

# Bachelor Pad 2: Breakups, Makeups and Crazy People



By Kari Arneson

Hang on to your roses! The new season of *Bachelor Pad* is starting up this summer and we have all the juicy details and predictions for a season that's sure to be full of feuds, flirtations and lots of fun. Here's what you need to know before *Bachelor Pad 2* premieres on August 8:

**Jake and Vienna together again!** Jake Pavelka and Vienna Girardi, who got engaged at the end of *The Bachelor* season 14, broke up shortly afterwards – and it wasn't pretty. These two had a very public falling out, including a hard-to-watch interview on *The Bachelorette* season 6 that included plenty of crying, yelling and finger-pointing. Expect a lot more bickering and bawling as both bitter exes are confirmed to appear on *Bachelor Pad 2*. Add Kasey Kahl, Vienna's new boyfriend and the famous "tattoo guy" from Ali Fedotowsky's *Bachelorette* season, to make things even more awkward (if possible).

**Couple alert?** Holly Durst and Michael Stagliano are also confirmed to be on the show, although it remains to be seen whether or not they will appear as a couple. Durst, from Matt Grant's season of *The Bachelor*, and Stagliano, from Jillian Harris' season of *The Bachelorette*, were once engaged and planning a double wedding with DeAnna Pappas and Stephen Stagliano. However, the couple broke up, then got back together, then broke up, then...who knows. The twosome's uncertain relationship status is yet another reason to tune in.

**Dun dun dun...** Some famous villains/crazy people from past seasons are back to cause more trouble. Justin "Rated R" Rego and Michelle Money can be counted on among the eccentrics. Justin tried to woo Ali Fedotowsky while promoting his professional wrestling career while Michelle earned the ire of the ladies on Brad's season just by being her odd self. Jackie Gordon, one of Michelle's biggest critics, will also compete on *Bachelor Pad 2*, so watch out for some more catfights!

Other contestants include Graham Bunn, Kirk DeWindt and Tanner Pope on the men's side and Gia Allemand, Ashleigh Hunt, Ella Nolan, Erica Rose, Melissa Schreiber and Alli Travis on the women's side. However, EW.com reports there will be not one, not two, but **three** mystery men from Ashley Hebert's season of *The Bachelorette*, so don't be surprised if super villain Bentley or Jeff "The Mask" show up to stir the pot.

Tune in to *Bachelor Pad 2* when it premieres on August 8 on ABC. And stay right here for all the latest on *The Bachelorette* and *Bachelor Pad 2*!

---

# Social One's Dating Dos and Don'ts



Summer marks the beginning of a very active dating season for many flocking outdoors ready to shake their cabin fever. And for those who feel their courting skills might just need a bit of sharpening, Chicago singles event service,



Social One, has developed an authoritative list of the dos and don'ts of dating.

“Social One is the original dating technology,” said owner Mary Vallone in a statement. “We know that the most effective way to meet that special someone is to get out from behind your computer and into the real world. That’s why Social One produces more than 30 events each month geared at getting together singles with similar interests.” Without further adieu, the Social One dos and don'ts of dating are:

## **DO:**

1. Do notice something positive about your date (nice hair or outfit) and compliment them on it.
2. Do pull a woman's chair out and open the car door; chivalry is NOT dead.
3. Do have a couple of topics (current events; travel experiences) in mind in case the conversation falls into one of those awkward silences.
4. Do keep up with current events so you can talk intelligently about major developments.
5. Do wear sexy underwear (even if they don't see it, you'll know you have it on; you'd be surprised how it perks up your attitude).
6. Do put all your past relationships and dating disasters behind you; a first date should be about getting to know each other, not drudging up the past.
7. Do SMILE; sounds basic, but a positive attitude goes a long way.
8. Do know what you want, but keep it within reason: if you're Jewish and you want to marry a nice Jewish girl, great. But a nice Jewish girl with red hair from Highland Park who likes dogs and works as an interior designer might be too persnickety.
9. Do follow up; if you had a good time and you have a phone number, use it!

## **DON'T**

1. Don't be late; it sends the message that your date isn't important.
2. Don't wear too much makeup, perfume or cologne; what are

you hiding?

3. Don't ask pointedly personal questions like "How much can a partner at your law firm expect to make?" or "How many lovers have you had?"

4. Don't follow "The Rules" version of dating (i.e. waiting three days to return calls, refusing Saturday dates if he calls after Wednesday, or any other game strategy).

5. Don't talk too much: rambling on and talking "at" someone kills the experience and alienates people; your goal is to listen, ask questions and do roughly 50 percent of the talking.

6. Don't take on a negative line of conversation: when talking about yourself, keep it positive; stick to your best attributes; and remember, anything you say negatively about anyone else reflects negatively on you.

7. Don't just find the next compatible person and settle down; the experience of going out with different people will tell you about what's important to you and will allow you to powerfully choose the right partner.

*Social One is the original dating technology based on the human operating system and offers a calendar of events that range from skiing to wine tasting, river rafting to theatre going, for singles. Social One provides real ingredients for real people and makes dating simple. Social One is based in Chicago, Ill., with offices in Indianapolis, Ind. and Los Angeles and Costa Mesa, Calif.*

---

# Bethenny Frankel Is Scheduling Baby Making Time



Mother of one, entrepreneur and reality TV star Bethenny Frankel wants to add even more to her plate: baby number two. The former *Real Housewives* star said she's so busy that she and her husband actually have to schedule time to make a baby. "We want to have another child, but we're going to have to start trying," Frankel told [RadarOnline](#). "We talk about having two children, definitely. But I'm 40, like, we need to get on the bandwagon."

**How do you prepare to have a child?**

## **Cupid's Advice:**

Nothing can fully prepare you for parenthood until the baby actually comes, but Cupid has some tips on how to make the transition easier:

**1. Read books:** There are lots of great resources out there,

like *What To Expect When You're Expecting*. Do some research before your bundle of joy arrives.

**2. Ask for advice:** Talk to friends and family who have children to see what their biggest surprises were when their first child was born.

**3. Babysit:** If you have any young nieces, nephews or cousins that you can spend time with, becoming comfortable with them will help make you more used to having a little one around.

**What did you do to get ready for your first child? Share your comments below.**

---

## 5 Ways to Flag Down Your Love Tonight



By Tanni Deb

With the arrival of June, days become longer, nights become

shorter and summer flings are perhaps the most popular activity taking place. Though Flag Day (June 14) is a holiday that celebrates the adoption of the American flag, why not use it as an excuse to throw a party – or better yet, attend one. Whether you go all out or stay simple, take advantage and get noticed by that special person. Not sure how? Take a look at these five tips to flag down a hottie:

**1. Eye contact:** If you're anything like me, then you're not fond of people who stare. But in order to get noticed by your crush, making eye contact and throwing a few glimpses his way is a must – it's a simple wordless gesture that can be just as captivating as a moving speech. Don't forget to smile!

**2. Wear red:** As the color of fiery romance, a LRD (Little Red Dress), pair of crimson lips or the backs of Christian Louboutins are sure to catch the gaze of any man. Red embodies passion, lust and of course, screams sex appeal – Psychology Today did a study and found that a woman wearing red was seen as sexier than when she was wearing a different color shirt. Red will not only attract your future squeeze, but you'll also keep in tune with the red, white and blue of the American flag. If you plan to spend Flag Day at the beach, wear some All-American swim wear. You're bound to turn heads!

**3. Initiate contact:** Nothing's worse than being a standing wallflower, staring at the cutie across the room. If you want him to be interested in you, just strike up a conversation. If you just be yourself, you'll realize whether or not this person is someone worth pursuing. Have nothing to say? Ask him if he likes your red outfit (we told you this was a good tip!).

**4. Paint your face:** If you can't find the perfect outfit to wear, try perfecting your makeup. Smokey eyes and bright eyeliners are in this summer, as well as red lipstick and body



shimmer that will make your skin glow. *Allure* recommends these five summer makeup colors to help you stand out among the crowd.

**5. Scent it up:** If you've followed the above four tips and you're chatting up the guy of your dreams, don't bet on him to stick around for more than a few minutes if you don't smell good. That *doesn't* mean you should swim in a pool of your favorite perfume or body splash, but a hint of your signature scent (whether it's fruity, clean or woody) is bound to get you noticed. Try mixing a few complimentary scents to make your own unique blend!

Follow these tips and hopefully, the guy of your dreams (or the guy for right now) will notice you. Need somewhere to go? Downtown New York will hold a Flag Day parade on June 14. Don't miss this opportunity; you just might meet someone special. If you do, don't forget to thank us later. Happy Flag Day!

---

## Ryan Seacrest and Julianne Hough Make Emergency Trip to the Vet





Julianne Hough and boyfriend Ryan Seacrest bonded this weekend over an unfortunate event, according to [People](#). The couple made an emergency trip to the veterinarian's office with Hough's Cavalier King Charles spaniel, Lexi. While the actress/singer didn't specify what was wrong with her beloved pooch, she tweeted, "First time I legitimately [bawled] my eyes out in years... Being a helpless parent is the worst thing in the world!" Luckily, Hough later reassured her fans that Lexi was doing okay. Good thing Seacrest was there to support her!

### **How can owning a pet together enhance your relationship?**

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

Sharing the unconditional love you receive from a pet with your significant other can make it even more special. Cupid has some ideas on why it's so great to own a furry friend with your mate:

- 1. Take care:** Pets can often be like our children, and caring for a furry (or scaly or feathery) friend can help bring you closer together.
- 2. Share the burden:** When you experience a difficult situation with your pet, like Julianne Hough and Ryan Seacrest's emergency visit to the vet, it's easier when you and your partner can go through it together.

**3. Love better:** More than anything, animals teach us how to love unconditionally. You and your significant other can use lessons learned from your pet to strengthen your own relationship.

**How has owning a pet made your life better? Share your comments below.**

---

## Kate Gosselin Says She Wants An Older Man



Kate Gosselin may have finally found peace with her estranged ex, Jon Gosselin. The star of *Kate Plus 8* told [People](#), “It’s just naturally gotten more peaceful, which is good.” While Kate, 36, said she’s not dating at the moment, she already has a checklist for her future mate. “I want somebody who is older, at least in their 40s. I can’t be bothered with these little boys.” She added, “I want someone who is strong and smart and

driven. I think those are the best qualities.”

## What are the benefits of dating an older man?

### Cupid's Advice:

They say age is nothing but a number, but sometimes there are advantages to being with someone older. Cupid has some ideas on why you should consider dating outside your age bracket:

**1. Maturity:** With age comes wisdom, and if you're sick of dating people with the maturity level of a five-year-old, try going out with someone older.

**2. Stability:** Older people often have a more stable financial situation and are looking to settle down. If you're looking for something permanent and secure, having an older partner may be perfect for you.

**3. Children:** If you have children like Kate Gosselin does and are looking for someone strong and reliable to be in your children's lives, being with someone older might be a good idea.

Would you date someone significantly older than you? Share your comments below.

---

## New Couple Alert: Jessica Biel and Gerard Butler?





Could Jessica Biel have found herself another man already? The actress took a ride on the back of Gerard Butler's Harley Davidson motorcycle last Thursday, according to [UsMagazine.com](http://UsMagazine.com). The two established a close friendship while filming *Playing the Field* in Louisiana in March. Although Butler's rep reports, "They're just friends!," an onlooker said Butler "was really flirting with her" during a cast and crew bash at a local eatery March 15. Butler is known as a notorious ladies' man around Hollywood.

### **How do you know if your guy is a bad boy?**

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

Dating a bad boy isn't a bad thing. After all, they're not really *bad*. They're decent guys, just a bit more daring than others. So how do you know if your man is a bad boy? Here are some hints:

- 1. Flings:** He'll tell you that he's not ready for a relationship yet, but having a fling is completely fine with him.
- 2. Just friends:** You both might've expressed mutual feelings and are currently dating. However, he still introduces you as his friend to other people.

**3. Unreliable:** You can't always rely on him, and he makes last minute plans with you. There's something to be said for spontaneity!

**Have you dated a bad boy? What was he like? Share your comment below.**

---

## 'True Grit' Star Hailee Steinfield Worries Guys Date Her For Wrong Reason



Hailee Steinfield, who was nominated for an Oscar this year for her role in *True Grit*, told [People](#) that despite her newfound fame, she's not dating right now. The 14-year-old actress says she's afraid that boys will want to go out with her for the wrong reasons. "I feel like I can have crushes on guys, but I'm always worried they may only feel a certain way because of who I

am.” But Steinfeld says that she’s okay with being single. “I don’t feel like I *need* to be with anybody in that way right now. My guy friends are like my brothers.”

**What are ways to tell your partner is dating you for the right reasons?**

**Cupid’s Advice:**

When you reach some kind of status, whether it be earning a lot of money or becoming famous, sometimes people will ask you out for selfish reasons. Cupid has some tips on how to spot these types of people:

**1. Beware of gold diggers:** If you could never get a date before and all of the sudden people from your past are coming out of the woodwork, they may be interested in something other than your personality.

**2. Standing by you from the start:** If your partner has been there from the beginning: before you lost the weight, got the great job, etc., then you know he or she is dating you for the right reasons.

**3. And until the end:** On the other hand, if you go from riches to rags and lose it all and your mate sticks by your side, then you have yourself a keeper.

**How did you find out your ex was dating you for the wrong reasons? Share your comment below.**

---

# Summer Lovin': 10 Ways to Heat Up Your Relationship



By Diamon Hall

Relationships require just as much attention as a newborn baby. While they start off sizzling with love and affection, they can easily fizzle out if they aren't handled with care. Since summer is almost here, the heat under your relationship's fire should be kicked up a few notches! Here are 10 tips to keep the blaze alight:

- 1. Reminisce:** Go back to the very first moment you met each other and the feeling that came with it. Remember the fire in your partner's eyes when they were first laid on you? Bring back that fiery moment time and time again.
- 2. Hold the phones:** Turn off your BlackBerry. Shut down the laptop. Cut off all outside communication and focus on your significant other.
- 3. Surprise, surprise:** Men, you can never go wrong with sending



flowers to her job. Ladies, light some candles and put on his favorite lingerie for when he returns home from a hard day at work. Occasional, unexpected treats keeps the suspense and awe alive in any relationship – even long-term ones.

**4. Communication is key:** No partnership can sizzle without it.

**5. Plan a getaway:** A weekend trip by yourselves, especially if you have children, may be just what you need. Alone time gives a couple the opportunity to tune the world out and bond.

**6. Thank your partner:** Let your better half know how much you appreciate him or her. Whether your mate has done something for you recently or not, just thank him or her for being a part of your life.

**7. Spoil your companion:** Without spending too much money, pamper your lover in the comfort of your own home. Massage his or her back. Bring out the strawberries and whipped cream and feed it to your guy or gal. Have fun showering your partner with some extra love and affection – who knows, you might get some extra lovin' in return!

**8. Compliment your helpmate:** A praise can go a long way. Tell your loved one how hot he or she looks today. If your significant other changes hairstyles, make it known that you've noticed it. A simple positive may be just what your partner needs to boost his or her confidence.

**9. Little things:** Pack a lunch for your beau or gal the night before work with a love note attached. Wash the car and cross that extra thing off his or her to-do list. Prepare a hot bath to soak in after a long day. Sometimes it's the little things that can make a big difference.

**10. Three simple words:** Last, but certainly not least, let the three words "I love you" roll off your tongue every single day. These words are the fuel that keeps every relationship afire.

If you follow these 10 tips for summer lovin', your relationship should be one of the hottest!

---

## Is Hayden Panettiere Dating NFL Star Mark Sanchez?



Hayden

Panettiere, who just ended her relationship with Ukrainian heavyweight champion Wladimir Klitschko, might be on the rebound with yet another professional athlete. Less than two weeks after the breakup, the *Scream 4* star was spotted having fun with New York Jets quarterback Mark Sanchez at an In-N-Out Burger in Laguna Hills, California. [UsMagazine.com](http://UsMagazine.com) reports that Panettiere, 21, split from Klitschko, 35, after their long-distance relationship proved too difficult.

**What are some ways to tell if your relationship is a rebound romance?**

## **Cupid's Advice:**

Jumping into a new romance right after ending a long-term relationship can be considered a rebound. Cupid has some questions you may want to ask yourself:

**1. How much time has passed?:** If you just broke up with someone and are already seeing someone new, you're probably in a rebound relationship. It's important to realize that these flings usually aren't permanent.

**2. Do you still have feelings for your ex?:** So you've started dating a new person, but everything they do reminds you of your ex. If this is the case, you might consider taking some time alone to heal and move past the breakup.

**3. Is the new romance serious?:** After ending a serious relationship, it's usually difficult to feel strongly for someone new right away. So if you find that your feelings aren't nearly as intense for your new partner, maybe you're still on the rebound.

**Do you think it's a good idea to get into a new relationship right after a breakup? Share your comments below.**

---

# **Kourtney Kardashian Says Kim Is Herself Around Kris Humphries**





It looks like Kim Kardashian, who recently got engaged to New Jersey Nets star Kris Humphries, has her sister Kourtney's blessing. Kourtney Kardashian told [People](#) that Kim and Kris are perfect together. "He fits in [with the family] already. I think they're just themselves, and I think that's the most important thing," said Kardashian. "Kim is totally herself in front of him. Everything is easy, comfortable, no stress."

### **How can you keep your relationship stress-free?**

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

When it's easy to be yourself around your partner, you know the relationship is right. Cupid has some tips on how to make sure it stays effortless:

- 1. No drama:** If your mate makes a big deal out of the smallest issues, talk to him or her about it. Sure, relationships take hard work, but you don't need unnecessary drama.
- 2. Have fun:** When things get heavy, go out and forget about it for awhile. If you and your significant other can have fun together no matter what, the stress will melt away.
- 3. Let your guard down:** It may be difficult, but if you want to be able to be yourself around your sweetie, you need to stop acting so perfect. By showing you have flaws, you'll

grow closer and more comfortable with each other.

**What do you do to keep your relationship uncomplicated? Share your comments below.**

---

## **Maria Shriver Spends Memorial Day With Kids In Malibu**



If she's upset, she sure isn't showing it! Maria Shriver looked happier than ever when she visited Tra Di Noi restaurant with her kids Katherine, Christina and Christopher; a few friends; and her bodyguard on Sunday night. [RadarOnline](#) reported that Shriver hired a high-profile divorce attorney, Laura Wasser, to represent her against ex-spouse Arnold Schwarzenegger. Schwarzenegger admitted to fathering a child by his and Shriver's former housewife.

**What are some life changes you can make after a divorce?**

## Cupid's Pulse:

Going through a divorce is tough, but moving on with your life afterward is tougher. Cupid offers suggestions on some life changes you can make after a divorce:

**1. Move forward slowly:** It takes time getting used to being single. Letting others know how you feel will help you move on with your life slowly and steadily.

**2. Meet others:** It might take some time, but go out of your comfort zone and mingle with others when you're ready. You'll meet new friends and possibly the person who is truly right for you.

**3. Embrace new opportunities:** With all the time you'll have on your hands, get involved in extra-curricular activities. You'll be surprised when you discover new hobbies and talents.

**What did you do after your divorce? Share your experiences below.**

---

# Tony Romo and Candice Crawford Tie the Knot





Pro football player and infamous celebrity dater Tony Romo is officially off the market, according to [E! Online](#). Romo and Candice Crawford, his girlfriend of a year and a half, wed in Dallas last weekend. The Dallas Cowboy proposed to Crawford on December 16th, her 24th birthday. Candice Crawford is a former beauty queen and sports reporter and is also the younger sister of *Gossip Girl*'s Chace Crawford. Romo has a history of dating beautiful blondes, as he can count Carrie Underwood and Jessica Simpson among his exes.

### **How do you choose a date to propose?**

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

To make your proposal extra-special, choose a date that means something to you. Cupid has some suggestions on when to pop the question:

- 1. Anniversary:** Try proposing on the day you met your sweetheart if you want to recognize how far you've come and remind each other of what it felt like when you first started dating.
- 2. Birthday:** Give your partner a gift they'll never forget by popping the question on his or her birthday.
- 3. Holidays:** Make the holidays extra special by proposing on

Christmas, the 4th of July or whichever holiday means something to your sweetie. Plus, your mate will already be in the holiday spirit and will be more likely to say 'yes'!

**What is the best date to propose to your significant other?  
Share your comments below.**

---

## Is Jennifer Aniston Dating Justin Theroux?



Hollywood's favorite single girl has got the rumor mill churning yet again, this time with actor Justin Theroux, 39. [RadarOnline](#) reports that Jennifer Aniston, 42, spent the entire weekend together with the actor. However, the mother of Theroux's longtime girlfriend is speaking out to put an end to the speculation. Marilyn Bivens, mother of Heidi Bivens, said, "It's not true at all. That's from Justin's own mouth. He said he was with her at a dinner party with a lot of other



people. It's been just a big, big misunderstanding – and you can take that as the truth.”

**How do you keep gossip about your relationship status to a minimum?**

**Cupid's Advice:**

There's one thing that everyone loves to gossip about: relationships. Cupid has some ideas on how to keep the whispers about your dating life under control:

- 1. Keep it under wraps:** If you don't want people talking about your relationship, keep it secret... for now. Once you're ready for people to know, introduce your partner to friends and family.
- 2. Be honest:** If you are upfront about your relationship status, you can stop the gossip before it starts.
- 3. Don't pay attention:** By refusing to dignify rumors with an answer, you are showing gossipmongers that you don't care what they think.

**What do you do to quell rumors about your relationship? Share your comments below.**

---

## **'Bachelor' Alum Emily Maynard Is Spotted Without Engagement Ring**



The rocky relationship between *The Bachelor*'s Brad Womack and Emily Maynard may have finally reached an impasse. [People](#) reports that last weekend, Maynard, 25, was spotted without the engagement ring Womack, 38, presented to her in the show's finale. The two released a statement in March, saying: "It has been a bumpy couple of months for us, and our priority right now is to focus on our relationship."

**How do you know what engagement ring to choose for your partner?**

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

If you want her to say "yes," start out by getting her the right ring! Cupid has some tips on how to know what engagement ring is right for your partner:

- 1. Ask for help:** Poll her friends and family (swearing them to secrecy, of course) about what kind of ring she'd want. They can at least steer you in the right direction.
- 2. Think about her taste:** What kind of jewelry does she like to wear? Pay attention to whether she likes gold or silver

and over-the-top or understated pieces.

**3. Go with your gut:** Buy the ring that feels right, the one you can see yourself proposing with and see her wearing for the rest of her life.

**What's your idea of the perfect engagement ring? Share your comments below.**

---

## Pippa Middleton and Beau Spend Weekend at Family Home



Pippa Middleton and her boyfriend of one year, Alex Loudon, left London on Friday to spend the weekend at her parent's home in the countryside. An insider told [UsMagazine.com](http://UsMagazine.com) that Middleton spent her Friday afternoon in a short business meeting. Loudon picked her up in the early evening and they headed for her parent's house. "Soon it will be Pippa's time to shine,"

a source said.

**When is it time to introduce your partner to your parents?**

**Cupid's Advice:**

Not only is finding a significant other difficult, but introducing him or her to your parents is also a feat. If you aren't sure when it's best to have your partner meet your parents, Cupid has some suggestions:

**1. Serious relationship:** Before introducing your partner to your parents, make sure you're in a serious relationship. There's no use in going through the introduction stress if the relationship isn't going anywhere.

**2. When they ask:** If your parents specifically ask to meet your current partner and ask you both to dinner, don't refuse. If you say "no," they'll start to get suspicious and things will only be worse when you do decide to have them meet.

**3. Parent's reaction:** Figure out how your parents would react. Some parents are more accepting than others, so make sure to gauge their reaction before you subject your partner to their scrutiny.

**How did your parents react when you introduced them to your partner? Share your experience below.**

---

**Experts Say There's No Hope for Arnold Schwarzenegger's**

# Marriage



By Diamon Hall

Juggling a career and relationship in Hollywood is one difficult task; between the flashing cameras of the paparazzi and the constant stream of gossip, there's just too much to live up to. To top it all off, men can be easily caught off guard by the plethora of eye-catching women in Tinseltown, causing some stars to take their gaze off their wives and dive into an affair. Arnold Schwarzenegger is the most recent man to fall into this category.

The 38th governor of California is currently facing backlash from the media after his extramarital affair with his housekeeper was made public. If that wasn't enough, a 13-year-old son erupted from the incident, adding to the drama of his separation from his wife of 25 years, Maria Shriver.

Schwarzenegger's case is far from unusual considering his fame status. As a former professional body builder, actor and politician, he's among the many celebrities before him that have succumbed to marital infidelity. We decided to dig

deeper into exactly why he may have had this affair and how it resulted in a love child.

Sex expert and clinical psychologist Dr. Victoria Zdrok Wilson is the author of *The 30-Day Sex Solution*, which was co-written with her husband, John Wilson, a marriage and family therapist. The couple said the decision to write this book came from their own personal relationship problems. In addition, they knew they weren't the only couple having troubles and believe their book can help.

"We felt there was a real need for couples to reconnect," said Victoria. "Couples are more disconnected now than ever before." The book is a guide for couples to build intimacy, enhance their sex life and strengthen their relationship in one month's time.

The Wilson's offered detailed reasoning about what they thought caused the Schwarzenegger affair. For starters, testosterone may have been an issue.

"A lot of body builders are high on testosterone," said John. "Before he even met his wife, he wanted immediate gratification. People who have those traits have problems with commitment."

Victoria also thought his political career made him egoistical, causing him to want more attention from his wife.

"Politics seems to draw a certain kind of male and testosterone is a very important factor in this," she said. "Their marriage suffered from them being consumed with social life."

She also brought up the fact that after women give birth, they start paying more attention to their children. In turn, husbands feel left out when the mother and child are together while he is on the other side of the fence. In addition, she

said many women may become conservative and less sexual after having children, making the man feel as if their wife is now boring and no longer adventurous.

“We think Arnold was very egotistical and felt that when he wanted attention, he was going to get it any way that he could,” said Victoria.

Neither of the experts believes that Schwarzenegger’s reasons for cheating are true for most other affairs. Their explanation: Not everyone is in front of the cameras every day. Arnold is.

“I think this relationship was going downhill for awhile,” said John. “He should’ve read our *30-Day Sex Solution!*”

However, Victoria stressed that producing a child from this affair made matters much worse.

“It was just an act of recklessness and carelessness,” she said. “Not only did he have this affair, he slept with someone unprotected, which is the ultimate level of disrespect.”

Schwarzenegger’s mistake has not only hurt his wife and children, but has also hurt himself, with ABC News reporting that he’s needed to put his movie career on hold to focus on these family issues. Furthermore, the Wilsons don’t believe these two will get back together anytime soon.

“Arnold needs divorce mediation and I’ll be happy to work his case,” said John.

The Wilsons reside in Pompton Lakes, N.J. where they will open a divorce mediation office. For ways to keep a healthy relationship, pick up their book, *The 30-Day Sex Solution*, on Amazon .

---

# Joe Gumm Gives Husbands a Helping Hand with '150 Secrets to a Happy Wife'



By Loren DeLand

A sports enthusiast and former ESPN anchor, Joe has spent the majority of his career entertaining male audiences. When the work day ends, however, he heads home to a wife and four daughters. Needless to say, he has learned a thing or two about how to make women happy, and is now sharing this precious advice in *150 Secrets to a Happy Wife*. Both comedic and touching, this book is a must-read for all couples looking to share a laugh and better understand one another.

We had the privilege of interviewing Joe via about his new book last month. Here's what he had to say:



**You've become something of an expert on women and relationships. What is it about this particular subject that appeals to you?**

I love talking about it because I think marriage is a funny topic, especially when you throw in kids, pets, in-laws, marriage counselors and weird siblings. There are topics about marriage that are more serious, like divorce, but that's the whole point of being married – making sure it never gets to that point. As couples, we start off as being the number one priority, but then over the years we become number two, three and four. This book is perfect for all men, especially young men just starting out. It gives a humorous, upbeat outlook into the minds of women and what makes them really happy in life.

**You and your wife have four lovely daughters. Do you think this has shaped the perspective you take when writing about how men interact with women? Would you have written the same book if you'd had four sons?**

Yes and no to your first question because the book is actually about women, written for men. Do I think Bubba, down on the construction site, is going to take off lunch early so he can go buy it to show all of his friends? No, and I don't think men like being told by another man how they should act around their wives. I live with five females and grew up with two sisters, so I think I know a little about what women want. Of course, living with five females, what they want changes on a daily basis. I would say yes to the second part of the question. I would have written the same book for my boys, knowing this is the perfect book for young men getting married.

**Many of your secrets don't advocate for grand, sweeping gestures, but call for men to take part in daily, mundane tasks, such as doing the laundry, replacing the toilet paper roll and carrying in the grocery bags. Can you elaborate on**

## **why the small details matter the most?**

I could get a speeding ticket, burn the house down because I left a candle burning and curse my mother-in-law and my wife would really not care. But for some reason, if I don't wipe off the two scraps of food left on the plate from dinner the night before and put it in the dishwasher, my wife acts like it's Armageddon. I think most women love the little things and depend and expect them. As far as the larger, sweeping gestures, I think they appreciate them when they eventually happen.

## **You're quite an accomplished TV/radio broadcaster in the sports world. Can your fans look forward to a sports-themed book in the near future?**

Actually, I have written a sports-themed book called *From Humor To Hormones*. It's a book about birth, and for those who don't think the process of birth is a sport, you need to read this book. For example, you have a baseball team (a pregnant wife expecting). That team has practice (three trimesters). That team has coaches (husbands). The game will have umpires (doctors, nurses, midwives). The game will have points (centimeters dilated). During the game, baseball players will grab their crotch in front of thousands of people on live TV (women deliver a baby from the crotch area in front of a lot of people in the delivery room). The team sweats during the game so they drink water to quench their thirst (the mom-to-be definitely sweats more, but instead of drinking water, her water actually breaks). The team has fans cheering them on (the wife has her husband and others cheering her to push). The team has uniforms (the wife has a hospital gown). The team holds up the championship trophy (the parents hold up their baby). Actually, there are a lot of sports analogies in the book, but NO, it's not a sports book and I don't see myself writing an official one anytime soon.

## **Is there any advice you can share with women about dating?**

There are 10 types of men women marry. I'm going to give you five now and then your female readers can buy the book I'm currently writing to find out the other five. You have the ATHLETE, the NERD, the BUSINESSMAN, the ACTOR and the the WANNABE. In my book, it explains who the perfect man is to marry. He may be in this group or he may not. The point of the book is to literally breakdown everything each type brings to the table, as far as marriage. As far as advice, I would tell women to make a list of what makes them truly happy and start with the number one thing.

**150 Secrets is now officially available nationwide. What is the next project you're excited about tackling?**

I wrote a book about how couples not only deal with children with ADD/ADHD, but how they deal with each other's ADD/ADHD. It's a fun, humorous look about a man who not only had dyslexia when he was younger, but had a speech impediment as well. He had a seventh grade reading level when he graduated high school, was accused of cheating through college, and was rejected for his first book by 70 literary agents. Despite his dyslexia and ADHD, he went on to graduate college after 9 years, became an award-winning author of three books, has worked for companies like ESPN and Fox Sports, and ended up doing a fun online interview with the greatest website on the planet called CupidsPulse.com.

Cupid thanks Gumm for his time! You can find *150 Secrets to a Happy Wife* on Amazon. For more on the author, visit his website at [JoeGumm.com](http://JoeGumm.com) or follow him on Twitter: @JoeGumm.

---

# How Maria Shriver Found Out About Arnold Schwarzenegger's Love Child



New details about how Maria Shriver learned of her husband's infidelity have surfaced. [UsMagazine.com](http://UsMagazine.com) reports that Shriver, 55, went out to eat with girlfriends Oprah Winfrey and Gayle King right before the news broke that Arnold Schwarzenegger fathered a child with a member of their household staff. Shriver supported her friend Oprah by attending her talk show send-off just days after the scandal went public. "Not only did she come, she came, she showed up, she did the part," King, 54, said. "[Maria's] a class act and she's handling it with such grace, trying to figure out what to do...how to help the children through. It's just a very difficult time and heartbreaking to see."

**What are some ways to react when you find out your partner has cheated?**

## Cupid's Advice:

Learning about a partner's affair is tough, and there are lots of different ways to react. Cupid has some ideas on the best and worst ways to respond:

**1. Get your revenge:** Often our first instinct is to get angry and take it out on your cheating partner. While it's important to feel your frustration and sadness, don't do or say something you'll regret later.

**2. Become a hermit:** Once you hear the earth-shattering news, you may need some time alone to grieve. But don't forget that going out and spending time with friends and family is essential during a difficult time.

**3. Keep it classy:** Even though you may want to either hole up or lash out at your mate, try to stay above all the pettiness. Take the high road, and remember that life goes on.

How would you respond to news that your significant other cheated? Share your comments below.

---

# 7 Things NOT To Do On Your Wedding Night





By Brea Gunn

Most women dream not only about their wedding, but also about the wedding *night*. That's right. We girls have the entire experience planned out from the minute that we wake up on that special day to the moment that we put on that slinky babydoll.

What we often don't realize is that there are a number of things that are sure to ruin the experience. Here are some things to avoid:

**1. Excessive drinking:** I shouldn't need to explain why this would be a problem, but in case you need a refresher: do you really want to be tired, lethargic and possibly not remember your wedding night? Didn't think so. Have a talk with your groom *before* the wedding about what you both feel is appropriate so that the celebration doesn't get out of hand.

**2. Hunger:** No one feels very romantic when they're starving. So EAT! That's right. Eat. If you can't breathe in your wedding dress, be sure that your 'going away' garb has a little extra expanding room. If you can't eat at your reception, ask that a fruit, cheese or combination be brought to your changing room.

**3. A full stomach:** Yes, the food was to *die* for, but now you want to die. This is NOT GOOD. Be careful of eating too much, especially if you have a particularly decadent spread at your disposal. Ask mom, dad or your best friend to save you

some good eats for the next day (unless you're leaving for your honeymoon).

**4. Thin walls:** You may not consider this, but take it from me, you may want to make some noise, and the LAST thing that you want is the old guy in the next room banging on your wall. Do yourself a favor and visit your wedding night room, suite, or B&B well before the big day. That way you know what you're getting.

**5. Older hotels and Bed & Breakfasts:** Sure, they're cool and have lots of charm, but some also have pitfalls. For example, one historic hotel that I looked at for my own wedding night had *communal bathrooms*. No thank you. There was no way I was going to change out of my dress and into lingerie only to walk down the hallway back to my room. Make sure that you have your own bathroom (You'll know this ahead of time if you follow the advice about an early visit above). I promise, it's worth the time.

**6. Fighting:** Don't start anything on your wedding night. Sure, the way that he wouldn't stop break dancing at the reception may have you hopping mad (and yes, it would have been nice if he had asked *you* to dance), but try to put it behind you. After all, you only get to do this night once. Make sure that your memories are happy ones. Can't keep it in? Try writing it down so that you can address your issues later.

**7. Inviting friends to the hotel:** Though it's tempting to continue the party (you just got MARRIED!!!), you and your new spouse need some time alone. If you invite friends back to your room, or even to your hotel, you run the risk of not being able to retire when you want to and forfeiting night of your dreams. They're your friends, so you'll see them later. Gracefully tell everyone thank you, and leave the party at the reception site so that you can get started on your honeymoon.

*Brea Gunn is a freelance writer and blogger about Hudson Valley Weddings and wedding business marketing, as well as other family related topics. Born and raised in Washington State, she is a southern girl at heart. She thrives on frugality and money-saving solutions, but isn't afraid to splurge once in awhile.*

---

# Arnold Schwarzenegger Fathered a Child Out of Wedlock



The shocking breakup of one of the biggest power couples in Hollywood and politics now makes a lot more sense, reports [People](#). The *Los Angeles Times* broke the news that Arnold Schwarzenegger fathered a child out of wedlock 10 years ago, resulting in he and wife Maria Shriver separating. In a statement to the



newspaper, the 63-year-old actor and ex-governor said, "After leaving the governor's office I told my wife about this event, which occurred over a decade ago. I understand and deserve the feelings of anger and disappointment among my friends and family."

**What are some ways to tell that your mate is being unfaithful?**

**Cupid's Advice:**

Maria Shriver was shocked to learn that her husband cheated, but if you can pick up on some warning signs, you might be able to save yourself a lot of time and a little bit of hurt.

Cupid has some ways to tell that your partner is running around beyond your back:

- 1. Liar liar:** If you catch your partner in an untruth, ask more questions to see if they get uncomfortable. If you feel like they're hiding something, it may be another lover.
- 2. Gone:** When your mate spends a lot of time away from you and gives you lame excuses about where they've been, question them.
- 3. Abnormal behavior:** Has your significant other changed his or her behavior dramatically? If you notice an attitude shift, like apologizing for everything or being extra sweet, be wary.

**What are some other warning signs to watch out for? Share your ideas below.**

---

# 5 Ways To Know If Your Relationship is More Than Just a Spring Fling



By Amber Belus

It's mid-May; the flowers are blooming, the weather is warm, and best of all, summer is right around the corner. But what does that mean for your spring fling?

If you're currently in the middle of a springtime romance, these tips will help you figure out whether your relationship will continue blossom this summer – or wilt in the heat:

**1. You let your guard down:** If you feel comfortable confiding in this person about your personal issues, you've definitely reached a relationship milestone. After all, communication is key to any partnership. Also, ladies: if your guy has seen you sans makeup, you're beyond the point of feeling as if you need to get dolled up in his presence – another sign you've found someone with lasting power.

**2. You've met the friends:** If your other half starts bringing you around his or her crew, it's a sign they are seeking approval from their inner circle. Bonus points if there's hand-holding when you're with others; this intimate public gesture shows the world you're both spoken for.

**3. Increased date nights:** If your guy or gal is requesting more time with you, it shows they're taking this relationship seriously – and is a sure indication that they think your presence is worthy of their time.

**4. You're enjoying yourself:** Are you laughing and flirting when you're with this person or is it awkward when it's not physical? If you're still having a good time after a few weeks of seeing each other – both in the bedroom and out – shows there's chemistry.

**5. You know more about their job than just their office address:** How much do you know about his or her workplace? If he or she has griped about boss troubles or dished out water cooler gossip, your fling knows they can open up about both their professional life, as well as their personal one.

If you find yourself analyzing your situation and asking yourself if you want more, you might be ready to take your relationship past fling status. Bring up your feelings and see if they're mutual. If they aren't, at least you'll know you have the whole summer to play the field!

---

**Jesse James Says That**

# Millions of Married Men Cheat



Famed serial cheater Jesse James recently defended his bad behavior by pointing out that he's not the only one, reports [UsMagazine.com](http://UsMagazine.com). The *Monster Garage* star told *Men's Journal*, "I never shied away from anything I did. I took full responsibility. I cheated on my wife. Guess what? So do millions of other men." The 42-year-old, who divorced Sandra Bullock last year, is currently engaged to Kat Von D.

**How do you know if you can trust your partner after past indiscretions?**

## **Cupid's Advice:**

After your mate is unfaithful, it's hard to trust them completely again. Cupid has some tips on how to know if your partner really has changed for good:

**1. Accept the apology:** If your partner made one mistake and is truly sorry, think before throwing away your entire relationship. Give your mate another shot if you feel they

are being genuine.

**2. Don't forgive multiple affairs:** If your significant other has had multiple indiscretions in the past and doesn't seem fully committed to your relationship, you probably can't trust them to stay faithful in the future.

**3. Have faith:** The bottom line is, you'll never know for sure if your partner is going to cheat again. But if you decide to give them another chance, give them your complete trust. There's no point in starting over and giving the relationship a shot if you're not fully trustful.

**Would you trust a partner who cheated in the past? Share your comments below.**

---

## **Arnold Schwarzenegger and Maria Shriver Call It Quits**





Arnold

Schwarzenegger and Maria Shriver are parting ways after 25 years of marriage. [People](#) reports that the power couple, who have four children together, consider the split a mutual decision. “After a great deal of thought, reflection, discussion, and prayer, we came to this decision together,” they say in a statement. “At this time, we are living apart, while we work on the future of our relationship.” Shriver, 55, a TV journalist and a Kennedy, and Schwarzenegger, 63, a bodybuilder-turned-actor-turned-governor, were an unlikely pair from the start, but managed to stay committed to each other despite their differences.

**Is it important to be with someone who is different from you?**

### **Cupid’s Advice:**

Sometimes opposites attract, but is dating someone who is different from you a good idea? Cupid has some ideas on whether two people with differing interests can find love:

**1. Keep it interesting:** Being with someone with contrasting interests can make your relationship more fun. Your mate can introduce you to new things and vice versa.

**2. Mismatched:** While it may work for some, dating someone who has a completely opposite personality can also just mean you’re incompatible.

**3. Same old, same old:** The bottom line is, you should be with someone who makes life fun and exciting. If you date someone who is exactly like you, you may get a little bored.

**Do you think it's better to date someone similar or different to yourself? Share your comments below.**