

Food Trend: Millennial Flavors to Watch



By Megan McIntosh

These days, most people are all about trying that next best food trend so that they can share it on Instagram or post their discovery on YouTube. Millennials are especially unafraid to try new flavor combinations that may make the average diner hesitant.

Millennials are all about adventure and trying new things, so it's no

surprise that this [food trend](#) is all about millennial flavors to try out!

Millennials tend to be all about bold, big flavors, so this list of flavors to watch should come as no surprise:

1. Sweet and savory: Millennials love a more complex palette, and this is illustrated in their need to try unusual flavor combinations. Some popular ones include: Bacon and chocolate, Proscuitto-wrapped melon, and the doughnut burger.

Related Link: [Travel Destination: Top 5 Bakeries You Need to Try in NYC](#)

2. Spicy: There's been an emergence of the need for spicy food, and the spicier, the better. There's challenges on YouTube of young people trying to eat spicy Korean ramen as they battle sweaty brows and burning tongues. The ghost pepper is also a fun one to incorporate into your meal.

Related Link: [5 Food Trends to Watch for in 2019](#)

3. Ethnic: Millennials love to expand their knowledge of different cultures and travel the world. Sometimes money makes it difficult to see every place, but trying the foods from around the world gives millennials a chance to try a variety of foods from the comfort of their city. Thai, Indian, Filipino, Japanese, French, there's no food that's untouchable.

What do you think are some flavors to watch out for? Share below!

Fitness Trend: Mobile Exercise Apps



By Megan McIntosh

It seems like there is always a new [fitness trend](#) popping up. It's hard when you don't have time to go to the gym to get down to business burning calories. So, why not embrace mobile exercise apps with this fitness advice? These apps give you the opportunity to get a gym-worthy workout from the comforts of home.

It can be difficult to get to the gym for our health. Cupid has the

top reasons the fitness trend today is to use a mobile exercise app instead.

Regular workouts help you stay fit and healthy. Why not embrace a mobile exercise app when you're limited on time? Cupid found some great [fitness tips](#):

1. You don't need a huge time commitment: Fitness mobile apps allow flexibility around your schedule. Even if you only have 20 minutes a day, you can improve your overall health by doing a quick workout to get your heart rate up.

Related Link: [Fitness Trend: Battle Rope Workout](#)

2. They're free: You can sweat it out without breaking the bank! A lot of fitness apps are free. You only have to pay if you want more customized workouts.

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

3. Work out at home: Carve out a small space in your living room or backyard and you can get a gym-worthy workout. You can also do workouts that only require minimal-to-no equipment or that are body-only workouts.

4. Variety: There's yoga, body-workouts, cardio, and even weights if you have some at home. Pick whatever you're in the mood for before your workout. Try popular apps like the Nike+ training club, Daily Yoga, or the Body Foundation—the creator is responsible for [Ryan Gosling](#)'s abs.

What are some fitness mobile apps you recommend? Share below!

Parenting Advice: Tips to Leave in the Past



By Megan McIntosh

Do you remember when you last tried an old wives' tale because you thought it was solid [parenting advice](#), but it didn't work? It might have even made the situation worse. We now know some advice our elders swore by is best left in the past.

Cupid shares parenting advice that's best left in the past.

We've all heard one of these parenting tips from either our parents or grandparents when they want to help us with our

children. Sometimes the best thing you can do is agree and move on. Here are a few things we should all leave in the past:

1. Spanking: Your parents might have spanked you when you were a kid. They probably thought it was the most effective way to punish you. Society now understands a child can't understand your explanation, nor can they connect spanking as a consequence of their wrong-doing.

Related Link: [Parenting Advice: Five Reasons to Stop Yelling at Your Kids](#)

2. Chicken soup for colds: Your parents probably made a bowl chicken soup for you when had a cold while you were still a kid. Chicken soup has no actual medical value to cure your illness. Soup as a comfort food when you're sick will make you feel better mentally. It won't get rid of your cold. Best to stick to medicine.

3. Put some alcohol on your teething baby's gums: You know this is a risky remedy. Alcohol in any form is bad for your baby. Give them a teething ring or some baby's aspirin instead.

Related Link: [Parenting Advice: Cooking Fun with Your Kids](#)

4. Do as I say: This is a frequent statement you might make to your kids, "Do as I say, not as I do." You might realize that the best lesson is a visual one. Show your kids your good behavior and they will imitate you.

What are some old wives' tales about parenting that you no longer listen to? Share below!

Fashion Trend: Designer Phone Cases for Men



By Megan McIntosh

Is there anyone in the world who doesn't carry their phone with them everywhere they go? There may be a few, but phones have become like a second limb; we need them for day to day functions. We use our phone to call, text, documents our lives, get directions, and everything in between. Is it any surprise that cell phone accessories are becoming a trend in the fashion world? This [fashion trend](#) has even spread to men's fashion, with the emergence of designer phone cases.

This fashion trend focuses on designer phone cases for men. Here are four things you should know:

1. Keep it simple: You can keep this designer trend simple by focusing on convenience. Opt for a designer phone case that is transparent so that you can easily check it as it hangs around your neck. It's an easy way to look good carrying your phone.

2. Step it up: Step up your fashion game with one of the more intricately designed phone cases. Opt for Versace's medusa design or Prada's waterproof leather.

Related Link: [Fashion Trend: African Prints](#)

3. Bargain buy: Want a designer phone case, but don't want designer prices? Look on homemade places like Etsy. You can snag a homemade phone case that looks like it's worth a thousand bucks, but only costs \$25. Look good and save money.

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

4. Check out your phone model: Some phones have begun making their own phone cases. Check out your phone model and see if there's a designer phone case that fits your style. Everyone can rock this look; it's just a matter of finding the look for you.

What kind of designer phone case do you prefer for your phone? Share below!

Beauty Trend: The Best of Spring Hairstyles



By Megan McIntosh

Spring is all about rebirth and renewal. After a harsh winter of keeping your hair and body covered, it's time to let your hair down. There's no better way to step into Spring and Summer than by sporting a new hairstyle. Every new season, old hair trends come back into play. You'll see them on everyone from the locals to celebrities on TV and in movies. This Spring, some hair [beauty trends](#) have made a comeback on celebrities like Zendaya and [Chrissy Teigen](#), but it's clear it's all about making the cut.

With a new season, comes the time to cut into a new hairstyle. Cupid has many new Spring hairstyles for you to debut with a bang.

It's not always easy to make the cut when it comes to your hair. Sometimes it can be hard to even give yourself a trim. But it's clear that snapping off some inches is the trend this season, so what better way to build that confidence than to emulate the most confident of stars?

1. Sweeping bangs: Sweeping bangs are so named because they're not as harsh or as much of a commitment as full-on bangs. They're all the fun of a fringe with none of the regret. Because these bangs are able to sweep to the side, you can have bangs on the days you want and go without on the days you don't. It's clear though, bangs are here to stay this Spring.

2. Get blunt with a bob: Blunt bobs have made a comeback this Spring season. There's something sophisticated yet wild about this look. You can rock this hair cut in the office or a night on the town. Jenna Dewan and Sarah Paulson make it look easy, but just make sure that the blunt bob you go for fits your face shape and jawline.

Related Link: [Beauty tips: Essential Primers](#)

3. Curly with a bang: Some people think it's impossible to rock bangs with curly hair. Stars like Zendaya and Natasha Lyonne have been all about the curly bangs this season, and they've been doing it well. The key is finding the right stylist who can work with your curl pattern to find the bangs that fit perfectly.

Related link: [Beauty Trend: Metallic Lip](#)

4. Groovy baby: Looks like the 70s are making a comeback this Spring with a shaggy look. Celebrities like Chrissy Teigen make this hairstyle look carefree and easy with textured layers. No doubt it took careful planning and moose distribution to create this messy look, though. This layered cut can also make your hair look fuller if you have thinner hair.

Would you rather go with or without the bangs this season? Share hairstyle ideas below!

Celebrity News: Kelly Ripa Says She Is 'Disgusted' By 'The Bachelor' & 'The Bachelorette'





By Megan McIntosh

Looks like there's some drama in [celebrity news](#) with [Kelly Ripa](#). It turns out that she's "disgusted" by ABC's reality shows *The Bachelor* and *The Bachelorette*. According to *UsMagazine.com*, Ripa blasted the show, saying that she can't stand the idea of women fighting over one guy, adding that women "are too special to be arguing over a guy." Ripa thinks both [reality shows](#) are "creepy."

In celebrity news, not everyone has love for the Bachelor franchise apparently. What do you do if you're vying for the heart of someone another person is also interested in?

Cupid's Advice:

When you're first getting to know someone, there's no way to be sure that you're the only person they're seeing. There's always a little friendly competition at the beginning of a potential relationship. Cupid has some tips on what to do when someone else is interested in the person you're trying to snag:

1. Act your age: Some people like to act immature or childish to get someone's attention. That is not the way to do it. While using a childish voice or teasing a potential partner may get you temporary attention, it's no way to keep them interested for the long term.

Related Link: [Dating Advice: 5 Activities for a Fun and Fresh Date With Your SO](#)

2. Confidence: It doesn't matter what you do, what you wear, or what you say if you don't do it with confidence. Be confident in your walk, be confident in your flirting, just be confidence. Confidence is attractive because it shows that you know you've got what they're looking for.

Related Link: [Dating Advice: Five Steps to Winning a Second Date](#)

3. Show interest: This might seem obvious but the best way to grab someone's attention is to show genuine interest in their lives. Ask them about their friends, their favorites, and maybe try out a hobby or two that they enjoy. This shows them you're interested and makes them want to get to know you better.

Do you have any advice for catching someone's eye? Share below!

Celebrity News: 'Jersey Shore' Star Sammi 'Sweetheart' Celebrates Engagement to Christian Biscardi



By Megan McIntosh

In recent [celebrity news](#), reality star Sammi "Sweetheart" Giancola and Christian Biscardi celebrated their [celebrity engagement](#) this past weekend, much like [Jennifer Lawrence](#) and her fiance did. According to *UsMagazine.com*, Giancola's *Jersey Shore* cast mates are also excited for her engagement with Jenni "Jwoww" Farley saying on Instagram, "Omg omg omg !!!!"

I'm so freaking happy for you."

In celebrity news, Sammi "Sweetheart" is soon to be a married woman. What are some unique engagement party ideas?

Cupid's Advice:

It can always be tough to plan the perfect engagement party that embodies both the groom and bride and is unique without being overdone. As long as you have family and friends around you though, it's sure to be the perfect celebration of love and happiness. Here are some unique party ideas:

1. First date recreation: If your first date involved something like a movie night or a dance or two, you can recreate your first date with friends getting involved for the engagement party. If it's a movie, get a projector screen and let everyone see the movie that was there at the start of your love story.

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

2. Picnic: A picnic is the easiest way to involve everyone (potluck, anyone?) while still maintaining a sense of community and togetherness. Everyone gets to involve themselves in the meal and you can keep track of all your guests by moving from blanket to blanket. Not a fan of sitting on the ground? Create a fancy picnic with indoor furniture used outside.

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

3. A costume party: If you love dressing up as fun characters or your engagement happens in the fall, go ahead and have a costume engagement party. Make it themed or let your guests go all out. Your engagement is sure to go down in history.

What are some unique engagement parties you've attended? Share below!

Travel Destination: Top 5 Bakeries You Need to Try in NYC



By Megan McIntosh

New York City is definitely a popular tourist destination for people all over the world. There's so much to do and see. You can check out Broadway or try for a [celebrity](#) sighting. If you are headed to New York City as a [travel destination](#), then it's certain that one of the reasons you're probably going is for the food. But whether you're in the mood for breakfast or dessert, you can't go wrong by checking out New York City's bakeries.

Travel Destination: Heading to New York City for a girl's weekend or a week of relaxation and tourist fun? Cupid has five bakeries to try.

There are a variety of shops and bakeries to choose from when you're visiting NYC. You really can't go wrong as long as you see people shopping inside. However, Cupid has the top 5 bakeries in NYC based on reviews.

1. Buttercup Bake Shop : Located in Midtown East, this bakery has been reviewed by people who say you'll definitely be satisfied if you stop by. The majority of fans seem to rave about the cupcakes, calling them moist with an icing that's to die for. This is definitely a bake shop for those with a sweet tooth as they also have meringue, cakes, and cookies. But make sure you're wanting to eat these sweets on the go as it's a small shop, and get there early so you don't miss out on the variety.

Related Link: [Popular Restaurants: The Best Bars in NYC](#)

2. Veniero's: Located in the East village, this Italian bakery has been reviewed by over a thousand people. This is the place

if you want to go somewhere with history, as this has been in the family for a while with third generation owners. This place is so good that people come from out of state to get their cheesecakes and fruit tarts. Check it out if you want a great selection where you're sure not to be disappointed.

3. Bagels & Schmear :Located in Flatiron, this bakery is a breakfast dream come true. Open at 6am, they're ready to feed you at the earliest hour. With a variety of cream cheese spreads and bagels, you're sure to find the perfect combination for your tastebuds. It's got the bang for your buck, especially in NYC.

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

4. Simit Sarayi: Located in Midtown East, this bakery is actually a Turkish bakery. Try the Turkish version of a bagel called a Simit which is basically a thinner and bigger bagel glazed with sesame seeds. It's definitely a treat and a stand out from the rest of the choices on the block.

5. Patisserie Chanson: Located in Flatiron, this Patisserie greets you with baked goodies as soon as you walk in. They have coffee, ice cream, and a dessert bar at night. Come on the weekend and enjoy afternoon tea with the girls.

What are the top bakeries you've been to in NYC? Share below!

Celebrity Baby News: Blake Lively & Ryan Reynolds Are

Expecting Baby No. 3



By Megan McIntosh

And baby makes three – babies, that is. [Celebrity couple](#) Blake Lively and [Ryan Reynolds](#) have some news to share! According to *UsMagazine.com*, while celebrating the premiere of Reynolds' newest film, it was revealed that Lively is expecting her third child. Lively and Reynolds are clearly happy to have a big family with Lively saying, "All my eggs are in one basket, and that's my family...That's where my heart is."

In celebrity baby news, Blake and Ryan will soon be outnumbered. How

does having a third child change everything?

Cupid's Advice:

When you have that first baby, everything is planned out. When baby number two comes around, you find yourself a little more relaxed. But, when baby number three hits? Life just gets a whole lot crazier. Cupid has insight on what to expect with baby number three:

1. Less worry: With baby number three, you no longer sweat the small stuff. Everything doesn't have to be perfect, just has to be right for your family. You have less time and energy to worry about the little things. By the third baby, you've also realized that kids are pretty tough.

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

2. Your kids have built-in playmates: With three kids, there's always someone for your kids to play with. You don't have to worry about taking them on playdates because the play mates are built-in with siblings. Worried about teaching your kids everything? They already have role-models in their older siblings, and are more likely to try new things with their older siblings' support.

Related Link: [Parenting Advice: Cooking Fun with Your Kids](#)

3. More to love: As [Blake Lively](#) said, your heart is with your kids and there's even more love to go around when your third baby is born. There's more cuddles, more hugs, more kisses, just more. Your family is a team, and it's always a good idea to add on another player.

How did your life change when your third child was born? Share below!

Fashion Trend: African Prints



By Megan McIntosh

There's a unique [fashion trend](#) that's becoming more popular in the Western world these days. African prints is a general term encompassing the colorful and fun fashion of many countries in Africa, which is recognized for bold colors and patterns. These prints have caught the eye of people in America, but it can be hard to figure out how to incorporate them into your wardrobe at first.

Are you interested in trying out this cultural fashion trend in your own way? Here are some ways to show appreciation and put your own spin on this trend.

Wearing this fashion trend is all about balance and making sure to show cultural appreciation at the same time. Rock these African prints and you can channel your inner [Beyoncé](#).

1. Try rocking a bold blouse: If you're nervous about wearing an entire outfit with the colorful patterns of African print, try picking out a bold blouse. Keep everything else neutral. Wear black or tan shoes with a black or tan skirt. That way there's not too much happening in your outfit that can make it hard to balance out your outfit.

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

2. Start off with some earrings: Wear some jewelry that include an African Print design on it, like dangling earrings. The strong patterns on the earrings will give your outfit a bit of pop without feeling too loud or standing out too much. The earrings become the focal point of the outfit so you're sure to get some compliments on them.

Related Link: [Fashion Trend: Neon Fashion Items](#)

3. Go all out: If you're ready to stand apart from the crowd, then go all out. Rock an African print dress or tunic. The bolder the print and the brighter the colors, the better to get everyone's attention. Keep your shoes and jewelry more neutral so that your African print outfit is the star of the show.

What are some ways you incorporate a unique pattern into your outfit? Share below.

Celebrity News: Kaitlyn Bristowe Slams Nick Viall's Reasons for Joining 'The Bachelorette'



By Megan McIntosh

Though they are no longer a [celebrity couple](#), Kaitlyn Bristowe is still has opinions about ex Nick Viall after their

[celebrity break up](#). According to *UsMagazine.com*, though it was all fun and games, Bristowe didn't hesitate to diss her ex in a word association game saying Viall's name negatively in association with "the right reasons." Though it's been years since they've dated, it's clear there's still bad blood even after all this time.

In celebrity news, these exes are clearly not on good terms after their break-up. What are some ways to keep old hurts from your exes from affecting your current life?

Cupid's Advice:

It can be hard to move on from an ex when you've broken up on bad terms. It's best not to let those old wounds reopen and keep you from living your life. It's not always easy to be friends with your ex, like Kourtney Kardashian is with Scott Disick, but it is possible to prevent that old relationship from holding you back like [Khloe Kardashian](#) after her break up with Tristan Thompson. Cupid has some tips:

1. Be comfortable moving on: Sometimes when you're afraid of being alone, you tend to hold on to toxic people. Holding on to exes who are not good for you can lead to being resentful and holding onto bitterness, like Bristowe with her ex Viall.

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2. Let go of any possible future together: If you're still holding onto the idea of you and your ex being together, it stops you from building a life with someone else. It also stops you from growing as a person because you may be stuck in

the past.

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

3. Don't talk about your ex: Don't talk about your ex-partner. Just don't. Talking about them is a sign that you're not over them. If you talk about them, you're thinking about them. If you're thinking about them, you're not moving on. Stop talking about them and you will stop thinking about them and you'll finally move on to better things.

What are some other ways to keep old hurts from a past relationship from affecting your current life? Share your thoughts below.

Celebrity News: Are Khloe Kardashian & French Montana Getting Back Together?





By Megan McIntosh

Though they were previously a thing, French Montana and [Khloe Kardashian](#) are not a [celebrity couple](#), according to *UsMagazine.com*. After Kardashian's divorce from Lamar Odom, she moved on with French Montana, but admitted that she "was not in a good place" when they dated. Now, after her breakup with Tristan Thompson, she is currently "not thinking about her love life at the moment" and is instead focusing on her daughter, True.

In celebrity news, it seems this rumor is unfounded. What are some reasons you should think twice before getting back together with your ex?

Cupid's Advice:

It can be difficult to know when it's right to rekindle an old

flame. How do you know you shouldn't take that step and try getting back together; that it's time to really let it go and move on? Cupid has some advice:

1. Nothing has changed: What was the reason you broke up with your partner? Is that still an issue between you two? If nothing has changed since you broke up, then there's no reason to get back together. The issue will only re-emerge and cause a future break up.

Related Link: [Celebrity Break-Up: Adele & Simon Koneckis Call It Quits](#)

2. The reason you're returning isn't a good one: Why are you getting back together with your ex? Is it because you genuinely have a connection, or is it because you want closure? Never return to an ex because you don't understand the break up. If you broke up, there must have been a reason. If that reason still stands, so should the break up.

Related Link: [Single Celebrity: Brad Pitt Is Moving On as a Single Man As Final Divorce Decisions Are Made](#)

3. It might be a rebound: Never rekindle an old flame for a rebound. If you broke up with someone, there's no reason to return to another ex as a rebound. If there's no emotional attachment, you can try to have fun. But, inevitably, feelings always pop up. If you want to rekindle with an old flame, it should only be you two involved in the why.

How do you know when it's a bad idea to rekindle a relationship? Share below!

Fitness Trend: Battle Rope Workout



By Megan McIntosh

There's a new [fitness trend](#) in town, and it looks like it's going to stick around. The Battle Rope workout has been making the rounds in the fitness world. Celebrities like [Khloe Kardashian](#) and Naomi Campbell swear by this fitness trend as an effective total-body workout. It's an easier and faster way to have a bit of cardio in your workout.

Fitness Trend: The Battle Rope Workout has many benefits for the

body .

Battle Rope Workout allows your heart rate to kick up while using multiple muscle groups. Though celebs are making it popular, it's also popular because it has many benefits for the body. Cupid has some of them:

1. It's a great core workout: When you're using the battle ropes, you're using muscles in a different way. The abs, glutes, and back are all engaged. Looking to get your body looking great for a wedding or for warmer weather? This exercise is definitely going to help you burn calories and tone those muscles.

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2. It's A HIIT workout: Battle ropes are a HIIT workout. This means you can exercise for less time but with the same benefits of regular exercise. HIIT workouts are High Intensity Interval workouts. This means you are using short bursts of energy to see both anaerobic and aerobic results.

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3. Makes your body all around more mobile and stable: Doing battle rope workouts requires the body to adapt and become more mobile and stable. There are a variety of moves you can incorporate into your workout and these repetitive motions allow you, as an athlete, to see improvement in your overall workout and performance.

Are there any benefits that make you want to try Battle Rope? Share below!

Celebrity Baby News: Find Out How Falling in Love with Ryan Gosling Changed Eva Mendes' Mind About Motherhood



By Megan McIntosh

Not everyone thinks that motherhood is for them, and sometimes it isn't. But, a lot of times it just takes the right partner. [Celebrity couple](#) Ryan Gosling and Eva Mendes are examples of this. According to *EOnline.com*, Mendes never really considered being a mom until she fell in love with [Ryan Gosling](#) saying, "Then it made sense for me to have...not kids, but his kids. It was very specific to him." She says that a partnership and motherhood has shifted her focus from ambition in the

workplace to ambition in the home. Instead of working hard on a movie set, Mendes says working at home with her children is “challenging her in so many ways.” It’s definitely enough to keep her occupied.

In celebrity baby news, Eva Mendes changed her mind about motherhood because of her partner, Ryan Gosling. What are some signs your partner will be a good parent?

Cupid’s Advice:

It can be difficult to know if you or your partner are ready to have a child together. But there are always signs to look out for that indicate whether your partner will be a good parent:

1. Patience: If your partner is patient when it comes to relationship squabbles, it’s a good indicator that they’ll be a patient parent. Watch how they interact when it comes to tiny annoyances. Kids know how to push all your buttons.

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

2. Flexibility: Is your partner willing to accept other people’s suggestions? If your partner is willing to be wrong or to compromise, this is a good sign they’re flexible enough to be a parent with you. You won’t always agree on parenting methods, so flexibility is key.

Related Link: [Parenting Tips: How To Set a Good Example For Your Child](#)

3. Emotions: Your partner doesn't have to be super emotional to be a good parent, but it is a good idea to look for signs of affection. If your partner readily shows affection, this is a good sign they're ready to be a parent in the future. At the same time, they shouldn't be quick to anger.

What are some signs you look for to parent with you in the future? Share below!

Celebrity Divorce: Wendy Williams Confronted Husband About Allegedly Having a Baby with Mistress





By Megan McIntosh

Wendy Williams is a part of a [celebrity couple](#) no more. According to *People.com*, Wendy Williams is divorcing her long-time manager husband after over two decades of marriage. This is not an amicable split. Williams confronted her husband and “the split is definitely due to Kevin’s ongoing infidelity and that his mistress recently welcomed their child.” Despite the strain that this has put on Williams, she remains in high spirits, continues to battle her substance addiction, and “she’s ready to leave the sober living house and build a new life for her and her son.”

In celebrity divorce news, the drama is still raging between Wendy Williams and her ex. What are some ways to get through a split when

you're on bad terms with your ex?

Cupid's Advice:

It can be hard to deal with a break up, it can be even harder to deal with a bad break up. Cupid has some ways to deal with an awful split:

1. Move ahead without closure: Sometimes closure just means moving on and continuing to live like Wendy Williams. Confrontation and arguments won't always bring you that peace you're looking for after a split. You sometimes have to make your own closure as the relationship is over, and it's time to move on.

Related Link: [How to Move On After Heartbreak](#)

2. Don't rush it: You don't need to move on with someone else quickly to fill the void or to get rid of the bad taste that your bad split has left you with. Focus on yourself and your family first. Of course, there's nothing wrong with moving on from a split quickly like [Chris Pratt](#) when he divorced Anna Faris.

Related Link: [Relationship Advice: How to Navigate a Separation](#)

3. Keep it civil: You don't have to be friends after a bad split or after any kind of breakup. But it is important to remain civil especially if you have children or mutual friends. Treat them like acquaintances, be polite but you don't have to be friendly.

How have you dealt when a relationship ended on bad terms? Share below!

Celebrity News: Stephanie Pratt Is Not On Speaking Terms with Spencer Pratt Due to 'Gold Digger' Heidi



By Megan McIntosh

In celebrity news, Stephanie Pratt is not a fan of [celebrity couple](#) Spencer Pratt and wife Heidi. According to *People.com*, Stephanie believes that “no one knows the real Heidi” and that ultimately she’s the reason for the split in the family relationship between brother and sister. Stephanie tried to

save the relationship and put on a good front for the cameras because of her job obligations with her parents and just for the sake of her relationship with her parents. However, now the gloves are coming off, and Stephanie is only being honest. Stephanie claims that Heidi doesn't want Spencer to "have a relationship with anyone but her" and because of this, Stephanie "cannot live near them, They are the most toxic people I've ever met." It looks like this relationship is far from being on the mend.

In celebrity news, Stephanie Pratt doesn't consider Spencer and Heidi family anymore. What are ways to mend your relationship with your family?

Cupid's Advice:

It can be hard maintaining relationships when you dislike a parent or sibling's new partner. Sometimes a relationship with a family is just not good for you, but if you want to mend your relationship with your family, cupid has some advice for you:

1. Always meet in person: It can be tempting to try and air your grievances via text or email. Don't. It's important to speak face-to-face gives everyone a chances to talk about their issues and express themselves. If you live too far for a face-to-face, try Skype or Facetime.

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2. Lay some ground rules: Make sure you know if any topic is off-limits. Try to emphasize that that you're trying to mend

things not just complain and push blame. Limit the allowance of interruptions or name-calling.

Related Link: [Relationship Advice: The Beauty, Meaning, & Power of Love](#)

3. Use "I" statements: Rather than telling someone what they did, tell them how it affected you. Tell them how it made you feel. Don't say "You made me unhappy," say "I was unhappy because..." When you focus on your feelings, it makes the other person feel less defensive.

What are some ways you've fixed a relationship with someone in your family? Share below!

Celebrity News: Jana Kramer & Mike Caussin Share How Therapy Helps Their Marriage and Parenting





By Megan McIntosh

Therapy works for [celebrity couple](#) Jana Kramer and Mike Caussin. According to *UsMagazine.com*, therapy has helped Caussin with his sex addiction, which benefits his relationship with his wife Kramer because it can help him avoid a relapse into cheating. Both Kramer and her husband emphasized that therapy helps them with communication. For Caussin, he says it's "a way to level out" and "keep [them] in check."

In celebrity news, therapy helps Jana and Mike come together as a couple and as parents. What are some ways therapy can help strengthen your relationship?

Cupid's Advice:

Therapy is nothing to be ashamed of. In fact, it can really

help your relationship. Cupid has some ways it can come to the rescue:

1. Manageable conflict: Therapy gives you and your partner a chance to air out any conflict or disagreements without feeling judged. If the situation escalates your therapist is there to bring the communication into manageable levels and keep it on track and civil.

Related Link: [Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience](#)

2. A different point of view: It can be hard to find a compromise or agreement when you're in the relationship but if you have an outside point of view, they are able to help you find a way for everyone to be happy without conflict. They're unbiased, so it's easier to accept their feedback.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

3. You get a blueprint: Therapy, whether for individual or couples, gives you a chance to solve problems so that you're able to avoid conflict when you're not with the therapist. It gives you the tools to handle communication on your own.

What are some reasons you think therapy is helpful? Share below!

Celebrity Vacation: Nick

Jonas & Priyanka Chopra Vacation in Miami with Joe Jonas & Sophie Turner



By Megan McIntosh

Newlyweds Priyanka Chopra and [Nick Jonas](#) decided to make this [celebrity vacation](#) a family affair. According to *EOnline.com*, the couple was joined by Joe Jonas and his fiancée Sophie Turner in Miami. It looks like it was time spent relaxing and enjoying their time together. But, don't think it's all play. Some speculate that they were also filming a music video, so killing two birds with one vacation stone.

This celebrity vacation is all in the family. What are some great family vacation destinations?

Cupid's Advice:

Sometimes vacation can be more fun with a group. This gives you more opportunities to try out new activities and to bond with your family a little more. This is especially good for newlyweds to get to know their in-laws. There are a few destinations that are perfect for family vacations.

1. San Diego: This west coast destination has something for everyone. There's the San Diego Zoo for the kids (or let's be honest, adults, too), Whale-watching, the greatest tacos you will ever eat, and La Jolla Cove, just to name a few.

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

2. New Orleans: Explore rich history in the South, check out the river bayou, and eat delicious beignets. There's also an awesome kid's museum with a floating classroom. You can also go gator-spotting and make it something of a competition between the family. Loser buys the next meal!

Related Link: [Travel Trend: Shangri-La's Villingili Resort & Spa in the Maldives](#)

3. Japan: There's so much to do in Japan, it'd be difficult to cover it all in one visit. But, if your goal is some relaxation like Priyanka and Nick, then head on over to the shibu onsen or hot springs. Soak in the hot springs and even catch some wild monkeys getting their spa on, too.

Where are some places you like to vacation? Share below!

Celebrity News: Dax Shepard Originally Turned Down 'Parenthood' for Kristen Bell



By Megan McIntosh

One of Dax Shepard's most well-known roles may be that of his role on *Parenthood*, but according to *UsMagazine.com*, he almost gave up that opportunity for [Kristen Bell](#). The [celebrity couple](#) would have needed to be in a long-distance relationship, but luckily the show was moved from Philadelphia to Los Angeles. Still, Shepard had been willing to make that sacrifice for their relationship and insists that it's "not

easy to work around another human being,” but that it’s worth it.

In celebrity news, Dax Shepard almost made a huge sacrifice to be with wife Kristen Bell. What are some sacrifices you should make in the name of love?

Cupid’s Advice:

It’s not always easy knowing when you should give something up or compromise to make a relationship work. But there are some things that you should be willing to do for your relationship to work and to make a stronger commitment:

1. Time: It may seem like a simple thing but not everyone is willing to give up their time in a relationship. You have to make time for your partner and not let life’s little messes get in the way. It’s important that you there is always time for you and your partner to spend time together. But also be willing to give your partner some alone time as well.

Related Link: [Celebrity Interview: Temptation Island Star, Evan Smith Says, “Ultimatums are Cruel When Dealing with Matters of the Heart.”](#)

2. Being right all the time: Yes, it may feel good to always be right but that isn’t healthy for your relationship. If your need to be right is overshadowing bigger problems or overshadowing your partner’s needs, it’s time to step back and reassess.

Related Link: [Celebrity Interview: ‘Temptation Island’ Host Mark Walberg Shares His Secret to a Happy Relationship](#)

3. Money: Whether it's giving up that big vacation for something a little close to home or just being willing to sacrifice a potential job for the sake of the relationship like Dax Shephard for [Kristen Bell](#). Money can cause a strain in any relationship so it's important to have these kinds of discussions.

What kind of sacrifices would you make for your partner? Share Below!

Food Trend: Rolled Ice Cream



By Megan McIntosh

It's not really a [food trend](#) unless it's Instagram-able, and

rolled ice cream is definitely pretty to look at. This unique dessert originated in Thailand and has made its way to the United States, becoming especially big in cities like Los Angeles. This sweet treat allows all the flavors to be rolled into one in a special way.

This new Thai food trend is taking over our taste buds:

Here's what you need to know about this rolled ice cream phenomenon:

1. It's fun to watch: You get to see your ice cream treat being made right in front of you. The worker pours a milk-based liquid (there are vegan options) on an extremely cold metal surface. Once it freezes into a creamy texture, they can add your chosen toppings and flavors, scrape it flat, and roll it back up into a cup.

Related Link: [5 Food Trends to Watch for in 2019](#)

2. It's like you get to play with your food: Or rather watch someone play with your food. It's definitely an Instagram moment to watch the flavors you chose come together on the frozen metal. Once it's rolled up in your cup, you can eat it with a spoon. If you really want to get a taste of all the flavors, though, try eating it with chopsticks. It's a fun challenge and a chance to eat the ice cream as is without smashing everything further.

Related Link: [Food Trend: Acai Bowls](#)

3. Stir-fried ice cream is its nickname: What? Though this ice cream is not made in a hot wok, the idea is similar. Instead of stir-frying it, you're churning it with metal knives. Eating this treat is a chance to try a dessert from abroad without getting on an airplane.

What is your favorite dessert? Share below!

Celebrity Parenting: Kristin Cavallari Says Jay Cutler Is the 'Stricter Parent'



By Megan McIntosh

Though no one would argue that celebrity parents [Kristin Cavallari](#) and Jay Cutler aren't a team, they do have slightly different parenting styles. According to *UsMagazine.com*, Cavallari is a more laid-back parent. Though she's insistent

that she doesn't let the kids run wild, she admits, "I'm more along the lines of let kids be kids and make a mess..." Husband Jay Cutler, on the other hand, likes to be a little stricter than his wife and can do without the mess.

Even celebrity parents have to discipline their children. What are some tips to keep in mind for disciplining your kids?

Cupid's Advice:

Disciplining your kids is never a fun time, but it's a necessary evil when it comes to helping your kids grow up the right way. Cupid has some tips:

1. Keep it positive: Don't focus on what they're doing wrong. Keep the focus on the positives. If they washed their face and didn't brush their teeth, emphasize how good it was that they washed their face. Give them a high five or words of affirmation. They will associate good behavior with good feelings.

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

2. Give them individual attention: Rather than waiting for your child to misbehave, give them attention. This proactive approach, gives positive attention to the child so that they strive to emulate positive behavior that they see mommy or daddy do.

Related Link: [Celebrity Parenting: Hayden Panettiere 'Hasn't Had Much Time' with Daughter Kaya](#)

3. Have clear rules with tangible punishments: There should be a clear direction or even written paper that dictates to your child what rules they are expected to follow. If they know that not doing homework means no dessert, they are not punished after the fact. Your kids already know what will happen if they don't do their homework. But make sure you're consistent with what you expect from your child.

How do you balance disciplining your child? Share below.

**Celebrity Couple News:
'Bachelor' Colton Underwood
Praises GF Cassie Randolph**





By Megan McIntosh

It looks like the butterflies and adoration are still going strong for this [celebrity couple](#) after the final rose on *The Bachelor*. According to *UsMagazine.com*, Colton Underwood posted on Instagram about how proud he is of girlfriend Cassie Randolph, who balanced school and *The Bachelor*, saying, "I'm so proud of you...you continue to work hard and deserve everything this world has to offer." Despite the backlash after initially eliminating herself on the show, Randolph seems content with her relationship with Underwood and the pride he has in their relationship.

In celebrity couple news, Colton Underwood is proud of his new girlfriend Cassie. What are some ways to show your partner you're

proud of them?

Cupid's Advice:

It's important to show you have pride in your partner. Cupid has some tips:

1. Use a public platform: Like Colton Underwood, you can use a public platform to declare how proud you are of your partner. This shows them that you want the world to know what they've done. If your partner isn't shy, then go ahead and post about them online! The sappier, the better.

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

2. Just say it: You don't have to have a special dinner or a post on social media to let your partner know you're proud of them. Just tell them. Let your love know that you are so proud of what they do. Give details to show you're really paying attention. Tell them why.

Related Link: [Celebrity Couple: 'BIP' Star Taylor Nolan Praises New Boyfriend](#)

3. Cheer them on: This may not seem like you're showing pride, but being there when your partner is down or not doing so well, shows that you support them and are proud of them no matter what. Cheer them on and let them know that you believe they can do whatever it is they're striving for.

How do you show your partner how proud you are of them? Share below.

Beauty Tips: Best Foundations for a Flawless Look



By Megan McIntosh

Choosing foundation can make or break your entire [beauty](#) look. Much like when finding the perfect partner, there's so much that goes into finding the perfect foundation match. Once you've found the perfect foundation for your skin, the rest of your makeup will look flawless.

Whether it's based on skin type or the event you're going to, we've

got the best foundations for a flawless look. Check out our beauty tips!

Skin Type:

Oily Skin: Clinique Even Better Makeup SPF 15: No matter what, foundation with SPF is key. The texture of this foundation is great for oily skin as the liquid turns to a powdery texture after it's applied. It doesn't look cakey and provides great coverage.

Related Link: [Beauty Tips: How to Treat Oily Skin](#)

Dry Skin: Yves Saint Laurent Le Teint Touche Éclat Foundation: Dry skin tends to be missing that bit of a shine that makes us look young and radiant. Ruscus Extract and Vitamin E take the skin from looking tired to fresh.

Combination skin: ESTÉE LAUDER Double Wear Stay-in-Place Foundation: This foundation has a build-able coverage so you can decide just how much suits your combination skin. With this product, a little really does go a long way. It won't leave you with an oil buildup and lasts a long time.

Related Link: [Beauty Tips: 5 Ways to Look Great with the Least Amount of Makeup](#)

Nighttime look: Fenty Beauty Pro Filt'r Soft Matte Longwear Foundation: People have been raving about [Rihanna](#)'s new makeup line since it's release only two years ago. This foundation provides perfect coverage for a night out on the town. Any flaws are covered, so you're camera ready at all times without clogging your pores.

Related Link: [Beauty Advice: How to Make Your Skin Thank You Later \(What You Should Be Doing Now\)](#)

Daytime look: LAURA MERCIER Flawless Fusion Ultra-Longwear Foundation: This foundation is perfect for any skin type and has a nice matte finish. If you've ever worn foundation all day, you know that at times it can leave you looking greasy. This foundation gives you the coverage you need while preventing oil build-up.

Which foundation do you rely on to create the perfect look? Share below.

Parenting Tips: How Your Kids Can Benefit from Audio Books



By Megan McIntosh

There's something about hearing a story that makes it a little more exciting than just reading it. When someone tells you a story, it leaves room for you to focus on imagining the characters and learning the vocabulary. Celebrity parent and model, Chrissy Teigan reads aloud with her daughter Luna and the benefits from reading aloud are many. But when you don't have the time, or when kids want to be a little more independent, children can really benefit from audio books.

Parenting Tips: Reading aloud and using audio books can be a great benefit to your kids and give them a little independence!

Here are some helpful tips to start using audio books to help your kids with vocabulary and reading:

1. Do it together: it's always a good idea to introduce your child to audio books with them. You can help them with the cues and help them follow along with the words in the book. You can even review vocabulary words they may have learned.

2. Try to keep it close: Use books that you've already read aloud to them previously. This way they're already familiar with the story and can more easily follow along when you're not present. Once they've adapted more vocabulary from the audio books or you've summarized the story beforehand, then you can move on to more difficult and new books.

Related Link: [Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year](#)

3. Let them multi-task: Just like it can be hard for kids to sit still in class, it can be hard to sit still and listen to

a story. Let them play with a toy, draw a picture, or even eat a snack while they're listening to their audio book. This increases their love of reading while teaching them to multi-task.

4. Utilize your resources: There are so many sources for audio books. Use websites like Overdrive and Hoopla to access your local library without needing to take the drive. Audible is an app with audio books that you can access on your phone.

Related Link: [Parenting Tips: Keep Your Kids Safe Online](#)

5. Have fun: Don't stress if your child doesn't understand every word in a book; if the story is interesting to them, let them listen anyway! If a child isn't feeling an audio book, no need to push it. Move on to the next audio book that sparks their interest in vocabulary and story telling.

What are some tips you have when getting a child to enjoy reading? Share below!