

Celebrity Couple News: Michael Phelps & Wife Nicole Johnson Enjoy Rare Night Out



By [Whitney Johnson](#)

According to [UsMagazine.com](#), professional swimmer Michael Phelps and wife Nicole Johnson Phelps recently enjoyed a rare night out. The parents of nine-month-old son Boomer were spotted at the Giving Back Fund's 8th annual Big Game, Big Give Super Bowl charity event, presented by BBO Poker Tables, in Houston, Texas. The [celebrity couple](#) secretly wed two months before Phelps competed at the Rio Olympics this past summer.

This celebrity couple is finally making an appearance in public! What are some ways to know it's time for a date night?

Cupid's Advice:

As all new parents know, finding time for a date night is tricky but always worth the extra effort. If you, like this celebrity couple, rarely have time alone with your significant other, you may be in need of a date night. Check out this [dating advice](#) from Cupid:

1. You feel disconnected: It's easy to get caught up in the craziness of spending long days at the office, getting your kids to school and soccer practice, keeping your house clean – the list goes on. Remember that relationships need attention too, and make an effort to spend a little one-on-one time with your partner.

Related Link: [Olympian Ryan Lochte Says He's 'Always Looking' for the Perfect Girl](#)

2. You can't remember the last time you got dressed: If you're a new parent, you surely understand the haze of midnight feedings, sleepless nights, and fussy babies. It's common to go days or even weeks without getting dressed or doing your hair and make-up. A date night is the perfect reason to give yourself –and your partner – some much-needed attention.

Related Link: [Celebrity Video Interview: Olympians Meryl Davis and Charlie White Dish About Their Love Lives!](#)

3. You always make an excuse: “We’ll go out to dinner next week.” “Let’s wait and plan a date night for Valentine’s Day.” “Our anniversary is coming up – we’ll do something then.” Do

any of these phrases sound familiar? While it's tempting to push date night to the back burner, it's just as important as grocery shopping and brushing your teeth. No more excuses!

How do you know when you and your partner need a night out? Share your best love advice in the comments below!

Olympian Ryan Lochte Says He's 'Always Looking' for the Perfect Girl



By Jessica Nappi

Step aside Michael Phelps; after winning five medals at the London Olympics, Ryan Lochte has become one of the world's most eligible bachelors. Over the weekend, Lochte headed to Vegas where he told [People](#), "I'm always looking for the perfect girl. Now that I'm older, I'm looking to settle down a bit." For Lochte, the perfect girl starts with a sense of humor. "Anyone that can make me smile and make me laugh, that's the key to my heart," he said. Ladies, are you writing this down?

How do you know when your dating standards are unreasonable?

Cupid's Advice:

Everyone has standards when it comes to dating, but having too many restrictions will keep your heart closed off from the world. Here are some ways to know you have gone too far with your standards:

1. You expect perfection: Perfection is a word that has a different specific meaning for everyone, but with the same base understanding; physical beauty accompanied by a good personality. But if your definition of perfection pertains only to certain hair colors, eye colors and body types, you've gone too far. You are only limiting yourself if you limit your selection. Physicality can attract you to others, but inner beauty is what sustains relationships.

2. You never go on dates: If you're constantly looking for the perfect guy and will only go on a date when you think you've found him, then your standards are too high. Dating around is a good way to find out what you both want and don't want in a partner, so don't sit around and wait for the one.

3. You're looking for Prince Charming: Chivalry isn't dead, but it certainly isn't alive as it once was. So, if your date doesn't open the door for you or return your glass slipper by the end of the night, it's not the end of the dating world. If

you think it is, your standards are unreasonable and you might've read one too many Nicholas Sparks books.

What dating standards do you think are unreasonable? Tell us below.

Michael Phelps is Dating a New Woman!



It looks like even the busiest Olympic athletes are finding time for some romance these days! Olympic gold medalist, Michael Phelps, has been spotted around town with jewelry designer and reality TV star, Brittney Gastineau. According to

TV.com, as the duo appear to be in the early stages of their relationship. This seemingly unlikely pair have more in common than just their good looks. Gastineau's father is former Jet's play Marcus Gastineau, which allows her to understand Phelps' athletic background. However, sources say that Gastineau has been in long-term relationships her whole life and is just looking to have a little fun.

Is it okay to date only for fun?

Cupid's Advice:

We all know how amazing it is to be in love. But sometimes you might just want to play the dating game without all the extra responsibility. Here are sometimes when that's okay:

- 1. When you're young:** You have your whole life to be tied down, and once you find Mr. Right, he'll probably be around for a while. Get a feel for what's out there before you make a decision.
- 2. You just got out of a relationship:** If you just called it quits on a serious relationship, take some time to have a little fun. See what else is out there!
- 3. When you're figuring yourself out:** Sometimes we have so much going on in our lives that the last thing we need is another obligation. It's perfectly fine to go out, let loose, and have some fun on the dating scene without all the pressure.