

# Celebrity News: Halsey Shuts Down Pregnancy Rumors



By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity couple](#) Halsey and Yungblud shut down news of a possible [celebrity baby](#). Speculation about a possible pregnancy started circulating with fans after she posted a photo on her Instagram stories of herself in a baggy shirt while grocery shopping with Yungblud in Los Angeles, according to *UsMagazine.com*. Afterward, Halsey responded with several misspelled versions of the “pregnant,” followed by a photo of the word “no” to shut down the rumors. And, this isn’t the first time rumors have flown about a possible pregnancy: Halsey has expressed interest in having children before. But for right now, her only baby is her next

album.

**In celebrity news, Halsey insists that fan speculation about a potential celebrity baby-to-be is just wrong. What are some ways to conceal your pregnancy until you're ready to announce it?**

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

You only have a few months until your pregnancy will become obvious, but you can still bask in the glow of pregnancy without letting anyone else know until you're ready:

**1. Accessorize:** A light scarf will help you hide your baby bump! A scarf, shawl, or vest will go a long way in hiding the bump so you can keep your happy news to yourself longer.

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

**2. Avoid touching your belly in public:** Pregnant moms constantly want to touch their belly. Reigning in the need to rub your belly and talk to the baby in public will help you keep it secret just a little longer.

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

**3. Tell everyone you're on a detox:** Telling everyone you're on a detox might deter any questions about different eating habits so you don't have to break your news early, especially for the more suspicious family and friends. Get your partner in on it too, so you're less likely to be questioned!

What are some other ways to hide your pregnancy until you're ready to announce the happy news? Let us know in the comments below!

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# Parenting Advice: Five Reasons to Stop Yelling at Your Kids



By [Mara Miller](#)

Parents yell at their children, even if they might not want to openly admit it. Maybe you snapped because you're mad they

haven't put on their shoes yet. Or, you have *had* it because they won't do their homework. Or, maybe you've had a bad day yourself, and your teenager just smart-mouthed you one too many times, so you decided to let them have it. We'll explore why you need to stop yelling at your kids in this [parenting advice](#).

## Parenting Advice: Five Reasons to Stop Yelling at Your Kids

You'll snap, your baby will burst into tears (or if your kids are teens they might snap back)—and then the entire family will be upset. It should go without saying: if you can stop yelling at your children, they will be happier. But if you're still not convinced, here are a few things to consider that you may not have thought about before:

**1. They will learn to yell back:** Yelling at your kids will eventually turn into you being yelled at by your children. And they may not just yell at you—they'll possibly yell at teachers, peers, or a future partner. Remember, you are teaching your kids cultural and social norms and they will mimic your behavior.

**Related Link:** [Parenting Tips: How Your Kids Can Benefit from Audio Books](#)

**2. It causes anxiety:** Yelling can cause anxiety attacks and severely limit your ability to interact socially with other people as an adult. Yelling can also trigger full-blown panic attacks later when your children are older. This can lead to struggling with performance in school. They will also have trouble finding, and keeping, employment when they are older.

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



**3. It's emotionally draining:** Have you ever gotten just as upset as your children after yelling at them? Yelling at your children can be stressful and damaging to them, but it can be stressful and damaging to you even though your first response might be to raise your voice to your children.

**4. They'll stop listening:** Yelling at your children will trigger a fear response deep in the brain that will turn off their listening completely. This can lead to bad grades in school because your kids will automatically tune out their teachers. Adults who have been yelled at often as children will neglect orders at work or their partner.

**5. Your children will learn to crave negative attention:** Do you want to teach your kids to crave negative attention? Yelling at them frequently can teach them to seek that kind of attention later in a potential partner. It can also negatively affect any other social relationships, like with siblings or friends.

**What are some other reasons to stop yelling at your kids? Let us know in the comments below.**

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## **Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage**





By [Mara Miller](#)

In the latest [celebrity baby](#) news, [celebrity couple](#) Olympic gymnast Shawn Johnson and football player Andrew East are expecting a year and a half after she experienced a miscarriage. According to *EOnline.com*, Johnson posted a picture of the two gesturing toward her baby bump on Instagram. This celebrity couple is excited to become parents!

**In celebrity baby news, Shawn Johnson and Andrew East are expecting after she miscarried. What are some ways to support your partner through the struggles associated with having kids?**

**Cupid's Advice:**

Supporting your partner during struggles having children can be a trying and emotional time. Here are some tips to show your support:

**1. Talk about it:** Talking about it and talking through it will help you and your partner through the difficulties of having kids.

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

**2. Educate yourself:** Educating yourself on reasons is important. Learning about why having kids might cause a struggle will help you and your partner stay prepared.

**Related Link:** [Celebrity Baby News: Rachel Platten Gives Birth to First Child With Kevin Lazan](#)

**3. Stay positive:** Positivity goes a long way in supporting your partner to keep your spirits up. You will eventually have a happy bundle of joy in your arms. They will be a great parent. You'll be a great parent.

**Do you have any advice on supporting your partner through the difficulties of expanding your family? Let us know in the comments below!**

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## **Celebrity Couple: Kylie Jenner & Travis Scott Share**

# Photos from “Baecation”



By [Mara Miller](#)

In the latest [celebrity couple news](#), [Kylie Jenner](#) and Travis Scott shared photos from their [celebrity vacation](#), or “baecation,” as Jenner wrote in her Instagram caption, according to *UsMagazine.com*. Scott and Jenner have gone on this much-needed vacation after cheating allegations were flying. Scott has denied these allegations and the couple seems to be trying to rebuild now.

**In this celebrity news, Kylie Jenner and Travis Scott are sweet**



# memories on their vacation. What are some ways a romantic getaway can improve your relationship?

## Cupid's Advice:

A romantic getaway can help you improve your relationship with your bae on several levels. Cupid is excited to share these tips:

**1. Reconnect:** A romantic getaway gives you a chance to reconnect with your partner. It will give you a chance to talk and be in each other's arms without any interruptions.

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

**2. Rekindle the romance:** We all get busy from time to time, and unfortunately, romance can take the wayside. No interruptions equal fun time in the hotel bed and a chance to display PDA when you normally wouldn't.

**Related Link:** [Celebrity Couple News: Aaron Rodgers Surprises Danica Patrick With Birthday Trip to Paris](#)

**3. Make memories:** You'll be able to take photos of yourself goofing off with your partner. Making memories together will give you something to look back on fondly when you and your partner are older.

What are some other ways a romantic getaway can improve your relationship? Let Cupid know in the comments below!

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# Top 2019 Fitness & Wellness Trends to Watch



By [Mara Miller](#)

Wellness and [fitness trends](#) are ever-changing. Unfortunately, we do have busy lives, so even though we want to brave a class at a Metaformer studio, it might be better for us to do a simpler workout with an online class. You may also be thinking more about brain health as well. We've gathered several trends for you to keep an eye on if you're looking to shed a few pounds!

## Top 2019 Fitness & Wellness Trends

# to Watch

**1. Isometric strength training:** This fitness trend involves working out in place. The idea behind it is to focus on the way muscles supposed to move rather than some of the intense workouts like throwing a tire. A yoga plank, for example, is considered an isometric strength training.

**Related Link:** [Fitness Trend: Isometric Strength Training](#)

**2. The brain:** Language and math skills aren't the only things you need to work on if you want to keep your brain in tip-top shape. This year, more people are focusing on brain health—more specifically, your cognitive skills. Apps like Lumosity are geared toward brain wellness to help you keep your brain challenged.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**3. Megaformer workouts:** Celebrities like Meghan Markle and [Kim Kardashian](#) love this machine, which appears intimidating at first sight. Megaformer studios are popping up across the country. The workout with the Megaformer is meant to challenge the body while doing Pilates.

**4. Online Workouts:** Workouts that involve being able to access instructor-led online classes have been gaining popularity lately. Online classes mean you can do the workout wherever you want, be it at your home-office, during your lunch break at work, or on your weekend getaway with your honey. It's also great if you have an erratic schedule and can't commit to classes on a set time block.

**5. Wearable Technology:** Our smartwatches, if you are willing to spend the money, can do everything from reminding you to stand during the day to monitoring your heart rate. Smartwatches can help not only with our workouts but also wellness since they can monitor your sleep. Some people have

even found heart conditions by wearing a smartwatch. So if you've been eyeing the latest Apple Watch or Fitbit, you may be justified in your purchase.

What are some other 2019 fitness and wellness trends are you watching? Let us know in the comments below!

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## Celebrity News: Justin Bieber Sings & Teases Wife Hailey Baldwin In Cute New Video



By [Mara Miller](#)



In [celebrity news](#), [Justin Bieber](#) made an appearance in wife Hailey Baldwin's cute promotional video on Instagram. According to *UsMagazine.com*, Bieber doted upon his wife, kissing her temple, offering her almonds, and teasing Baldwin about her shirt as she waited for Kelia Monaz to join her Instagram live. The [celebrity couple](#) even sang together at one point during the stream. They're super cute together!

## **In celebrity news, Justin Bieber is clearly smitten with his wife. What are some small ways to make your partner feel special on a daily basis?**

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

Doting upon your partner on a daily basis is a sweet way to let them know you love and appreciate them! They'll soak up the attention and feel special. Cupid has some ideas:

**1. Love notes:** A handwritten love note is always sweet, but throughout the day, you can send texts to your partner. It will put a smile on their face even if they're having a rough day in the office.

**Related Link:** [Celebrity Couple News: Aaron Rodgers Surprises Danica Patrick With Birthday Trip to Paris](#)

**2. Make their favorite meal:** Cooking your partner's favorite meal will make them feel special. You can pack it for their lunch if there are any leftovers the next day, too!

**Related Link:** [Celebrity News: Ron Gronkowski's GF Is His Biggest Fan After Retirement](#)

**3. Compliments:** Tell your partner they're handsome/beautiful.

Express how much you like those new earrings or that new baseball cap. It will remind your partner how much you care.

What are some other ways to dote on your partner? Let us know in the comments below!

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## Food Trend: 5 Best Mocktail Recipes



By [Mara Miller](#)

Do you ever feel like drinking cocktails out with friends, but don't want to deal with the hangover the next day after?

Mocktails have been gaining popularity as a [food trend](#). They're great because you get to have your favorite drink while you're the designated driver for your friend's birthday or want to avoid the extra calories that can be packed in traditional cocktails. Restaurants are adding more mocktail recipes to their menu as a nonalcoholic option for those who don't want the effects of alcohol, but who still want to join in the fun of a night out with friends.

## Food Trend: 5 of the Best Mocktail Recipes

Whether you are tired from partying all weekend or don't like to drink alcohol, you can still try these top five mocktails in this [food advice](#) to enjoy a fancy drink:

**1. Mocktail Mule:** This is an alcohol-free version of the famous spicy ginger cocktail. The only difference is that it has ginger beer-a nonalcohol soda.

**Related Link:** [Food Trend: Traditional Sunday Meals](#)

**2. Virgin Piña Colada:** Piña Coladas are yummy, but did you know you don't have to add the rum? This mocktail is sweet with pineapple juice and coconut cream.

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

**3. Cuddles on the Beach:** An alternative to the famous Sex on the Beach, this yummy drink is filled with juices only like cranberry juice, grapefruit juice, and peach nectar.

**4. Virgin Mary:** The nonalcoholic version of a Bloody Mary. This is still a good spicy drink for brunch even if you don't want to add the vodka.

**5. Sparkling Blue Mocktail:** Want a pretty drink without the buzz at the bar? Order a Sparkling Blue Mocktail. It has

several variations, but the main ingredient is blue fruit punch. Some recipes call for blue sprinkles around the edge.

Do you have a different favorite mocktail that should have been on this list? Let us know in the comments below!

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## Celebrity Wedding: Nicolas Cage Files for Annulment 4 Days After Fourth Wedding



By [Mara Miller](#)

In the latest [celebrity wedding](#) news, Nicolas Cage filed for



an annulment four days after his wedding with his fourth wife, Erika Koike. According to *UsMagazine.com*, if the court won't grant an annulment, Cage has asked for a [celebrity divorce](#). Cage and Koike were first spotted together in San Juan, Puerto Rico in April 2018.

## **In celebrity wedding news, this isn't exactly a favorable outcome. What are some yellow flags to look for before making a final decision on marriage?**

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

It's easy to get wrapped up in the idea of love and being married to your partner. It's not expensive to get married if you decide to elope in the courthouse, either. But here are a few flags you should watch out for before making the final decision on marriage to your partner:

**1. If they lie about something small:** Chances are, they might be lying about something bigger. If you feel like your partner isn't honest, getting married should be off the table. You need to be able to trust your spouse.

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

**2. You WANT to be with them:** One way to know that you're ready for marriage is that you can't stand the thought of not being with your future spouse. Difficulty sleeping at night when they aren't there or getting super excited when you know they're about to come home from work is a sign you might be ready.

**Related Link:** [Celebrity Wedding: Katy Perry & Orlando Bloom Are Engaged!](#)

**3. Listen to your gut feelings:** Can you see yourself actually going the distance with this person? Are you excited about starting a life together, and having (or adopting children) together? If your gut is telling you to run, you *may* want to re-evaluate the situation.

**What are some yellow flags you think you should be aware of before tying the knot? Let us know in the comments below!**

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## **Celebrity News: Find Out Why Lady Gaga Called Off Her Engagement**





By [Mara Miller](#)

In the [latest celebrity news](#), [Lady Gaga](#) revealed why she broke off her engagement to [celebrity ex](#) Christian Carino. It turns out he had some jealousy issues. According to *UsMagazine.com*, a source revealed, “Chris didn’t really treat Gaga well toward the end of their [two-year] relationship.” He kept trying to find her and texted her a lot, according to the same source. In the weeks following Gaga’s broken engagement, she leaned on friend Jeremy Renner. Renner and Gaga have been spending time together since her split from Carino.

**In celebrity news, the reason behind Lady Gaga’s broken engagement is finally coming to light. What are some tips for**

# dealing with jealousy?

## Cupid's Advice:

A jealous partner does not mean you have to immediately break up with them. Cupid has some tips to deal with jealousy. But just remember, if it ever starts to feel too out of control, you are right in calling off the relationship:

**1. Stay calm:** Listen to your partner and the reasons that they are jealous. Most likely it isn't something you have done and they might have some insecurities about the relationship that you both need to work on. Remember, a key to a strong relationship is communication, and if you can't listen to their concerns, then it might not work out.

**Related Link:** [Celebrity News: Rita Wilson Opens Up About What She Told Tom Hanks After Breast Cancer Diagnosis](#)

**2. Create boundaries:** Your partner needs to know and respect your boundaries, but you also have to know and accept theirs. If they are concerned about your friendship with someone of the opposite sex, make it clear that you are only friends and there is no reason to be suspicious of the friendship.

**Related Link:** [Celebrity News: Put Yourself First Like Lady Gaga](#)

**3. Show affection:** As long as you feel like the situation isn't abusive, show your partner some extra affection after you discuss their jealousy and dispel any reasons to be jealous. Holding hands or cuddling on the couch to watch a movie might help them feel more secure in the relationship.

**What are some other tips you have for dealing with jealousy? Let us know in the comments below!**



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# Celebrity Couple News: Aaron Rodgers Surprises Danica Patrick With Birthday Trip to Paris



By [Mara Miller](#)

In the latest [celebrity couple](#) news, Aaron Rodgers surprised girlfriend Danica Patrick with a birthday trip to the City of Love for her 37th birthday, according to *UsMagazine.com*. Patrick shared a photo on Instagram of her smooching her beau in front of the Eiffel Tower, with the caption, "For my

birthday he said pack a bag, we are going somewhere. Amazing.”  
What a sweet, thoughtful gift!

## **In celebrity couple news, Aaron and Danica are headed to Paris! What are some affordable options for a birthday surprise for your partner?**

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

While you might wish you could jet off with your partner to Paris for a surprise birthday gift, that option may not be affordable. Cupid has gathered a list of affordable birthday surprise ideas for your partner!

**1. Home cooked meal:** Forgo the expensive eating out and make a meal at home. Home dinner kits are available online. Some meal kits are even coming to local grocery stores. They're great because they have everything you need and don't take long to prepare.

**Related Link:** [Celebrity Couple News: Newlyweds Lea Michele & Husband Zandy Reich Honeymoon in the Sun](#)

**2. Mini road trip:** Do some research before you surprise your sweetie for their birthday. Find a historical site they've always wanted to see in your home state or a museum you haven't been to and take them.

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

**3. A love note:** You can leave a note beside the bed, in your partner's car, or next to a fully prepared breakfast in the morning. Write something sincere and thoughtful, letting your partner know how much you love them, and wishing them a happy

birthday.

What are some other affordable options to surprise your partner on their birthday? Let us know in the comments below!

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# Celebrity Couple: Colton Underwood & Cassie Randolph Sport Romantic Jerseys at Hockey Game



By [Mara Miller](#)

In the latest [celebrity couple](#) and [celebrity dating](#) news, Colton Underwood and Cassie Randolph sported romantic jerseys at Vegas Golden Knights vs. Detroit Red Wings game at the T-Mobile Arena in Las Vegas on March 23rd. According to *People.com*, Colton and Randolph have marriage on the brain. Her jersey said “Future Mrs.” on the back and his jersey had “Underwood.” How cute!

## **This celebrity couple out of *Bachelor* Nation is sharing their love loud and proud. What are some ways to show your partner you love them in public?**

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

Even if you think matching jerseys at a hockey game might be too cheesy, we've gathered some things you can do to show your partner that you love them:

**1. Touch:** Light PDA in public is okay as long as you keep things clean, like a kiss on the cheek or holding your partner's hand. Play with their hair or snuggle up together when you sit down! It clearly says you're together and you love each other.

**Related Link:** [Celebrity Couple News: Pete Davidson & Kate Beckinsale Make Out In Backseat of Car](#)

**2. Give them your full attention:** Give your partner your full attention when they need it in public. Keep multitasking, like answering text messages or checking Facebook, to a minimum.

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



**3. Share food:** Sharing food shows your comfort level with your partner. Some people may not be comfortable at all with sharing a plate because they don't want someone else's germs. If you love your partner, let them steal a few fries off your plate!

What are some other ways you can show your partner that you love them in public? Let us know in the comments below!

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## Celebrity News: Ron Gronkowski's GF Is His Biggest Fan After Retirement





By [Mara Miller](#)

In the latest [celebrity news](#), New England Patriots tight end Ron Gronkowski has decided to retire from playing in the NFL, according to *UsMagazine.com*. His girlfriend, Camille Kostek, said this on Instagram, “If you ask me, you’re the best to ever do it. There is nothing like the thrill of watching you play. I love you with all my heart, you allow me to take the term ‘proud girlfriend’ to a new level.” The [celebrity couple](#) has been dating since 2015. Awww, it’s so sweet to see Gronkowski’s girlfriend being supportive!

**In celebrity news, Ron Gronkowski’s girlfriend is supporting him post-retirement. What are some ways to support your partner’s career?**

**Cupid’s Advice:**

Aside from supporting your partner publicly, here are a few

tips Cupid has gathered for ways to support your partner in his or her career:

**1. Let them know you're there for them:** It doesn't matter what career path your partner has taken: writer, car salesman, NFL Football—always let your partner know that you are supportive of their career decisions. Knowing that you are supportive will boost their self-esteem and give them a reason to keep pushing forward.

**Related Link:** [Celebrity Couple News: Newlyweds Lea Michele & Husband Zandy Reich Honeymoon in the Sun](#)

**2. Understand work schedules:** Knowing your partner's work schedule is important. Part of their job requirement may be working out of state or putting in longer hours than your job requires. Letting your partner know that you understand will go a long way in keeping things smooth since they won't feel like they have to choose between you or work to make your relationship last.

**Related Link:** [Celebrity Couple News: Kate Beckinsale & Pete Davidson Have Dinner with Her Mom & Step-Dad](#)

**3. Listen to work-related stories:** Sometimes we all need to get our long work day off our chest. Letting your partner listen to work stories will give them a chance to vent frustration or share excitement about work. In turn, they'll be more willing when you need to vent or share excitement about your career.

**What are some other ways to support your partner's career? Let us know in the comments below!**

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# Parenting Advice: How to Cope with Your Child's Diabetes



By [Mara Miller](#)

According to the American Diabetes Association, approximately 1.25 million children have diabetes. It can be a scary situation when you first find out a loved one is affected by this disease, but even scarier when one of them is your child. And, no matter if they have Type 1 or Type 2, it can be hard on you as a parent to not feel like it's your fault or to feel guilty because there is a way you could have prevented it. We have some [parenting advice](#) and [parenting tips](#) on how to cope with your child's diabetes because it *isn't* your fault and you *shouldn't* feel guilty or alone with your family's struggle to cope with it.



# Parenting Advice: How to Cope with Your Child's Diabetes

**1. Get help when you need it:** Rely not only on your support network with your partner and extended family but your child's healthcare professional too.

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

**2. Make parenting decisions together:** It's important to make decisions with your child's parent together as a team rather apart. And more than anything, be consistent.

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

**3. Share your feelings:** Don't bottle up your feelings about your child's diabetes. Connect with other parents in a support group or seek help from a family therapist.

**What are some other ways to cope with your child's diabetes? Let us know in the comments below!**

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## Celebrity Couple News: Kate Beckinsale & Pete Davidson Have Dinner with Her Mom &

# Step-Dad



By [Mara Miller](#)

In the latest [celebrity couple](#) news, [Kate Beckinsale](#) and Pete Davidson recently had dinner with Beckinsale's mother and stepfather, according to *EOnline.com*. Beckinsale and Davidson have been lighting up [celebrity news](#) with their [celebrity relationship](#) since they first started flirting during a 2019 Golden Globes after-party back in January. And, despite their age difference, they're still going strong. They've already moved to the stage of meeting the parents!

## In celebrity couple news, Pete

# Davidson met the parents! What are some ways you can make a good impression on your partner's parents?

## Cupid's Advice:

There is a stigma that can follow meeting your partner's parents—along with sweaty hands and worrying if they'll like you. Cupid has some tips on how to make a good impression:

**1. Be yourself:** This cannot be stressed enough. You wouldn't act like someone you're not around your partner, right? As long as you act like yourself, you won't cast any negative impressions about who you are as a person.

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

**2. Dress appropriately:** A person's perception of you has a lot to do with how you dress. Wearing a clean top, bottoms, and shoes will help make a statement that you are someone who can be serious to your partner's parents.

**Related Link:** [Celebrity News: Kate Beckinsale's Ex Matt Rife Tells Pete Davidson to 'Run'](#)

**3. Refrain from PDA:** Keep the kissing and handholding to a minimum around your partner's parents, even if you're out to dinner and they get up for a moment to go to the restroom. Wait to put your hands on each other *after* dinner with the parents.

**What are some other ways to make a good impression on your partner's parents? Let us know in the comments below!**

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# Celebrity Couple News: Pete Davidson & Kate Beckinsale Make Out In Backseat of Car



By [Mara Miller](#)

In the [latest celebrity couple news](#) according to [UsMagazine.com](#), [celebrity couple](#) Pete Davidson and [Kate Beckinsale](#) can't keep their lips off each other. Davidson and Beckinsale were seen at *The Dirt* premiere at Whiskey Go Go in West Hollywood prior to their backseat makeout sesh in a taxi on March 18th. And this isn't their first display of PDA, either. They've also openly kissed and held hands at a New



York Rangers game on March 4th.

# In celebrity couple news, it's on between Pete and Kate! What are some things to beware of when it comes to public displays of affection?

## Cupid's Advice:

It's fine to display some PDA with your partner, but there are a few things you should consider first:

**1. Your partner's comfort:** Sometimes people don't like to share public affection beyond holding hands or light pecks on the cheek. Be aware of your partner's comfort level before you start openly making out.

**Related Link:** [New Celebrity Couple: Zac Efron Is Dating Olympian Sarah Bro](#)

**2. Commitment:** But...it could make friends and other people around you uncomfortable if things start to get too heavy if you and your partner get excited or if they don't know your partner well.

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

**3. Don't let things get too heated:** It's okay to kiss and hold hands in public but beware of your surroundings. In some states, public lewdness or public indecency can result in being arrested.

**What are some things for you to beware with PDA? Let us know in the comments below!**

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# Celebrity Break-Up: Lena Dunham Talks Rebound Romances Post-Split from Jack Antonoff



By [Mara Miller](#)

In the latest [celebrity break-up](#) news, Lena Dunham opened up about her rebound romances post-split from Jack Antonoff, according to *UsMagazine.com*. Dunham recently wrote an article for *Vogue*, where she dropped the details of Jeremy (whose name has been changed), a guy who slipped into her DMs after she posted a picture of herself in plus-size panties. Dunham wrote this about meeting Jeremy: “I had missed all of this: the

anxiety of constructing a new identity worth wanting, the jittery caffeine-high moments before the first kiss and an introduction to someone's second personality, the one they have when lust is released."

## **In celebrity break-up news, Lena Dunham opened up about her rebound romances after her recent split. What are some benefits to rebound flings?**

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

A rebound relationship can actually be beneficial after you've gone through a tough breakup. Cupid has a list of some these benefits:

**1. It helps your confidence:** If you're the dumpee and you're feeling hopeless, go on a few dates. You're an awesome person—and a rebound can help you realize it, too.

**Related Link:** [Celebrity News: 'Bachelorette' Star Blake Horstmann Talks Moving On After Becca Kufrin Split](#)

**2. It's dating without a commitment:** It's a *fling*. The sex without commitment can be a self-confidence booster. You can date and have fun without commitment. And if a fling turns into something more? Awesome!

**Related Link:** [Celebrity Break-Up: Halsey Opens Up About Split from G-Eazy](#)

**3. They keep you from going back to your ex:** Breakups happen for a reason. Rebounding will keep you from thinking and wanting your ex back, especially if they have done something that isn't forgivable.

What are some of the benefits you've found to a fling after a breakup? Let us know in the comments below!

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# Fitness Trend: 5 Ways Hot Yoga Melts Away Calories



By [Mara Miller](#)

Yoga is an ancient practice originating in India in about 3000 B.C. It's long been used as both a way to meditate and as a fitness tactic. Something that's been around for so long is no doubt effective! Now that swimsuit season is approaching, have you been looking for [fitness advice](#) to melt away calories?



Well, you're in luck! Hot yoga is a [fitness trend](#) that has major calorie burning attributes.

## Hot yoga is a popular fitness trend that burns away pesky calories. Find out how!

**1. It allows your blood vessels to be more flexible:** Flexible blood vessels means moving more blood through your system. This can result in an instant loss of water weight and will give your skin an instant glow.

**Related Link:** [Fitness Tips: 7 Ways to Speed Up Weight Loss](#)

**2. It makes you sweat:** Sweating is good for you because it helps you flush toxins from your body that might be clinging to your system, resulting in fat burning.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**3. You need to drink water before and during:** Water is a natural way to keep away those pesky calories that help pack on the fat. (And you're going to need it because the hot yoga room is HOT!) Sweating will cause loss of water weight—so make sure you're hydrating, especially since some hot yoga rooms can be up to 105 degrees Fahrenheit.

**4. It raises your heart rate:** Along with expanding the blood vessels, hot yoga also helps increase your heart rate. The higher you can get your heart rate, the more calories you'll burn.

**5. More than anything, it's intense:** Yoga is more than stretching. Some sessions can last up to ninety minutes. It's *hot*. You're going to stretch and you're going to hold several positions more than once. It's more of a workout than a relaxed morning yoga session.

Do you like hot yoga? Let us know in the comments below!

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# Celebrity News: 'Bachelorette' Star Blake Horstmann Talks Moving On After Becca Kufirin Split



By [Mara Miller](#)

In the latest [celebrity news](#), *Bachelorette* alum Blake Horstmann has had a hard time moving on from Becca Kurfir

since she broke his heart when she sent him home. According to *UsMagazine.com*, the most recent season finale of *The Bachelor* brought back memories for Blake after Colton Underwood ended his relationships with Hannah and Tayshia. Horstmann has now moved on, and even considers Garrett Yrigoyen a close friend despite his engagement to Kufrin

## **In celebrity news, Blake Horstmann didn't have an easy time moving on after his split from Becca Kufrin. What are some ways to cope with a broken heart?**

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

Heartbreak isn't easy, but here are a few ways you can cope with heartbreak:

**1. Spend time with friends:** Your friends—the close ones—are your number one support network after a heartbreak. Go see a movie, get ice cream, lobster and steak—whatever strikes your fancy with your besties. It's a way to take your mind off the heartbreak and to try to gather a sense of normalcy.

**Related Link:** [Celebrity News: 'Bachelor' Colton Underwood Calls Cassie Rudolph His 'Future Fiancee' After Whirlwind Reconciliation](#)

**2. Stay in the present:** Don't focus on the past. What happened happened, and there is no way for you to change it. All you can do is live in the present and focus on yourself. If you let yourself continuously dwell in the past you will never be able to move on.

**Related Link:** [Celebrity Break-Up: Demi Lovato Splits from](#)

[Fashion Designer Henri Levy](#)

**3. Practice self-love:** Make sure you're eating right and getting enough sleep. It can be easy to neglect taking care of yourself while you're going through heartbreak. You need to learn to love yourself again. It's not easy, but if you're patient with yourself, you can get through it.

**What are some other ways to deal with heartbreak? Let us know in the comments below!**

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## **Celebrity Parenting: Khloe Kardashian Is 'Extremely Upset' With Tristan Thompson For Not Being Involved with True**







By [Mara Miller](#)

In the latest [celebrity parenting](#) news, [Khloe Kardashian](#) is upset with Tristan Thompson for not being more involved in their daughter's life. [Celebrity baby](#), True, is 11 months old. While Kardashian understands that he has a busy NBA schedule and lives in Cleveland, Thompson has shown little interest in seeing his daughter. He has more of an "I'll see her when I see her" attitude, according to a source from *UsMagazine.com*. The celebrity exes split after rumors of Thompson cheating with Jordyn Woods, although that wasn't the first time, with Thompson also being unfaithful during Kardashian's pregnancy with True.

**These celebrity parents are at odds with one another. What are some ways to stay on the same page with your child's other parent?**

**Cupid's Advice:**

Staying on the same page with your child's parent when the two of you aren't together anymore can become difficult, especially when the other parent doesn't seem like he or she wants to be involved in actively co-parenting. Cupid has some tips on how to communicate more efficiently:

**1. Communicate:** You're both going to have to talk to each other eventually, and this can be hard if the breakup wasn't easy. But you will both need to speak to each other eventually for your child. And keep the conversations about the child only. Everything else isn't relevant.

**Related Link:** [Celebrity News: Tristan Thompson Likes Khloe's Sultry Instagram Pic Amid Cheating Scandal](#)

**2. Try to understand the other parent:** Even though you might not be a couple anymore, trying to understand your child's parent is important in getting them to listen to you. It's not out of line to ask for their work schedule or to plan ahead far in advance when they can take the time off to spend with your child.

**Related Link:** [Celebrity News: Jordyn Woods Also Hooked Up With Khloe Kardashian's Ex James Harden](#)

**3. Be flexible:** If you can be flexible with the other parent, it's likely that they will be more willing to work with you later. That way, when something does come up and you need them to take your child, then they'll be more willing to cooperate.

**What are some ways to work with your child's other parent? Let us know in the comments below!**

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# Celebrity News: Jose Canseco's Ex-Wife Shuts Down A-Rod Cheating Rumors



By [Mara Miller](#)

In [celebrity news](#), Jose Canseco's ex-wife shut down the rumors that Alex Rodriguez has been cheating on [Jennifer Lopez](#) with her, according to *UsMagazine.com*. Canseco's accusations came after Rodriguez and Lopez announced their [celebrity engagement](#) on Instagram earlier in March. Jessica Canseco took to Twitter, saying, "In fact I don't even get on twitter had to download app again and don't watch tv and had no idea any of this was going on. Last time I saw Alex he was with Torrie and I brought my boyfriend over for dinner. We are just friends my god".

# In celebrity news, it looks like the A-Rod cheating rumors have no basis. What do you do if someone claims your partner is cheating?

## Cupid's Advice

Sometimes an ex just has a grudge. Cupid has advice on how to handle this:

**1. Talk about it:** Talk with your partner first to find out if the rumor has any reason to make you doubt them. And then if none of it was true, speak up about it to let the person who is spreading the rumors know that they can't ruin your relationship.

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

**2. Realize the other person might be jealous:** Jealousy can make people do questionable things. Take it as it is and don't give them anything that can be used against you later.

**Related Link:** [Celebrity Engagement News: J.Lo & A-Rod Are Officially Engaged!](#)

**3. Ignore it:** If they continue to try to spread rumors or keep claiming your partner is cheating, it's best just to ignore it, especially if you know it's not true. In some cases, it's best not to engage at all.

**What are some ways you would handle a situation if someone claimed your partner is cheating? Let us know in the comments below!**



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# Fashion Trend: Take Page from the Circus



By [Mara Miller](#)

Fashion designers love a good circus theme in their [fashion trends](#). Historically, aspects of this trend have appeared in the form of flowers, animals, and watercolor paintings. Let's not forget the '80's, either. We're not talking wacky size 18 shoes or wild red noses, so if you have coulrophobia (the fear of clowns), no need to steer clear of this fashion advice. Circus fashion is meant to be playful, bright, and colorful, with a balance between normal clothing and circus-themed pieces.

# In this fashion trend, take a page from the circus!

**1. Oversized blazer:** Circus fashion has always had overstated pieces. Picking a brightly colored blazer and suit pants will bring a pop of color to your wardrobe on the days you need an extra pick me up.

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

**2. Ruffles everywhere:** At the height of clown fashion, ruffles can be seen on most shirts. You don't have to go insane with the ruffles, but a more subtle ruffle around the neck of a nice top will give you a hint of clown fashion.

**Related Link:** [Fashion Trend: Gender-Neutral Clothes for Kids](#)

**3. Polka dots:** Who doesn't love a good top with polka dots? They are always fun, whether you choose to use classic white dots on black, or choose a more colorful option.

**4. Embellishments:** Find a clutch that has colorful beads, or an anklet with tiny stars. Remember, it doesn't have to be overstated if that isn't what you like.

**5. Rainbow EVERYTHING:** No, we aren't talking rainbow wigs. You can go with a muted romper that has thin rainbow stripes. Or rainbow shoes. Or a shirt with a rainbow and carousel on it. Just be sure to balance it with something normal, like a pair of jeans or a plain handbag so you don't look like you walked straight out of a circus.

**What are some other ways you can incorporate pieces from the circus into your wardrobe? Share your ideas below.**

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# Travel Tips: Top Five Romantic Spots in the Bluegrass State



By [Mara Miller](#)

We've got some fun [travel tips](#)! Are you looking for the next place to take a [romantic vacation](#)? Rich in nature and history, Kentucky is the frontier pioneer Daniel Boone explored, home to the Wildcats basketball team, and has an illustrious equine industry. A number of A-list celebrities have come from the Bluegrass State, too! Backstreet Boys member Kevin Richardson went to high school in Estill County. [George Clooney](#) was born

in Lexington. [Jennifer Lawrence](#), Billy Ray Cyrus, and Johnny Depp are all from Kentucky, too!

## Check out these travel tips to have the most romantic trip to the Bluegrass State!

**1. Cumberland Falls:** Cumberland Falls has more to it than just a waterfall. It's a state resort park nestled in the Daniel Boone National Forest and has been voted one of the most romantic getaways in Kentucky. Known for the Moonbow, a rare event that happens once a month during the full moon, the waterfall is hard to turn away from in person. There are even trails you can hike on!

**Related Link:** [Travel Tips: Learn Your Rights as an Airline Passenger](#)

**2. Castle Post:** We're talking about a real-life castle that was built in Versailles, Kentucky. In 1969, a couple started the construction of the castle, but later divorced in 1975. It was then purchased by Thomas R. Post, who resumed construction. Now also called the Kentucky Castle, it opened in 2008 as a luxury bed and breakfast. But, to most locals, it's just "the castle on the hill."

**Related Link:** [Travel Tips: How to Make the Most of Time on Your Vacation](#)

**3. Kentucky Horse Park:** We can't mention romantic places in the Bluegrass State without mentioning the Kentucky Horse Park in Lexington. A fun fact about the park: It has had horses on its land for more than 200 years. The park hosts a series of events such as the Southern Lights Holiday Festival and Breyerfest. And while you're in Lexington, you can check out some local coffee shops and explore wineries.



**4. Seelbach Hotel:** This hotel is a historic hotel in Louisville. Many famous Americans have come to this hotel throughout the years, including Scott F. Fitzgerald, who took inspiration from it for *The Great Gatsby*. It's a popular place for a romantic evening and still has a doorman and bellhops to carry your luggage. And, while you're there, don't forget to sip on your bourbon (as long as you're 21 or older)!

**5. Red River Gorge Cabins:** Why not rent a whole cabin with your honey near the Natural Bridge? Red River Gorge Cabins is family-owned and located in the forest. Some of the cabins have wifi, but don't expect to get much cell service. Rent either The Honeybear Love cabin or The Love Shack, and take a soak in a hot tub!

**Are there any other romantic must-sees in Kentucky? Let us know in the comments below!**

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## **Celebrity Engagement News: J.Lo & A-Rod Are Officially Engaged!**





By [Mara Miller](#)

In the latest [celebrity couple](#) and [celebrity wedding](#) news, [Jennifer Lopez](#) and Alex Rodriguez are engaged! According to *UsMagazine.com*, the baseball player shared a photo of Lopez's left hand, which had a giant square-cut diamond ring on it. He captioned it with, "she said yes." The two have been dating since 2017. Aww, congrats to them both!

**This celebrity engagement was a huge surprise to Jennifer Lopez! What are three fun surprise proposal ideas?**

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

Proposing should be fun and memorable. While you may not want to get a huge ring for your partner, here are a few ways you can get creative:

**1. On a keyboard:** Remember those old clacky keyboards that had keys you could remove for cleaning? Some updated gaming desktop keyboards can be used for this, too (fun keyboard lights are sure to be eye-catching). Take the keys and rearrange them to ask your partner to marry you!

**Related Link:** [Celebrity Couple News: Justin Timberlake Posts Adorable Birthday Message for Jessica Biel](#)

**2. On the beach:** Pop the question on your summer beach vacation! You can do this in a lot of ways: drawing the question in the sand, making a sculpture, or just getting down on your knee with the ring if you don't want to get super fancy.

**Related Link:** [Celebrity Wedding News: Ed Sheeran Reportedly Marries Cherry Seaborn In Secret Winter Ceremony](#)

**3. A themed proposal:** Probably one of the most fun, choose either your partner's favorite book, show, or movie, and theme your entire proposal around it! Dress like Darcy and Elizabeth from *Pride and Prejudice*; build some Legos into a *Star Wars* themed wedding ring proposal, or put the ring in a mini Tardis if you're asking a Whovian to marry you.

**What are some other fun ways to propose? Let us know in the comments below!**

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**Celebrity News:  
'Bachelorette' Villain Chad**

# Johnson Accuses GF Caitlin Clemmens of Cheating



By [Mara Miller](#)

In the latest [celebrity news](#), Chad Johnson claimed Caitlin Clemmens hooked up with someone else right in front of him, according to *UsMagazine.com*. Chad opened about his [celebrity relationship](#) with Clemmens on March 6th for his appearance on *The Tomorrow Show With Keven Undergaro*. Also according to Johnson, the two had been seeing each other for a steady two months until the end of February. After seeing Clemmens cheat, Johnson left.



# In celebrity news, Chad Johnson is publicly accusing his girlfriend of cheating in front of him. What are some ways to handle things when you find out your partner is cheating?

## Cupid's Advice:

It can feel like a shot to the gut when you find out your partner has been cheating, especially if you thought you were both somewhere early in the relationship but your partner didn't have the same understanding. Cupid has some advice on how to handle things when you find out your partner has been cheating:

**1. Don't publicly blast them:** If there is any chance of saving your relationship, publicly announcing your partner's behavior is a sure way to destroy any chance you may have at fixing it. Slip-ups happen. Don't immediately turn them into the bad guy. Plus, it makes you look bad in the process.

**Related Link:** [Celebrity News: Kate Beckinsale's Ex Matt Rife Tells Pete Davidson to 'Run'](#)

**2. Try to understand why it happened:** Give your partner a chance to explain. Were they caught up in the moment at a party with friends? Did they not understand the grounds of the relationship? Don't let them off the hook too easily, but also don't immediately write them off.

**Related Link:** [Celebrity News: Travis Scott Shouts Out to 'Wifey' Kylie Jenner Amid Cheating Allegations](#)

**3. Evaluate your options:** Are they sorry? Was the cheating enough to make you want to end the relationship, or could you see yourself giving them a second chance? It's okay to take a

step back to emotionally distance yourself from the situation until you're ready to make a decision.

**What are some ways you would deal with your partner cheating?  
Let us know in the comments below!**