

Hall Pass with Owen Wilson, Jason Sudeikis, Jenna Fischer and Christina Applegate



Two married men (Owen Wilson and Jason Sudeikis) are given free week passes by their wives to do whatever their hearts desire with other women. The dream come true quickly turns into a nightmare when their wives (Jenna Fischer and Christina Applegate) start abiding by the rules of the *Hall Pass* as well. It doesn't take them long to discover that this agreement was more imperfect than ingenious as they realize that their marriages are put to the ultimate test.

Is it ever healthy to practice an open marriage?

Cupid's Advice:

Having consent to see other people while you're married doesn't necessarily mean there aren't going to be any problems. Cupid had some things to consider:

1. Jealousy: Whether they admit it or not, some people get jealous in a relationship when their partner is even so much as talking to the opposite sex, let alone sleeping with them.

If you and your mate are considering having an open agreement, make absolutely sure that your consent isn't halfhearted or the jealously won't eat at you (and your marriage).

2. Attachment: When you spend time with someone that makes you happy, there's a good chance you'll want to keep them around. Therefore, if you or your partner are having an affair with someone refreshing and new, you may just find yourself too attached to say goodbye. In fact, you might have to say farewell to your marriage instead.

3. Children: Even if you and your partner don't have kids of your own, you probably have younger siblings, neices or nephews closely watching your choices. Being intimate with someone other than your spouse might confuse those looking to you for a role model.

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Did Selena Gomez Get Punched

By a Justin Bieber Fan?



When Selena Gomez went public with Justin Bieber, she knew she'd have to deal with her boyfriend's crazy fans. But this time, the "Beliebers" may have gone too far. [People](#) reports that after Gomez, 18, was photographed with what looked like a fat lip, rumors started that she was punched by a Bieber fan. Paparazzi snapped the photo when Bieber and Gomez were leaving his 17th birthday party at Maggiano's restaurant in L.A. Gomez's rep insists that there is "absolutely no truth" to the rumors.

How do you deal with your partner's exes?

Cupid's Advice:

When your partner is as popular a guy as Justin Bieber, he may have a couple of angry or jealous exes. Cupid has some tips on

how to deal:

1. Ignore: If there is an ex who is trying to get back with your partner, ignore her and tell your beau to do the same. The ex is probably just trying to get attention and when they realize they can't get it, they'll stop.

2. Don't get jealous: Keep jealousy out of the equation. Remember that your partner chose you and broke up with his or her ex for a reason.

3. Tell them: When your mate's ex just won't leave you two alone, let the ex know that you're uncomfortable with the way they're acting and if they can't tone it down, they should just stay away.

Rob Pattinson Calls Dating Kristen Stewart 'Traumatic'





One of the most talked-about couples in Hollywood has had anything but an easy ride, according to UsMagazine.com. Robert Pattinson told *Vanity Fair* that his relationship with fellow *Twilight* actor Kristen Stewart has been “very traumatic.” Pattinson said, “When this is over, the media will lose interest. There’ll be nothing to say. It won’t fit into a headline anymore. It won’t fit into a template.” The hunky actor, 24, added that while his 20-year-old girlfriend knows what she wants, he’s still figuring it out. “Kristen is very focused on being an actress. I mean, that’s what she is – she’s an actress. Whereas I...I just don’t really know.”

How do you resolve conflicting career aspirations with your partner?

Cupid’s Advice:

Just because you and your partner aren’t on exactly the same path doesn’t mean that you can’t work it out. Cupid has some tips on how to resolve conflicting career aspirations:

1. Support: No matter what your partner decides to do for work, support them all the way and if necessary, offer advice

and guidance.

2. Sacrifice: If your partner needs to move for a job, ask yourself: which is more important right now, my relationship or my career? You can always compromise, too, and try a long-distance relationship.

3. Do your thing: Make sure your partner isn't holding you back or forcing you to do something career-wise. If he or she can't support your career change, maybe it's time to change relationships.

Brooke Mueller Gets Restraining Order Against Charlie Sheen





The never-ending drama sparked by Charlie Sheen keeps expanding, this time with estranged wife Brooke Mueller filing for a restraining order this past Tuesday, [People](#) reports. Sheen, who has recently been in the media spotlight for his bizarre escapades and strange interviews, even caused taping of the prime-time show *Two and a Half Men* to suspend production. Although Mueller may have ordered Sheen to stay at least 100 yards away from her, the custody issues of Mueller and Sheen's two-year-old twin boys have yet to be discussed.

If your partner has a mental breakdown, what should you do?

Cupid's Advice:

It seems as though Charlie Sheen has quite simply lost his mind. And as strange and bizarre as these sudden outbursts may be, a mental breakdown is an illness sometimes:

- 1. Offer love and support:** This may come to be harder than you think if the one you love seems to have a sudden change of heart and comes off as a completely different person himself. Remember the person you know and love, not the disease.
- 2. Get somewhere safe:** There is no telling what someone with

an unstable mind may attempt. Make sure you and your children are somewhere safe, and always keeps a cellphone on you for emergencies.

3. Have someone to talk to: You may not be the one with the breakdown, but that doesn't mean it won't directly affect you. Have a confidant that you'll be able to lean on for extra support when things start to get tough.

Taylor Swift and Jake Gyllenhaal Reunite at Oscars



Ex-lovers Taylor Swift and Jake Gyllenhaal were seen having a

serious conversation at an Oscars after party, according to [Digital Spy](#). A source told *People* that the duo was seen at the *Vanity Fair* after party. "It seemed a bit more serious – it certainly wasn't a 'Hi, how are you?' talk," the source said. "It seemed like they were catching up, sorting something out." Gyllenhaal left shortly after the talk while Swift stayed and partied with a few friends. The former duo broke things off in January.

Should you continue to resolve things after a breakup?

Cupid's Advice:

Each relationship and breakup should be handled on a case-by-case basis. Cupid has some situations where you should attempt to resolve your major issues:

- 1. Coworkers:** Nobody likes drama in the workplace. Do your best to keep things in perspective and work out your issues off the clock.
 - 2. Lots of mutual friends:** If you have a good amount of shared friends, then chances are you'll run into each other a lot. You'll need to at least be able to stand seeing each other in public.
 - 3. A close relationship:** Chances are that if you've been in a long-term relationship and things ended mutually, then you two were best friends and it's difficult to just cut that person out of your life.
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Sandra Bullock Says She's a 'Better Person' After Baby Louis



Academy Award winner Sandra Bullock dazzled in red this past Sunday at the 2011 Oscars. Bullock received her 2010 Best Actress Oscar (for *Blind Side*) only to find herself filing for divorce from now ex-husband Jesse James just weeks later. So what was on Bullock's mind this past Sunday when she was being questioned on the red carpet? According to UsMagazine.com, it's on her new main man, baby Louis. Bullock adopted in secret in January of 2010 finally making it public later that spring. The actress, who has returned to making movies again after a year and a half sabbatical gushed about her new life. "It's made me a better person. I'm more patient and accommodating. I really appreciate where I am."

Does having a child change your relationship with your partner?

Cupid's Advice:

Bringing a child into the mix will guarantee one thing in your relationship, and that's a major change. Whether that change is for the better or the worse is up to you:

1. Communicate better: With a baby in tow, both of you will be sleepless and irritable. Make sure not to take your lack of sleep out on each other, even if you have to come out right and say it. Sometimes just acknowledging that you're tired and easily annoyed can make all the difference.

2. Create a new routine: Long gone are the days of Friday night dates and lazy Sundays. In their place, you can create new routines and patterns. Suddenly, minor things like brewing coffee for your love in the morning will be just the loving touch he needs.

3. Bringing out the best: Now, it's not just you that you're looking out for, but a whole new person. Now is the time when you and your partner really have to have those hard discussions about morals and values, and which ones you'll be teaching. And if you two can't agree to disagree on some, then there's a long road ahead of you.

Is Taylor Swift Dating 'Glee' Star Chord Overstreet?



It looks like Taylor Swift has moved on from Jake Gyllenhaal. According to UsMagazine.com, the country singer was spotted at Thursday's L.A. Kings game with *Glee*'s Chord Overstreet. An Overstreet source said he called Swift up Wednesday to talk about writing a song together and following the game, the duo went out for food. "He will definitely pursue this," Overstreet's friend said. This isn't Swift's first date with a cast member of *Glee*; she was previously with Cory Monteith, who plays Overstreet's romantic rival.

Do sporting events make a first good date?

Cupid's Pulse:

The first date is said to set the tone for the relationship. Here are some things to consider about a sports-related first date:

1. The person: If your date has an interest in sports, then

tickets to a game or team they enjoy is a good bet. However, if they don't care for sports, then you may have a tough time winning a solid first impression.

2. The event: If you have two tickets to a suite during the next Super Bowl or World Series, then no matter what your partner's interests are, you should be in for a winning date.

3. The outcome: Let's be honest. If your team wins, then it helps the overall morale of the date. A loss on the field doesn't necessarily mean you've lost the night, but it can be more difficult to come back afterward.

Demi Lovato Reunites with Ex-Boyfriend Wilmer Valderrama Post-Rehab





Following her release from rehab, Demi Lovato has relapsed on an old relationship. The 18-year-old Disney star was caught with her ex-boyfriend Wilmer Valderrama, according to UsMagazine.com. The couple has supposedly been dating since Lovato's split from Joe Jonas. Lovato checked into rehab back in November after pulling out of the *Camp Rock 2* Tour with the Jonas Brothers to "seek medical treatment for emotional and physical issues." Reports say she has had past issues with weight management and self-mutilation.

Should you get back together with your ex?

Cupid's Advice:

Most of the time, it's a bad idea to get back together with your ex. After all, you broke up for a reason and chances are that those things will end resurfacing in time. Cupid has a few things to consider:

1. Look for the spark: When getting back together with an ex, it's common for things to quickly return to how they were after the "honeymoon period." If you want things to be different, then the spark should carry past the good times. It

should be there even on bad days.

2. A new beginning: This is a fresh start, so try to learn from past mistakes.

3. Be cautious: If things are going back to how they used to be, don't be afraid to call your lover out on it. The key is communication, so say something if you're not happy.

Marriage Is a Loaded Word



By Kenneth Weene, PhD.

We got engaged on April Fool's day. That was a propitious start. At least she couldn't claim that I didn't have a sense

of humor about the whole thing. Prior to that, I'd only agreed to getting engaged-to-get-engaged one evening at the restaurant called Big Chicken Fry (honest).

Before you get the wrong idea, I loved her, I was committed to her. In my head we were going to grow old together. My concern was the word – marriage.

I've always been about words; not just what they mean, but what they imply. Throughout my career as a therapist, my concern about the word "marriage" has been borne out. The word creates expectations. It changes and codifies roles. It imposes mental burdens where before there were none.

To come to terms with these burdens, some couples live together before marriage. They think it will give them a good sense of what their lives will be like after they tie the knot. If they're satisfied, they then marry. Then, things immediately go downhill. Celebrity couples are no exception. David Arquette and Courtney Cox is one couple that comes to mind; Lisa Bonet and Lenny Kravitz is another.

"What happened?" they ask me, their new marriage counselor. It just took that one word. Suddenly the humor and spontaneity was gone. In its place were those burdens and those darn expectations. It started in the little things: "Why isn't my laundry done?" "Didn't you take the garbage out?" It then escalated: "Why do you need so much cash in your pocket?" "Whose parents are we visiting for Christmas?" And then it reached fever pitch: "Shouldn't we start thinking about kids?"

Sadly, having children often creates the expectation of marriage, an expectation that is often a mistake. Ashlee Simpson and Pete Wentz obviously shouldn't have married, as they're now getting a divorce. To their credit, Naomi Watts and Liev Schreiber have children and haven't changed their marital status. They seem happy to this day.

And then there's the expectation that marriage is forever. Forever is such a long time! (My approach was to consider it a three-year contract with option to renew.) That expectation leads to one of the easiest mistakes to make, which is investing in one member of the couple. Don't put your spouse through school. There, I've said it. That's a prescription for the spouse's mid-life crisis. Marriage is too fraught with obligation as it is. Don't add more.

"Marriage" is a word loaded with meaning and danger. Maybe that's why some couples never marry. Oprah Winfrey and Stedman Graham lived together for many years without calling it marriage. Yet, it can be wonderful. My engagement was 43 years ago, and my wife and I are still together and in love to this day. The key is to rethink it by giving the word meaning with which you can live comfortably. For me, it's all about humor, symmetry, and equality – not responsibility, obligation and expectation.

A New Englander by upbringing and inclination, Kenneth Weene is a teacher, psychologist, and pastoral counselor by education. He is a writer by passion. A poet and fiction writer, Ken's novels, Widow's Walk (2009), and Memoirs From the Asylum (2010), are both published by All Things That Matter Press.

Vanessa Minnillo Is Cool With Nick Lachey Hosting Vegas Swimsuit Party



Letting your partner go to Sin City without you is one thing, but letting him go with a bunch of supermodels seems a bit risky. Apparently Vanessa Minnillo doesn't think so! Minnillo recently let future hubby Nick Lachey go to Las Vegas alone Thursday to host a Sports Illustrated swim party while she stayed behind for auditions. Talk about a cool fiancée. Even though Vanessa wasn't on Vanity nightclub's list that night, she was on Lachey's mind. "She looks as good if not better than any of the models you see behind me in a swimsuit," he told [E! Online](#). And as far as the wedding plans go, Lachey assures us that they're "getting there slowly but surely...we're inching our way along."

Is it OK for your partner to go on a wild trip without you?

Cupid's Advice:

Knowing whether or not you should trust your partner to go on

a trip without you is a big decision. If you're not sure, Cupid has some things to consider:

1. How long: There's a big difference between going away for a weekend and going away for weeks. A lot can happen if you're away from your special someone for an extended period of time.

If your partner plans on packing all the clothes in his or her closet, maybe you should tag along on the trip.

2. Who is going: It's not always about how much you trust your partner as much as it's about how much you trust their friends. If your beau still hangs out with his crazy single friends, make sure to remind him that he's not a bachelor anymore before he leaves.

3. Reason to worry: Ask yourself why you're worried in the first place. It's normal to be a little uneasy, but don't let the jitters get the best of you. If your partner has broken your trust and given you a reason to worry before, there's nothing wrong with insisting to go with them.

Penélope Cruz and Javier Bardem Find Time for Romantic Dinner





Vicky Christina Barcelona stars and now-spouses Penélope Cruz and Javier Bardem found themselves with some free time last week, reports [People](#). The couple, who just had their first child together, were able to get away for a romantic dinner in London at Gordon Ramsay. Onlookers say the two couldn't keep their hands off of each other and that they were looking very cozy.

How do you find time for romance when you have a baby?

Cupid's Advice:

It's easy to focus all of your attention on your new bundle of joy, but in order to main both your sanity and your relationship, make sure to take some time out to focus on romance:

1. Schedule it: It may not be the most romantic idea, but if you don't schedule some alone time, no one will. So make dinner reservations for two, and get a babysitter.

2. Find a pattern: Does your baby's nap time always seem to fall around the same time as when your partner gets home? Take advantage of it, and cuddle together in the rare

silence. Just make sure there's a baby monitor nearby in case both of you fall asleep.

3. Create inside jokes: Nobody will be spending more time around your newborn than you and your spouse. To create a connection during a less than private time, mention something that only your honey will understand. The inside information will bring a smile to his face.

Joe Jonas Gives Golden Birthday Gift to Ashley Greene





Twilight star Ashley Greene had much to celebrate this past weekend. The actress rang in her 24th year by celebrating in Sin City with rockstar boyfriend, Joe Jonas, [People](#) reports.

Jonas gifted Greene with a Chanel bracelet, accidentally crediting the jewelry as a token from Coach. Greene adores her new jewelry. "Coach, Chanel, [it] makes no difference to him ... [But] I absolutely love it because he knows what I like," said Greene. But besides birthday jewels, Greene credits her favorite gift as, "having my best friends fly in to celebrate with me."

What are some ways to decide what gift to give your partner?

Cupid's Advice:

It takes real talent, time and thought to pick out the perfect present for the one you love. Cupid has some tips:

1. Stop, look and listen: Slow down and make a mental note when your partner makes a passing comment about something that catches his or her interest. If it's something your mate keeps mentioning, but won't go out of his or her way to buy, consider it gift appropriate.

2. Make a connection: If you and your significant other are just starting out and you're having a hard time with gift ideas, try to find something that unites you as a couple. Is there an inside joke you both share or an uncommon interest that bonds you? The thoughtful trinket will show you care.

3. Make him or her feel young again: To ease the harshness of aging, turn back the clock with a toy from his childhood. Is it a summer birthday? A pair of water guns should bring a smile to his face.

Former 'Idol' Star Scott MacIntyre is Engaged





Former *American Idol* Season 8 contestant Scott MacIntyre has found “the one.” MacIntyre and his fiancée, Christina Teich, plan to wed later this year, the singer’s rep confirmed to UsMagazine.com. The couple will make their first public appearance at the Season 10 *American Idol* Top 24 party, which will be held February 24 in Hollywood.

Where should you go public as a couple?

Cupid’s Advice:

Now that you’re an official couple, you shouldn’t worry about where you can be seen together. There are endless options, and you should embrace them. Cupid has a few suggestions:

- 1. Wedding:** Is one of your relatives on the way to getting married? Take your significant other to the wedding as your date. This is one of the best way for your partner to get acquainted with the relatives she or he hasn’t met yet.
- 2. Private parties:** If you’re part of an exclusive organization that will hold a private event soon, invite your partner to attend the party with you.

3. Events: Wait for a special occasion, whether that ends up being your friend's birthday, a holiday, a festival or a concert. You'll remember the day you announced your relationship even more if it's in a special location.

'Glee' Star Dianna Agron Splits From Alex Pettyfer



Dianna Agron is now single following her recent break-up with Alex Pettyfer, according to UsMagazine.com. The duo's split became official following Agron moving out of their shared home last week. The couple, who were set up by director D.J. Caruso while filming the movie *I am Number Four*, recently

avoided speculations about an engagement being in the near future. They only dated for less than a year.

Who should move out of your shared home after a split?

Cupid's advice:

Moving in with your mate is a tough decision in and of itself. The question of who gets what is something you should unfortunately keep in the back of your mind when deciding to move in, just in case things go south. Cupid has a few things to consider when figuring out who moves out and who keeps the castle:

- 1. Financial stability:** Whoever has a better chance of paying the rent or mortgage by themselves should have the place, plain and simple.
- 2. Friends or family are a plus:** If you have friends or family to lean on until you get back up on your feet, then consider moving out. Having the extra support makes things easier.
- 3. Have a heart:** Even if things are really awkward, do your best to continue living with your partner until one of you finds a new place to stay. Kicking someone out should be reserved for the most drastic cases.

Former 'Jersey Shore' Star Angelina Pivarnick Is Engaged





Let's do a fist pump for a *Jersey Shore* engagement! Angela Pivarnick is officially engaged, following her boyfriend David Kovac's very public proposal on the red carpet outside of STYLE360 Sachika's fashion show Wednesday. "She was completely surprised [and said], 'Are you serious?'" She looked really happy and shocked," an onlooker told [People](#).

Should you propose at a public event?

Cupid's Advice:

Proposing in a public setting generally has two outcomes – successfully romantic or embarrassing rejection. The best proposal settings tend to have a tie to your relationship. Here are some things to consider when planning your proposal:

1. Avoid clichés: Instead of sticking with the old 'romantic candlelit dinner, flowers and hiding the ring in champagne' routine, make it unique and personal. Take your mate to the restaurant where you had your first date or your first kiss. Something that holds significance to your partner shows thought.

2. A romantic strikeout: Unless you plan on running across Wrigley Field or standing on the 50-yard line of Ohio Stadium, don't take a cue from the Jared commercial by proposing during a sporting event. It's unoriginal and the last thing you need are crazy fans surrounding your special moment.

3. Make sure it's right: Don't make the move if you have doubts. Proposing is a big step in a relationship, and it's important that you have no doubts.

Frankie Muniz Denies Being Suicidal During Fight With Girlfriend





Police were called to former Malcolm in the Middle star Frankie Muniz's house after a fight with his girlfriend turned serious, according to [People](#). His publicist girlfriend, Elycia Turnbow, told police that Muniz put a handgun to his head "possibly with [the] intent of committing suicide." The actor's rep countered, saying, "A gun played no part in the argument and was voluntarily given to the police for safekeeping... He was not suicidal." Ironically, Muniz was the one who called police to the residence, complaining that Turnbow was "throwing things and hitting [him]."

What are some ways to keep fights from escalating?

Cupid's Advice:

When things get heated between you and a partner, it's important not to lose control. Cupid has some tips on how to keep a lover's quarrel from turning ugly:

1. Think ahead: Remember the last time you fought and you said things you wish you could take back? Next time, think carefully before you do or say something you'll regret later.

2. Slow down: Take a step back from the situation before things get out of control. By pausing for a minute and taking some deep breaths, you can stop the fight from escalating.

3. Never resort to violence: If you're feeling so worked up that you're considering physical violence, walk away from the situation immediately and tell your mate you can talk later, once you've both calmed down.

Bethenny FrankeL Recommends Lazy Lingerie to Keep Your Spark





Are you trying to keep the spark alive in your relationship? Try lazy lingerie! Former *Real Housewives of New York City* star Bethenny Frankel kept the romantic sparks in her relationship alive this Valentine's Day with the help of just that. "You have to make an effort ... I actually have a line coming out which is Skinny Girl Smoothers and shapers and they include lazy lingerie. Because it's something you wear under a blazer or sweater and then you take off the sweater, and now you have lingerie!" she said in an interview on [RadarOnline](#). Frankel also spilled more secrets on how she and her husband, Jason Hoppy, keep the sparks alive in their marriage. "We do date night once a week. We switch off on who chooses the surprise place we're going to go and we usually pick some hip place so we can still feel like we're cool..."

What are some ways to keep the spark alive in your relationship?

Cupid's Advice:

Keeping the excitement in a relationship can be tough. Cupid is here to offer some advice on keeping the romantic sparks in

your love life from disappearing:

1. New hobby: Pick up a new hobby that both you and your partner will enjoy. Not only will trying out a new activity be fun, but you'll also discover new talents in each other.

2. Surprise him/her: Relationships become dull when they become routines. Surprise your significant other by taking him/her to a vocation or a play. Even something as simple as giving flowers will make his or her day.

3. Communicate: Keep the spark alive by being attentive to each others' needs. Your relationship and respect for one another will grow as you both continue to share opinions and feelings.

Matt Bellamy Thanks Pregnant Girlfriend Kate Hudson at Grammys





At the Grammys, Muse's lead singer Matt Bellamy was a winner in more ways than one. When the band accepted the Grammy for Best Rock Album on Sunday night, he seized the opportunity to gush about his girlfriend, Kate Hudson, in a very public way. UsMagazine.com reports that Bellamy, 32, ended his band's acceptance speech by thanking his "beautiful pregnant girlfriend." Hudson was present at the show, but didn't walk the red carpet. The 31-year-old actress, who has a 7-year-old son with ex-husband Chris Robinson, has said that she doesn't think she will get married again.

What are ways to thank your partner for being there for you?

Cupid's Advice:

While most of us don't have the chance to thank our significant others on TV in front of millions of people, there are plenty of everyday opportunities to say thanks for being there. Cupid has some ideas on how to show you care:

1. It's the little things: Attention all men: no woman doesn't like getting flowers. She'll like it even more if you give them to her out of the blue just to let her know you

appreciate her.

2. Put yourself out there: If you want to thank your partner for being there, doing it front of an audience shows you're not afraid to celebrate your love publicly. Try making a speech at your mate's birthday party or on your anniversary in front of your friends.

3. Actions speak louder than words: Thanking your significant other doesn't always mean saying "thank you" out loud; it's about showing you're thankful by doing something for them. If your partner nags you about how messy you are, try cleaning the house before they come home.

'How About' Giving Online Dating One Last Try?





By Jenna Barbieri

Some people spend [Valentine's Day](#) doing extravagant things with their loved ones, while others spend it alone in front of their computers. Does the latter sound like you? Well, what would you do if I told you that this year, sitting in front of the computer might actually be the start to your ideal Valentine's Day? Would you think I was lying? Yeah, so would I. Which is why I did some research after hearing all the hype about [HowAboutWe.com](#).

Before I say anything else, let me point out that HowAboutWe is a dating site ... but it's not actually a dating site. Most people are hesitant to attempt online dating, but the only part of the actual dating that takes place on this site is the proposal. According to their homepage, "It's a site all about dates – inventing dates, scrolling through dates, asking people out and going on the dates you really want to go on."

It's no secret that connecting online has become an ideal dating option, which is why there are thousands of dating sites already out there. What separates HowAboutWe from the

rest is the wait time (or lack thereof). HAW is straight to the point: What's your ideal date? Have you always wanted to go sky diving over beautiful scenery while holding hands with a significant other? Type it in and instantly connect with those who share your interest – it doesn't get easier than that. In the meantime, look through your own date proposals until you find one right for you.

Once someone accepts your dating proposal or vice versa, the rest is natural. The type of date itself already tells you a lot about the person, and you're immediately thrown into an activity you both enjoy. If the date lacks that special spark, take comfort that you've found a friend who shares similar interests as you, all while continuing to date other people who also share your hobbies until you find the person that's right for you. Who *wouldn't* want to be asked out on a regular basis?

So instead of spending Valentine's Day alone, How About YOU take a chance on HowAboutWe? It's more than just a great way to meet people; it's a great way to meet the right people.

*Interested in giving it a try? HowAboutWe.com is offering our readers a **SPECIAL DISCOUNT of 33% OFF** their service, just in time for Valentine's Day! Use promo code VDAYFUN. For more information, visit their Facebook page and follow them on Twitter: @howaboutwe.*

Three Valentine's Resolutions That Last!



By Melissa Orlov, marriage consultant and author of *The ADHD Effect on Marriage*

How often have you found that the requisite roses (slightly wilted at the edges) don't do that much for you? This year, for a truly meaningful [Valentine's Day](#), don't focus on a single romantic gesture. Instead, consider making Valentine's Day the 'New Years' of romance – a time for making resolutions that will create lasting change for your relationship.

The good news? There is science behind how to do this. Here are three resolutions that can make Valentine's Day *matter* for a change:

We will teach ourselves to argue. Significant marital research suggests that couples who argue using the right words, who are conscious of how to start and end a conversation, and who avoid accusatory or critical rhetoric in the middle can use

disagreement to strengthen their marriage, rather than weaken it. So forget about what you are fighting about and focus instead about how you disagree. Healthy conflict puts you on a path to resolve your differences. Unproductive conflict, or avoiding conflict all together, means that your problems don't get solved, only aggravated.

We will address ADHD in our relationship. If you have a child with ADHD, patterns of significant inconsistency in at least one spouse, chronic nagging and anger, or very uneven distribution of responsibilities in your relationship, then ADHD may be creating serious problems for you. Learning how ADHD impacts adult relationships will help you overcome the many challenges you currently face.

We will change the proportion of positive interactions to negative ones. University of Washington researchers, including John Gottman, have determined that healthy relationships include at least five times more positive interactions than negative ones. So every time you create a negative reaction in your relationship, you need to self-consciously make up for it by creating five positive ones! Saying 'I'm sorry' is a good start, but it's only one-fifth of the work you need to do – so get to it!

Melissa Orlov is the author of The ADHD Effect on Marriage, and has been featured in the NY Times, on CNN, Today and more. Her website is www.adhdmarrriage.com. For more, Orlov suggests For Better: The Science of a Good Marriage by Tara Parker-Pope and The Relationship Cure by John Gottman, Ph.D. You can also follow Orlov on Twitter: @msorlov.

SELF: Reasons to Like February 14 Regardless of Your Relationship Status



From *SELF* Magazine

Love being single because...

1. You stay slimmer. Women who live alone gained less weight (about 9 pounds over a five-year period) than newly married women, a study from the University of North Carolina at Chapel Hill notes. "Men have a higher calorie allowance, so if you have whatever he's having, you're going to gain weight," says Tara Brass, M.D., medical director of Columbus Park Collaborative.

Advice for all from SELF: Shared meals and social obligations

can wreck any woman's diet. Make sure you don't match every forkful with your man – just because he finishes his entire plate doesn't mean you have to. When dining out with friends, suggest that you both order something healthy, then split a dessert. Everybody wins!

2. You snooze more soundly. Sleeping solo has its perks: Two thirds of people who share a bed say their partner snores, costing some of them an average of 49 minutes of sleep per night, a National Sleep Foundation survey shows. "The noise created by snoring can be as loud as a kitchen blender," says Carol Ash, D.O., a sleep specialist in Jamesburg, New Jersey.

Advice for all from SELF: Use a white noise machine for more peaceful slumber, Ash suggests, and avoid alcohol or caffeine for four hours before bedtime.

3. You have steamier sex. Single gals report fewer bedroom issues such as lack of interest, low arousal and anxiety about sex than married women, a study from University College London reveals. "Excitement over a new crush creates a surge in neurotransmitters that crank up your sex drive," Dr. Brass says.

Advice for all from SELF: As you grow more committed, novelty can keep your love life hot. "Try new positions and locations, role-playing and, yes, even toys, which have been linked to increasing your chance for orgasm," suggests Debby Herbenick, Ph.D., a research scientist at Indiana University.

4. You enjoy more me-time. Single women luxuriate in seven extra hours a week that married women spend doing chores, finds research from the University of Michigan at Ann Arbor. "Women increase their housework after marriage; men reduce theirs," says study author Frank Stafford, Ph.D. (Thanks, guys.)

Advice for all from SELF: Leave the dishes in the sink, and reduce stress by taking a Zumba class or diving into a book.

Love being coupled because...

1. You're probably not hung-over today. Married women are 20 percent less likely to binge-drink than back when they were single, a study from Northwestern University at Evanston, Illinois, indicates. Putting a ring on it may prompt women to put their wilder days behind them. And knowing your partner is watching may help you keep each other's vices in check.

Advice for all from SELF: Drinking a moderate amount of alcohol can be good for you. But indulging too heavily may increase your risk for breast cancer. Stick to no more than one drink per day.

2. You catch the happiness bug. Women who live with a mate tend to brighten up when their partner is in a good mood, according to a study from the University of York. "Emotions are highly contagious, and so is happiness," explains study author Nick Powdthavee, Ph.D.

Advice for all from SELF: The trickle-down glee can come from anyone we know and like, Dr. Powdthavee says, so take a friend out after her promotion or send a note of congrats for a relative's new baby and bask in her joy, too.

3. You have better health care access. Single women are 60 percent more likely to lack health insurance than married women, a Centers for Disease Control survey suggests. "Having a spouse increases your odds that you will have employer-sponsored coverage," says Mark Rukavina, executive director of the Access Project, a health research and advocacy organization.

Advice for all from SELF: Visit [HealthCare.gov](https://www.healthcare.gov) to search for the most affordable plans in your state and to find out how reform will improve your access.

4. You keep your brain going. Couples who marry or live together are half as likely to develop dementia later in life than those who live solo, a study in *BMJ* notes. Constant social interaction between partners (even bickering) may strengthen the connection between brain cells and prevent cognitive decline.

Advice for all from SELF: Paired up or not, everyone can benefit from healthy social connectivity. With stronger mental health, you'll fare better with any health hurdles that come your way, suggesting all women build connections by prioritizing church or charity as well as friendships. How about throwing a February 15 party just for fun?

Keep on top of all fitness, healthy eating and wellness news with SELF Magazine. For more tips, follow SELF on Twitter: @SELFMagazine.

10 Tips To Keeping Your Valentine





By Brenda Novak, *New York Times* and *USA Today* bestselling author

With [Valentine's Day](#) approaching, it's easy to start pondering your love life. The "what if's" begin to run rampant, and the future is undoubtedly a big focus. If you can't imagine your life without your current partner, you need to start thinking about how you plan to keep him or her. Brenda Novak, bestselling author of more than 30 Harlequin romance novels, has some tips on how to do just that, which she's garnished from her own experience and research:

- 1. Avoid negative thought patterns:** Allowing yourself to mentally or verbally tear down your significant other is like gnawing at the bond that holds you together.
- 2. Remember that this person means more to you than anyone else:** This includes your parents and your kids. People who live their entire lives for their children are often disappointed to find that they have no relationship left once the kids head out on their own.
- 3. Be more flexible and forgiving with your spouse than mere**

friends and neighbors: We expect our spouses to “understand” our stress or limitations – in other words, put up with our crap. Instead, reserve your patience and kindness for the person who means the most to you.

4. Understand that relationships work on a spiral: The more thoughtful you are with your loved one, the more fulfilled and happy he or she will be, and the more he or she will be interested in giving back to you.

5. Don't get too practical: Some couples forgo the flowers, the cards, the dinner dates and the chocolates in favor of saving money. But what's worth more to you? A few bucks (or even a house or a car), or a relationship that will likely affect your whole life and the lives of your children?

6. Try to do something nice for your spouse every day: Even if it's just a chore he or she typically does, these thoughtful touches will act like a hedge against the tough times.

7. Be physical and touch a lot: These little reminders that a spouse cares are nurturing to the soul and send wonderful signals to your children. Your kids will feel secure and happy because *you're* secure and happy, and they'll be more loving because of the example you've set.

8. Remain loyal: Have the grit it takes to stick together through thick and thin.

9. Be unselfish: It might seem otherwise, but life isn't all about you, how you're feeling and what you want. Worry more about whether you're being a good spouse than whether your spouse is being a good mate to you, and you'll be glad you did.

10. Take care of yourself: You don't have to be model-thin or in the first blush of youth, but be the best you can be – mentally and physically. In other words, be someone you'd

like to be with.

Brenda Novak and her husband, Ted, live in Sacramento and are proud parents of five children – three girls and two boys. When she's not spending time with her family or writing, Brenda is usually working on her annual fund-raiser for diabetes research – an online auction held on her at www.BrendaNovak.com every May. Follow her on Twitter: @Brenda_Novak. Still want more? Check out her special Valentine's Day giveaway [here!](#)

Brad Womack's Ex Says He Proposed to Her Numerous Times





Brad Womack is no rookie when it comes to proposing. This season's eligible bachelor has, according to ex-girlfriend Laurel Kagay in an UsMagazine.com article, proposed to her countless times. Kagay said the most recent proposal was just weeks before he left to film this season's show. "Even when we weren't together, he would say how much he loved me and was going to marry me," she said. While filming, Kagay said Womack would send her emails. "I'm sure the girl he picked would want to know that he was proposing to another woman right before he started taping the show," she said. "I would want to know."

How do you know when your partner's heart is in the right place?

Cupid's Advice:

Probably one of the most frustrating parts of a relationship is when you and your partner have different ideas about where you're heading as a couple. Cupid has some ways to tell if you and your partner are on the same page:

1. There's intimacy: It's not all about sex. Ask yourself if

you do things such as cuddle up to each other after a long day of work or hold hands in public. If not, you may want to look into why.

2. You say 'I love you' often: This is important to keep in mind, because if those words are rarely exchanged, there may be some distance between you and your partner.

3. They don't act distant: Pay attention to how your partner acts around you. If he or she tends to be caught up in problems or less attentive to what you say, you may want to do something about it before it takes a toll on your relationship and love.

Who Will Plan Prince William's Bachelor Party?





Even a prince needs a bachelor party. But who will help plan the celebration for Prince William's last night of freedom before he weds Kate Middleton on April 29? [People](#) reports that Guy Pelly, 29, a friend of Princes William and Harry for nearly two decades, will take on the daunting task. And Pelly, who recently opened the London nightclub Public, is the perfect man for the job, according to royal expert Katie Nicholl. "Guy is very much the life of the party, but he is also fiercely loyal and protective of the princes," Nicholl told the *New York Times*. "There is a lot of history there." For now, Pelly is keeping details about the party secret, although there are rumors that the bash could be in South Africa, where Pelly and the princes have raced motorcycles together.

What are some "out of the box" ideas for a bachelor or bachelorette party?

Cupid's Advice:

A bachelor or bachelorette party doesn't always have to consist of exotic dancers and lots of booze. Cupid has some

unique ideas on how to celebrate the last night of being single:

1. On the road: Pile the bride or groom and a couple of close friends into a car and go wherever the road takes you. Or, surprise them by driving back to their hometown and reminiscing.

2. Try an adventure: Some might opt for something more physical, like adventure bachelor/bachelorette parties. After a whitewater rafting or mountain-climbing excursions, getting married will be a piece of cake.

3. For women only: Chances are the bride-to-be is stressed out from planning the most important day of her life. So why not let her relax with a spa party for her and her bridesmaids? It'll help her look fresh for the wedding, too.