

# Celebrity Video Interview: Tim Gunn Talks First Date Fashion and Summer Trends



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

Make it work! Whether it be in relationships and love or the latest fashion trends, Tim Gunn's catchphrase holds true. The Emmy award winning co-host for Lifetime's *Project Runway* shares where to go on a first date and what he's most excited about for the new season of the hit fashion show. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the fashion expert about summer trends and all things *Project Runway*. You don't want to miss this celebrity news!

**Related Link:** [Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards](#)

# Tim Gunn Talks First Date Looks and Summer Fashion Trends

First dates can be nerve-racking, but you shouldn't worry about what to wear or where to go. "Dress up!" Gunn exclaims. "Dressing up says 'I want you to see the best of me.' It's about respect for yourself and the person you're dating." When it comes to finding the perfect first date outfit, Gunn has three essential elements that need to be balanced: Silhouette, proportion, and fit. "When those three elements are in harmony, you will look fabulous no matter what you're wearing," he says.

Choosing a location is also very important when it comes to the beginning of a relationship and love. Gunn's love advice is to always go out to eat. "I believe that a first date should be a meal, because you need to know how they interact with the waitstaff, what table manners they have, and how they interact with you during a meal," Gunn shares. "I think it's all telling."

**Related Link:** [OWN Star Kiki Haynes Shares Love Advice: "If the Heart Behind It Isn't Genuine, Then I'd Rather Not Have It"](#)

If you're going out this summer, then remember that accessories are more important than apparel this season. Whether it's a new hat, eyewear, or wedges, accessories work with many different looks. Also keep in mind that '70's Bohemian is coming back, so splash into summer with this revived look. "Independent of trends, there is something for everyone," Gunn shares. "Think about what's in your closet and what will enhance it. And always try it on! Under all circumstances, make no assumptions about fit."

# **Fashion Icon Discusses *Project Runway***

If you're eagerly awaiting the new season of *Project Runway*, then you'll love to hear that filming for season 14 starts in a few days. Unfortunately, this season Gunn was not able to go on the auditions to see the broad range of talent. However, he did get to look over the new contestants that were chosen. "I'm excited about working with them, they have a lot of personality," he says. "I hope they don't cancel each other out with that personality!"

But being on a show for this long doesn't mean it's perfect. Gunn says that if he had to change one thing, he would like to be in the workroom when the designers fit their models. "I've never seen so much delusion presented to me," he says. "I'm always asking how the fittings went and invariably it's 'Oh, they were great.' Then, I look at the work on the runway and I'm like 'What? Is there a new definition of the word great?'"

*You can keep up with Tim on Twitter @TimGunn and [www.facebook.com/TimGunn](http://www.facebook.com/TimGunn).*

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## **Author Tamsen Fadal Talks New Book and Expert Love Advice:**

# “Sometimes The Simplest Advice Is The Best Advice”



By [Rebecca White](#)

In Tamsen Fadal's newest book about love, titled *The New Single: Finding, Fixing, and Falling Back in Love with Yourself After a Break-up or Divorce*, the relationship expert discusses how hard it is when a relationship and love ends. With a realistic and proven game plan, the relationship author gives readers a road map to radiating confidence, taking better care of yourself inside and out- from career and finances, to home, health, and fitness- and gives [expert love advice](#) on how to survive a split and start over, 90 days at a time. In our exclusive author interview, Fadal opens up about her own divorce and shares wisdom that can inspire anyone to move on from heartbreak.

# Relationship Author Discusses *The New Single*

**Can you give us some background about the book and what the term “The New Single” means? How does this book differ from others like it out there?**

I went through a divorce a few years ago. As I was coming out of it and trying to figure out where to start over again and who I was, I realized it's not only a new beginning for me; my divorce was a public divorce here in NYC and really all over the place. My ex-husband and I ran a matchmaking business, so it was interesting to people that the marriage didn't work out. Nevertheless, when I came out of my marriage and came into my divorce, I realized there's this whole new group of people out there that are a new version of single. It's different from days past- being single means something different because the world we live in is not the same anymore. It's fast-paced. We're dating online now. We're moving at speeds we've never moved before. And I needed different things to help me get through it. I didn't need a dating manual. I needed real life day-to-day advice.

I don't know that I've ever seen recipes and financial planning in a post-divorce or break up book. It's practical advice that I think is necessary for everybody. It's not just for somebody who feels like they're heartbroken. It is real advice for the world we live in today. We hit on a little bit of everything, because I think until you have balance and wholeness in your life, you can't do anything for anybody else.

**What do you think will surprise readers most about it?**

I think that there was this one line that everybody keeps going back to: sometimes the simplest advice is the best advice. There was an old colleague of mine that I had run into

right after my divorce became public. I was embarrassed and I didn't want to see him (of course that's the person you always run into, right?). I walked in [to a party] and I thought, "Oh, no...he's just the last person I want to see." He put out his arms to hug me so I gave him one of those half-hearted hugs and smiles and he said, "I just want you to remember something. It's not going to be like this 365 days from now." I said, "I don't want it to be like this two hours from now, what does that mean?" But, he was right and it hasn't been like that. It takes time to start over again and to rebuild and reinvent. I think that's what this book really teaches. The thing that surprises most people is how that simple advice has really helped so many.

**Related Link:** [Author Ellen McCarthy Discusses 'The Real Thing' About Relationships and Love: Find "Someone Who Appreciates Your Whole, Quirky, Imperfect, Wonderful Self"](#)

**During the writing process did you have any profound moments or epiphanies about your own life that really shook you?**

Yeah, I did. I realized at one point, when I had started to get back out there, that I was making some of the same mistakes I had early on. I call it turning your red flags to pink, which is making everything seem like it's okay and look really pretty when it isn't. I found I was doing that all over again as I started to date someone else. So, that was difficult for me. I think that at a couple points I realized that, as I was 43 and 44 while writing this book, it doesn't matter how old we get. If we don't start to change those habits then we will keep repeating them.

## **Tamsen Fadal Gives Expert Love Advice Post-Divorce**

**What is the best piece of love advice you've ever been given?**



From my dad, he said, "It's better to be alone than lonely with someone." I didn't understand it for a long time. We're not taught to think about things like that. To me, "lonely" and "alone" were the same thing, and to a lot of people they are. When you understand the difference between those two words, I think that you have evolved. One is just population, having someone physically with you, and one is having somebody that speaks to your heart.

### **What tips do you have for longtime couples who are struggling to keep their marriage going?**

I think that you have to step back. I've certainly been there and it's a lonely place to be. You need to evaluate where you're both coming from and who you've become. We change when we get into relationships and that can often times be difficult. You need to know the person you're dealing with, because it might not have been the person you moved in with, walked down the aisle with, or first met when you had that cup of coffee. You need to know your audience and who you're talking to. You might end up liking this person better. It's really important to be honest with yourself. I realized often times that I wasn't being honest with myself, and it's a tough revelation. You need to assess whether or not you need to bring in a third party in terms of therapy or counseling. You need to keep the lines of communication open and make that is your number one focus. If you don't fix that part, it's very difficult to do anything else, whether it be finances, career, or taking care of your children and extended family properly. Those are the three places I would begin.

**Related Link:** ['Snap Strategies for Couples' Offers Efficient Relationship Advice for Busy Pairs](#)

### **How do you radiate confidence when you truly don't feel very confident after a breakup?**

I didn't for a long time, and I really wound up doing things

that seem kind of mundane and practical and not really relationship-driven to maintain that confidence. That's what a lot of the book is about, finding things that were important to me. Yoga: one yoga class that I succeeded in made me feel a little bit better. Work: one good story or changing someone's life made me feel good. Volunteering: I started doing that and got involved in a lot more charities. That's what I started to do to radiate that confidence even though I didn't feel it. I also did a lot of to-do lists, which sounded kind of goofy to people. But that was really the only way I could stay on point and stay focused in order to really structure my life, so I wasn't thinking "woe is me." Instead I was thinking about what can I do outside to bring more inside.

*Check out The New Single on Amazon! For more from Tamsen, follow her on Twitter @TamsenFadal and be on the lookout for her on WPIX at 5 p.m., 6 p.m., and 10 p.m.*

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## **Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards**







By [Rebecca White](#)

Home improvement and lifestyle expert Kelly Edwards shares all of the ins and outs of designing and redecorating your home for the summer season in our exclusive celebrity interview. Moving in together is a big step for any relationship and love, and tackling the design process can be daunting. Don't fret though! In our [celebrity video interview](#), Edwards chats about how to compromise if your design styles don't match up and how to save money and stay on a budget. Plus, she shares the piece of love advice that helps keep her 11-year marriage strong.

**Related Link:** [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"](#)

## Kelly Edwards Shares Love Advice For Decorating and Design In

# Celebrity Video Interview

If you're moving in as a couple and your design styles don't match up, compromising is the best solution. Take a cue from Edwards' own story: "I had a coffee table that my husband hated, so I told him if we put it in the space and he still hated it after 30 days, then he could take it out," she says. "Well, 30 days later, he forgot it was even there. I got to keep it! Now, he's in love with it, and it looks amazing."

Don't be scared of the design and decorating process – you don't have to do it all at once. "It should happen over time," the lifestyle expert explains. "You should have a curated space that's all you, and you've found pieces along the way from traveling or picking it up together as a couple."

You can also save money while designing your home by having some do-it-yourself pieces. "I love to say that, if it has good bones and good structure, then you should keep it," she says. "You should have things in your home that you love."

**Related Link:** [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

## Lifestyle Expert Talks Relationships and Love

It's no surprise that Edwards and her husband – a photographer – both travel a lot. "We both travel often, so I say that's the key to happy marriage," she shares in our celebrity video interview. "We travel together and separately too."

Being in a relationship and love for over a decade is no easy task! Edwards' love advice for a lasting partnership is to find an interest you can share. "Have a hobby you like to do together, so you're always falling in love with something new," the HGTV star says. "[My husband and I] are big foodies,

and we love to travel, so every time we go to a place we haven't been before, we can experience that together. We're creating memories, so later on, no one else has that particular memory but us."

*You can keep up with Kelly on Twitter @KellyEdwardsInc and her website, <http://kellyedwardsinc.com/>.*

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## **Celebrity Interview: 'American Idol' Winner Nick Fradiani Is Single!**





By [Rebecca White](#)

And the winner of *American Idol* season 14 is...Nick Fradiani! While the 29-year-old singer started out on the reality TV show as the underdog, in recent weeks, he quickly worked his way up as one of the front runners in the vocal competition. As he became more confident, he also became more comfortable on stage and finally began to break through his shell like the mentors and judges have been telling him to do all season. In our [celebrity interview](#), the reality TV star talks about relationships and love and how he will remain relevant as an artist in the future.

## ***American Idol* Winner Talks About His Relationship and Love Life**

We first got to know Nick Fradiani when he auditioned for this season of *American Idol* with his girlfriend Ariana Gavrilis. However, the now famous couple has not been seen together in recent months, and Gavrilis wasn't even at the finale. So all the ladies want to know: Is Nick Fradiani single? Sure enough,

during our celebrity interview, the performer confirmed that he is currently single and that being a musician and maintaining a relationship and love is hard. "Being in music has always made it difficult to have relationships, especially if I've been traveling a lot," the singer shares.

**Related Link:** [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

Winning will also put his love life on hold for a while. "I'm sure it will make things more difficult, but I try not to look for those things. Hopefully, the right thing just happens," he says. Still, Fradiani knows exactly what he wants in a future girlfriend. He has three must-haves in a partner: humor, trust, and comfort. "I like to laugh and have fun, so I need to be with somebody who is funny," he adds. "I also need someone that I can be myself around."

## **Nick Fradiani Talks About His Post-*Idol* Plans**

Now that the winner has been crowned and signed to Big Machine Records, how will he avoid the fate of recent *American Idol* winners and actually stay relevant? "To me, the biggest thing is the songs," the singer says. "I think winners that come off the show and don't have a hit song have a tough time. The time of coming out with a new single can be damaging." Fradiani has no reason to worry though: His single "Beautiful Life" is already at number two on iTunes. "I think this single will do well," he explains. "I'm really confident as an artist in my songwriting ability and my ear for pop music, so I think I'll be able to succeed because of that."

**Related Link:** [‘American Idol’ Eliminated Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”](#)

Next, the star will meet with Scott Borchetta, Big Machine

Records founder, to discuss where they will go with the new album. “Beautiful Life” is the type of music that he wants to play and put out in the world. “I lucked out big time – I love the song,” he shares. “I’m hoping to write with some cool co-writers as well.”

He may even branch into country music. Borchetta and Fradiani have talked about him going country, but the singer says that won’t happen for a while. “Maybe in a couple years that could be an option,” he says.

*You can keep up with Nick Fradiani on Twitter @nickfradiani!*

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## **Celebrity Interview: ‘American Idol’ Runner-Up Clark Beckham Says, “Right Now, It’s Like I’m In a Relationship with Music”**







By [Rebecca White](#)

*The American Idol* season 14 runner-up Clark Beckham first started singing in a gospel trio with his parents when he was 8 years old. Now, the 22-year-old finishes the [reality TV](#) competition with a platform large enough to become as famous as season 2 runner-up Clay Aiken...or as forgotten as previous contestants who have had no luck gaining fame after the show. In our celebrity interview, Beckham says he wants to model his career after singers like Bruno Mars, Robin Thicke, and John Mayer, although he plans to take his own approach to balancing his career and relationship and love life.

## ***American Idol* Runner-Up Talks Relationships and Love**

Beckham leaves the reality TV show with fond memories of being a finalist in one of the top vocal competitions in the country. On Tuesday night, the singer had one of his best performances with "Ain't No Sunshine," leaving the judges and America very impressed. [Jennifer Lopez](#) commented on the song

by asking who Beckham was singing to because of the passionate performance. "I remember her asking that, and I was like, 'Oh Lord, do not ask me that,'" he shares.

But don't worry, ladies: The blushing Tennessee native is single and not in a committed relationship and love. "The song is about the person being gone, so maybe it is appropriate because there is no one," the star says with a laugh. "I think I was really able to get into that heartbreak, but there was no one specific that I was thinking of."

**Related Link:** ['American Idol' Eliminated Finalist Rayvon Owen Says Love "Is the Most Universal Thing"](#)

In terms of how being a musician has impacted his dating life, Beckham says that sometimes it's helpful because of the initial attraction people feel towards musicians. However, it's not always easy. "In the past, when I've been dating someone, she was worried that I would choose music over her, and that's an interesting balance," the singer reveals in our celebrity interview. "Right now, it's like I'm in a relationship with music. I really am in love with her, and I can't imagine a life without her."

He adds, "Sometimes, being a musician can get in the way of my relationships, but I believe that, when it is right, it won't be conflicting. Instead, it will elevate and help the relationship."

## **Clark Beckham Reveals What He Learned on *American Idol***

During season 14 of *American Idol*, the runner-up has faced many critiques from the judges and Big Machine Records founder Scott Borchetta. The mentors and judges have often stated that Beckham's musical style isn't modern, and they've told him to perform for the audience instead of himself. However, the

singer disagrees. "I think the most modern is when an artist can understand and play music that is coming right now and is just on the brink and is right around the bend," he explains. "I really believe the music I put out is what's going to come around the bend."

**Related Link:** [‘American Idol’ Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey](#)

While the performer stayed true to himself and his music, he did learn a lot from the judges and mentors. "Keith Urban said, 'Don't sing and play what you can; play and sing what you *must*.' That's the best advice from the judges that I got," Beckham shares. Now that the show is over, the musician says that he's learned to be more conscious of pitch and that he's transformed as an artist from this experience: "I'm able to get more into the song emotionally and get into the music and get into character."

*You can keep up with Clark Beckham on Twitter @ClarkBeckham and on his website, [http://clarkbeckham.com/!](http://clarkbeckham.com/)*

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## **‘American Idol’ Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey**





By [Rebecca White](#)

*American Idol* reality TV star Tyanna Jones has been pursuing music since she was five years old. Growing up in Jacksonville, Florida, the 16-year-old has had a rough upbringing and was even homeless at one point. Her *American Idol* journey was no less emotional. In our [celebrity interview](#), the eliminated contestant says that the show “at times can get really hard. My faith and my beliefs have helped me through a lot of that.”

## **Behind the Scenes of Tyanna Jones’ *American Idol* Journey**

Making it into the top five of the singing competition is no easy task and all of the contestants have had good weeks as well as bad weeks. Jones was no different. The Jacksonville native had her own rough patch during the middle of the show. The judges were constantly questioning her choices, even though she was a front runner and power house from the beginning of the competition. The performer says, “My rough

patch was a result of all of my feelings at the time and the stress and frustration that comes with the show.”

**Related Link:** ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

As an emotional artist, when Jones was eliminated she started to break down when the montage of her time on the show began to play. “I was watching how far I had come,” the singer shares. “It really showed me how much I’ve grown.” Even though she didn’t make it into the top four, Jones still sang a send-off song, Beyoncé’s “Who Run the World.” The performer says that Beyoncé is one of her main influences. “I have wanted to do that song for so long,” Jones shares. “I knew that I had to make sure it was one of my best performances because it was one of Beyoncé’s songs.”

Jones hopes to be a role model for her fans, just like Beyoncé and her other favorite artists have been to her. She hopes that “seeing someone their age get to do this and be here will inspire fans.” She plans to use her position on the summer tour to make an impact in people’s lives. “I know many of the people I look up to now were a part of this tour,” Jones says. “Now, I’m going to be someone people look up to.”

**Related Link:** ['American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

After being eliminated, the singer feels like she has learned a lot from being in this competition. Big Machine Records founder Scott Borchetta has pushed her as an artist to find herself and truly understand what kind of music she wants to put out there. Similarly, the judges, Keith Urban, Jennifer Lopez, and Harry Connick Jr. told her to continue being herself and she’d be successful. As she moves forward with her musical career, Jones says, “I’m not the type of artist that puts myself in a box. Whatever I can sing or do to connect with the audience, I’ll do it.”



You can keep up with Tyanna Jones on Twitter @iamtyannajones and [www.facebook.com/IamTyannaJones!](http://www.facebook.com/IamTyannaJones)

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# Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: “We Carve Out Time for Each Other”



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).



Fans may recognize Brooke Burke-Charvet from her time on the reality TV show *Dancing with the Stars*, but she's come a long way since then. She is married to musician and actor David Charvet and spends much of her time with her family, promoting a healthy lifestyle. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress and model about her relationship and love life, motherhood, and her busy career, including her current partnership with Walgreens for Red Nose Day.

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

## Brooke Burke-Charvet Talks Red Nose Day in Celebrity Video Interview

Celebrated for over 25 years in the UK, Red Nose Day has been a day dedicated to raising money for underprivileged children and families. On Thursday, May 21, the event will take off for the first time in the United States and include a night full of comedy, music, and fundraising that will help 12 charity organizations lift children and young people out of poverty, both in the U.S. and throughout the world. Burke-Charvet decided to partner with Walgreens for this fundraiser because she likes that "it's really about children and young families." Just buying the red rubber nose for one dollar at Walgreens will have an impact: "That money is going to go and make a difference for a lot of different causes – the Boys and Girls club of America, United Way, Feeding America," the actress says.

As the mother of four children herself, she understands that teaching her celebrity kids generosity and charity is an important lesson. The model reveals that leading by example is the best way to teach your children that hard lesson. "It's really interesting for them to be able to see it and understand it," she shares in our celebrity video interview.

“You can teach them to be generous and to give.”

Of course, fans remember the health scare that Burke-Charvet faced after being diagnosed with thyroid cancer in 2012. Now, she says, “Everything’s good. My health is perfect.” Her experiences and health issues have helped her recognize that “there’s somebody else somewhere who’s struggling with similar issues.”

**Related Link:** [Brooke Burke-Charvet Finally Weds David Charvet](#)

## Television Personality Talks About Her Relationship and Love Life

Although she’s a busy celebrity mom, she makes sure to prioritize her relationship and love life. “We carve out time for each other, which is super important,” she says of her marriage, “even if it’s just having lunch while the kids are at school.” When their schedules permit, the famous couple’s favorite date night is eating at a local restaurant in Malibu. “We cook so much that sometimes it’s nice to be served a meal!” she divulges.

*You can keep up with Brooke Burke-Chavet on Twitter @brookeburke or her blog, [www.modernmom.com/](http://www.modernmom.com/)*

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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## Date Idea: Star Light, Star

# Bright



By [Rebecca White](#)

Whether you celebrate around a tree or a menorah, the holiday spirit is in full swing – and so is the stress that comes along with it. Your [relationship and love](#) life may feel strained from all of the pressure. If you're in need of a romantic evening with your partner, dive into the cultural craze and Hanukkah spirit with a personal take on "The Festival of Lights." This weekend date idea is the perfect opportunity to stargaze together and enjoy nature's own decorative lights.

# Stargaze to Improve Your Relationship and Love

To get started with this date idea, you'll need to grab some winter wear and hot cocoa (don't forget the peppermint schnapps!) so you stay warm while you look at the stars. Next, you've got to find the best spot in your neighborhood. If you live in the city, don't worry! All those bright lights may make it difficult, but it's not impossible. The Amateur Astronomer's Association of New York leads stargazing ventures every week.

**Related Link:** [Top Ten Most Romantic Holiday Getaway Spots](#)

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors. Let the holiday spirit bring your relationship and love to the next level. Think about it: The scenery is beautiful; there's no one else around; and you're lying next to each other in the darkness, looking up at the sky. Mix in cuddling under a blanket and sipping on a warm drink, and this might be your favorite date night yet!

Since it's best to start stargazing about an hour after sunset, you can have an early dinner and then head to your own festival of lights. For some added romance, bring along a picnic basket filled with some sweet treats. As the sun goes down, the stars will become more visible, and you'll want to have binoculars to get a closer look. You may want to invest in a constellation map so the two of you can tell the difference between Aquarius and Lyra. You could even make a game out of figuring out the different patterns.

**Related Link:** [5 Celebrity Couples Who Celebrate Hanukkah](#)

It's also important to remember what culture you're celebrating on this take of "The Festival of Lights." To learn more about Chanukah, check out websites and read a brief

history. In the midst of enjoying the starry night together, take our love advice and exchange gifts under the open sky. Look out for shooting stars, and don't forget to make a wish for the holidays!

**Have you stargazed together as a date? Share your stories below!**

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## **Weekend Date Idea: Give the Gift of Babysitting**



By [Rebecca White](#)

Don't fret about what to get your friends this holiday season!

This weekend, offer to babysit and give them a kid-free date night. Holiday seasons can be tough on families because there are so many preparations to be made. The gift of alone time is just what your friends need. Plus, you'll get to see what your partner will be like as a parent! This date idea is sure improve your [relationship and love](#) life as you play house for a few hours.

## **Give the Gift of Babysitting to Improve Your Relationship and Love**

For this weekend date idea, call up one of your married friends and tell them to take some time off and plan a night out with their spouse. Next, it's time for you to decide how to entertain their kids! Depending on the ages, you can play games, watch a movie, or plan a bigger activity like making crafts, writing a story, acting out a musical, or putting on a fashion show. For more ideas, check out [PBSKids.org](#) for advice and ideas on how to babysit for any age.

**Related Link:** [Matthew McConaughey & Camila Alves Enjoy Some Alone Time](#)

This date idea will give you some insight into what your significant other will be like as a mom or dad. Is he the disciplinarian? Is she nurturing and maternal? These are things you'll want to know to determine if you're truly a match made in heaven. Make sure you know who is in charge of enforcing punishments, who is in charge of making dinner, and who is in charge of cleaning up the house so your friends don't come home to a disaster. By delegating responsibilities, you'll find out if you make a good team and if you can handle the surprises that kids have in store for you.

Babysitting will also help you learn if your partner is even



comfortable around kids. They should be able to channel their inner dork and play silly games, but that may be a challenge for them. Maybe they're easily grossed out or get frustrated at the smallest thing. If so, that may be a bad sign. After all, kids are messy and require *a lot* of patience. This gift to your friends is a gift to yourself too. Who knows what you'll discover about your sweetheart!

**Related Link:** [Single in Stilettos Show: What Makes a Man See You as Marriage Material](#)

If you're nervous about babysitting with your honey, then set aside some time to chat about it. This could even be another date night before your babysitting adventure! Communication is key to succeeding as babysitters and parents (someday). After babysitting together, your relationship and love life will be thriving. Don't miss this opportunity to grow even closer together!

**Have you babysat with your beau before? Share your stories below!**

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**'The Marriage Book' Author Lisa Grunwald Discusses Relationships and Love: "We Are At Our Best When We're Bringing Out the Best in Each**

# Other”



By [Rebecca White](#)

In Lisa Grunwald and Stephen Adler's newest [book about love](#), titled *The Marriage Book*, the married couple explores the institution of marriage spanning centuries and cultures, sources and genres. Readers will discover expert love advice that can help them navigate their relationship and love life, especially in regards to getting married and starting a family. The compilation of illustrations, poems, songs, snippets of classic novels like *Pride and Prejudice* and *Gone with the Wind*, and even one liners from single celebrities or married celebrity couples will surprise readers and provide them with little nuggets of wisdom. In our exclusive author interview with Grunwald, we uncovered how relationships and love have changed over the centuries and how to use this evolution to benefit your own romance.

# Lisa Grunwald Talks About Relationships and Love Through the Centuries

**How have relationships changed over the centuries? How have they stayed the same?**

It's so incredibly moving that circumstances change, but emotions don't. Love is love; sex is sex; anger is anger; and hope is hope. You'll find all of those things in marriages going back centuries. One of Stephen's all-time favorite entries is a eulogy written in 1 BC by a Roman husband with an unknown name, who was really wealthy for the time. What's surprising about it is that, when we thought marriage was about political arrangement or social arrangement, here was this man speaking in the most romantic way about this woman who had stood by him for 40 years. He was still clearly in love. That was amazing to us to find that kind of romance during a time when you would think things were a little more formal!

**Related Link:** [Tim Dowling's Experiences in 'How to Be a Husband' Provide Relationship Advice for All](#)

**What was the most interesting thing you learned about your own marriage through your research?**

Stephen and I met 28 years ago on a blind date, and we got engaged four months later. There was one moment when we asked each other, "What do you really want from life? What's your goal, leaving aside marriage and family? Is it money, power, privilege? What are you after?" We each told the other one, "That's our job. We're going to bring out the best in each other, even when the other one forgets what that is. We're going to keep the other person true to the original goal."

When we were doing the book, we had a lot of challenges,

mostly because of my health. We found this marvelous quote from this man named Tim Newmann, who wrote a book in 1928 called *Modern Youth in Marriage*: “There are no full grown perfect beings. Sooner or later, the frailties are recognized. There is in most people a better self, which the fallible self hides. The greatest privilege of the married life is to be the one who assists the other more and more to do justice to that better possibility.”

Doing this book reminded us that that’s our job to each other. For us, it’s always been that we’re the keepers of each other’s better self. There was a renewed commitment to doing it that way and being together. For us, the “us” is the way we approach marriage, and this book reminded us of that. We are at our best when we’re bringing out the best in each other.

## **Relationship Author Shares Expert Love Advice**

**What tips do you have for longtime couples who are struggling to keep the spark alive?**

Not to make light of sex – because sex is really important – but friendship, we think, is probably the most important. If you really like each other, *that’s* going to get you through so many of the ups and downs of the rest of your life. You have all these distractions, and at the end of the day, you’re not always going to be able to make love to one another, but you’re always going to be able to talk to each other.

You also have to believe that it’s going to last. There are so many moments in a marriage where you can walk away. If you really believe that you’re going to be married for the rest of your life, I think it really helps.

**Related Link:** [Author Gina Vucci Defines Consciousness and What True Intimacy Is In ‘The Relationship Handbook’](#)

## **What do you have to say to someone who is engaged and experiencing cold feet before their big day?**

Try to imagine that it's ten years from now and that, inevitably, the spark from falling in love has altered to love. They're two different things. Can you imagine being without him or her? If you really can't imagine being without someone, that comes from a position of strength and excitement and enthusiasm. Of course, you're going to get cold feet. It's scary! I can't imagine doing it without some sort of trepidation. You have to recognize that it's a leap of faith, no matter when it takes place. You can't ever be completely sure.

For me and Stephen, we cannot believe that we got married. We didn't have a clue what we would face or how we would grow and change. We didn't know what was going to be required of or granted to us. There's no way that we could have known what the future was going to hold. But we did believe in the marriage. "Failure is not an option" is not a bad thing to live by. Trust your gut, not your feet.

## **How can a couple know when they're ready to start a family?**

It just became a biological necessity. It was particularly easy for us to know: I told Stephen that I didn't want to be a mother, and somehow, he nodded and said okay, even though he knew he wanted to have a family. Three years later, we're in Paris on a vacation, and I turn to him and say I really want to have a kid. I don't know the answer. Just the cliché that you'll know. When you do, it's a pretty strong drive, and you just kind of have to follow it.

## **And what is the best piece of love advice you've ever been given?**

Do justice to that better self. Don't ever let your lover get bored. That message comes through in the book. Don't take each other for granted. Don't let boredom settle in. For love to

grow, you have to keep remembering that that person was someone you once put on your absolute best suit for and someone you shaved your legs for. If you let it get to routine, it can slip into being something that's not really love or marriage but more like a working relationship. It's fun to make an effort because you're not going to get bored either!

*You can purchase Lisa Grunwald and Stephen Adler's book The Marriage Book on Amazon now!*

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**'American Idol' Star Joey Cook Opens Up About Her Celebrity Engagement: "He's the Love of My Life!"**







By [Rebecca White](#)

Joey Cook will not only leave the reality TV show *American Idol* having gained experience and knowledge in the music industry, but she's also walking away with a [celebrity engagement](#)! Cook's longtime boyfriend Evan Higgins proposed a few weeks ago, and the now-famous couple shared the news on Twitter on Thursday, Mar. 26. In our celebrity interview, the performer opens up about the special moment, saying, "The proposal was really sweet. He's the love of my life!"

## Behind the Scenes of Joey Cook's Celebrity Engagement

Even though *American Idol* keeps the contestants incredibly busy, Higgins whisked Cook away for ten minutes in between photo shoots to get down on one knee and put a ring on her finger. "There was this garden with a bench in the hotel we were staying at," the performer reveals. "He started out with all of this heartfelt stuff, and I thought he was going to break up with me! I was thinking, 'Wait until the show's

done!" Not only did Higgins find the perfect backdrop for a proposal, but he also made sure that the singer had her support system with her to make it even more special. "Evan called my family and made sure my mom was going to be there. My childhood best friend was there too," Cook adds.

**Related Link:** ['American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"](#)

The couple has carried out their relationship and love since 2009 and will celebrate their anniversary this summer – just in time for them to tie the knot. "I want to do the wedding soon because we've always wanted a summer wedding," the reality TV star gushes. "And it'll be six years this summer, so it's perfect!" Although we're sad to see her leave the competition, we're excited that she now has time to plan the perfect celebrity wedding with her beau.

## ***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

Of course, Cook didn't just chat with us about her perfect celebrity engagement story. The eliminated contestant says that *American Idol* has provided her with so many resources for her future. "They've exposed me to millions of people," she shares. "I've never had vocal lessons before, and getting access to all of this information and being able to work with my vocal coach was amazing. I learned more about music in this last few months than I did in my whole life before now!"

The singer says she couldn't be more grateful for the life-changing experience, which taught her more about herself as well. "I wasn't confident as a vocalist before, and this show has shown me that, along with playing instruments and writing

music, I'm a singer, and that's what I do," she explains. "It's proven to me that I am good enough, and I am capable and deserving." We couldn't agree more!

**Related Link:** ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

After saying her goodbyes, Cook has a different vision of who she is as a performer. "Now that I've been soaked in the *American Idol* world, I see myself so much differently when it comes to what I can do with a show and a backdrop and little things like that," the singer says. "It made everything larger than life for me."

*You can keep up with Joey on Twitter @IamJoeyCook!*

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**'American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"**





By [Rebecca White](#)

We haven't seen the last of Qaasim Middleton! The performer has been a busy actor and musician since his first appearance on television in 2007. With fame and fortune still to come his way, he keeps himself grounded with his faith and his girlfriend. This week, he was eliminated from the [reality TV](#) show *American Idol* after being in the bottom two with his performance of "Stronger" by Kelly Clarkson. But don't worry: In our celebrity interview, he says he has "so much in the oven right now; it's just cooking!"

## **Qaasim Middleton Talks Relationships and Love**

**Related Link:** ['American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"](#)

Middleton first got his start in the Nickelodeon show *The Naked Brothers Band* and is the guitarist of the real band of the same name. Still, his busy lifestyle hasn't stopped his

relationship and love life from flourishing. He says that he's had a girlfriend for about a year and that she's been a "huge impact in my life!" He doesn't like to talk about his girlfriend very much because he wants to focus on his work instead. However, he does say that being with her has been "a great experience."

Middleton was in the bottom two based on his performance of the famous break-up song "Stronger" by Kelly Clarkson. During the performance, he wasn't thinking of a past relationship and love though. Instead, he was thinking about "my *Idol* save and how I came back strong from that." With the new fan save element introduced last week, he had to fight for his life on the show for the second time (as he received the judges save earlier in the competition). He sang the song "Hey Ya" by Outkast, which ultimately resulted in his elimination.

## **Post-American Idol Plans for Eliminated Contestant**

While most eliminated contestants discuss their album plans, Middleton is thinking even bigger. He has a video game in the works, likes to MC, is a producer, and, of course, will be writing more music. "Being a versatile artist helps with the professionalism and the craft," he explains. "I'm going to do some big stuff. The game is about to be completely changed." He plans to be the "next big stadium artist" and is excited to start boosting his career.

**Related Link:** [Eliminated 'American Idol' Contestant Maddie Walker Talks to Her Fans: "I Was In It For Them"](#)

Although we've all come to know and love the energetic and lively performances from Middleton, he says that's all new to him. "I've been singing and playing guitar since I was 10, and I just started doing the dancing thing in December," he shares. "This is all new to me. I was experimenting with how



good I can do and be, and I found out that I'm pretty good at singing and dancing." It's clear the 19-year-old is starting to find himself and his comfort zone. We can't wait to see what new things he has to offer!

*You can keep up with Qaasim Middleton on Twitter @QaasimOfficial!*

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## Mariah Carey Reunites with Celebrity Ex-Husband Nick Cannon for Easter with Twins





By [Rebecca White](#)

The holidays are a time when people are brought back together and put aside their differences. According to [UsMagazine.com](#), that is exactly what celebrity exes Mariah Carey and Nick Cannon did this Easter. The pair officially filed for a celebrity divorce this January, after having been separated for seven months. Although their relationship and love is coming to an end, they didn't let that get in the way of their kids' holiday and spent Easter Sunday as family in the New York Bronx Zoo.

## **These celebrity exes are playing nice! What are some reasons to remain civil after a tough break-up?**

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

Even though break-ups are hard, it's important to remain civil with your ex because there is no point in being bitter that things didn't work out. If this famous couple can do it, so can we!

**1. After time has passed, you can be friends:** Just because your relationship didn't work out, doesn't mean that you can't be friends once both of you have moved on. Behind every solid couple is a solid friendship, so don't burn any bridges just yet. Maybe you two can be friends one day.

**Related Link:** [Cannon-Carey Baby Buzz](#)

**2. Kids:** If there are kids involved like these celebrity exes, it's important to remain civil so the two of you can co-parent together. The kids need their parents, so don't put them in the middle and hold any grudges.

**Related Link:** [Rumors Confirmed: Mariah Carey is Pregnant!](#)

**3. It will let you move on:** You can't truly move on in your life if you're held up in the past. Let the past live in the past and move forward instead of looking back. Being bitter will only affect your life. Your ex doesn't care if you're mad at them, so let go of the animosity.

**What do you think are some reasons to remain civil with an ex?  
Comment below!**

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## **Kaley Cuoco Slams Ryan Sweeting Celebrity Divorce Rumors**





By [Rebecca White](#)

As Taylor Swift says: “Haters gonna hate, hate, hate, hate, hate.” According to [UsMagazine.com](#), the latest celebrity news and gossip has to do with *The Big Bang Theory* star Kaley Cuoco’s relationship and love life. Cuoco has faced constant rumors about her marriage to athlete Ryan Sweeting after their whirlwind romance. The famous couple tied the knot after dating for only three months and have been married for over a year, despite the celebrity divorce rumors. The actress took to social media this weekend to address the gossip, captioning an Instagram photo with this: “So all of you who take it upon yourselves to trash our marriage, daily workings of our relationship and everything in between, go ahead and keep doing it, cause it only makes us stronger – if you were smart, you would take a look at your own marriage, relationship, job etc., instead of focusing on someone else’s. You might be surprised at what you find. ‘You know my name, not my story.’”

## How can gossip like Kaley Cuoco’s

# celebrity divorce rumors help to strengthen your relationship?

## Cupid's Advice:

Do you get worried when you hear that your favorite actress or actor is facing celebrity divorce rumors? If you do, don't worry, because if their love is true then it will only bring them closer together, like Cuoco and Sweeting. Here's how rumors can actually strengthen your relationship and love life:

**1. You'll lean on each other for support:** When your relationship is being attacked via rumors and gossip and you both know that they are untrue, it will make you lean on your significant other in ways you never have before. You'll learn to support each other in different ways which will bring you closer together.

**Related Link:** ['Big Bang Theory' Co-Stars Kaley Cuoco & Johnny Galecki Secretly Dated](#)

**2. It will make you communicate:** People like to give their two cents about everything and when they do, it will make you communicate with your partner regularly so that you are never caught off guard with gossip.

**Related Link:** [Kaley Cuoco Is Engaged to Josh Resnik](#)

**3. It's your little secret:** The only two people in the world who understand what is going on in your love life are you and your partner. You may just end up bonding amid false accusations because in the end you can just laugh at the gossip that you know is untrue. Take comfort in the fact that no one really knows what's going on and that's why the rumors exist in the first place.

**What are some other ways rumors can strengthen your**

relationship? Comment below.

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# Gaiam Product Review: Stay Fit During Pregnancy with Desi Bartlett!



*This post is sponsored by Gaiam.*

By [Rebecca White](#)

Learning how to listen to your body is of the utmost importance, especially during pregnancy. While you're waiting for your bundle of joy to arrive, prenatal yoga will calm your

mind, relax you, and build your endurance to prepare you for the journey of motherhood. To help pregnant women everywhere, Gaiam has teamed up with renowned yoga expert Desi Bartlett to create a new workout DVD called [\*Prenatal Yoga Workout with Desi Bartlett\*](#). With our product review, find out how you can stay calm throughout your pregnancy and learn some helpful love advice for you and your honey during this time!

## Product Review of Prenatal Yoga DVD

Prenatal yoga can be very beneficial for your relationship and love life by keeping you stress-free, fit, and centered. However, it will be even *more* beneficial for your baby as he grows in your belly. "Prenatal exercise, including prenatal yoga, is associated with more efficient oxygen exchange for the baby as well as less clinical interventions during labor and delivery," Bartlett shares. "It helps with easier labor and delivery as well as recovery time after birth. A sense of calm, security, and trust in our bodies allows mama to remember that her body was designed for this."

Bartlett, who has over 20 years of experience and has worked with many celebrities, designed the prenatal yoga workout in two sequences so that women would be able to practice yoga in safe, effective segments while achieving inner tranquility. The first sequence is Strong Mama Yoga Workout, which is perfect for increasing strength and endurance, both of which are needed throughout pregnancy and labor. The second sequence is Cool Mama Sequence, which is a great way to maintain flexibility and connect to a deep sense of center and tranquility. Together, they take just over an hour to complete.

The DVD, which currently sells for \$14.98, includes modifications for all three trimesters and allows for adjustments based on energy levels. It also features a warm up



and cool down session as well as a Mommy and Me workout for after the baby is born – a quick, six-minute workout designed for new moms to connect with their baby.

Bartlett leaves us with three pieces of advice for staying fit during pregnancy: Don't forget to breathe; workout for five to ten minutes and see how you feel; and squat! "Enjoy your strength and work with it. If you are feeling more mellow, then allow for that, and take it down a little bit to accommodate your body's needs that day," she explains. "If there is a feeling of weakness, extreme fatigue, or nausea, it's time to stop and consult your medical professional."

Staying fit during pregnancy won't just make your labor and delivery easier. It'll help you bond with your baby and also ensure that you continue to feel sexy for your partner, improving your relationship and love life in amazing ways. You'll be surrounded by good energy before you meet your newest addition!

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**'Married at First Sight'  
Relationship Expert Dr.  
Joseph Cilona Says, "Each Day  
Is A New Learning Experience"**





By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

## ***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important

for each partner to really discover their needs and wants,” Dr. Cilona shares. “Recognize that each day is a new learning experience to get to know your partner and get closer to each other.”

**Related Link:** [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. “Their relationships and love will obviously be different from a traditional marriage, as they didn’t meet until they said ‘I do,’” Dr. Cilona explains. “They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other.”

The relationship expert adds, “We’re eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses.”

## **Dr. Joseph Cilona Opens Up About Reality TV Show**

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don’t unanimously

agree, then a match isn't made. "As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both," Dr. Cilona reveals. "My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process."

**Related Link:** [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. "The data yielded by my assessments of the finalists for season two was over 3,800 pages," he says. "I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches."

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. "It's important to remember that our job is to use scientific tools to try and find individuals who have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

*You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.*

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# 'American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"



By [Rebecca White](#)

After a rocky road on the reality TV show *American Idol*, Daniel Seavey was eliminated during Wednesday night's episode. Throughout his run, the judges and mentors pushed him to grow and improve, which is something that may just come with age. After all, the 15-year-old was the youngest contestant to compete in *American Idol* history. It's no surprise, then, that in our [celebrity interview](#), Seavey says that his next step is to "start writing and put music out



there to show I'm not just a cute kid."

## ***American Idol* Contestant Talks About His Future Plans**

Now that his reality TV journey is over, the teenager has big plans for the future. "I want to hold on to these fans, and I want to be able to share my thoughts with them," he reveals. Even though the young singer received some hate for getting votes because of his age and looks, he adds, "I had fun with the experience, however I got it." Now, he's ready to prove that he's a true artist.

**Related Link:** ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

This week, he had the pleasure of working with the original *American Idol*, Kelly Clarkson, who mentored him as he prepared to sing her hit song "Breakaway." The Portland natives says that the pop star told him that he needs to be able "to breathe and get comfortable before a performance because, if you're still here, that means people like you, and there's no reason to be nervous." Thanks to help from the judges and the other mentors, he also learned that "I really can do music for the rest of my life and that I have a lot of room to grow."

## **Daniel Seavey Talks About the Reality TV Show's New Fan Save**

During this week's episode, a new element – the fan save – was introduced. Once the bottom two singers were revealed, the two hopefuls sang their song from this week, and fans had five minutes to vote via Twitter for their favorite performance. The person with the lowest votes was sent home in real time.



Of course, there may be some kinks to work out. Due to when the show airs, most of the votes come from the East Coast, leaving the West Coast without a chance to vote during the live show. That may have been a hindrance to Seavey, who is from Oregon. "I actually heard that the majority of voters were on the East Coast, but it is what it is," the performer shares. "The only thing that threw me off was the age limit because you had to be 13 or older, and a lot of my fans might be younger than that."

**Related Link:** [Eliminated 'American Idol' Contestant Maddie Walker Talks to Her Fans: "I Was In It For Them"](#)

While the fan save isn't without its issues, it is a great way to involve the fans in the show even more. "I think the fan save is a good idea because it gives the singers a second chance to prove themselves, and America gets to show who they like. It needs a little work, but it was a good start to it!"

While most contestants are upset when they're eliminated, Seavey is looking forward to going home, especially since today is his birthday! "Tonight, I'm going to see all my friends at the airport," he shares. "Apparently half my school is going to be there tonight." Other than seeing his friends, he's excited to "sleep and get my life back."

*You can keep up with Daniel Seavey on Twitter @SeaveyDaniel and [www.instagram.com/seaveydaniel/](http://www.instagram.com/seaveydaniel/)!*

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# 'American Idol' Eliminated

# Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”



By [Rebecca White](#)

Being on the [reality TV](#) show *American Idol* is not all fun and games. When it comes down to it, the contestants are there to learn and improve so that they will be successful in the music industry. After the top 11 performances last week, the judges used the save on Qaasim Middleton, which meant that two of the hopefuls were sent home this week. Unfortunately, the journey ended for 18-year-old Adanna Duru. This came as a shock to the viewers and judges alike. In our celebrity interview, Duru says that she plans to “constantly stay active now because the fans look up to us and they want to see you doing things.”

# ***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

**Related Link:** ['American Idol' Contestant Sarina-Joi Crowe on Being Eliminated: "It Motivates Me Even More"](#)

A previous contestant on the third season of *The Voice*, she is no stranger to performing in front of large crowds. The eliminated contestant learned so much just by being on *American Idol* because of the professional atmosphere. "I'm all for self-improvement, and I'm always trying to figure out how to better myself," she shares. "People get knocked down; that's what life is about. You just have to seize the opportunities and go for it as hard as you can."

It's no surprise that judges Keith Urban, Jennifer Lopez, and Harry Connick Jr. taught her a few things too. "I learned that I can do a lot under pressure and with a lot of stress," she explains. Big Machine Records founder Scott Borchetta also reminded her that she needed to be confident and that she could do anything that she puts her mind to. "*American Idol* is like superstar college," she says with a laugh. "It's like university. You're preparing for the future, and you learn a lot."

## **Adanna Duru on Being Eliminated From *American Idol***

Duru auditioned for *American Idol* in San Francisco. The California native made it past the first few rounds but was not voted into the top 10 by the fans. Instead, the judges chose her as the final wildcard and advanced her into the top 12, which she describes as the most surprising thing that happened to her all season. Once the show continued, the

judges questioned her song choice at times. Even so, she sticks with her decisions: "If I did this entire experience over, I would still have sang all the songs I sang."

**Related Link:** ['American Idol' Runner-Up Kree Harrison Has "The World in Her Hands"](#)

She adds that she isn't sad about being eliminated because "whatever happens is in God's will. There are some things we don't have control over, but the universe has a way of working things out."

*You can keep up with Adanna Duru on Twitter @adannaduru and [www.facebook.com/AdannaDuru](http://www.facebook.com/AdannaDuru)!*

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## **Celebrity News: Katherine Schwarzenegger Defends Brother Patrick Schwarzenegger Amid Miley Cyrus Cheating Allegations**





By [Rebecca White](#)

The celebrity news surrounding famous couple Patrick Schwarzenegger and Miley Cyrus has not been pretty. The rumor mill has been in full swing this week as pictures were released of Schwarzenegger on his spring break, taking shots off of another girl. According to [UsMagazine.com](#), his sister, Katherine Schwarzenegger, jumped to the defense tweeting that everyone needs to stop spreading hate and insists her brother wouldn't cheat on Cyrus.

**Celebrity news is not always pretty. What are some ways to keep your relationship and dating gossip to a minimum?**

**Cupid's Advice:**

Thankfully when something goes awry in our relationships and love, it isn't blasted on social media and hitting the

tabloids like celebrity news. While celebrity gossip spreads quicker, there are ways that we can keep the relationship and dating gossip in our lives to a minimum:

**1. Make smart choices:** Unfortunately, the kind of fun you may have as a single, just isn't appropriate anymore when you're in a relationship. Make smart choices and try to avoid body shots and excessive partying without your significant other.

**Related Link:** [Miley Cyrus and Patrick Schwarzenegger Enjoy Celebrity Vacation in Hawaii](#)

**2. Respect your partner:** Romance all comes down to respect. If you respect your partner, ask them what they're comfortable with you doing, and abide by that, then you shouldn't give people a reason to gossip.

**Related Link:** [Miley Cyrus and Patrick Schwarzenegger Post PDA Pics](#)

**3. Communication:** Always communicate with your loved one, so if gossip and rumors do start flying around, then they are already aware of the situation. Sometimes you just can't help it, because people love to talk about others. As long as you both are in the know, then it shouldn't affect your love life.

**What are ways that you keep your relationship and dating gossip to a minimum? Comment below!**

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**Secret Romance: Will Katie Holmes and Jamie Foxx Be the**



# Next Celebrity Couple?



By [Rebecca White](#)

You might not have heard about the newest celebrity couple, because the duo has been keeping their relationship and love life under wraps for months. According to [UsMagazine.com](#), Katie Holmes and Jamie Foxx have been seen holding hands and playing a game of footsie. It looks like Cupid has played his part, because the romance apparently started out as a fling, but has recently turned more serious.

**Reports say that celebrity couple Katie Holmes and Jamie Foxx have**

# been keeping their romance on the DL for months. What are three reasons to keep your relationship and love life under wraps?

## Cupid's Advice:

This new celebrity couple has made headlines as the latest celebrity news and gossip, mainly because of the secrets and mystery surrounding them. While we all patiently wait to find out what's really going on with Holmes and Foxx, here's some dating advice to keep your love life under wraps:

**1. Other people won't interfere:** The main reason that Holmes and Foxx decided to keep their celebrity love a secret, is probably because they don't want other people interfering with their romantic life. Let's follow their lead, because a relationship is meant to be between two people. Other people's opinion shouldn't affect with that.

**Related Link:** [Jamie Foxx Denies Rumors Dating Katie Holmes](#)

**2. It eases the pressure:** Sometimes just going public puts unwanted pressure on a couple. People may start planning your wedding before you've even been dating for two months. Ease the pressure and keep your romances private until you're ready for a serious commitment.

**Related Link:** [Are Prince Harry and Emma Watson in a New Celebrity Relationship?](#)

**3. You won't have to explain complicated circumstances:** Love is complicated and rarely a simple, cute story tied with a bow. To avoid the long explanation of how you two met and began flirting, just remain having a private affair.

Why do you think relationships and love should be kept under wraps? Comment below!

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# Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

[James Tupper](#) is famously known for his roles on shows like the ABC series *Men in Trees* and the NBC medical drama *Mercy*. Most recently, he has played David Clarke on ABC's *Revenge*. After a month-long hiatus, season four is coming back on Sunday, Mar. 8, so buckle your seat belts for some unexpected twists and turns! In our [exclusive celebrity interview](#), Tupper opens up about his relationship and love with *Dig* star, Anne Heche, his family life, and his role on *Revenge*.

## James Tupper Shares His Celebrity Love Story and Gives Relationship Advice

It was love at first sight for Tupper and his longtime partner Heche. The celebrity couple met when they worked together on *Men in Trees*, but it wasn't as easy as you may think. Both stars were married at the time, and although he says that their marriages were dysfunctional, they didn't act on their attraction for each other. "Being married made it a lot worse because, for eight months, we didn't come together," the actor reveals. "But we had this incredible abiding friendship and, out of that loyalty, grew love."

The famous couple isn't married yet, but they do remain eternally engaged. "One of the really fun things we do is every year I ask Anne to marry me. She always says yes, and then we just never pick a date," he says with a laugh.

The Hollywood couple have been happily together for almost eight years and have son Atlas together as well as Heche's son Homer from her previous marriage to cameraman Coleman "Coley" Laffoon. They plan to celebrate Atlas's sixth birthday and Homer's thirteenth birthday this weekend in Beverly Hills with close family and friends. "We're renting a hotel room in Los Angeles and an adjacent hotel room," the actor shares. "Homer

is going to have his best buds come, and then Atlas and his best friend's family are renting a room beside us. Our cousins and nephews are all going to come, and we're going to hang out by the pool and celebrate."

**Related Link:** ['Revenge' Star Josh Bowman Says People Shouldn't Care About His Personal Life](#)

You may be wondering how the duo juggles their busy careers with a grounded family life, and you wouldn't be alone. Tupper reveals that it's essential to go after your passions. "Follow your dreams. Just do something little every day that makes you feel full," the star advises. "Anne and I are both people that do that, and when we come home at the end of the day, there's a feeling of fullness, and it makes our partnership stronger."

Doing something that you love and really care about is some of the best dating and relationship advice you can receive. This is especially true when you're in a celebrity relationship with a lot of pressure and scrutiny. "People who are pursuing what they love are providing nourishment for their relationship," the actor adds.

## **James Tupper Talks Behind-the-Scenes of *Revenge* in Exclusive Celebrity Interview**

Although Tupper couldn't give us any information on the upcoming episodes during our exclusive celebrity interview (no spoiler alerts here!), he did share a behind-the-scenes secret for fans of the show. As you may know, costars Emily VanCamp, who plays Emily Thorne, and Joshua Bowman, who played Daniel Grayson, are a real life celebrity couple. Although Bowman's character was tragically killed off earlier this season, he still visits the set to see his girlfriend and

provide laughs for the cast and crew. “Just the other day, he came to set,” Tupper divulges. “Me, Emily and Nolan Ross were having a scene, and behind us was this large yard. During the scene, he wandered through it, and everybody started busting up laughing. He was like, ‘I’m still alive!’”

**Related Link:** [Rumor: Are ‘Revenge’ Co-Stars Emily VanCamp and Josh Bowman Dating?](#)

Obviously, the cast and crew enjoy their time together, but as avid viewers of the series know, the show is not always fun and games. Tupper’s character was actually presumed to be dead for the first few seasons. The drama only recently revealed that he was alive, providing one of the biggest shockers of the entire series. “*Revenge* is the only show I’ve ever worked on where, as soon as I get the script, I go right to the last two pages to see if my character is still talking,” he says with a laugh.

You may have been surprised to find out that David was still alive, but the writers have actually been planning that since the beginning of the show; they just didn’t know when it was going to happen. “In the history of television, it’s the longest introduction to any character,” the actor shares. “I would turn the show on during the second or third season, and in every scene, they’d be saying, ‘David Clarke wouldn’t have wanted that.’ I was like, ‘That’s crazy – this power that’s built around his memory.’”

Tupper says the cast and crew hope to continue for many more seasons. When asked how they keep coming up with story lines for these characters, he says he’s wondered the same thing! The writers have assured him that they aren’t done yet and have much more up their sleeves. It sounds like season five is just around the corner – stay tuned!

*You can keep up with James on Twitter @MrJamesTupper. Tune in for Revenge this Sunday, Mar. 8 at 10/9c on ABC!*



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# Latest Celebrity News: Lady Gaga Takes the Polar Plunge with Fiance Taylor Kinney



By [Rebecca White](#)

Lady Gaga and fiancé Taylor Kinney made the latest celebrity news when they participated in the polar plunge in Chicago on Sunday, Mar. 1. According to [UsMagazine.com](#), the celebrity couple ran into icy Lake Michigan for the fundraiser, which benefits the Special Olympics. Gaga said that it was so cold that she thought her wig would freeze in the lake!

# Lady Gaga and Taylor Kinney are part of the latest celebrity news because they supported the Special Olympics by plunging into Lake Michigan on Sunday. What are some ways to bond as a couple by supporting charities?

## Cupid's Advice:

Participating in charity work as a couple can be a great bonding experience in your relationship and love life. Even though you may not be a part of the latest celebrity news by doing so, you and your honey will strengthen your bond by helping others out:

**1. Donate joint money:** Save money together, and donate joint funds to a charity of your choosing. You will grow as a couple, especially if you aren't married, because it may be the first time you have joint money together and make a decision on where to spend it.

**Related Link:** [Lady Gaga Celebrates Celebrity Engagement with Taylor Kinney's 'Chicago Fire' Family](#)

**2. Participate in activities together:** Follow this celebrity couple's lead and participate in activities such as the Polar Plunge, a 5K for charity, or the ALS ice bucket challenge. There are always fun things to do for charity, whether it be by donating money or just raising awareness. Plus, doing this with your loved one will create a special moment for you as a duo.

**Related Link:** [Lady Gaga Says Boyfriend Taylor Kinney Is a](#)

[Weirdo Like Her](#)

**3. Attend charity events:** Support charities by attending fundraisers together. Get dressed up and go to a gala or a silent auction. This will easily make for a fun night out, and you'll also be doing something good for society with your partner.

How do you bond as a couple by supporting charities? Comment below!

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## Jennifer Garner Says 'It's My Turn' to Work After Supporting Celebrity Love Ben Affleck





By [Rebecca White](#)

It's time to get back to the old grind for Jennifer Garner. According to [UsMagazine.com](#), after several years of supporting her celebrity love Ben Affleck in his career, it is time for Garner to go back to focusing on her career once more. The famous couple has three children together and Garner revealed that Affleck supports her in her decision to go back to work.

**Celebrity love birds Jennifer Garner and Ben Affleck have a famously close and healthy relationship, especially when it comes to nurturing each other's careers. What are some ways to support your partner's career?**

**Cupid's Advice:**

Whether you're a married celebrity couple or not, it is important to encourage and support your partner's career for the good of your relationship and love life. Cupid has some tips:

**1. Figure out scheduling:** Make sure that you schedule some alone time or time with the kids. You and your partner's schedules should align so you can spend time together as well as prioritize your work, just like celebrity love birds Affleck and Garner.

**Related Link:** [Ben Affleck Says Jennifer Garner's Love Helped Him Become a Hollywood Star](#)

**2. Let them have it all:** Don't discourage your partner from taking an amazing deal at work, even if it means relocating, or spending many hours at work. It is possible to have it all and maintain your love life as well as a career. Telling your love they can't do something for the sake of your relationship and love will cause resentment.

**Related Link:** [Jennifer Garner and Ben Affleck Celebrate 9th Wedding Anniversary](#)

**3. Be there:** Be there when it counts and have their back at all times. You are their number one cheerleader, therapist, and organizer. Just showing up proves your dedication and love to your partner.

**How do you support your partner's career? Comment below!**

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**Exclusive**

**Celebrity**



# Interview: Soon-to-Be Mom Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!



By [Rebecca White](#)

Terri Seymour is famously known for dating Simon Cowell for six years before their [celebrity break-up](#) in 2008. However, the *Extra* correspondent has moved on since then: She announced her celebrity pregnancy with boyfriend Clark Mallon in September and is excited to welcome their daughter into the world later this week. In our exclusive celebrity interview, the TV host opens up about her relationship with her ex and her celebrity baby news.



# Terri Seymour Talks About Celebrity Ex Simon Cowell

As fate would have it, Seymour is due around the same time that Cowell celebrates his son Eric's first birthday. The celebrity exes have remained close friends since their split, and the actress is even Eric's godmother. Of course, the possibility of these two celebrity kids falling in love has been discussed among their closest friends. "Simon's joked about that. He's told me they will date, so we'll see what happens," she says with a laugh. "Eric is the most adorable, well-behaved little baby, so I'm sure he'll grow up to be a lovely young man."

It's no surprise that she often wonders how Cowell ended up with such a sweet baby. "I've said to Simon before, 'I can't believe he's your child!' because he's been so good since he was born," the star gushes. For her daughter's sake, she adds that they'll "just have to make sure he doesn't get on the naughty side!"

**Related Link:** [Simon Cowell Shares Photo and Gushes About Newborn Son](#)

Clearly, the celebrity exes have maintained a close friendship, despite their relationship and love life not working out so many years ago. "I think sometimes, when you're in a relationship with somebody and you become such good friends, if you don't have a terrible break-up, it makes it easier to remain friends," Seymour shares in our celebrity interview. "If you have a terrible split, then that's probably not going to happen."

Cowell has even said that he will be the godfather of Seymour's baby girl, although the TV host has yet to confirm.

# TV Host Reveals Difficulties During Her Celebrity Pregnancy

A pregnancy can be hard on anyone, even more so if you have systemic lupus like Seymour does. “I had a lot of sickness in the first seven months – I felt sick the whole time basically,” she divulges. “Now, I’m just feeling very tired and getting ready for the big day.”

While her lupus had nothing to do with the sickness she felt, her doctors are still monitoring her and the baby closely. “They won’t let me go past my due date because of it,” the actress says. “They’re talking about maybe inducing me a little bit early.”

While preparing for a baby is a great bonding experience for a couple, it can also test their partnership. “Pregnancy is really hard on a relationship and love. I think it can be very stressful,” Seymour explains. “It can be hard for the guy, I think, when his wife, partner, girlfriend, whoever, is going crazy with all these hormone changes. We can be quite testy on them, like I’ve been for the last couple months! Towards the end, though, it just brings you even closer together.”

**Related Link:** [Simon Cowell Is Having a Baby with Socialite Lauren Silverman](#)

Now that they’re in the homestretch, the famous couple is focusing on getting their daughter’s bedroom ready. “The nursery is really cute with a little bit of pink,” the celebrity mom-to-be says. “It’s got this very light-colored and fluffy cloud-like rug. We’re just doing the accessories now, like pillows, baskets, and toys. We’re trying to make it all cozy.”

It’s easy to see that the *Extra* correspondent and her celebrity love can’t wait to become parents. “I’m definitely most excited about meeting our daughter for the first time,”

she reveals. "By the time you come to the end of your pregnancy, it feels like it's been going on forever, so you just want to meet your healthy, beautiful, new baby. I'm excited about becoming a mom. It's going to be life-changing."

Still, the host isn't going to let parenthood slow her down. In fact, she's already got a new project in the works: "I'm designing a diaper bag because I've had terrible trouble finding a beautiful, cool bag," she explains. "I'm really excited about that. I'm hoping it's going to be ready when I have the baby because I still don't have one!"

*You can keep up with Terri on Twitter @terriseymour and [www.instagram.com/officialterriseymour/](http://www.instagram.com/officialterriseymour/).*