

Celebrity News: Jason Kennedy's Wife Lauren Scruggs Defends Him After Co-Host's Exit



By [Jessica Gomez](#)

In [celebrity news](#), Lauren Scruggs, Jason Kennedy's wife, is standing by her man! After her hubby's co-star, Catt Sadler, quit working for E! due to a pay disparity, Kennedy received criticism on social media, according to [UsMagazine.com](#). Scruggs was there to support her hubby though. This [celebrity couple](#) stands strong together – and Scruggs had something to say via Instagram on Dec 21 to defend her man and E!. She wrote, "I believe in female empowerment and gender equality, but it's heartbreaking that a network is being deemed sexist when that is simply not true. At one time my husband had a female co-anchor [Giuliana Rancic] on E! News who made 3 times his salary. Women are paid accordingly on this network, and

the difference in his salary versus hers did not affect Jason. He knows there are always more components to consider when determining one's salary than gender alone... Since Jason was named the permanent anchor of E! News over two years ago, he has had various co-hosts that rotate throughout the week. A permanent co-host has never been named since the last one left 6 months ago."

This celebrity news shows that couples stick together in the good times and bad. What are some ways to support your partner through a controversial time?

Cupid's Advice:

Supporting your partner during tough situations is important. Cupid has some [relationship advice](#) on ways to support your partner:

1. Communicate effectively. Make sure you are listening as much as you are speaking. Sometimes we mistake hearing for listening. The best way to help your partner is to try your best to understand them and prevent misunderstandings, and for that, listening is key!

Related Link: [5 Communication Keys Every Relationship Needs](#)

2. Keep the vibes positive: Positive thinking comes a long way. During any situation, controversial or not, we must keep a positive mind. Remember, "mind over matter." Nothing good will come from thinking negatively.

Related Link: [10 Reasons Chrissy Teigen and John Legend are Relationship Goals](#)

3. Create a judgment free zone: It's okay to give advice, but try not to sound like Judge Judy! Judging can only push people away, not bring them in. Keep an open mind.

What are some controversial moments you experienced with your significant other, and how did you support them or vice versa? Comment below!

Jason Kennedy Announces Engagement to Lauren Scruggs



By Sanetra Richards

Another proposal, another love story! According to [*People*](#), Jason Kennedy has asked for his girlfriend's, Lauren Scruggs, hand in marriage. The *E! News* correspondent professed his love

for the fashion blogger and Still LoLo author about eight months ago and still has no shame in letting the world know. "She's amazing," Kennedy told PEOPLE. "It's a blur but I can't stop smiling," the host tells *E!* "She told me I couldn't surprise her, but I got her good. This is the best night of my life." In addition, the 32-year-old tweeted, "I flew to Dallas and asked her if she would spend the rest of her life with me. I love you @laurensgruggs." The proposal was held in Scruggs's hometown in Texas. A small number of relatives and friends were in attendance. As she stood on the balcony, Scruggs could see where Kennedy prepared a candle-filled message "Will you marry me?" Moments later, she met him downstairs where a Jennifer Meyer diamond ring was awaiting.

What are some ways to show your excitement about your engagement?

Cupid's Advice:

You are more than happy at the idea of spending the rest of your life with that special person and want to shout it at the top of your lungs. In the meantime, you would rather show your enthusiasm in other ways, but not exactly sure how to. Here are a few of Cupid's tips:

1. Speak highly of your partner: This will become second nature if you are completely over the moon with your significant other. You will find yourself talking about their greatest traits that make you blush or have butterflies. For example, if they are selfless, you may find yourself telling others about this characteristic.

2. Inform others: Share with everyone that you are soon to be happily married. Tell family, friends, whoever is in sight! Broadcast it if you feel the need, unless you both have agreed to keep it a secret). If the highest mountain top were accessible, you would do it.

3. Wear your engagement jewelry: Whether that be a ring, necklace, what ever symbolizes the engagement, be sure to rock it every chance you get. This let's everyone know, including your partner, that you are looking forward to the day when you exchange vows.

How do you show your excitement about your engagement? Share below.

Jason Kennedy Says He's 'Trying to Look Cool' Around Lauren Scruggs



By April Littleton

Jason Kennedy and Lauren Scruggs haven't been dating for that

long, but they already can't get enough of each other! The couple recently spent some time together at the Villa del Palmar in Mexico, where they went kayaking and paddleboarding. "I am probably the least adventurous person, but I'm trying," he told [People](#). "I'm trying to look really cool around her, letting her know that I'm trying new things in life. I'm down to do whatever."

What are some ways to impress your partner while being yourself?

Cupid's Advice:

Everyone wants to impress the person they're dating. They want their significant other to know they're in a relationship with someone who is comfortable in their own skin. Impressing your partner isn't just about how much money you can spend on them. To truly be impressive, you have to do a little work on yourself. Cupid has some advice:

1. Be confident: If you really want to impress your significant other, all you have to do is show a little confidence. Don't be ashamed of who you are! Grace your date with your best smile and make plenty of eye contact. Everyone has flaws, but it's how you deal with them that matters. If you're comfortable being yourself, your partner will be relaxed around you as well.

2. Dress the part: If you feel confident, you have to look the part too. Get a new wardrobe that shows off your personality. Keep your hair and nails trimmed and clean and grab that new cologne/perfume you've been eyeing at the store. Keeping your hygiene well maintained and your appearance up will prove to do wonders for your relationship.

3. Take an interest in their hobbies: Your honey will be pleased with you if you take an interest in some of the things they like to do. Remember, your partner is a part of your life now,

so it's only natural to incorporate some of their daily activities with yours. You might be a homebody, while your significant other is an adrenaline junkie. Doing a few things that will take you out of your comfort zone will show your love you're willing to be open-minded and try new hobbies.

How do you impress your partner while being yourself? Comment below.