

# Celebrity Baby News: Lauren Conrad Welcomes Baby No 2 with Husband William Tell



By Ahjané Forbes

It's a [celebrity baby](#)! [Reality TV star](#), [Lauren Conrad](#), shares her joy with the world in [celebrity news](#) after giving birth to a little boy named Charlie Wolf Tell. According to [EOnline.com](#), the [celebrity couple](#) share another son, Liam, and a dog as well. Conrad says that her family and her husband's have been "very supportive" during this transition and adjustment period.

# In celebrity news, this former *Hills* star welcomed her second child. How do you keep the spark alive in your relationship when you're juggling parenting duties?

## Cupid's Advice:

Children can make your relationship stronger and can add a new layer to your relationship . You may pay less attention to your partner because of the consistent need to be on the move for your child. Cupid has some advice on how to keep your love strong:

**1. Date night:** Rent a movie and bond when your children are asleep. Try to keep your partner's attention on you when your babies aren't around. You could even make dinner and talk while you sip on some wine.

**Related Link:** [Celebrity News: Miley Cyrus & Kaitlynn Carter Step Out for Date Night in Matching Outfits](#)

**2. Secret getaways:** Take them to a place they have always wanted to go to (it can even be for the weekend). Turn off all of your social media and only answer the phone when the person who is watching your children calls. Reconnect with each other. Take a walk together. Hold hands and participate in activities with other couples.

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

**3. Love:** Show you care! If you can't do date night or plan trip, buy them a random thoughtful gift. Maybe your partner was wearing Chanel No.5 when you first met. Buy her another one. Your husband may have been wanting to go see the New

England Patriots play. Get him a pair of tickets.

**What are some ways you add more love to your relationship with children? Share your ideas in the comments below!**

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# Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body



By [Jessica Gomez](#)

Summer is here, and some of us have been procrastinating on

getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential in reaching your goal.

## **Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!**

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

**1. Hot Lemon Water:** Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

**Related Link:** [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

**2. Master Cleanse:** This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice

bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

**3. Baby Food Diet:** To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

**Related Link:** [Celebrity Chef Recipe: Meal-planning Made Delicious](#)

**4. Macrobiotic Diet:** This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages "sea vegetables" as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

**5. Apple Cider Vinegar Shots:** Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can't take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning

properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

What are some diets you've tried that worked for you? Share below!

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# Celebrity Couple Lauren Conrad & William Tell First Met When She Was 16



By Mallory McDonald

People can come into our lives at the wrong time, but if it's meant to be, they may just come back around at the right time. According to [UsMagazine.com](https://www.usmagazine.com), Lauren Conrad was only 16 the first time she met her now husband, William Tell. In sharing 25 things her fans didn't know about her to *Us*, Conrad shared, "I met my husband when I was 16 and sitting on stage at one of his concerts. Ten years later, we were set up on a blind date." After their [celebrity wedding](#), both Conrad and Tell are settled in together as a happy [celebrity couple](#).

**This celebrity couple has known each other for longer than expected! What are some benefits to dating someone you've known since your teenage years?**

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

There is something to be said for a person who has known you for almost all of the important stages of your life. Here are some [dating tips](#) on dating someone from your past:

**1. Open Book:** Odds are that if you have known someone since you were a teenager, there isn't too much they don't know about your past and present. This can alleviate a lot of the awkwardness that often comes when you first start to date someone. You can skip having to share all of the things from your past.

**Related Link:** [Lauren Conrad Celebrates Girly Bridal Shower](#)

**2. Trust:** The longer you know someone, the more trust the relationship will have. There won't be any one else who will have that level of established trust right from the beginning other than someone you have known for years.

**Related Link:** [Lauren Conrad Ties the Knot with William Tell](#)

**3. Get to be yourself:** You have known this person since you were a teenager, and there are probably not many people out there who know you better. Being yourself comes naturally, so don't try to impress anyone by being someone you're not.

**Would you date someone from your younger years? Comment below!**

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## **Celebrity News: Lauren Conrad Opens Up About Long Ago Split from Jason Wahler**







By [Cortney Moore](#)

If you haven't kept up with *The Hills*' 10th anniversary special, here is the [celebrity news](#) you missed! On August 2, the former MTV reality cast got together to show what they've been up to since then and shed light on moments that fans were dying to know more about. In a surprising reveal, fans were shown a 2006 clip of [Lauren Conrad](#) and former boyfriend Jason Wahler meeting each other post-breakup. In an interview with [UsMagazine.com](#), Conrad opened up about her failed [celebrity relationship](#) with Wahler. "After we went on a break from filming, it was like a couple weeks in, I finally decided to end things. We broke up," Conrad said, "So when I saw Jason that day, it was the first time I had seen him since we had broken up. It was really hard. What made it harder was I could see he wasn't sober." Wahler, who has publicly struggled with alcoholism, acknowledges that he was out of control and responsible for the [celebrity break-up](#). However, the 29-year-old television personality is now sober, and has a successful celebrity relationship with wife Ashley Slack, while Conrad married William Tell in 2014.

# This celebrity news was a long time coming! How do you know whether to go public with the details of your split?

## Cupid's Advice:

Some couples breakup and get back together, break up and get back together. For this reason, many are unsure of whether to go public with their splits in fear of being labeled "on-again-off-again." If you've decided that your breakup is a done deal, Cupid is here to help you in revealing details of your split:

**1. Time has passed:** The best and most level headed way to reveal details of your split is to allow some time to pass. This will help you determine how final your breakup is. After some time has passed, you'll hopefully be less upset and able to speak on why you and your partner split in a calmer manner.

**Related Link:** [Lauren Conrad Says She Felt Married Before She Was Actually Married](#)

**2. Ready to move on:** Another aspect you should consider before opening up about your breakup woes, is whether or not you're ready to move on. You may want to share details about your split, but you don't want to sound bitter or hung up on the person you ended things with. Being able to talk about your breakup without malice is also a good sign that you're ready to move on with someone new!

**Related Link:** [Lauren Conrad Talks Celebrity Babies with Husband William Tell](#)

**3. Severity of the split:** Before going public with your split, you may also need to think of how bad your breakup was. If you

find yourself in a situation similar to Lauren Conrad's, you may want to stay a little more private. Be careful in the details you reveal for more sensitive topics. However, if you're breakup was free of this drama you can probably talk about the split with little issue.

**How have you told people about your breakups? Tell us in the comments below.**

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## **Lauren Conrad Talks Celebrity Babies with Husband William Tell**





By [Katie Gray](#)

First comes love, then comes marriage, then....? Celebrity couple Lauren Conrad and William Tell are enjoying married life, but have decided not to have any [celebrity babies](#) right now. According to [UsMagazine.com](#), Conrad joked with a reporter at a New York Fashion Week event, “Can’t you tell I’m pregnant right now? No, no plan for that yet.” She added that she’s “focusing on being married and [her] career.” The former MTV reality star is focusing on her career as a designer. Her NYFW show even featured her friends Chrissy Teigen and Ashley Tisdale modeling her collection.

**There won't be any celebrity babies from this couple anytime soon! What are some reasons to delay starting a family?**

**Cupid's Advice:**

There are many reasons a couple would want to start a family, as well as there are lots of reasons for delaying to procreate. Whether you are trying to enjoy your time with your partner, are focused on a career or just don't have an ideal schedule to raise children – there are many reasons that delaying to start your family can be a good option. Cupid has some relationship advice:

**1. Career:** Striving to have a successful career is a great thing. It will benefit you and your family when you decide to start having children. It's good to be financially and emotionally ready to have babies. Working hard on your career takes up a lot of time. Achieve your goals and establish a steady career before you have a family and won't have as much time to devote to your job.

**Related Link:** [Hayden Christensen Opens Up About Naming Celebrity Baby Daughter](#)

**2. Focusing on your relationship:** A relationship is a lot of work. Once you decide to start a family with your partner, you're not going to have as much one on one time together. Make sure that you get to enjoy the honeymoon stage of your relationship. Take the opportunity to spend quality time together, travel, and do whatever suits both of your interests. Once you start a family, you will still get time with your partner but it won't be as much, so indulge in their company now!

**Related Link:** [Justin Timberlake Shares Photos of Celebrity Baby Son Silas](#)

**3. Schedule:** Everybody has a crazy busy schedule in this modern age. When you start a family, the schedule becomes even more hectic. If you and your partner don't have a ton of time to devote to having a baby, perhaps you should hold off until you can make more of a time commitment. Get everything taken care of that you need to now, so that you will each be ready

when you feel the time is right to start your family!

What are some reasons you have delayed starting a family?  
Comment below!

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# Lauren Conrad Said She's Not Rushing to Have Celebrity Babies



By [Jessica DeRubbo](#)

This newlywed celebrity couple aren't planning for [celebrity](#)

[babies](#) anytime soon! [Lauren Conrad](#) and William Tell celebrated their celebrity marriage in September 2014, and it looks like things are going extremely well. Conrad told [UsMagazine.com](#) that being married to Tell has been “wonderful.” She added, “I haven’t gotten any big surprises yet. It’s been wonderful so far.” Regarding having kids, she said, “No one is pushing. We’re still in the first year of marriage. We’re just enjoying it.”

## **Not every star is in a hurry to have celebrity babies! What are some reasons to wait to have children?**

### **Cupid’s Advice:**

Some people are really in a rush to have kids after they get married, and the more power to them! We aren’t all in that frame of mind, though, and there are plenty of reasons to hold off on having kids at first. Cupid has some insight:

**1. Financial security:** Before bringing a child into the world, you want to make sure you can provide for him or her. If you’re not where you want to be financially yet, then take some time to build up a foundation. Once you feel secure, consider adding to your family.

**Related Link:** [Former ‘Hills’ Star Lauren Conrad Is Engaged](#)

**2. Solid relationship foundation:** Sure, your relationship is secure enough to get married, but as they say, the first year of marriage can be tough. Make sure that you’ve made your marriage work before adding any undue stress to the relationship and love by having a kid. The last thing you want to happen is incessant fighting around your new baby.

**Related Link:** [Lauren Conrad Ties the Knot with William Tell](#)

**3. Have fun:** The most basic reason to wait a while before having children is to take some time for fun! Once you have a child, it's a definite lifestyle change. Where most people find it worth it, that doesn't mean you have to feel bad about waiting to start a family for a little while. Take some time to travel and enjoy your relationship, and have kids when you're ready.

**What are some other reasons to wait to have children? Share your thoughts below.**

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## **5 Celebrity Couples Who Celebrate Valentine's Day in Style**







By Brittany Stubbs and Molly Jacob

While flowers and chocolates are nice, in Hollywood, Valentine's Day is usually done a little different. Although there are many ways to show your love, check out how some of our favorite celebrity couples are doing it! Celebrity love is definitely in the air this season, and there's no better way to show it than with extravagant gestures. If you need some romance inspiration, check out the five famous couples below:

## Celebrity Couples Who Celebrate the Day of Love in Style

**1. Kim Kardashian and Kanye West:** Kimye has gone overboard with V-Day celebrations in the past few years. Last Valentine's Day, Kim received 1,000 roses from Kanye, which she showed off on her Instagram account. West also has shown his love to Kardashian with some serious bling. In 2013, the rapper gave his sweetheart a \$73,000 bracelet from Cartier's Panthere Collection. The stunning bracelet featured a diamond-encrusted panther motif with emerald eyes and an onyx nose,

completed with a black cuff and a white-gold trim.

Although Kardashian loves her bling, she admits that Valentine's Day presents don't have to include a huge price tag to be special. In a interview with *Gotham*, Kardashian said, "Valentine's Day is all about showing the people around you how much you love them, so the gifts that come from the heart are always the most special. One year, Mason [Kourtney Kardashian's son] gave me the most adorable Valentine's Day card that he made himself, and it is still one of the best gifts I've ever received."

**Related Link:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

**2. [Lauren Conrad](#) and William Tell:** Conrad and Tell, one of our favorite celebrity love stories, will be celebrating their third anniversary this Valentine's Day. The celebrity couple were introduced to each other by mutual friends on the day of love in 2012 and have been lovey-dovey ever since. Last year, Conrad showed her love to her then-fiancé on Instagram by posting an adorable engagement photo with the caption, "Happy Anniversary to my favorite Valentine. I love you dearly xo." This is their first Valentine's Day as a married couple, so we're excited to see what this day of love and joy brings them!

**3. Kate Middleton and Prince William:** Valentine's Day isn't always about spending the time with your lover. In 2013, Kate Middleton and Prince William celebrated the day of love in style by doing something they love: helping others! The Duchess Of Cambridge visited Northolt High School, a London high school, and officially opened the school's ICAP Art Room after receiving a lovely floral arrangement. Middleton has been a patron of the art room since 2012. William spent Valentine's Day morning in Datchet, Berkshire with Prince Harry, delivering sandbags to communities affected by flooding

This wasn't the first Valentine's Day the royal couple has spent apart! In 2012, William was on a tour of duty in the Falklands during the 14th of February, but he still managed to send her a card and flowers despite his being 7,000 miles away.

**Related Link:** [5 Valentine's Day Celebrity Engagements](#)

**4. Brad Pitt and [Angelina Jolie](#):** This power couple has shown their celebrity love on Valentine's Day by celebrating with some laughter. In 2013, Pitt gave his lover vegan, gluten-free, sugar-free mints for Valentine's Day, a loving joke since he's always teasing Jolie that she has bad breath. Although he could easily buy her something fancy (which we assume he did along with the gag gift), this gift shows the couple's unique, playful side, which is always in style!

The couple doesn't always make a joke about the holiday, though! In 2010, Jolie gifted Pitt with a 200-year-old olive tree worth \$30,000. The tree was planted at their French home, the Chateau Miraval, where it joined an olive grove, vineyard, and more.

**5. Jay-Z and Beyonce:** Is anyone surprised that this "Drunk in Love" couple would celebrate the Day of Love in anything less than amazing style? Last Valentine's Day, Jay-Z bought his wife a \$2,300 Tacori bracelet. The bracelet's intertwined gold and silver design is said to represent their union, and it can only be unlocked by a private key. Jay-Z reportedly gave Bey her gift a few days earlier than the 14th because she was so eager to receive it.

Last year wasn't the only year the rapper surprised his wife with an extravagant gift. In 2009, Jay-Z bought Beyoncé a platinum cell phone worth \$24,000 for Valentine's Day. We can't wait to see how this superstar celebrity couple celebrates V-Day this year.

**How do you plan on celebrating Valentine's Day in style? Let**

us know in the comments below!

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# Our Favorite Celebrity Couple Halloween Costumes



By Molly Jacob and Nisha Ramirez

As a child, Halloween is all about trick o' treating and competing for the title of Candy Ghoul. As a single adult, Halloween means being voted best costume at your Halloween monster bash. As a couple, Halloween is about finding the perfect costumes that will showcase your partnership. And as a celebrity couple, Halloween is all about stepping out as a

duo without a budget. Check out our favorite celebrity couple Halloween costumes for inspiration this All Hallows Eve:

**1. Gisele Bundchen and Tom Brady:** Lions, tigers, and...Patriots, oh my! Gisele Bundchen and Tom Brady went for a classic look last Halloween when they dressed up as Dorothy and the Cowardly Lion from the *Wizard of Oz*. Bundchen, holding a basket with a toy Toto inside, posted an Instagram photo of the adorable couple kissing with the caption, "Having fun with my Lion last night!"

**2. Lauren Conrad and William Tell:** Here's some inspiration for you DIYers: even celebrities like to craft! Lauren Conrad created her tooth fairy costume for Halloween 2013, and her husband (then fiancé) William Tell dressed as a dentist. While Conrad didn't make her own dress for her beautiful wedding last September, she did use her DIY skills for some finer touches.

**Related:** [Lauren Conrad Ties the Knot with William Tell](#)

**3. Neil Patrick Harris and David Burtka:** Neil Patrick Harris and hubby David Burtka, known for their elaborate Halloween outfits, didn't disappoint in 2013 with their Alice in Wonderland themed costumes. Harris and Burtka, dressed as Tweedledee and Tweedledum, made it a family affair when they put their three-year-old twins in Alice and White Rabbit costumes. We can't wait to see what the family dresses as this Halloween!

**4. Bryan Greenberg and Jamie Chung:** Love is all you need! At least, according to Bryan Greenberg's and Jamie Chung's Halloween costume. The actor couple, who plans to get hitched sometime in 2015, rocked out in an ensemble inspired by another famous duo: John Lennon and Yoko Ono.

**Related:** [Best Celebrity Inspired Halloween Candy Choices](#)

**5. Fergie and Josh Duhamel:** It's a scary holiday, so why not be just as frightening? Fergie and Josh Duhamel donned heavy face paint and creepy skeleton costumes in 2013 to celebrate the Day of the Dead. Fergie, whose great-grandmother is Mexican, and Duhamel were inspired by *Dia de los Muertos*. Many famous couples, such as Kate Moss and husband Jamie Hince, also dressed up last year in matching outfits inspired by this holiday.

**6. Matthew Morrison and Renee Puente:** Quentin Tarantino would be proud of *Glee* star Matthew Morrison and his wife Renee Puente. Last week, the newlyweds dressed as characters from the cult hit, *Pulp Fiction*, for Morrison's annual Halloween (and birthday) party. Staying true to the movie, Morrison (dressed as Vincent Vega) and Puente (as Mia Wallace) even danced like their characters during an interview with *E! News*.

**What are your favorite celebrity couple Halloween costumes? Share your comments below.**

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## 5 Celebrity Couples Who Dress Up For Halloween





By Maggie Manfredi

Halloween is tomorrow, and already the celebrities are out and about donning a wide range of crafty costumes as they take to the streets. From classic Disney characters to trendy media ensembles, it seems like this spooky season will be a creative one for the A-list community. There are a few celebrity couples that always give their all for this haunted holiday, so we are counting down the top five celebrity couples who dress up, and party down for Halloween:

**1. Fergie and Josh Duhamel:** This couple's rocky past is long behind them as they currently stand strong and are one of the cutest little families. The duo has pulled off some spectacular couple's costumes in the past, so we expect nothing less in 2014. Couple costume prediction: weather and the weather man (Fergie would totally rock the wind-blown look and Josh could definitely bring the corny).

**2. Neil Patrick Harris and David Burtka:** This couple always brings their A-game for trick-or-treating. They like to keep it all in the family with their adorable twins in tow. Couple

costume prediction: Something a-la The Wizard of Oz or possible A Midsummer Night's Dream. We expect that the pair will stay in with the twins for candy and family fun, and we're hoping for something as good as their Peter Pan foursome a few Halloweens back. In honor of Neil's recent hosting gig, it's bound to be an academy award winning movie cast.

**3. Hugh Hefner and Crystal Harris:** On the 31st, we tend to see a lot of "bunnies" attending parties and hitting the clubs. But we are excited to see what the real household members of the playboy mansion will wear this year. Couple costume prediction: Romeo and Juliet. There hasn't been a great deal of consistency in the past from the playboy posse, so we predict Crystal and Hugh will pick a famous couple from literature.

**4. Cindy Crawford and Rande Gerber:** According to *UsMagazine.com*, Crawford and Gerber have already gotten this Halloween party started. The couple threw it back with a convincing couple costume as Cher and Gregg Allman. We give it a groovy two thumbs up!

**5. Lauren Conrad and William Tell:** These newlyweds have always solidified their spot for cutest couple even when they're not in costume. Whether tooth fairy and dentist or Mary Poppins and Bert the chimney sweep, LC and Tell can pull off anything! Couple costume prediction: Prince Charming and Cinderella...Because the shoe just fits.

**Have a celeb couple you love, want to predict their costume? Share it all below!**

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# Lauren Conrad Says She Felt Married Before She Was Actually Married



By Maggie Manfredi

LC is making married life look easy! According to [Usmagazine.com](http://Usmagazine.com), William Tell and his bride Lauren Conrad are back from their European honeymoon, and they were quick to share some details. At the 5th Annual Veuve Clicquot Polo Classic on Saturday, Oct. 11, *The Hills* alum said, "It doesn't feel too different – we felt married before we were actually married." The couple drove around Italy and Greece, but are now back at home in California enjoying each other's company.

**What are some ways that marriage can change your relationship?**

## **Cupid's Advice:**

Saying "I do" is more than a party and a beautiful dress. Marriage is a big commitment, and a monumental life change. Cupid has some insight into how life will change post wedding (and post-honeymoon):

**1. What's mine is yours:** With marriage comes a more intertwined life. Be committed, share and listen. The relationship will mold as the trajectory of your lives together move forward.

**Related:** [Cody Sattler Surprises Michelle Money For Her Birthday](#)

**2. Making it work:** With marriage comes changes, for richer or poorer, in sickness and in health. There are going to be good times and bad times, stay patient and stay kind towards your partner even as you travel over the bumpy parts of the road.

**Related:** [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

**3. So much better together:** There will be hard times but you now have a partner to share your life with. Remind yourself how lucky you are and how special it is to have this relationship, enjoy it!

**What is your favorite part about the "honeymoon phase"? Share your comments below!**

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# **Lauren Conrad Celebrates**

# Girly Bridal Shower



By Amanda Boyer

Over Labor Day weekend, Lauren Conrad celebrated her bridal shower with her friends and family in Los Angeles. She took style inspiration from Paper Crown and featured flower décor and other personalized items like napkins for her guests, which she then showcased on her Instagram. Pictures included a grey napkin with “Almost Mrs. Tell” printed on it, an old picture of her mom’s bridal shower for a laugh and the floral china. According to [UsMagazine.com](http://UsMagazine.com), Conrad was “thrilled for the sweet bridal shower.” A source said, “Everything was brought in, they used tips that are on her blog and a few events companies did small loans, but really her friends are so thrifty.”

**What are some ways to personalize your bridal shower?**

## Cupid's Advice:

Are you engaged and need an idea to make your bridal shower unique? Cupid has some tips:

**1. Pick a theme:** pick a theme more than just your colors for your wedding, make it out of the ordinary and simple to carry out into the centerpieces and other favors.

**Related:** ['The Bridesmaid's Manual': A Guide to Wedding Planning And Friendship](#)

**2. Customize a game:** Games like Who Said It? and 2 Truths and a Lie can be personalized to your special day in order to take a trip down memory lane for your family and guests. You'll see a ton of tears and laughs!

**Related:** [Girls: Would You Pass The Bride-To-Be Test?](#)

**3. Create a slideshow:** Before the event, and have all the guests send in pictures of themselves with the bride-to-be. Create a slideshow to be playing throughout the day with some nice music to go along with it.

**Have another way to make your shower stand out? Comment here!**

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# Brody Jenner Says He 'Never' Dated Lauren Conrad





By Sanetra Richards

Brody Jenner is letting the cat out of the bag! According to [UsMagazine.com](http://UsMagazine.com), the former *Hills* star is letting it all be known in his latest podcast, *The Brody Jenner Podcast with Dr. Mike Dow*. In addition to revealing he dated his brother Brandon's wife Leah at one point in time, Brody Jenner and Lauren Conrad never dated, despite what the show may have portrayed. As Dow began to name a few of Jenner's past lovers, such as Avril Lavigne, Kristin Cavallari, Lauren Conrad, and Nicole Richie, Jenner stopped him in his tracks, saying, "That's false. Lauren Conrad and I never dated. Lauren and I have always been just friends," the Bromance stud went on to say. "We worked together on a show called *The Hills* where we had to pretend like we were dating, but we never dated." After clearing up the L.C. rumors, the 30-year-old was also asked about his other "relationship" with cast mate Kristin Cavallari and if that too was staged. "I dated Kristin when we were very young ... when she was on Laguna Beach and I was on a show called *Princes of Malibu* with Spencer Pratt ... we met at a party in Hollywood ... but during [*The Hills*] when we filmed, Kristin and I did not date, we were not hooking up."

## What are some ways to squelch rumors about your relationship?

### Cupid's Advice:

Have you come across a situation similar to Brody Jenner's and Lauren Conrad's? Ever heard a bizarre rumor about something that happened (or didn't happen) in your personal life and wondered, "Where do people come up with these kinds of things?" But you never knew how to put an end to all the crazy talk. Cupid had some tips for the next time someone spreads inaccurate information about your relationship:

**1. Clear the air:** The best way to probably put an end to all the madness is to state the facts. Without a doubt, the speculations will continue if something is not said. Let it be known that whatever has been disclosed is untrue. Feel free to reveal any other information that may provide evidence on why it is false.

**Related:** [Brody Jenner and Girlfriend Bryana Holly Split After 4-Month Romance](#)

**2. Ignore the nonsense:** Not constantly feeding into rumors can also be used as method in helping them die down. Try not to pay it too much mind and all of the gossip will gradually disappear once people notice you are not giving in.

**Related:** [Avril Lavigne and Brody Jenner Speak Out Amidst Breakup Speculations](#)

**3. Talk it over with the person it's affected:** You are certainly not the only one the craziness of a relationship rumor has affected. Be sure to discuss its impact with your partner (or speculated one). They probably want it to come to an end just as bad as you do – and are willing to do whatever it may take to make this happen.

**How do you put an end to rumors about your relationship? Share your thoughts below.**

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# Lauren Conrad Makes Time for Date Night



By Sanetra Richards

Things seem to be going quite well for former *Hills* star Lauren Conrad. In the midst of her hectic businesswoman schedule, the 28-year-old still finds a way to pencil her fiancé, William Tell, in. “It’s just like any other couple with full-time jobs,” Conrad explains of balancing career with romance. “You make date night and you have weekends, hopefully. Not [all] weekends, but some weekends. I’m really fortunate in that I get to do things that I love, so it doesn’t feel like work. I think if you’re doing something you

love, it's not a lot. You're excited every day," said Conrad in a recent interview with [People](#). The newly engaged couple however prefers to spend their free time being the faces behind the entertainment. Conrad went on to say, "We haven't been to a club together in a very, very long time, if ever. We probably entertain more than we go out, to be honest. I love just having a couple of people over for dinner. It's easier for me. I don't have to wear shoes. Everybody's happy."

## How do you juggle a busy work schedule with your relationship?

### Cupid's Advice:

Your work life and personal life have been clashing lately, and you are left with no clue of how to separate the two . . . or at least try to keep sane. Cupid has some advice to help out in this area:

**1. Balance:** Just as work requires a schedule, so does your relationship (with a tad bit more spontaneity). Set time aside for your partner throughout the week. Do things that the both of you enjoy. Date nights should be nothing less than enjoyable.

**Related:** [Lauren Conrad Celebrates Hoe-Down Birthday Bash with Fiancé](#)

**2. Differentiate:** Avoid constantly bringing conversations revolved around work into your relationship. And if so, share the positive things that are happening, such as a promotion or a good day. You may have had a bad, stressful day at work – do not let the stress linger onto your relationship by taking all of the frustrations out on your partner. He or she should have your undivided attention, which means work is not a part of that equation.

**Related:** [Former 'Hills' Star Lauren Conrad Is Engaged](#)

**3. Vacation:** A getaway trip is what's needed sometimes,



whether that be with your significant other or not. Take time to gather all of your thoughts and regroup from that hectic work schedule. This will ease the tension in both your work environment and personal life.

**What are some suggestions on how to juggle work and a relationship? Share your thoughts below.**

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## Lauren Conrad Celebrates Hoe-Down Birthday Party with Fiancé



By Louisa Gonzales

Engaged couple Lauren Conrad and her fiancé William Tell celebrate their birthdays in a joint bash! [People](#) magazine reports the party took place at night at Rivera 31 at the Sofitel hotel in Los Angeles. Multiple family members and friends of the lovebirds attended the hoe-down themed party, including some of Conrad's former costars from her reality TV days, such as Stephanie Pratt and Lexie Contursi. The couple and guests went all out for the themed party, with everyone wearing mostly flannels and denim. The party itself was decorated with haystacks, blow-up ponies and wagon wheels, which took place on the outdoor patio, privately reserved by the lovers.

**What are some ways to make your partner's birthday special?**

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

Your lovebird's birthday is coming up and you want to make it one of the best yet. How can you show your lover just how much you care and know them on their birthday? Cupid has some advice on some ways to make your partner's birthday special:

**1. Pick something specific to do:** Whether you want to throw a party or go somewhere, narrow down exactly what you want to do, it will make things easier when planning. Try doing something your partner has always wanted to do, but never had a chance to do it yet, or pick and plan to do something that has to do with your lovers interest. Doing something your lovebird mentioned they wanted to do or enjoy doing, will show that you listen and pay attention to their needs and wants.

**Related:** [Former 'Hills' Star Lauren Conrad Is Engaged](#)

**2. Do something unexpected:** Want to make your significant others birthday truly memorable, try to do something surprising and unusual. Some of our most exciting days is when

something unexpected happens. Doing something you don't do very often, such as taking your honey away on a specific destination, Paris or fishing, or bringing them breakfast in bed or cooking for them will surprise them in the best ways. Whatever you plan to do, keep it hush-hush, it will sweep your sweetheart away when you finally unmask your plans for them on their special day.

**Related:** [Ben Affleck Says Wife Jennifer Garner Is 'the Most Important Person to Me'](#)

**3. Celebrate them:** Your better half birthday should be all about them and sometimes that means sacrificing your own needs and wants to make them happy. Let's say your lovebug likes doing something, but you don't, in fact you hate it with a fiery passion. Showcase how smitten you are by sacrificing one day to do something with you partner you normally wouldn't want to, it is not going to kill you. Besides nothing shows true love like doing something just because your soulmate loves it.

**How would make your significant other's birthday special? Share your tips below.**

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## **Sizzle to Fizzle: Brody Jenner and Bryana Holly**





By April Littleton

A source confirmed to [UsMagazine.com](http://UsMagazine.com) that the *Keeping Up with the Kardashians* star has broken up with his model girlfriend of four months, Bryana Holly. “It just **fizzled** out,” the insider said about the break up. The former flames went public with their relationship July 6 in Malibu, California. Prior to **sizzling** up with Holly, Brody Jenner was linked to Avril Lavigne, Lauren Conrad and Kristin Cavallari, who just announced her second pregnancy with husband Jay Cutler.

**How do you know when to call it quits on a new relationship?**

### **Cupid’s Advice:**

Breaking up with someone you once cared for is never an easy thing to do. How do you know if you’re making the right decision? Are the problems you and your companion have something that can be fixed? Cupid is here to help:

**1. Lack of communication:** There’s no use in trying to save a dying relationship when you and your partner stop talking to each other completely. Communication is key to any

**sizzling** relationship. If you can't fully express the way you feel and the problems you and your significant other seem to be having are just getting worse, it may be time to call it quits.

**2. Wondering eyes:** The **heat** in your relationship may not be as intense as it used to be if you find yourself interested in another person. The same goes for your honey. You and your boyfriend/girlfriend should only have eyes for each other. Talk to your partner about the status of your relationship if someone else is making you smile and weak in the knees.

**3. The love is gone:** Don't be with someone you no longer have feelings for. If you've fallen out of love and it's obvious that your girlfriend/boyfriend doesn't feel the same way about you anymore, let each other go. Continuing on with a relationship the both of you don't want to be in anymore will only make matters **fizzle** out more. You never know, the two of you might just be better off as friends.

How did you know when to call it quits? Comment below.

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## Former 'Hills' Star Lauren Conrad Is Engaged





By April Littleton

Lauren Conrad is finally getting her happily ever after! The former *Hills* star is set to marry law student William Tell. “I am very excited to share with you guys that William and I got engaged over the weekend,” Conrad wrote on her blog Sunday. Her friends are just as excited for her walk down the aisle. “Everyone is so happy for her. He’s such a great guy. They are perfect for each other!” a source told [People](#). The lovebirds began dating in 2012.

**How do you know when you’ve met the person you’re going to marry?**

### **Cupid’s Advice:**

All relationships require dedication and hard work, but can an individual really tell if the person they’re dating is “The One”? At the end of the day, the only person who knows the answer to that question is you, but there are a few signs that can help you make a decision. Cupid is here to help:

**1. You have great communication:** It’s natural for a couple to

fight from time to time, but it's how you resolve the conflict that matters. If you and your honey can manage to get through a fight without using any physical or verbal means, then you might be meant for each other. Getting into an argument while maintaining a level of respect for each other's space and boundaries will only strengthen your bond. The better the communication is between you and your partner, the better chances you have of creating a long-lasting relationship.

**2. Your friends and family love your partner:** If the people you love and trust the most approve of your special guy/girl, then there's a good chance that you and that person are in it for the long haul. Of course, sometimes family members tend to push you toward someone you have nothing in common with, so just be sure you're dating the person you're interested in spending your time with.

**3. Same goals:** Sharing the same life goals and interests are key aspects in maintaining a strong relationship. Think about your long-term goals. What type of career do you see yourself having? How many kids does your significant other want? Where would you two live together if things ever got serious? If you can come to an agreement on all of these questions, the life you plan on sharing with your honey will only be filled with happiness.

**How did you know you met the person you were going to marry? Share your experience below.**

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**Celebrity News: Former**

# 'Hills' Star Frankie Delgado Ties the Knot



By Kerri Sheehan

Frankie Delgado of *Hills* fame got hitched this weekend to girlfriend Jennifer Acosta. *Hills* star Lauren Conrad was in attendance and posted a picture of Delgado and his new wife dancing. The caption read, "Congratulations! @kingfrankiedelgado and @shopatrend (Jen) are officially husband and wife! So happy for you both xo." According to [UsMagazine.com](http://UsMagazine.com), other guests include Brody Jenner and Reggie Bush.

**How do you decide who to put your on wedding guest list?**



## **Cupid's Advice:**

Whether you want a small ceremony or a big one you always have the task of deciding whom to invite. Cupid has some advice about how to make the decision:

**1. Invite who you want:** In the end it's your special day so you should decide who gets invited, not your parents, friends, or other relatives. Invites to your wedding should go to those who want to see you making a happy commitment to another person.

**2. And Guest?:** Allowing all of your guests to bring a date will quickly add to the number of attendees and will balloon the price of the wedding astronomically. Generally if a friend or relative is in a committed relationship of more than six months then that denotes an 'and guest' wedding invite. Otherwise you don't need to allow your single friends to bring a guest. This may even relieve some pressure, as many single friends would dread having to scour for a wedding date.

**3. Priorities:** There will be certain people that you must invite and then other that you should invite and could invite. Make sure you include the musts before you go into the shoulds and coulds. Remember, your guests are your "witnesses" so you want them to be people who are close to you.

**How did you decide who to invite to your wedding? Share below.**

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**Lauren Conrad and William**

# Tell Go Public With Their Relationship



Although they've been dating since Valentine's Day, [UsMagazine.com](http://UsMagazine.com) reported that Lauren Conrad and William Tell were finally sighted together in public. Conrad, a fashion designer and the star of *The Hills*, and Tell, a law student at the University of South California and the former guitarist of the band Something Corporate, got lunch together last Saturday in Brentwood, Los Angeles. Though Conrad broke up with actor Kyle Howard a year ago, she's hopeful that this new relationship will last. According to a source, Tell is "either deeply in love or he's on to the next thing. He's the kind of guy you marry."

**How do you know when to make a relationship public?**

## **Cupid's Advice:**

Everyone gets excited in a new relationship, but rushing to reveal it to the world can put you and your partner's happiness at risk. Consider these points before making your relationship public:

**1. Make sure you're serious:** Don't tell everyone about your relationship until you're sure you want to remain committed to it. Waiting is better than making an announcement of something that you're not sure is going to last.

**2. Consider the steps you've taken:** If you've already been on several dates and told some of your closest friends, telling the world about your relationship might not be as difficult as you think. When you're already spending most of your free time with your partner, going public is a natural progression of the relationship.

**3. Ask your partner:** You shouldn't go public with your relationship if your [partner](#) isn't ready. Ask for his or her opinion before spreading the word to others. This will keep you from taking a step that could make your partner uncomfortable.

**How do you know when it's time to go public with your relationship? Tell us below.**

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**Giveaway: Steal Lauren Conrad's Fashion Dos for Date**

# Night & Enter to Win a Stella & Dot Necklace!



*This post is sponsored by Stella and Dot Jewelry.*

By [Ann Csincsak](#)

After watching this gorgeous gal on our favorite guilty pleasure, *The Hills*, Lauren Conrad not only became a household name but also a fashion trendsetter. She looks great no matter what the situation and that's why this week she is our featured celebrity for her fabulous date looks! Lauren is perfect at using accessories to make her casual daytime outfits turn into fabulous fashion statements.

This first look (image above) is ideal for grabbing coffee with your guy. Lauren wears this neutral dress with some

amazing accessories. Browns and neutrals look great with gold accessories, pink polish, and all the new spring colors.

This next look works for weekend brunch or a weekend away. Remember: men love when women look effortless, so even if you spend 45 minutes to do your messy bun and red nailpolish it's the little things that take your outfit from a 2 to a 10!

**GIVEAWAY ALERT:** This week, we are giving away a piece from one of my favorite jewelry companies so that you can take some of these great looks home with you. No one does it better than Stella & Dot Jewelry and we are giving away one of my favorites that was recently featured in People magazine and worn by the upcoming ABC Season 8, *Bachelorette*, Emily Maynard.

~~For a chance to win the giveaway, just go to the this [Facebook](#) page, click on the 'LIKE' button and leave a comment saying you want to enter the giveaway and you are immediately entered! We will contact the winner on their Facebook page when the contest has finished. Don't wait, this necklace is valued at \$198.00, so ENTER NOW! Remember: click on the [link here](#)! If your interested in ordering this gorgeous necklace click [here](#).~~

**This giveaway is now closed. Thank you to all who entered!**

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# **Lauren Conrad Has a Friendly Run-In with Ex-Boyfriend**

# Derek Hough



Lauren Conrad is who we look up to as a cool ex-girlfriend! While enjoying a night out at Beacher's Madhouse in Hollywood, Conrad ran into her ex, Derek Hough. How did she react? She didn't even try to take cover in the ladies room or give him the cold shoulder. According to [People](#), the designer was happy to see Hough and embraced him with a hug. Way to be the bigger person, Lauren!

**What are some ways to react when you run in to an ex partner?**

## **Cupid's Advice:**

Depending on how your relationship with your ex ended, bumping into your former lover can be an awkward moment. Here are some positive ways to react when you encounter in old flame:

**1. Don't be fake:** If you're not too happy to see your ex, don't jump up and give them a huge hug and don't slap them in the face either. Smile, say "hello" and end the conversation politely. Your ex should get the point. Acting upset seems desperate.

**2. Keep the convo simple:** Ask your ex what they've been up to since the break-up, and make sure to talk about your accomplishments. Don't get into each other's love lives. Keep the conversation platonic unless you're thinking about rekindling the relationship.

**3. Take the attention off of you:** Chances are that if you bump into your ex, you won't be alone. To avoid awkward silences, introduce them to your friends and let your ex know that you are in a hurry, whether you are or not.

**How have you reacted when you bumped into an ex? Share your comments below.**

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## **Lauren Conrad Is Caught Kissing Chace Crawford**





After Lauren Conrad's recent break up with *Dancing with the Stars* pro Derek Hough, she is newly single and ready to get out there and date. The 25-year-old former *The Hills* reality star and fashion icon isn't wasting any time finding new man. According to [UsMagazine.com](http://UsMagazine.com), Conrad was seen "making out" with *Gossip Girl* star, Chace Crawford on Oct. 29. The two started their night flirting at L.A.'s Voyeur nightclub and met up again at a party at actor Shawn Pyfrom's house. Although their reps deny a hookup, an insider said, "There's always been an attraction between them. Lauren is just enjoying herself. She's not taking anything too seriously!"

### **Is it OK to date around?**

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

When you're young and single, there's no reason to tie yourself down. Cupid has some tips:

**1. Explore your options:** There's a whole sea of men out there and you need to do some fishing around before you reel one in. Dating around is a great way to meet new people and compare



them to past experiences.

**2. Figure out what you like:** The best way to find personalities you're compatible with is to experience different people. After dating around, you gain a keen sense of your preferences for a partner.

**3. Have fun:** Dating can be a great experience. You have opportunities to have a great time or a not-so-great time, and you can learn from those situations. You may find that you don't want to pursue a relationship with some of the people you date, but you might make some great friends and connections along the way.

**Why do you enjoy being single? Share your experiences below.**

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## **Lauren Conrad and Derek Hough Are Caught Kissing in Public**





Lauren Conrad and Derek Hough are further fueling circulating relationship rumors. The duo was seen kissing in the back room of LA's Trousdale Lounge, reports [People](#). Though Conrad brought pal Lo Bosworth and Hough brought friend Mark Ballas, the two spent most of their time together. "It was obvious there was a lot of chemistry between the two," said an onlooker. "[Conrad] was very smitten. Neither seemed embarrassed about kissing in public."

**How do you show your affection in public without being obvious?**

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

Subtlety is key when it comes to public displays of affection. Here are a few ways to keep your PDAs under the radar:

**1. Hold hands:** Holding hands is a way to show your affection without drawing attention from others. It's a simple gesture that means little to the people around you, but can mean plenty to you and your partner.

**2. Stay close:** Standing closer together or sitting near each other at a table is an easy way to show your partner your affection without being obvious.

**3. Keep it short:** If you do want to kiss or hug your partner in public, keep it short. People passing by will not notice a quick smooch, but they will notice a prolonged kiss.

**How do you keep your public displays of affection unnoticed? Feel free to share your thoughts in a comment below!**

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## **New Couple: Lauren Conrad and Derek Hough**





*The Hills* star Lauren Conrad and *Dancing With the Stars* pro Derek Hough have gone public with their romance, reports [UsMagazine.com](http://UsMagazine.com). The duo visited Sayer's Club in LA together on September 29th. "They were very flirty," said an eyewitness. "They were dancing and holding hands!" Conrad, who recently split from long-time beau Kyle Howard, finally appears to be ready for a new love. "Derek has been sweet," said an insider. "They are having fun and seeing where it goes."

**What are some ways to "play it cool" in a new relationship?**

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

When you're exceptionally excited about a new partner, it's hard not to let too much of your excitement show. Here are a few ways to "play it cool":

**1. Keep dates simple:** When planning dates, don't put in too much effort. A simple outing to the park or a trip to the nearest ice cream parlor is a great way to casually ease into a more serious relationship.

**2. Limit your contact:** To keep your cool, try limiting the

contact you have with your new significant other. Don't text or call too frequently. You'll pique their interest by remaining mysterious.

**3. Don't overdo it:** While being too excited about a new relationship can be a turn-off, appearing too disinterested can be just as bad. Make sure your new love interest knows how much you value your new relationship.

**Have you had to play it cool in a relationship? Feel free to leave a comment below.**

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## **Fashion's Night Out with Lauren Conrad's New Line, Paper Crown**





By Ashley DelBello

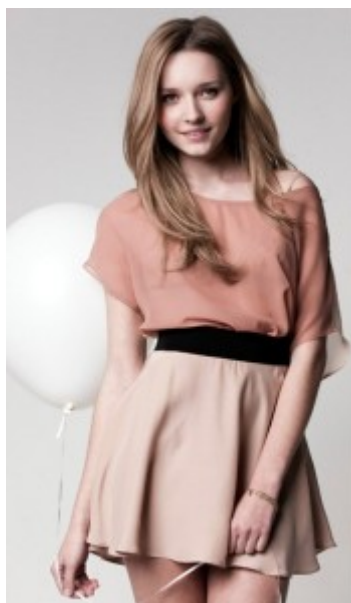
Need a new date outfit? As cities around the world participated in Fashion's Night Out on Thursday, September 8, we are reminded about the importance of picking the right outfit to wear when you're dating. Finding something comfortable, yet sexy while allowing your personal style to show through can be a daunting task. In Los Angeles, Cupid's Pulse stopped by Nordstrom at The Grove for the launch of Lauren Conrad's new clothing line, Paper Crown. Conrad was busy signing autographs for her fans, but we were able to walk through the collection with her best friend and co-founder of Paper Crown, Maura McManus, to show us a few great options for a first date.



Pictured here is the Katherine pant in eclipse blue coupled with the Camilla sweater in dark grey – a great outfit for something more casual like a wine tasting, brunch or a simple walk in the park.



If you want something a bit more dressed up and sexy, then McManus says to go with the Lola dress – while flirty and very flattering, the material is quite stretchy allowing you to maintain comfort and is knee-length so you're not exposing too much on that first date!



A fun option that would be great for dinner and drinks is the Piper top paired with the Sophie skirt. Still trendy, yet flowy and comfortable.

Speaking of comfortable, remember while looking fabulous is essential on a first date, what's even more important is that you're comfortable in whatever you wear and that it reflects your own style.

Visit Paper Crown's look book to get inspired for what to wear on your next first date. Paper Crown is available at Nordstrom, Ron Herman, Planet Blue, and several boutiques around the United States.