partner.

**How have you avoided bad blood after a breakup. Share in the comments below!**

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## **Celebrity Pregnancy: Tristan Thompson's Ex Claims Khloe**

# Kardashian Caused Complications

# Relationship Pregnancy



By

Katie Sotack

In [celebrity news](#), Cleveland Cavaliers player Tristan Thompson is being accused of causing pregnancy complications for his ex, Jordan Craig. According to *UsMagazine.com*, the complications arose when Thompson publicly dated a woman believed to be Khloe Kardashian. The stress of being publicly ridiculed resulted in an order for bed rest and eventually, severe pregnancy complications.



# In celebrity pregnancy news, Tristan's ex is blaming Khloe Kardashian for her pregnancy complications. What are some ways to keep stress from affecting your pregnancy?

## Cupid's Advice:

Pregnancy is a wonderful time for mothers-to-be, but there's no denying the added stress of growing another life. Staying relaxed can help ensure a healthy and complication free pregnancy. Here are some ways to eliminate stress:

**1. Get enough rest:** getting the recommended 8-10 hours is essential to your mood and the babies health. Lack of sleep throws off your bodies regulatory hormones and adds to stress.

**Related Link:** [Celebrity News: Blac Chyna Slams Exes Rob Kardashian & Tyga Over Child Support](#)

**2. Try gentle exercise:** moving around during the day will keep your endorphins up, in turn relaxing your mental state. Activity also has the added benefit of improving your sleep cycle.

**Related Link:** [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

**3. Ask for help:** pregnancy effects your mind and body in ways that can be difficult. Things that were once second nature may have become a challenge, but don't be afraid to ask for help when you need. It'll be a huge load off your plate.

**How do you relax? Share in the comments below!**

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# Fashion Tip: Out With the Outdated & In With the New



By

Katie Sotack

Spring is heading out just as quickly as it came in with summer just around the corner. As the heat rises, we are set to shed our cool temperature clothes and the [fashion trends](#) that inspired them. So, send your outdated wardrobe to the thrift store, and pick up that credit card. It's time to splurge on a new trendy summer wardrobe.

# This summer calls for fashion swap outs. If you want to get your groove back with these funky trends, here are some fashion tips for stocking your closet.

Summer style this year is based off of recent decades and exciting colors. Think 90s cuts with 60s accessories and color palette. Here are some ways to incorporate the trends into your wardrobe:

**1. Straight legged jeans:** in recent years the style has been all about the skinny pant, but dig out your comfy boyfriend jeans because roomy jeans are all the rage. Not only will you look super trendy in the 90s boy band bottoms but you won't be afraid to treat yourself to an ice cream cone with that new wiggle room.

**2. Oversized sunnies:** Dig out those Audrey Hepburn sunglasses. Huge, geometric shapes are meant to sit on the bridge on your nose this summer with the added benefit of more sun protection.

**Related Link:** [Fashion Trend: The Modern Hippie](#)

**3. One-shoulder tanks:** Hide that weird tan line with a one shoulder top. The asymmetric style will give a flare of fashion to any bottoms or accessories. It's the one stop statement piece.

**4. The stylin' suit:** Switch out the string bikini for something spunky. Bathing suits with a sense of personality are hot for the summer heat. Go for ruffles to flourish your inner girly girl or if you're a rocker pick out a suit with studs.

**Related Link:** [Fashion Trend: 5 Ways Celebrity Style Influences Fashion Trends](#)

**5. When in doubt, full color out:** Whatever you choose to wear this season, bold colors will keep the outfit on trend. Think Miami colors and patterns. Anything that makes you appear to have harvested the sunshine just for your 'fit.

Which fashion trends are you excited to implement in your wardrobe? Which ones are you praying end soon? Share in the comments below!

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## **Celebrity News: 'Bachelor' Alum Arie Luyendyk Jr. Defends Wife Lauren After She Leaves Infant at Home**







By

Katie Sotack

In [celebrity news](#), *Bachelor* alum, Arie Luyendyk Jr, and wife Lauren Burnham are putting up a united front when it comes to their child. Celebrity parent Lauren left her one week old home for a luncheon with her sister. Social media users attacked, claiming Lauren left baby Alessi too fast, but Arie has come to his wife's defense. According to *UsMagazine.com*, the star responded that it was his idea and "[t]o all the negative comments regarding leaving her with grandma for a 45min lunch, cut her some slack!"

**In celebrity news, Arie is coming to the defense of his wife's parenting decision. Why is providing a unified front as parents so important?**

**Cupid's Advice:**

Parenting is hard enough as it is. If partners aren't on the same page publicly, it leaves room for all the nosy nobodies who claim to know better for your baby. A unified front is essential to a clear message for both your child and others. Here are some ways to hone that message:

**1. Back your baby mama/daddy:** It's important to demonstrate agreement in front of others and have each other's backs. Even if you're not 100% sold on their decision leave that discussion for a more private time.

**Related Link:** [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

**2. Confess to disagreeing (behind closed doors):** No couple sees child care the same way all the time. Have an honest discussion with your partner about compromising on the way to raise your kid and what you want for them in life.

**Related Link:** [Celebrity Baby News: Roger Mathews Defends Estranged Wife Jenni 'JWoww' Farley Amid Parenting Criticism](#)

**3. Share your observations:** Talk about the time spent caring for your children and what you've observed about them. As different people you'll likely pick up on different aspects of what the kids' need. By sharing this with your partner you'll merge perspectives and have an easier time finding common ground.

**Unified fronts in parenting are greatly important. How do you and your co-parent stay on the same page? Share your comment below.**

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# Celebrity Break-Up: Bradley Cooper & Irina Shayk Split After 4 Years Together



By

Katie Sotack

[Celebrity couple Bradley Cooper](#) and Irina Shayk broke up after four years together, according to *UsMagazine.com*. The news arrived not long after reports came out that the couple were going through relationship problems, which began earlier this year amid talk of Cooper's chemistry with *A Star Is Born* costar, Lady Gaga. Shayk claims to know they were both "in character" and denies the relevancy to the break-up. The two are still living in Cooper's house for now as they care for their two-year-old daughter, Lea.

# **This celebrity break-up comes after speculation that the pair's relationship was on the rocks. What are some ways to work through a tough time in your relationship?**

## **Cupid's Advice:**

Relationships aren't always smooth sailing. They take time and effort from the individuals involved. When your relationship requires work, here are some steps you can take to mend bridges:

**1. Honesty is the best policy:** it may be tempting to soften-blows and tell white lies, but the truth is mandatory in a relationship. Sooner or later your partner will find out, it's better you're the one to tell them.

**Related Link:** [Back On! Celebrity Couple: Ben Affleck & Lindsay Shookus Are Back Together After Split](#)

**2. Listen to your gut:** If you feel like something's wrong, something probably wrong. Your intuition is your best friend and it's trying to help you out. Sort through your feelings and talk to your partner about what your body's been telling you.

**Related Link:** [Celebrity Exes Jennifer Lawrence and Nicholas Hoult Reunite in 'X-Men' Movie Scenes](#)

**3. Know when to seek outside help:** sometimes your relationship problems are bigger than the two of you can handle. There's no shame in that and plenty of trained professionals are willing to mediate. Whether you see a relationship counselor or sit down for legal mediation, considering bringing in a conflict expert.



What are some ways you manage conflict with your partner?  
Share in the comments below.

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# Celebrity News: Beyoncé Gives Death Stare As Warriors Owner's Wife Talks to Jay-Z



By

Katie Sotack

In [celebrity news](#), basketball wasn't the only competition at the NBA Finals this year. According to *UsMagazine.com*, Beyoncé was caught giving a death stare to Nicole Lacob, the Golden State Warriors majority owner's wife. Lacob invaded Yoncé's

personal space by closely chatting with Bey's husband, Jay-Z. The Beyhive rushed to defend Beyoncé, particularly sensitive to the subject matter after her 2016 album *Lemonade*, which narrated Beyoncé's struggle after Jay-Z cheated.

## **In celebrity news, even Beyoncé isn't immune to jealousy. What are some ways to deal with jealousy in a relationship?**

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

It's natural to feel territorial in a relationship, but if you can't keep it in check, it becomes a problem. Turning your jealousy into a productive catalyst in your relationship is entirely possible. Here's some way to turn your jealousy into a strength:

**1. Communicate your concerns:** talking to your partner about what's been bothering you, without accusing them, can strength the relationship. It has the added benefit of making your significant other aware of your sensitivities and may limit their time with the individual inspiring your green eyed monster.

**Related Link:** [Celebrity News: Kim Kardashian & Kanye West Celebrate Anniversary With Low-Key Dinner](#)

**2. Be the bigger person:** Stay secure in your relationship. If your partner's the one for you, they'd never hurt you by having an affair, emotional or physical. Keep your chin up and show your partner that sexy confidence.

**Related Link:** [Celebrity Couple News: Priyanka Chopra Jonas Admits She Judged Nick Jonas At First](#)

**3. Make special time for your relationship:** Sometimes jealousy doesn't come from an outside offender, but what your relationship is lacking. Consider what's bothering you in your relationship and go about making a positive change.

Jealousy is tough to deal with. What's your best way of beating the green eyed monster? Share in the comments below.

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## Celebrity News: Shia Labeouf & FKA Twig's Relationship Is On Hold



By

Katie Sotack

[Celebrity couple](#) and *Honey Boy* co-stars Shia LaBeouf and FKA Twigs are reportedly taking time off their relationship, according to *EOnline.com*. In [celebrity news](#), FKA Twigs' Magdalene Tour has taken her around the world and away from LaBeouf. In the meantime, he seems to be taking comfort in the arms of another woman. A source caught a glimpse of the two at Kanye West's Sunday Service, looking more cuddly than "just friends."

**In celebrity news, this pair is taking a break from their relationship. What are some benefits to putting your relationship on hold?**

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

It's not always a bad thing to take a break from your relationship. Cupid has some tips:

**1. Absence makes the heart grow fonder:** So you were going hot and heavy, but now you've cooled off into a freeze out. Sometimes too much too soon is overwhelming. Take time out to miss each other before reuniting stronger than ever.

**Related Link:** [Celebrity Break-Up: Lena Dunham Talks Rebound Romances Post Split from Jack Antonoff](#)

**2. Maybe their not the one:** You've been driving each other up the wall lately, but you swear you love them. Time apart is the best way to find out if your happier single and looking for someone suited to your lifestyle.

**Related Link:** [Relationship Advice: 5 Things To Do Before You Get Petty](#)



**3. Time to focus on yourself:** Focusing on 'we' instead of 'me' leaves parts of you on the back burner. In this solo time reconnect with your hobbies, career, family, and friends. Take bliss in all the beautiful pieces of life that have nothing to do with romantic love.

How has taking time off of your relationship benefited you? Share in the comments below.

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## Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work



By

Katie Sotack

Celebrity parent Mindy Kaling has opened up about life as a busy career woman and single parent. After giving birth to her daughter, Katherine in December 2017, Kaling hasn't felt the need to slow down, according to *EOnline.com*. She is currently working on a TV show for Netflix and a movie for Hulu while promoting *Late Night*, a film she wrote and in which she acted. Though she's loving working hard now, Kaling says she'll eventually have to slow down when Katherine's older as there's no father to pick up the slack.

## **This celebrity parent is juggling single parenting and a busy career. What are some ways to juggle parenting and work?**

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

It's hard enough being a parent, and it's even harder having both a job and child(ren). Cupid has some tips on how to juggle the two:

**1. Know what's important, and show up:** Have your priorities in order. If it's your child's second birthday, tonight is the night to miss the office networking at the Chili's downtown.

**Related Link:** [Celebrity Parents: Exes Drew Barrymore & Will Kopelman Reunite for Daughter's Graduation](#)

**2. Keep organized:** List out what you need to do today and in what order. This will keep you on track and have the added bonus of feeling accomplished when you cross off what you've done!

**Related Link:** [Celebrity Parents: Duchess Meghan Plans to Take](#)

## [Baby Archie to NYC Over the Summer](#)

**3. Sneak in some me time:** Whether it's an hour at the gym or a glass of wine after the kids are in bed, find time for yourself. You can't fill up your kid's cup or career's cup with an empty pitcher.

**How do you manage your time as a parent and employee? Share your comments below.**

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# Celebrity Break-Ups: Lady Gaga Breaks Silence on Split from Ex-Fiance Christian Carino





By

Katie Sotack

[Lady Gaga](#) wowed audiences in Las Vegas this past weekend with star-studded covers and a monologue of personal feelings. Gaga opened her song “Someone to Watch Over Me,” with a brief statement about her breakup from ex-fiance, Christian Carino. She said, “Last time I sang this song, I had a ring on my finger, so it’ll be different this time.” According to *EOnline.com*, the split happened back in February, and this is the first she’s spoken about it publicly. Her confession moved the audience, and she proved she’s a singing star with or without Carino.

**In celebrity break-up news, Lady Gaga finally addressed her split from Christian Carino. What are some ways opening up about a break-up can help you move on?**

**Cupid’s Advice:**



Staying silent about pain in your life is not always the best plan of action. It can build up until you explode in ways that aren't pleasant. Cupid has some ways opening up about a split can help you move on:

**1. Talk to loved ones:** Ending a relationship also drops the levels of intimacy you once had. Open up to your loved ones to quench your need for intimacy and vulnerability through other trusted people in your life.

**Related Link:** [Celebrity Break-Ups: Fans Speculate That Porsha Williams and Dennis McKinley Call It Quits](#)

**2. Redefine yourself:** For the past \*insert-relationship-length-here\*, you've been branded as a couple. Post up your best selfie and re-introduce yourself to the world as a single. Meaning you're just you and that's enough.

**Related Link:** [Break-Up: Kendall Jenner & Ben Simmons Split Months After Reconciliation](#)

**3. Get physical:** Don't be afraid to tell your friends "I just need a hug right now". Pump up a feel good hormone, oxytocin, by admitting you miss a physical connection with your ex. Then, get hugging.

**How has opening up about your breakup helped to kick start the healing process? Share in the comments below.**

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## **Celebrity Couple News: Dean McDermott Defends Wife Tori**

# Spelling Against Trolls Over Bikini Pic



By

Katie Sotack

In [celebrity couple](#) news, Dean McDermott is his wife, Tori Spelling's knight in shining armor against internet haters. According to *UsMagazine.com*, yesterday Spelling posted a bikini clad photo of herself with her *BH90210* co-stars, Jennie Garth and Gabrielle Carteris. Trolls took to the comment section. One even claimed that the women were "trying too hard to be relevant," which is when McDermott stepped in. The 52-year-old actor clapped back with, "I love how you haters have private accts!! Let's see what you trolls look like ya cowards!!!"

# In celebrity couple news, Dean is standing up for his wife amid backlash. What are some ways to defend your partner against hateful comments?

## Cupid's Advice:

Nasty comments will never be a thing of the past. But, sometimes they cross a line and it's time to defend your S.O.'s honor. Cupid has some great ideas for telling the trolls in the comment section to back off:

**1. Shine the light:** You could share McDermott's approach and put your partner's haters on full blast. It's easy to make anonymous hate comments from behind a screen, but trolls' malicious ways can rarely stand the spotlight.

**Related Link:** [Celebrity Couple: Kylie Jenner & Travis Scott Share Photos from "Baecation"](#)

**2. The comparison call out:** It's like watching a pro-athlete miss a shot and screaming that you can do better. You can't. Challenge the haters on their critics. If they don't think your partner's doing it right, that's fine, but can they beat them at their own game?

**Related Link:** [Celebrity Couple News: 'Bachelor' Colton Underwood Praises GF Cassie Randolph](#)

**3. Disengage:** Sometimes engaging with the haters isn't the best option. It can stir up a controversial internet war that you're not ready for. If your partner's upset about the internet trolls, suggesting putting the phone down and spending time one-on-one. There's no better way to show that comments online don't matter than forging strong relationships

and living your best life outside the screen.

**How have you defended a significant other to the online haters? Share your comments below.**