

# Charlie Sheen and Brooke Mueller Reach Custody Agreement



Sometimes it's easy to forget that in the middle of the media frenzy, Charlie Sheen and wife Brooke Mueller have two young boys to worry about. [E! Online](#) reports that the soon-to be divorced couple have finally reached a custody agreement for their 2-year-old twin sons, Bob and Max. According to a source, Sheen gets the twins every other weekend and after four months, if he passes a drug test, he gets to see them up to four days a week. In addition, both parents must have nannies present at all times.

**Should you fight for custody of your children?**

**Cupid's Advice:**

A divorce is hard enough, but when there are children

involved, things get a lot tougher. Cupid has some tips on what to do during a custody battle:

**1. Fight for your children:** If you love your kids and want to be in their lives, you should fight to have custody. Showing you are a responsible parent will help your case.

**2. Wait awhile:** When you go through a rough patch like Charlie Sheen, sometimes it's best to let your spouse take custody of the children. Once you're back on your feet, you can fight for more time with your kids.

**3. Comfort them:** Reassure your child that no matter what happens, you will always be in their lives. Even if you don't see each other every day, let them know that you'll always be there for them.

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## Holly Madison is Looking for Her Soul Mate





Since her breakup with Jack Barakat last month, Holly Madison has been busy with her book, which hits stands next month, and as a correspondent for *Extra*. However, the star of *Holly's World* told [People](#) she is still looking for her soul mate. "It's hard for me, the last couple relationships I had were long distance, [and] it's not like I can make much of an effort to travel and see anybody," Madison, 30, said. "The guy had to do all the work, unfortunately." Madison's Mr. Right, according to her, needs to be someone who is secure and not threatened by a successful woman. "He needs to be patient and somebody who knows where he wants the relationship to go," she said. Until she finds this mystery man, Madison said she is content with flying solo.

**What do you do if your partner is more successful than you?**

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

Unless Madison robs the cradle and marries Justin Bieber, she's going to be more successful than her partner. Cupid has some pointers if your lover is similar to Madison:

**1. Put the ego aside:** For some, typically men, it's hard not to be the person who brings home the most money. With the current economy, any money you two earn is helpful.

**2. Be proud:** In your relationship, you should be supportive of your lover. What better way to show that than by letting him or her know how proud you are of them?

**3. Unconditional love:** In the big picture, if you truly love your “soul mate,” then money shouldn’t matter or play a factor in your relationship.

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## Michael Lohan Shows Off New Girlfriend on Twitter



Michael Lohan has had a lot going on recently with his daughter Lindsey ever-present in the media as well as his recent split from girlfriend Kate Major last week. [Pop Eater](#) is reporting, however, that Michael Lohan has taken everything in stride and gone off to Fort Lauderdale, Florida with a new girlfriend,

Bernadette, in tow-to whom he debuted via a Twitter photo. In one photo Bernadette and Lohan are locking lips with a tweet reading, "U R amazing". Michael claims Bernadette is opposite of his ex Kate Major saying Bernadette is "in great shape" and "hates tabloids".

**How do you deal with being jealous of an ex-partner?**

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

There's not much more in life that stings worse more than when you catch a glimpse of an ex happy with his new partner. In order to keep your cool, remember that everything happens for a reason.

**1. It wasn't meant to be:** When you become jealous over an ex, think back to all the reasons why you shouldn't be jealous. What flaws of his do you no longer have to put up with?

**2. Turn jealousy into pity:** Seeing your ex move on with another partner is never the easiest to swallow. Think of it as you being stronger and not needing a constant partner. You're better than that!

**3. Move forward:** If you find yourself being jealous of an ex, snap out of it! The sooner you find yourself being jealous the sooner you can make conscious efforts to refocus your energy to something more useful.

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## **'Teen Mom' Stars Leah Messer**



# and Corey Simms Get Married



*Teen Mom 2 fans*

finally got to see show favorites Leah and Corey get married on the season finale. According to [UsMagazine.com](http://UsMagazine.com), Leah, 18, and Corey Simms, 20, who have two 15-month-old twin daughters, tied the knot in October of last year. "We want the girls to have their mommy and daddy forever," Corey said of their decision to marry. On a lighter note, the groom talked about a funny moment during the ceremony. "Leah messed up the vows!" Corey added, "She said a couple of words wrong, so we laughed a little bit."

**Should you write your own vows at your wedding?**

## **Cupid's Advice:**

Exchanging vows during your wedding is your chance to tell your fiancé how you feel, and writing them yourself is the perfect way to personalize the moment. Cupid has some tips on how to decide if you should write your own vows:

**1. Express yourself:** If you have something you really want to say to your mate on the big day, write your own vows. It's the perfect opportunity to share your emotions and hopes for the future with your family, friends and spouse-to-be.

**2. Value tradition:** Some religions will insist that you use certain vows at your wedding. So if you plan on having a traditional ceremony, you might want to stick to the standard verses instead of writing your own.

**3. It's your day:** The bottom line is, you should do what you want to do. If writing your own vows makes you uncomfortable, don't do it.

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## Scarlett Johansson and Sean Penn Go Public at Witherspoon's Wedding





After they were spotted together earlier this month, Scarlett Johansson and Sean Penn finally decided to go public with their relationship. The couple was seen together on Saturday at Reese Witherspoon's wedding to Jim Toth. After the wedding, Johansson and Penn stopped by Jimmy's Bar at Ojai Inn. According to [UsMagazine.com](http://UsMagazine.com), an eyewitness said Johansson was uncomfortable with all the stares they got from the bar. She muttered, "This is so terrifying," and Penn held her hand as they went to their seat. According to the eyewitness, Johansson sat in Penn's lap and they made out in full view for 15 minutes after their table was cleared.

**How do you know when to go public with a relationship?**

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

So you've been dating someone for a while and now you're wondering if it's the right time to take your relationship public. Cupid offers some suggestions on when to break the news:

**1. The One:** If you think you're meant to be soul mates and the relationship is strong and serious, it's time for you to take your union public.



**2. Motives:** Think about why you want the relationship to go public. If it's because your loved ones are pressuring you to find someone, then it's not a good idea to introduce your partner solely for that reason. However, if you love your special someone and want those close to you to see why, then go for it.

**3. Emotions:** If you're still unsure of going public with your partner, this might be a sign that you aren't ready yet. Take your time and introduce him or her once you're comfortable.

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## Khloe Kardashian Says Kris Humphries Must Pass Family's Initiation



Khloe Kardashian has

some advice for sister Kim's long-distance basketball boyfriend Kris Humphries: impress the fam. Khloe, who married Los Angeles Laker star Lamar Odom in September of 2010 knows firsthand how critical her brood can be. "I don't think Kris knows what he's getting into," Kardashain told [People](#). She says that this summer Humphries will get the opportunity to spend some time with the whole family and get initiated into the Kardashian group ... if he can manage.

**What do you do if your partner doesn't get along with your family?**

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

There is no one more influential in your choice of mate other than the members of your family. It may work in movies, but if your boo and your family butt heads, something needs to be done:

**1. Talk it out:** Discuss things separately first and then together if need be. Why does your partner not get along with your family and vice versa? As soon as you figure out where the conflict begins, you can start to mend the situation.

**2. Figure out the reason:** Is there a good reason for conflict between your partner and your family? Perhaps your family is concerned about your well-being when you're with your partner. Consider these objections for what they're worth and if they hold any value.

**3. Blood is thicker:** than water. Just like when your parents would weed out the good-for-nothing friends you brought home from school, your family is still (and always will be) your family. If this boyfriend is just a passing phase, consider moving on.

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# Khloe Kardashian and Lamar Odom Talk Reality Show



Another Kardashian, another reality show! [Access Hollywood](#) reports Khloe Kardashian and hubby Lamar Odom are currently promoting their new E! show, *Khloe & Lamar*. But with reality TV's long history of ruining relationships (like Jessica Simpson and Nick Lachey or Carmen Electra and Dave Navarro), the couple are taking a chance by letting cameras film every moment of their personal lives. However, Kardashian insists that the show has actually strengthened her family's bond. "This show has made [my family] closer and stronger, because it does make you spend time with each other, and also, this show is therapy to us." She added that watching herself on camera has helped her become a better person. "We do watch things and when we watch them we're like, 'Oooh – I hated how I treated you,' or,

‘I hated how I said that,’ and you learn to mature and change yourself.”

## Can a relationship in the public eye last?

### Cupid's Advice:

While celebrities aren't known for having long-lasting relationships, there are some exceptions. Cupid has some ideas on whether a public relationship can work:

- 1. Use it to your advantage:** In rare cases, being in the public eye can actually improve a relationship. If you can make it work for you like the Kardashians do, then celebrity can make your bond stronger.
- 2. Just the two of us:** Sharing your personal life with the rest of the world can make a relationship seem a bit crowded. If you just focus on the two of you and tune out all the naysayers, your union can thrive in the spotlight.
- 3. Avoid it:** In general, being in the public eye puts stress on a relationship and exaggerates problems. Unless your job requires it, try to avoid public life if you want your love to last.

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## Brad Pitt and Angelina Jolie Keep a Tight Family Life





If their life was like a sitcom, it'd be called "The Brangelina Bunch." Brad Pitt and Angelina Jolie were out in New Orleans last weekend with their entire clan of kids, according to [People](#). While things are busy on vacation with the family, the life of this celebrity family is becoming, as a source said, "organized chaos." "Of course it's wild when all the kids are there, and evening tends to be a bit chaotic with dinner and bedtime are both good with rules," the source said. "[Pitt and Jolie] there are definitely consequences, like time-outs, for bad behavior, but for the most part the kids all get along."

### **How can you include your kids in date night?**

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

- 1. Go somewhere kid friendly:** Avoid the bars and clubs with your children. Instead, perhaps try a child's movie, bowling or mini-golfing. Plus, it's sometimes fun to revisit your own childhood!
- 2. Back before bedtime:** Try to have your kids in early. But just because they went to sleep, doesn't mean your night is over. Rent a movie to watch after the kids are sleeping so you can have some romantic alone time.



**3. Keep it 'G-Rated':** Try to be mindful about you and your partner's PDA. Your offspring are observant creatures so try to set the example for proper etiquette when in public.

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## Chris Brown Is Upset He Cannot Move On from Past With Rihanna



Rapper and R&B star

Chris Brown can't seem to shake his past with former flame Rihanna, reports [People](#). Brown became visibly upset and violent on Tuesday morning during an interview for *Good Morning America* when interviewer Robin Roberts began to inquire about his past with Rihanna. A source close to the actor says, "He's been trying to move on from his past and



focus on his music, and he's finally putting out an album..." Brown tweeted later on that day giving a shout out to his fans, "Thank you to everyone who supports my music!!! Key Word (music) !!! Love y'all."

**How do you start new after you cheat on someone?**

**Cupid's Advice:**

Nobody can answer for you or explain why you cheated, but making sure that you don't repeat the past is imperative to your future. Cupid has some tips on how to start fresh:

- 1. Take some time:** Take time off from dates and pick-ups. The down time will give you the opportunity to reflect on your recent relationships.
- 2. Figure it out:** What was the reason that you cheated? Were you unhappy? Did you do it just because you could? Knowing the motive behind your actions is the first step to correcting any future decisions.
- 3. Be honest:** In your next relationship, be open and forthcoming. Before things get too serious, have a heart-to-heart and explain your past, what you did and why. Being up front from the beginning will show your new partner that you've turned over a new leaf.

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## **Selena Gomez Admits Justin**

# Bieber Is More Than a Little Brother



While appearing on *Ellen* this week, Selena Gomez had to defend some comments she made about her alleged boyfriend, Justin Bieber, according to [People](#). Last September, when Ellen DeGeneres asked Gomez, 18, about Bieber, 17, she replied, “He’s little. He’s like my little brother.” This time around, DeGeneres put her on the spot and asked, “He’s like your little brother? ... What do you have to say now?” The couple was spotted kissing in the Caribbean in January and a month later, they attended the Vanity Fair Oscar party together. However, the Disney star still refuses to confirm they’re dating, telling Ellen, “He’s just sweet.”

**How do you stay quiet about a relationship without lying?**

**Cupid’s Advice:**

Sometimes you just need some privacy in a relationship, but it's hard to keep it a secret without hurting people's feelings or lying. Cupid has some ideas on what to do in this kind of situation:

**1. Change the subject:** When someone asks about your relationship, casually change the subject. They should get the hint and stop asking about your significant other.

**2. Avoid nosy people:** You know that friend that can't keep a secret? You might want to avoid telling them about you and your mate if you want to keep it quiet. And not telling them is not the same as lying.

**3. No PDA... for now:** If you don't want to get into a situation where people ask you about who you're dating and you have to lie, avoid it all together by keeping PDA to a minimum. Once you're ready to tell the world about your significant other, you can get back to being affectionate in public.

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## LeAnn Rimes and Brandi Glanville End Feud Over Eddie Cibrian





The ongoing internet feud between country crooner LeAnn Rimes and her fiancé Eddie Cibrian's ex wife Brandi Glanville is over, reports [UsMagazine.com](http://UsMagazine.com). Rimes has been accused of creating a fake Twitter account and cyber bullying Glanville, but both women are denying any harassment has taken place. "We have communicated and have a direct understanding that we are only ourselves on Twitter and have no other accounts that try to destroy one another," Rimes tweeted.

### **Should you be concerned about your partner's ex?**

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

Your partner is with you for a reason. Always remember, you were chosen over everyone else:

**1. Underlying issues:** If you're self-conscious about your love life for some reason or you began to date your partner while he was still connected to an ex, this can cause issues. Sometimes you should just ignore the past and focus on the present.

**2. Over the line:** Does your partner's ex continuously step over the line? If the ex in question continues to make themselves known in an unwanted situation, speak up and tell him or her how you feel.

**3. You're naïve:** If your partner's ex is still around because your partner is keeping them around, perhaps you should look into this. Is your partner being 100% honest with you about letting his ex down slowly and carefully? A breakup takes one conversation, not three weeks.

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## Saturday Night Live Alum Maya Rudolph Is Expecting



Saturday Night Live alum Maya Rudolph, 38, revealed her baby bump on Sunday at the Milk and Bookies Second Annual Story Time Celebration in L.A, [UsMagazine.com](http://UsMagazine.com) reports. She's expecting her third child with her husband, Paul Thomas Anderson and the couple is already parents to two daughters, Pearl, 5, and Lucille, 1. Although pregnant, the Bridesmaids actress will continue working. "I

seem to be pregnant through all my movies, so I never seem to give anything up, do I?" Rudolph said last June while promoting Grown Ups.

**What are some ways to stay active with your partner while pregnant?**

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

Being active is more fun with your significant other, especially when you're pregnant. It's great to know that your partner supports you and wants to share the moment. Here are some ways you can both can be active during the pregnancy:

- 1. Exercise:** Being pregnant shouldn't be an excuse to get out of shape. Consult with a doctor on what physical activities are safe. Not only will you be there to support her, but it'll be a way to spend quality time with each other.
- 2. Take a walk:** Take a stroll around town or in a park. It'll help reduce your back pain and increase your energy levels.
- 3. Yoga:** Take a yoga class with your significant other. It'll help strengthen your abdominal muscles and make you relax.

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## **Billy Ray Cyrus Calls Off Divorce From Wife Tish**







In a shocking announcement last week, Billy Ray Cyrus told the ladies of *The View* that he had decided to drop the much-publicized divorce between himself and wife, Tish. The 17-year marriage that spawned teen sensation Miley Cyrus was in danger of dissolving last year when the Cyruses filed for divorce, citing “irreconcilable differences.” After seeing how much the divorce was hurting the family, Billy Ray decided to call it off, reports [RadarOnline](#). “I dropped the divorce. I wanted to put my family back together,” he says. He also cited communication as one of the their biggest problems, and added, “I think for the first time me and my entire family are finally communicating with each other.”

**What are some ways to work on your rocky relationship?**

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

If you and your mate are headed toward a breakup, it's not too late to try to save the relationship. Cupid has some ideas on how to work on a troubled relationship:

**1. Make the grand gesture:** When you or your partner just can't get what you want from the other person, it's time to make the grand gesture. For example, if your mate thinks you're afraid of commitment, maybe it's time to ask him to move in.

**2. Communicate:** Lack of communication is one of the most common reasons for a breakup. Make sure you are both comfortable sharing your thoughts and feelings with each other.

**3. Do little things:** Sure, the big things are important, but a little goes a long way. Try doing small things like cooking dinner or buying your mate flowers. They'll appreciate it more than you know.

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## Rob Pattinson and Kristen Stewart's Date Gets Crashed By Fans





It's tough to get a private date these days, especially for Rob Pattinson and Kristen Stewart. The duo was caught out on a movie date to watch *Red Riding Hood* in Squamish, British Columbia, which is close to where they are filming *Breaking Dawn*, according to [People](#). The date was not so private as fans crashed the scene and posted the sighting on Twitter. "They were alone. [Pattinson] was nice. [Stewart] was just awkward. Didn't really wanna take photos."

### **How do you ensure a romantic date alone?**

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

It isn't easy to get away for a private date with your significant other. Cupid has a few pointers that may help:

- 1. Avoid cliché dates:** This time, pass on dinner and a movie. Think of something a little different because it will be unpredictable, plus it'll give your relationship a new spark.
- 2. Pick different times:** Instead of 7 p.m. on Saturday night, perhaps a lunch date Tuesday will throw people off!
- 3. Location, location, location:** Although we enjoy familiarity, going to a place where everyone knows your name

can get old. Try a new restaurant if you do choose to head out to get a bite to eat.

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## Bryan Adams Is Expecting at Age 51



Canadian rocker Bryan Adams is becoming a dad for the first time ... at age 51. Adams, who is known for hits like "I Do It For You" and "Summer of '69" is expecting a baby with his personal assistant, Alicia Grimaldi. According to [E! Online](#), Adams and Grimaldi have been living together as a couple for awhile, unbeknownst to their families and friends. Grimaldi helped form the Bryan Adams Foundation, a charitable organization started in 2006 to help victims of the Asian tsunami. Adams wrote on his personal website, "She helped me start my

foundation years ago, and it looks like she'll be running the family now!"

**How old is too old to have children?**

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

Some people welcome children into their lives at a young age, while others wait until later in life. Cupid has some ideas on when is the best time to have kids:

- 1. You're active:** It doesn't really matter what age you have children, as long as you're a good parent. It might help, though, to be at an active age so you can keep up with your kids.
  - 2. You're healthy:** If you're a woman, depending on your age, the later you have a child, the more likely there will be complications at birth. Make sure you are healthy enough to carry a child in the first place.
  - 3. Different strokes:** The bottom line is, there's no age limit when it comes to having children. Some prefer to have them younger while others prefer to wait. Have children whenever you feel ready.
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## **David and Victoria Beckham Are Expecting a Girl**







Mozel tov; it's a girl! According to [People](#), David and Victoria Beckham announced Friday that their fourth child will be female.

"We're still in shock. Obviously, having three boys, you kind of expect another one, so finding out a little girl is in there is surprising, but, obviously, we are over the moon," David said. "Our three boys are happy and excited, and Victoria is doing well." Fashion designer and former Spice Girl Victoria said that they know handle boys, but are still happy to have a girl in the family.

**How do you break the news of a baby to your other kids?**

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

- 1. Have a game plan:** It's best to plan in advance what you will tell your kids when it's time to break the news. Let them know that things will change drastically when their new sibling arrives. Also, be prepared to answer the tough questions they'll ask such as, "Where do babies come from?"
- 2. Be honest:** Lying to your kids is just wrong, especially in this scenario. It's best to let them deal with it for as long as possible before the big day arrives.
- 3. Tell them you'll still love them:** What's most important is



to tell your children that you will love them just as much as before even though they won't be the only one in the spotlight anymore.

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## Britney Spears Seen with Jason Trawick and Kevin Federline



Britney Spears reunited with her ex-husband, Kevin Federline, while attending their son Preston's Little League game on Saturday. Spears, 29, arrived to the event with her current boyfriend, Jason Trawick, and her 4-year-old son, Jayden. According to [RadarOnline](#), a witness saw talent agent Trawick approach Federline, who was one of the team's coaches, to congratulate

him. Spears seemed happy and after the game, she and all her men left together.

**How do you keep things civil between your ex and new partner?**

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

There was once a time you shared your life with your now-ex. It may now be over, but keeping things civil between your ex and your new partner is crucial. Cupid offers a few tips to do just that:

- 1. Don't cling to the past:** It all starts with you. Don't continuously talk about your past relationship. Your mate will not appreciate it, and his or her dislike for your ex will deepen.
- 2. Reassurance:** Reassure your current partner that things are completely over with your ex, so he or she won't feel threatened.
- 3. Spend time together:** It might seem awkward at first, but attend an event with your partner and invite your ex and his or her new mate (if there is one) to be there, too.

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## **Scott Disick Gets Sober and Nicer**





It looks like Scott Disick, Kourtney Kardashian's on-again off-again boyfriend, has finally cleaned up his act. Disick, who has a 1-year-old son with Kardashian, has had problems with addiction in the past. But Disick insists that now he's committed to staying sober for his family. He told [People](#), "There's times that it's difficult but, you know, the good outweighs the bad... It's nice having a healthier lifestyle than I used to have." Disick also said that being sober has made him a better person. "You know, I just realized there's bigger things in the world than just being a selfish, self-centered, pr-k."

### **How do you deal with a partner who drinks too much?**

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

Some people have major problems with drugs and alcohol, and if your partner is one of them, read on for Cupid's tips on how to help:

- 1. Get help:** Don't take on your partner's addiction issues alone. Get him or her professional help, whether that means a psychiatrist or rehab.
- 2. Prevent bad behavior:** If you know your mate tends to go overboard at a club or bar, try laying off the late night

scene for a little while. Suggest going to a movie or doing something active instead.

**3. End it:** If your partner refuses to change his or her ways, it's time for you to move on. You deserve someone who has things figured out and won't bring extra drama to your life.

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## Ashley Olsen and Justin Bartha Split



Ashley Olsen is a single celebrity again, according to [UsMagazine.com](http://UsMagazine.com). The former *Full House* star and current fashion designer split with her boyfriend of two years, actor Justin Bartha. Sources say *The Hangover* star was planning to propose to Olsen five months ago. Also, the couple was caught loft-hunting three months ago. Despite these things, one of Bartha's friends

insists the relationship is over.

**How do you know when a relationship has run its course?**

**Cupid's Advice:**

It's tough to figure out when your Facebook status should be set to "it's complicated" versus "single." Cupid has a few suggestions in figuring out which to go with:

**1. There are still feelings there:** If the two of you still have emotions churning, maybe you both just need some space to think things through.

**2. You run in the same crowd:** Think of Ross and Rachel in *Friends*. They never distanced themselves from each other and in the end, after much anticipation, they got back together. This may be a similar situation for you and your partner if you have mutual close friends.

**3. There's no future:** If you don't see what you have going anywhere down the road, then perhaps it's time to call it quits and start living the single life.

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# Prince William and Kate Middleton Visit Wedding Chapel Together







With the big day next month, England's Prince William and his fiancée Kate Middleton dropped by Westminster Abbey, the site of their wedding, along with father-of-the-groom Prince Charles.

According to [People](#), the trio was there to sort out musical arrangements. "The orchestra also had a few pieces that they had wanted the bride and groom to hear," a royal source said.

The source added that the couple seemed themselves while making sure all the details were perfect for the big day.

## **What are some ways to keep your spouse involved in wedding planning?**

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

Sometimes only one half a couple takes the reigns on wedding planning and can end up feeling left out. Cupid thought of some ways to involve your spouse:

**1. Give him or her an assigned task:** As simple as it sounds, giving your partner one job at a time even if you're doing the majority of the planning is an easy way to keep them feeling productive.

**2. Ask for advice:** Even if you have a decision made in your head, just ask your spouse for his or her opinion anyway.



Show him that you value his thoughts.

**3. Talk about it:** Whether or not you give your future spouse a task is up to you, but no matter what you do, tell them all about the wedding plans. It wouldn't be good if your partner was unprepared for something and got upset on what's supposed to be the most memorable day of his or her life.

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## Britney Spears Says She Has a 'Normal' Relationship With Jason Trawick



While most people are sitting around imagining the celebrity lifestyle as wild and crazy, Britney Spears is getting coffee with boyfriend Jason Trawick. According to [UsMagazine.com](http://UsMagazine.com), Spears told Ryan

Seacrest that her and Trawick's life "isn't that crazy" on his KIIS-FM radio show this past Friday. "We're really normal," the 29-year-old pop sensation insisted. "We work out a lot. We love to work out. We do stuff together like that. We take walks." The couple has been together since early 2009 and continue to enjoy each other's company ... even when Trawick is 'kicking her butt' in cardio.

**What are some everyday things you can do with your partner?**

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

Some people think you need to constantly 'one up' your previous date to keep a relationship interesting. On the contrary, Cupid thought of a few everyday activities that are just as special:

**1. Walk together:** Whether you walk to get in shape, to get to work or just to enjoy the weather, you can be doing so with your partner. It's a great way to just enjoy each other's company for an extended period of time, while relaxing and breathing fresh air.

**2. Eat together:** At the very least, share meals! There's no reason you can't dedicate at least one meal per day to your significant other. This will give you both a chance to compare days.

**3. Watch together:** Don't you just hate when everyone's talking about a movie or TV show that you haven't seen yet? Well, instead of looking at it as an experience you're missing out on, look at it as a suggestion for you and your beau's Friday night! It gives you something to talk about in addition to something to enjoy.

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# Cupid Exclusive: Former 'Bachelor Pad' Exes Elizabeth Kitt and Jesse Kovacs Offer Advice on Dating and Love



By Kari Arneson

Elizabeth Kitt and Jesse Kovacs are no strangers to finding love on reality television, as they both competed on *The Bachelor* and *The Bachelorette* series respectively – Elizabeth on season 14 with Jake Pavelka and Jesse on season 5 with Jillian Harris. The two seemed to find love as they cozied up with one another during last summer's reality hit spin-off series *Bachelor Pad*, but like the majority of *The Bachelor* franchise unions, their relationship didn't last after the cameras stopped rolling.

Oftentimes, lack of communication in a relationship can lead partners down two totally different paths: Kovacs wanted

something more casual while Kitt wanted to fall in love. Nevertheless, the couple's strong bond and competitive spirit led them into the final six, just a few steps away from winning the big pot of cash.

With another season of *Bachelor Pad* coming this summer, we asked Elizabeth and Jesse for their insight on dating, relationships and finding love on reality TV:

**1. Did being on a reality dating show change your perceptions/expectations about dating?**

**Elizabeth:** I think watching myself on the *The Bachelor* and *The Bachelor Pad* really helped point out some areas I can improve upon in terms of my approach to dating. With Jake I could tell I was very guarded, and unable to open myself up to finding love with him. On the *Bachelor Pad*, I was too open with falling for Jesse Kovacs. I knew he didn't have the same feelings for me, but I chose to ignore that and I hoped it would change. I think the more I pushed for it, it pushed him away. (Had the roles been reversed, it would have pushed me away as well!)

**Jesse:** Yes, being on a reality dating show did change my perceptions and expectations about dating. You have to make the most of your time. If you're not feeling it, then call it like it is and shut it down. But if you like the person and see some potential, you have to let them know so it's not a waste of time for both parties.

**2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?**

**Elizabeth:** I think my dating experiences are a little different since the shows. I am definitely stronger in who I am, and what I'm looking for in a relationship. I keep my heart open, but I'm a little more cautious about who I give it away to. There is a balance. It's a bit more challenging as

well, since I don't typically like to date guys who recognize me from the show. I can see why real celebrities have trouble dating. The fame aspect can be tricky.

**Jesse:** It's been strange. I found someone now that had no clue I was ever on these shows, but before that I was going out with girls who already knew me and had their opinions.

**3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?**

**Elizabeth:** I think love can find us anywhere. A lot of people are skeptical about the *Bachelor* process, but I'm a believer. Does being on the show ultimately mean you're going to fall for the Bachelor? No. I didn't fall for Jake. But I think it CAN happen if it's meant to be. There are some relationships that have formed after the fact at our *Bachelor* reunion parties too, so you just never know. You have to have an open mind, and you can't be afraid to take a chance.

**Jesse:** Absolutely. There is no difference from meeting someone randomly at a Christmas party that you're not invited to, or on a TV show. Both are weird situations, but it could happen.

**4. What piece of dating advice can you give to our single visitors?**

**Elizabeth:** Keep an open mind when it comes to finding love. I think we decide at a young age what our life is going to look like, and sometimes it doesn't always turn out the way we thought. But if we keep an open mind and an open heart, it can turn out to be even better than we ever dreamed! Be optimistic. Learn from past relationships. Don't be in a rush. And most importantly, loves finds us, we don't find it. In the meantime, enjoy your single life!! Every day should be a new adventure, whether you're alone or with someone. Life is precious, and life is short...so live it up!!



**Jesse:** Stop having dating rules. "I only do this," or "I only date this kind of guy," is a bad way to start. Having an open mind and taking the pressure off finding the perfect guy on paper will allow some you to meet some really great people.

*Stay tuned tomorrow as we hear from Bachelor Pad power couple, Tenley Molzahn and Kiptyn Locke.*

For more information on *The Bachelor*, *The Bachelorette* and *Bachelor Pad*, visit [ABC.com](http://ABC.com).

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## Justin Bieber Decides to Grow a Moustache



Justin Bieber is taking his first steps into adulthood by growing facial hair. [UsMagazine.com](http://UsMagazine.com) reports that the 17-year-old crooner announced

via Twitter that he will not shave for a month and that he is “pumped” for his fans to see him with a ‘stache. Recently, Bieber lost 80,000 Twitter fans after cutting his trademark locks, trading in for a more current, adult look. Bieber, who recently admitted to dating fellow young Hollywood starlet Selena Gomez, is currently touring in Europe, away from his new girl.

**What do you do if you don't like your partner's facial hair?**

**Cupid's Advice:**

Selena Gomez may just luck out and not get to see the Biebs in the flesh with his facial hair. But for some ladies who have to deal with stubble scratches and sore chins, it can be tricky to let your boy know you don't care for his hair:

- 1. Reminisce:** When your man walks into a room and you catch a glimpse at his burly beard, think about how he looked pre-facial hair and let him know how much you miss his smooth face.
- 2. Be blunt:** Although it's ultimately his choice to keep or give up his facial hair, you can let him know what you think is best. If all else fails, withhold kisses.
- 3. Report the facts:** Men with facial hair and beards are less likely to get hired because they don't come off as trustworthy. The beard may make your man look like he has something to hide.

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## **Kim Kardashian's Boyfriend**

# Kris Humphries Serenades Her



Kim Kardashian is venturing into the world of music with a little help from her NBA player boyfriend. Kardashian, who debuted her new song “Jam (Turn It Up)” this week, told [People](#) that Kris Humphries serenades her with her own song. “Kris loves it... He sings it to me on the phone.” While Kardashian says she loved recording the song, she isn’t interested in making an album. “It was just something I tried,” the reality star said. “It was just something that kind of got me out of my comfort zone. And I’m really happy I went for it and did something I’m so not comfortable doing.”

**What are some creative romantic gestures?**

## **Cupid’s Advice:**

It’s important to show your partner how much you care every once in awhile. Cupid has some creative ideas that your mate will love:

**1. It's the little things:** Do the laundry, clean the bathroom or cook dinner. These simple household chores will show your partner that you care even more than a traditional romantic gesture would.

**2. Sway:** Surprise your partner with a romantic spin around the floor... the kitchen floor. Make a normal night special by asking for a dance after dinner.

**3. Cut out coupons:** Give your mate free romantic coupons for a 30-minute massages or romantic dinners, redeemable anytime.