

# Adele Celebrates 31st Birthday Amid Celebrity Divorce



By [Mara Miller](#)

In the latest [celebrity news](#) according to *UsMagazine.com*, Adele is celebrated her 31st birthday on May 5 despite her [celebrity divorce](#). In a captioned post on Instagram, Adele wrote, "30 tried me so hard but now I'm owning it and trying my hardest to lean in to it all. No matter how long we're here for life is constant and complicated at times." Adele announced her split from [celebrity ex](#) Simon Konecki in April. They have chosen to keep specific details about their split private.

# Amid her celebrity divorce and birthday celebration, Adele says life is “complicated.” What are some coping mechanisms for getting through a break-up or divorce?

## Cupids Advice:

A break-up or divorce is never easy. Cupid has some advice on how to cope:

**1. Spend more time with your bestie:** Your best friend(s) can be your strongest ally when it comes to helping you cope after a breakup. They can be there for you to drag you out for lobster and steak, a karaoke night, or even a late night Netflix binge with wine. It can be beneficial to spend time with someone who you know will be there for you without question.

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**2. Pick up a new passion:** This can seem incredibly corny, but picking up a new passion can help you cope with the aftermath of a breakup. Have you always thought about writing a romance novel? Going back to school to get another degree (or your first if you never went to college?).

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**3. Practice positivity:** Staying positive after a break-up is important for your emotional health because it can be easy to fall into an emotional trap that will leave you circling why your relationship failed in a continuous loop.

What are some other ways you can cope with divorce or a break-up? Let us know in the comments below!

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# Royal Celebrity Baby News: Meghan Markle & Prince Harry Welcome First Child



By [Mara Miller](#)

In the latest royal [celebrity baby](#) news, [celebrity couple](#) Meghan Markle and Prince Harry welcomed their baby boy to the world on May 6th. According to *UsMagazine.com*, they announced

the birth of their son on the royal Instagram account, saying, "We are pleased to announce that Their Royal Highnesses The Duke and Duchess of Sussex welcomed their firstborn child in the early morning on May 6th, 2019. Their Highnesses' son weighs 7 lbs. 3 oz. The duchess and baby are both healthy and well, and the couple thanks members of the public for their shared excitement and support during this very special time in their lives. More details will be shared in the forthcoming days." The Duke and Duchess have not yet announced their baby's name, but we're excited to find out more!

## **In royal celebrity baby news, Duchess Meghan and Prince Harry have welcomed their son. What are ways to introduce your child to your family and friends?**

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

A new baby in the family is exciting for everyone! Here are a few ways you can introduce your child to your family and friends:

**1. A social media update:** Everyone's first thought after the baby is born is, is Mom okay too? A picture of the new addition to your family after everything has settled down is the best way to quell anyone's worry!

**Related Link:** [Celebrity Baby News: Blake Lively & Ryan Reynolds Are Expecting Baby No. 3](#)

**2. Email/text the birth announcement:** A mass email or text message announcing your baby's birth is a quick way to let everyone know your new bundle of joy has arrived.

**Related Link:** [Celebrity Baby News: Jenna Bush Hagar Is Expecting Third Child](#)

**3. Personalized candy announcement:** Order some personalized chocolate bars or taffy to announce your baby's arrival! It's a sweet way to announce the name you've chosen and the date of their birth.

What are some other ways to introduce your new baby to family and friends? Let us know in the comments below.

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## Travel Tips: Visit the Grand Canyon







By [Mara Miller](#)

The Grand Canyon is a great place to visit if you're searching for [travel tips](#)! Located primarily in Arizona, it also borders Utah and Nevada. The canyon itself is 227 miles long, 18 miles wide, and more than a mile deep. It has been the home to Native Americans for 10,000 years and has a rich archaeological history. Today, it is a national park with hiking, mule rides, river tours, and bicycling.

**There's a lot to do if you're going to visit the Grand Canyon! Follow these travel tips as you plan your trip:**

**1. Mule Rides:** If you're comfortable with riding a mule and want to experience the Grand Canyon's beauty. Keep in mind that if you want to go on a mule ride you must book your trip 15 months in advance (so start planning early!). There is a

waiting list but it is not guaranteed that you'll get to go on a mule ride if someone else cancels their trip. There are specific mule ride restrictions depending on which rim you decide to go to so be sure to check that before you make reservations.

**Related Link:** [Travel Tips: Three Historical Colonial Towns You Need to Visit](#)

**2. Day Hiking:** Hiking The Grand Canyon is an option if riding a mule doesn't seem appealing because of the long wait. If you're a more experienced hiker and want to go down farther into the canyon for a night stay you may need a backcountry permit, but a day hike does not have the same requirements. It's recommended that you keep plenty of water on you. It's a great way to take in the fresh air and enjoy the beauty of the canyon, though!

**Relate Link:** [Travel Tips: Top Five Romantic Spots in the Bluegrass State](#)

**3. River Trips:** You can get on a raft and take a guided tour on the river for one day up to twenty-one days depending on the tour that you choose. You may need a river permit depending on the type of trip and how many days you will be on the river. If it's for more than a day then you may need to apply for a river permit a year in advance.

**4. Bicycling:** The trail is one of the best parts in the canyon for cycling. You can bring your own bike or rent a bike to take a ride on the Hermit Road Greenway Trail. It follows the canyon rim for seven miles although beware that there are some places where it crosses the main road. Bikes must obey all traffic laws in Arizona.

**Are we missing anything you can do at Grand Canyon? Let us know in the comments below!**

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# Product Review: The Night Sky Star Maps



By [Mara Miller](#)

Do star charts fascinate you? You can tell a lot about yourself just by looking at the stars the night you were born if you have a solid understanding of astrology and the zodiac. And, even if that's not your thing, stars are still amazing because they remind us that the Earth is only one tiny speck in a much larger universe.



# What if you could chart the moment your heart skipped a beat when your partner became your husband or wife? The Night Sky star charts make this possible.

The Night Sky is a unique company that utilizes the star catalog of the European Space Agency's Hipparcos space-based telescope. The star catalog is used to render the positions of the stars for any date or location in the past or future (so you can get your wedding night printed before it happens for a special [date night](#)!).

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So, go ahead and create a star map to remember the night you said "yes" when your partner popped the question. Your special star chart will be printed on an 18" by 24" star map. It will be printed on the finest art matte paper with 190g weight.

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The process for making your star chart with The Night Sky is quick and easy. The customization options they offer are great, because you can choose everything from the color of your star chart with an option to add the moon and the position constellations were in that night. All you do is pick the date and time of the night you want memorialized. You can even have it framed!

Your custom star map is priced at \$60, plus any additional add-ons (like a frame), taxes and shipping fees. It can be purchased on [The Night Sky website](#).

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# Celebrity News: 'Pump Rules' Lala Kent Deletes Instagram Pics of Fiance Randall Emmett



By [Mara Miller](#)

In the latest [celebrity news](#), Lala Kent was excited about her pending [celebrity wedding](#) with her fiancé Randall Emmett. Two weeks have passed and now it looks like there may be trouble in paradise for the [celebrity couple](#), according to *UsMagazine.com*. Kent has deleted all pictures with Emmett except for a few brief references to her excitement over pending nuptials. This comes one day after 50 Cent ended his

feud with the couple; the rapper insulted Kent and then claimed Emmett owed him one million dollars.

## **In celebrity news, there may be trouble in paradise for Lala Kent. What are some things to be careful of on social media when it comes to your relationship?**

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

Social media is a powerful tool, but it can also cause irreparable damage to a relationship if used unwisely. Cupid has some advice on how to be careful with social media:

**1. Beware of screenshots:** Screenshots can be taken on both a computer and a phone now without much effort. Choose your words carefully when sending a text message. Sometimes it is better to have a phone conversation to settle differences with your partner or friend if there is a disagreement. Do not say something that can be used against you later.

**Related Link:** [Celebrity Wedding: Lala Kent & Randall Emmett Celebrate Engagement With 'Pump Rules' Co-Stars](#)

**2. Not EVERYTHING has to go public:** Keeping parts of your relationship between you and your partner will benefit your relationship more than you think. Sometimes we get excited about gifts and can't wait to share it because your partner was so thoughtful. This can cause jealousy. It's better to keep it to yourself unless it's a big milestone like the decision to buy a house together, or an engagement or baby announcement.

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**3. Consider your partner's feelings:** How do they feel about a post before you post it? You should ask your partner before you share anything because what you might not feel is private may be something they would never post. Communication is key to making a relationship work and you cannot communicate efficiently if you can't even agree with what is appropriate to post online.

**What are some other things you should be careful of with your relationship on social media? Let us know in the comments below!**

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**Fashion                      Trend:                      Bamboo  
Handbags**





By [Mara Miller](#)

We've got a fun [fashion trend](#) and [fashion advice](#)! If you're looking for a new handbag and are tired of carrying around a heavy purse that hurts your shoulders, bamboo handbags may just be what you've been looking for. And even better: they're eco-friendly and sustainable! Bamboo handbags make a cute and unique accessory, and it's time to switch things up this year!

**Are you interested in this eco-friendly fashion trend? Here are a few benefits of bamboo bags.**

It's fascinating how bamboo can be used for many different things, from an arnis stick used in a sport developed in the Philippines to a practice handbag you can carry everywhere with you. Here are some of the benefits of choosing a bamboo handbag:

**1. It's lightweight:** Are you tired of carrying around a purse



that is heavy and makes your shoulder hurt? Bamboo bags are lightweight, but sturdy. Younger bamboo trees remain flexible so it's easier to create the bag for the manufacturer. Depending on the way the bag is made, you won't have to worry about it being too stiff when you carry it.

**Related Link:** [Fashion Trend: Take Page from the Circus](#)

**2. It's sustainable:** Bamboo can be grown just about anywhere. Plus, it can be continuously harvested without damaging the environment (so you don't need to worry about pandas going without!) every three years.

**Related Link:** [Fashion Trend: Feathered Accessories](#)

**3. It's durable:** The worse thing about a fabric handbag is when the stitching starts to come undone because you've packed too much into it one too many times. A bamboo handbag will last longer than your standard fabric bag.

**4. They can be rolled up for storage:** Nothing is worse than a closet full of purses that take up a lot of space. Bamboo bags can be rolled up for storage until you're ready to use them again, leaving more room in your closet for other important articles of clothing or accessories.

**5. The material is easy to clean:** It's awful when you break a perfume bottle and you get can't the overpowering smell out of your fabric purse. Or, when your toddler decides to touch your bag with sticky fingers from a toaster pastry they recently ate. Bamboo bags are easy to clean with a quick wipe down.

**6. They can be personalized:** Some bamboo bags are customizable, so you can get your monogram put on the front of anything from a clutch to a tote bag.

**Can you think of any other benefits to using a bamboo handbag over a traditional purse? Let us know in the comments below!**

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# Fitness Tips: Dumbbell Training for Total Body Toning



By [Mara Miller](#)

If you've been looking for [fitness tips](#) and [fitness advice](#) to start a new morning workout routine, a bit of training with dumbbells may be just what you need! They can be used in everything from traditional bicep curls to incorporation with Pilates exercises like a glute bridge. Throw in some isometric exercises with dumbbells, and you'll get a true full total body toning experience.

# We've gathered some fitness tips for working out with dumbbells for a total body toning!

**1. They are inexpensive:** If you don't want to shell out the cash for a gym membership, dumbbells are a great alternative. They don't take up an exorbitant amount of space like other home-exercise equipment, either.

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**2. It's safe to train without a spotter:** When you're working out for a total body toning with dumbbells, you don't need someone to sit with you to make sure you aren't lifting more than you can handle since you're only lifting a five or ten-pound weight (unless you feel you can lift more).

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**3. It's good for bone density:** Weight-bearing exercises increase bone density. While you are only lifting dumbbells to tone your muscles, consider that you must still lift the weights to actually reap any benefits associated with dumbbells. Bone density is important because having strong bones can prevent bone fractures and breaks later in life (or osteoporosis).

**4. Variety:** If you're not ready for *total* body toning yet and want to work your way up to larger weights, dumbbells are great because they can be used for many different things. Machines allow for movement in one direction and are too heavy; they're also intended for building muscle rather than toning. You control where the dumbbells go, so you have more choice in how you want to use them to work out your body.

**What are some of the other benefits of toning with dumbbells?**

Let us know in the comments below!

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# Celebrity Break-Up: Adele & Simon Koneckis Call It Quits



By [Mara Miller](#)

In [celebrity break-up](#) news, [celebrity couple](#) Adele and Simon Koneckies have decided to call it quits after two years of marriage. They broke up eight or nine months ago, according to a source for *UsMagazine.com*. A second source said, "Their relationship evolved and they became more friends than lovers." The [celebrity exes](#) have a six-year-old son and are

committed to raising him together.

## **In celebrity break-up news, Adele and her husband have decided to go their separate ways. What are some ways to work on your romantic love?**

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

Unfortunately, love sometimes fades in a relationship. Cupid has advice on how to work on your romantic love to keep the spark alive:

**1. Keep dating:** Date nights are important when keeping your love with your partner alive. It gives you both a chance to get away from the kids for the night so you can focus on each other instead of school events, doctor appointments, or work issues.

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**2. Take on a challenge together:** Whether it's adopting a new puppy, tackling a sink full of dishes, or potty training a new puppy, taking on challenges with your partner encourages the both of you to learn how to work together rather than apart.

**Related Link:** [Celebrity Exes: Khloe Kardashian & Tristan Thompson Reunite at True's 1st Birthday Party](#)

**3. Buy each other gifts:** It's cheesy and it's been suggested over and over again, but buying gifts for each other really will keep the romance alive. You don't have to show affection for your partner only on holidays or special occasions like an anniversary. Let them know you love them by getting something simple like a candy bar or that coffee they've been eyeing all



week!

What are some other ways to work on your romantic love? Let us know in the comments below!

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# Celebrity Parents: Bradley Cooper Says Fatherhood Has Changed Him In 'Every Way'



By [Mara Miller](#)

In [celebrity news](#), celebrity parent [Bradley Cooper](#) admitted

that fatherhood has changed him to Ellen Degeneres on Thursday, April 25th, according to *UsMagazine.com*. “I think, like, every way. It allowed me to embrace my childlike self without any sort of fear or judgement.” Bradley’s daughter, Lea, recently turned 2 in March. He also admitted that he doesn’t believe in the terrible twos and has no qualms about watching cartoons all day with his daughter.

## Celebrity parent Bradley Cooper is living a new life after welcoming his daughter. What are some ways parenthood can change you?

### Cupid’s Advice:

We all change to some degree after we become parents or are about to become parents. Here are some ways it can happen:

**1. Saturdays:** Remember when you used to love sleeping in late and then hoofed it straight to the coffee pot only to binge watch your favorite show? You might have even treated yourself to a donut instead of a full-blown breakfast. Those days are now a thing of the past with little ones, which are reserved for morning cartoons and whipping up a full morning meal.

**Related Link:** [Celebrity Parents:Inside Kate Hudson’s Co-Parenting with Exes Matt Bellamy & Chris Robinson](#)

**2. You’ll make decisions differently:** Before kids you might have been able to make a decision on a whim. No longer can you quit your job on a whim, plan a vacation across the United States, or decide to eat seven layer dip and tortillas for dinner—you’ll question every move you make, asking, “how will this affect my child?”

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[Spend Time with Wife Gisele and Kids After Super Bowl 2019 Win](#)

**3. You've never loved someone this much:** You love your partner, but you love your child so much more. You'll do anything for them to make sure they are safe and happy, even if it means getting up at seven in the morning on a Saturday to watch cartoons with them instead of sleeping in. Or you'll play with them on the playground even if you keep running out of breath.

**What are some other ways parenthood has changed you? Let us know in the comments below!**

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## **Celebrity Baby News: Jenna Bush Hagar Is Expecting Third Child**





By [Mara Miller](#)

In the latest [celebrity baby](#) news, [celebrity couple](#) Jenna Bush Hagar and Henry Hager are expecting baby number three, according to *UsMagazine.com*. “I’m pregnant!” Bush said, as she revealed her happy news to her *Today* co-anchors on Monday, April 22. “I’m only telling because Mila and Poppy found out yesterday in their Easter baskets. They told the man behind me on the airplane, they told the people at church.” What happy news!

**In celebrity baby news, Jenna Bush Hagar and her husband will soon be outnumbered. What are some ways to handle three kids versus two or one?**

**Cupid’s Advice:**

Having three children is a lot of fun, as long as you don't forget that your partner is your partner. You'll both still need to take time for yourselves. Someone will always need you and your partner. And when they're older, they'll learn to rely on each other. Cupid has some tips:

**1. Get that minivan:** Having three kids means you need to be able to fit them all in the vehicle. This also means being able to fit everyone in the back with car seats. Having a larger vehicle will mean less stress when wrangling your little ones for a trip to the doctor or a family outing.

**Related Link:** [Celebrity Baby News: 'Bachelor' Alums Arie Luyendyk Jr. & Lauren Burnham Soak Up Sun on Bermuda Babymoon](#)

**2. Keep a tighter budget:** Three kids cost more than two, so you might want to start keeping a tighter budget. Even if your kids are younger now, they will all eventually be at an age where you'll need to buy three times as many school supplies, shampoo bottles (you will *fly* through shampoo, as silly as that sounds), and toys. And, do not underestimate the cost-savings of hand-me-downs.

**Related Link:** [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

**3. Try not to put *too much* responsibility on the oldest:** Your older children may want to help with their youngest sibling, but beware of putting *too much* responsibility on the oldest. Teaching them to change diapers or cook lunch in the microwave—if they're seven or older—will teach them responsibility earlier. Even if your oldest is five years old and the other two are still younger, it can be easy to fall into the, “watch your brothers” trap while you run to the bathroom. Don't forget to let your oldest be a kid, too!

**Three kids can seem like a handful! What are some ways you would handle three kids versus one or two? Let us know in the comments below!**



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# Celebrity Couple News: Bradley Cooper & Irina Shayk Spotted Holding Hands After Lady Gaga Rumors



By [Mara Miller](#)

In [celebrity news](#), [celebrity couple](#) Bradley Cooper and Irina Shayk are still going strong amidst rumors of Cooper having a relationship with former *A Star is Born* costar, [Lady Gaga](#). According to *UsMagazine.com*, Cooper and Shayk stepped out together hand in hand in public nearly two months after the

rumors started spreading.

## **In celebrity couple news, it seems Bradley and Irina are still a solid couple after Lady Gaga rumors surfaced. What are some ways to strengthen the foundation of your relationship?**

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

Sometimes rumors will spread about your relationship, but there are ways to keep it strong so the gossip doesn't destroy you. Cupid has some tips:

**1. Practice love every day:** Don't just use holidays like Valentines Day to show your love and appreciation for your partner. Little gifts before work in the morning, a drive through the countryside or spending the night together watching movies is a good way to practice loving each other because you're spending time together.

**Related Link:** [Celebrity Wedding: Celebrity Guests Party at 'DWTS' Pros Val Chmerkovskiy & Jenna Johnson's Wedding](#)

**2. Communicate, communicate, communicate:** As long as you are both honest with each other, problems like jealousy or mistrust will not arise. Keeping an open line of communication with your partner will stop problems before they begin.

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**3. Practice self-care together:** Meditate, work out, or do something else together that will help both of you focus on

yourselves, but together. This will give you both quality bonding time together. It could even be as simple as going to a masseuse for a couple's session!

What are some other ways you can strengthen your relationship with your partner? Let us know in the comments below!

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**Celebrity                      Baby                      News:  
'Bachelor'                      Alums                      Arie  
Luyendyk Jr. & Lauren Burnham  
Soak Up Sun on Bermuda  
Babymoon**





By [Mara Miller](#)

In the latest [celebrity baby](#) news, [celebrity couple](#) Arie Luyendyk Jr. and Lauren Burnham traveled for a [romantic getaway](#) to Bermuda in the weeks leading up to the birth of their first child, according to *UsMagazine.com*. They shared pictures of their trip via their Instagram accounts. Luyendyk and Burnham met during season 22 of *The Bachelor*. Burnham is currently 30 weeks pregnant. They both seem so excited to become celebrity parents!

**In celebrity baby news, Arie and Lauren are enjoying the weeks they have left before becoming parents. What are some unique babymoon ideas?**

**Cupid's Advice:**

For a lot of couples like Arie and Lauren, a babymoon is the last chance to have a romantic getaway before the baby comes. Cupid is an expert on this and came up with some ideas:

**1. A nature-filled babymoon:** There's just something about pregnancy that makes a mom-to-be feel connected to nature. Search for a local area where you can rent a cabin in the woods or take a road trip along the countryside. This is sure to give you both a chance to relax and enjoy the last few months you'll have together as a couple before the baby comes.

**Related Link:** [Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robinson](#)

**2. A cruise:** Be sure to check with your doctor, and some cruise lines have restrictions for passengers who are over 24 weeks pregnant. But the idea is to be pampered and enjoy your time with your partner before the baby comes, right? A cruise might be the perfect thing to do.

**Related Link:** [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

**3. Travel abroad:** Again, you may want to check with your doctor before you fly while pregnant. Take that trip you've always wanted to France, or Bermuda, or Greece. It may be your last chance to travel abroad with your partner until the baby is older.

**What are some unique ideas you have for a babymoon? Let us know in the comments below!**

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# Travel Tips: Three Historical Colonial Towns You Need to Visit



By [Mara Miller](#)

It's time to take a step back in time and explore preserved colonial towns in the U.S. Though you can find groups of colonial homes built in the 16th and 17th centuries in both Alexandria, VA and Philadelphia, PA, there are some colonial towns are still mostly preserved with one-lane roads and homes that date back to original settlers. Consider taking our [travel advice](#) and visiting gems like this, which are located in the original 13 colonies.

# Check out our travel tips for three close-to-original towns you may want to explore that were a part of the original colonies!

**1. Strawberry Banke, NH:** Strawberry Banke was one of the first settlements in America north of Massachusetts. In the 17th century, it was a safe-haven for those fleeing from religious prosecution. Later renamed Portsmouth, The Treaty of Portsmouth was signed in 1713. In 1774, Paul Revere took a ride—and although this one is much less famous than the one he made four months later, it is still pretty neat to realize how significant this settlement was during the American Revolution when colonists chose to separate from England. The settlement has been left relatively untouched, with Pitt Tavern, Stoodley's Tavern, and Sherburne House being the oldest buildings in Strawberry Banke.

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**2. Deerfield, MA:** Deerfield is a town that time forgot by the 19th century. It was one of the earliest major inland settlements in New England, nestled between English, French, and native territory. The town was destroyed by a marauding army under the French in 1704. However, it was later rebuilt and eventually forgotten by the time of the American Revolution. Being a town that time forgot was a blessing, however, because it is nearly pristine to this day with highlights like the Hall Tavern (1760), and the Allen, Ashley, and Williams houses that were built in the 1730s. Some buildings are private residences, however, so keep that in mind when you visit!

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## State

**3. Williamsburg, VA:** Popularly called Colonial Williamsburg, it was founded as the village of Middle Plantation in 1632. It replaced Jamestown as the colonial capital by 1698. Williamsburg was the first town to be fully planned in America and the second to have a college. Today, it is seen as one of the world's largest living museums. You can interact with those who dress as they did in the 1700s and rent a room on-site at an inn or at one of the Colonial Houses and experience historic reenactments. It is generally considered one of the best living museums in America. (They even have a romantic getaway package!)

Are there any well-preserved must-see colonial towns we missed? Let us know in the comments below!

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# Celebrity News: Demi Moore to Reflect on Ashton Kutcher & Bruce Willis Marriages In Memoir





By [Mara Miller](#)

In [celebrity news](#), [Demi Moore](#) is set to release a “deeply candid and insightful” memoir titled *Inside Out* that reflects on her [celebrity marriages](#) to [celebrity exes](#) [Aston Kutcher](#) and Bruce Willis, according to Harper Collins. *UsMagazine.com* reports Moore was married to Willis from 1997 to 2000 and have three daughters, Rumer, Scout, and Tallulah. Kutcher and Moore were together from 2005-2011, with their celebrity divorce being finalized in 2013.

**In celebrity news, Demi Moore will open up about her failed marriages in her memoir. What are some ways writing can help you cope with a break-up?**

**Cupid's Advice:**

Demi Moore wrote an entire memoir after two of her marriages ended in divorce. While writing might not be your coping mechanism for a break-up (and it's a *really* good way to cope), here are some other ways to get through your relationship ending:

**1. Talk about it:** Get some coffee with a friend or go to a restaurant for lobster and steak to dish all about the break-up. It's not good to hold in emotions after a break-up and your friend is sure to be willing to listen to you vent! Use it as a chance to catch up with them too if you haven't seen each other in a while.

**Related Link:** [Celebrity News: Stephanie Pratt Is Not On Speaking Terms with Spencer Pratt Due to 'Gold Digger' Heidi](#)

**2. Practice self-care:** It's time to put yourself first for a while. It is not selfish. You are putting your own well-being first for once. Get a mani-pedi, binge-watch your favorite show on Netflix, or eat an entire pizza by yourself. Or all do all three! You need to learn to care for yourself again.

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

**3. Practice positivity:** Try not to let yourself dwell on everything negative that happened in your relationship. If you don't want to think about it at all, that's okay. Start a gratitude journal and write about all of the good things happening in your life. Or, if you need to write about your relationship, write about the positives and the things you have learned that you can take with you when you are ready to start dating again.

**What are some other things you can do to help you cope with the end of your relationship? Let us know in the comments below!**



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# Single Celebrity: Brad Pitt Is Moving On as a Single Man As Final Divorce Decisions Are Made



By [Mara Miller](#)

In the latest [celebrity news](#), [Brad Pitt](#) is officially a [single celebrity](#) after a bifurcated judgment handed down last week, according to *EOnline.com*. [Angelina Jolie](#) has now taken back her maiden name since the judgment also declared her single. The [celebrity exes](#) are doing everything they can to work

together, although they are continuing efforts to iron out custody and financial settlements. Pitt seems to be focusing mostly on his children and career despite [celebrity dating](#) rumors.

## **This single celebrity is ready to move on now that his divorce is almost complete. What are some first steps to moving on after a split?**

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

Brad Pitt is officially single now and seems to be focusing on himself and his children. If you're in a similar situation, here are a few things to consider about moving on after a split:

**1. Do your thing:** It's hard to figure out how to be yourself when you have been with someone for so long. Whether it's 3 AM dance sessions in your underwear or a vampire movie binge, take time for yourself to figure out where you want to go now.

**Related Link:** [Celebrity News: Jenni 'JWoww' Farley Shares Photo While On Date with Mystery Man](#)

**2. Start dating:** There is going to be a time when you have to get out there and start dating again. It's okay if you're not ready yet, but it doesn't hurt to poke around a dating site or to go to a bar for a few drinks just to talk to strangers to explore your new options.

**Related Link:** [Celebrity Couple News: Kaitlyn Bristowe Dishes About Getting 'Hot & Heavy' with Jason Tartick During Hook Up](#)

**3. Spend time with loved ones:** Whether it's your kids needing

time with Mom or Dad on the weekend or reconnecting with an old friend you haven't seen in years because life got busy, reconnecting with someone important in your life can negate any negative thoughts that may pop up over the situation that caused your split.

**What are some other first steps to moving on after a split? Let us know in the comments below!**

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## **Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robinson**





By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity parent Kate Hudson](#) makes co-parenting work with [celebrity exes](#) Matt Bellamy and Chris Robinson, according to *UsMagazine.com*. Hudson, 40, shares her boys Ryder, 15, and Bingham, 7, with Bellamy and Robinson respectively. Bellamy and Hudson see each other a lot due to Bingham, and Robinson comes down from Northern California to visit Ryder. It seems like this celebrity mom has a well-thought-out co-parenting plan with her boys' fathers, and she now has a new baby girl, Rani, with current boyfriend Danny Fujikawa.

**These celebrity parents do their best to co-parent their children. What are some things to keep in mind when it comes to co-parenting?**

**Cupid's Advice:**

This celebrity mom has been keeping things civil with her celebrity exes for the sake of her children, and it even seems like they still all have a good time together as a family. Here are a few things to keep in mind when it comes to co-parenting:

**1. Keep communication open:** You'll need to text, call, or see the other co-parent in person. Keep yourself open to speaking with them and try to maintain a decent relationship even if you aren't together anymore.

**Related Link:** [Celebrity Baby: Kate Hudson Opens Up About "Genderless" Parenting](#)

**2. Plan for holidays and vacations:** Always keep each other in the loop on plans for holidays and vacations. If it's summer break and you want to take the kids to the beach and it's your co-parent's time to be with the children, for example, clear the air before you make any reservations.

**Related Link:** [Celebrity Exes Chris Pratt and Anna Faris Give Co-Parenting Tips!](#)

**3. Focus on your child:** Focusing on your child(ren) and putting them first before any personal needs are important. You don't want your kid(s) feeling like they're the reason they caused you and your ex to split, and they don't need to feel any guilt over wanting to spend time with their other parent.

**What are some things you keep in mind when it comes to co-parenting your children? Let us know in the comments below!**

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# Celebrity Wedding: Celebrity Guests Party at 'DWTS' Pros Val Chmerkovskiy & Jenna Johnson's Wedding



By [Mara Miller](#)

In the latest [celebrity wedding](#) news, *Dancing with the Stars* pros Val Chmerkovskiy and Jenna Johnson said "I do" on Saturday, April 13th. *UsMagazine.com* reports that the [celebrity couple](#) said their own vows in front of celebrity guest costars from the ABC reality competition and other VIP guests in attendance. And, it seems like they had a lot of fun, too! The ceremony began at the Terranea Resort in Rancho Palos Verdes, California. Snapshots of the event hit social

media, showing guests having fun at the wedding.

## **In celebrity wedding news, guests had a great time at Val and Jenna's wedding. What are some ways to make sure your wedding is fun for your guests?**

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

Of course, it's *your* day. But you also want to make sure your guests have a fun time because it will be something everyone remembers for years to come:

**1. Make sure there is enough food:** Make sure there is enough for everyone to eat (and snap pics of the food for social media)!

**Related Link:** [Celebrity Wedding News: J.Lo Was 'Surprised' When A-Rod Asked Her to Marry Him](#)

**2. Don't wait too long to dance:** Throw in a little salsa or the age-old chicken dance and try to pull everyone onto the stage after your first dance!

**Related Link:** [Celebrity Marriage: Why Harry Hamlin's Marriage to Lisa Rinna Works](#)

**3. Add in some surprise entertainment:** Pull out everything for cornhole, giant chess or checkers, or have a wine tasting station!

**What are some ways to make sure guests have fun at your wedding? Let us know in the comments below!**

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# Food Trend: CBD-and Cannabis-Infused Food



By [Mara Miller](#)

The National Restaurant Association recently surveyed 650 professional chefs about the top culinary and restaurant trends for 2019 and found that three out of every four chefs said CBD- and cannabis-infused foods will be a top [food trend](#), according to *CNBC.com*. Cannabis remains illegal at the federal level, but has been legalized in 10 states for recreational purposes. CBD oil lacks THC, which is the component of cannabis that intoxicates the user. The article also reports that some restaurateurs want to get in on the trend with less

scrutiny and so they have turned to private clubs to offer these dishes. And, while some states have legalized cannabis and most [CBD products](#) became legal under federal law in December, some restaurants with chefs who offer CBD and cannabis-infused foods may get points docked by health departments because it does not have FDA approval.

## Get more info on 2019's latest food trend – CBD- and cannabis-infused food!

The bottom line is that cannabis-infused foods are not currently legal in all states. That being said, CBD oil does have health benefits and is without the mind-altering THC that comes in cannabis. If and when it does become legal and accepted by FDA standards, here are the health benefits:

**1. It can relieve pain:** CBD oil can be used to treat or reduce pain, such as arthritis, multiple sclerosis, back pain, and muscle spasms. These benefits are heightened when combined with THC.

**Related Link:** [Food Trend: Probiotic Products](#)

**2. Antipsychotic effects:** Studies suggest that CBD oil may reduce the effects of mental disorders like schizophrenia by dampening symptoms.

**Related Link:** [Food Trend: Dessert Hummus](#)

**3. Diabetes:** In studies on mice, CBD reduced the chance of the disease by 58%. Keep in mind that this is just from a study on mice—the health benefits in humans may be different and remain

unverified.

What are some other benefits you can see from CBD oil? What about cannabis, if it were to become legal in all 50 states? Let us know in the comments below!

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## Celebrity News: Jenni 'JWoww' Farley Shares Photo While On Date with Mystery Man



By [Mara Miller](#)



In the [latest celebrity news](#), Jenny 'JWoww' Farley shared a photo on Instagram while on a [celebrity date](#) with a mystery man, according to *UsMagazine.com*. JWoww shared a photo captioned "cheers to the weekend" for her date. The photograph was of JWoww's lunch with her hand and the mystery man's hand on glasses of wine overlooking a terrace. Currently, JWoww is in the midst of a [celebrity divorce](#) with her celebrity ex Roger Mathews, but it seems she is ready to move on!

## **In celebrity news, JWoww seems to be moving on from her ex, Roger Mathews. What are some ways to know you're ready to move on after a split?**

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

It can be difficult to decide when you are ready to move on from a split with your past partner. Here are a few ways to know you might be ready:

**1. You feel good about yourself:** You've moved on and you feel stronger, confident, and ready to take on the world—or maybe a new date.

**Related Link:** [Celebrity News: Stephanie Pratt Is Not On Speaking Terms with Spencer Pratt Due to 'Gold Digger' Heidi](#)

**2. You feel hopeful when you see other couples:** If you catch yourself smiling at a couple or feeling hopeful that you will find someone again, you might be ready to move on.

**Related Link:** [Celebrity News: Halsey Shuts Down Pregnancy Rumors](#)

3. You find yourself thinking less about your ex: This can seem like the hardest part after a breakup... but eventually, it *will* happen.

What are some other ways you might know you're ready to move on after a split? Let us know in the comments below!

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## Celebrity Couple News: Priyanka Chopra Jonas Admits She Judged Nick Jonas At First





By [Mara Miller](#)

In [celebrity news](#), [celebrity couple](#) Priyanka Chopra Jonas and [Nick Jonas](#) got married in December. According to *UsMagazine.com*, she almost let her first impression of him get in the way of their romance! "I didn't think that this would be what it turned out to be, and that's maybe that's my fault. I judged a book by its cover," Chopra Jonas said in an interview with Tina Brown at the 10th annual Women in the World Summit in New York City on April 11th. "But I think when I actually started dating Nick, he surprised me so much." It's such a sweet thing to know Chopra Jonas didn't let her impressions of her hubby get in the way of their romance!

**In celebrity couple news, Priyanka Chopra Jonas admitted to judging husband Nick Jonas, but everything worked out for them in the end.**

# What are some reasons to keep an open mind when searching for a potential partner?

## Cupid's Advice:

You've heard the saying, "don't judge a book by its cover," but how often have you let first impressions ruin the chance of finding a great partner? Cupid has some tips:

**1. Don't let your imagination run away with you:** When we first meet someone, it's easy to automatically start judging them. Maybe you heard a rumor that wasn't true or they did something that you didn't like. Try to put aside what you heard to give them a chance as a person.

**Related Link:** [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

**2. Ask for advice:** Does your potential partner run in the same social circle as you do? Speaking to a mutual friend might help you put aside any preconceived or unfair judgments.

**Related Link:** [Celebrity Vacation: Nick Jonas & Priyanka Chopra Vacation in Miami with Joe Jonas & Sophie Turner](#)

**3. Talk to them:** The best way to kill any bad impressions of a potential partner is to just *talk* to them. Give them a chance. It might surprise you!

**What are some other ways to prevent first impressions from ruining your chance at love? Let us know in the comments below!**

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# Celebrity Exes: Khloe Kardashian & Tristan Thompson Reunite at True's 1st Birthday Party



By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity exes](#) Khloe Kardashian and Tristan Thompson threw a birthday bash for their 12-month-old daughter, True. According to *UsMagazine.com*, they even took a picture together on Instagram, where Kardashian shared pictures of True's party. Happy birthday, True!



# These celebrity exes came together for their daughter, despite their differences. What are some pointers for successfully co-parenting?

## Cupid's Advice:

Even if you and your ex aren't together anymore, you will have to keep things amicable, like Khloe Kardashian and Tristan Thompson, when it comes to your kid(s). We've got a few pointers:

**1. Put them first:** Always put your kid(s) first, no matter what. They depend on you both.

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

**2. Improve communication:** The easier you can both communicate because you have put aside the past, the better your child(ren) will benefit.

**Related Link:** [Celebrity Parenting: Khloe Kardashian Is 'Extremely Upset' With Tristan Thompson For Not Being Involved with True](#)

**3. Think of co-parenting as teamwork:** If you approach co-parenting as working together as a team, it will make things easier. If you have rules, boundaries, and a schedule, then being there for your kid(s) will remain your top priority.

**Do you have any pointers for successfully co-parenting your children? Share your thoughts below.**

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# Celebrity Couple News: Kaitlyn Bristowe Dishes About Getting 'Hot & Heavy' with Jason Tartick During Hook Up



By [Mara Miller](#)

In the latest [celebrity couple](#) news, [Kaitlyn Bristowe](#) dished about getting "hot and heavy" with Jason Tartick after their first hookup, according to *UsMagazine.com*. Bristowe admitted their steamy get together made her trust Tartick more. These reality stars started dating in January and seem to have a

strong relationship.

## **In celebrity couple news, celebrity couple Kaitlyn Bristowe and Jason Tartick got hot and heavy on their first date. How do it's okay to let things go farther than steamy on a first date?**

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

Some people would never let things get steamy on a first date. It depends on your personal values and your comfort level with your date. But here are a few things to consider before going there:

**1. You trust them:** If you can see yourself going on another date, or actually want it to turn into a full-fledged relationship, having a little steamy fun isn't a bad thing.

**Related Link:** [Celebrity Marriage: Why Harry Hamlin's Marriage to Lisa Rinna Works](#)

**2. How long have you known each other?:** If you're on your first date with someone you met online after a few days, it might be safer to keep it clean. But if you're friends or have been talking a while? A little fun won't hurt as long as you are both consenting adults.

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

**3. You both need to be into it:** As well as building trust, you need to be sure your date is willing to take things to the next step. If they aren't comfortable, don't do it.

What are some other things to consider before taking things to the next level on a date? Let us know in the comments below!

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## Beauty Trend: Pearl Accents



By [Mara Miller](#)

Do you remember the classic scene with Audrey Hepburn and the beautiful pearl necklace she wore in *Breakfast at Tiffany's*? Whenever you think of pearls as an accessory, a necklace or delicate earrings usually come to mind. 2019 brings a few new takes on this classy jewel! We've gathered some of them up for you to try.

## With this beauty trend, check out a new take on a classic accessory!

**1. A pearl choker:** It really depends on how many pearls you want on your choker, but a pearl choker is classy. Show all of them with a half up-do or leave your hair down to bring attention to a standalone pearl attached to the choker.

**Related Link:** [Fashion Trend: Feathered Accessories](#)

**2. Hair Accessories:** Pearls are pretty no matter how you wear them, but they stand out even more in your hair with a clip to hold back your bangs. Or, use something similar to class up your updo with a row of pearls.

**Related Link:** [Beauty Trend: Metallic Lip](#)

**3. Embellished shoes:** Pearls. Pearls everywhere! Okay, maybe not over your entire shoe, but a line of pearls across your toes or ankle are a delicate way to show off your feet.

**What are a few other ways to wear pearls as an accent? Let us know in the comments below!**

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## Celebrity Marriage: Why Harry Hamlin's Marriage to Lisa Rinna Works







By [Mara Miller](#)

In the latest [celebrity news](#), Harry Hamlin revealed how his [celebrity marriage](#) works with Lisa Rinna, according to *UsMagazine.com*. The celebrity couple tied the knot in 1997. Although they have their differences—he doesn't care about pop culture and she has little interest in cooking—they have managed to make it work. "Lisa and I are of the same mind," Hamlin said. "So we have a very functional relationship and we respect each other and listen to each other and admire each other and we let each other be. We're not helicopter husband and wife."

**In this celebrity marriage, Harry and Lisa aren't "helicopter husband and wife." What are some signs you're becoming a helicopter**

# partner?

## Cupid's Advice:

We all micromanage to an extent, and you've probably heard the term "helicopter parent". It's when it starts to become *too much* that being a helicopter husband and wife can cause problems:

**1. You have to train each other:** You always worry they might say or do the wrong thing, so you feel the constant need to teach other on how to act.

**Related Link:** [Celebrity News: Jana Kramer & Mike Caussin Share How Therapy Helps Their Marriage and Parenting](#)

**2. You don't consult each other:** Your spouse never consults you, and you never consult your spouse. Decisions get made before the other person is ever informed of anything, which can lead to arguments.

**Related Link:** [Celebrity News: Halsey Shuts Down Pregnancy Rumors](#)

**3. You both hover:** Neither one of you can let the other text or be on social media without knowing what is going on. In fact, you may even both share a social media account so there's no suspicion, ever.

**What are some other ways to know if you and your partner are a helicopter husband and wife? Let us know in the comments below!**