

Valentine's Day Special: Speed Shrinking for Love Event



By Lavanya

Sunkara

The best way to attain what you seek is to make the effort and take that first step. At last night's Speed Shrinking for Love party at Housing Works Bookstore Cafe, organized by bestselling author and journalism professor Susan Shapiro, New Yorkers of all ages and walks of life flocked to find what they were in search of, whether it was love, a book deal, or psychoanalysis.

Enthusiastic participants lined up for their speed meeting – think speed dating, but with literary agents and relationship experts. The jam packed space buzzed with curious newcomers,

mingling friends, therapists doling out advice three minutes at a time, and literary gurus advising writers on pitches. Free wine and [Valentine's Day](#) chocolate cupcakes were plentiful.

But Speed Shrinking isn't just a witty name for a networking event. It is also the title of Shapiro's debut novel about a self-help author who sees eight therapists in eight days to deal with her cupcake addiction after her best friend, as well as her shrink, suddenly move away. What started out as a one-time party idea to promote her book, Speed Shrinking has become a social phenomenon, entertaining a series of television appearances and parties on both coasts. Last night's event was Shapiro's 10th party, and she said a producer is interested in turning it into a reality show.

When asked how therapy changed her life, Shapiro said, "It's my secret weapon. I have everything I want in life because of it – a husband I've been happily married to for 15 years and two careers I love. Therapy really pays for itself. I tripled my income, thanks to my last shrink." The participating psychoanalysts agreed, and said they want to expose people to therapy and show that it is indeed a smart life choice.



Susan Shapiro (center) with psychiatrist Sheri Spirt and Jungian astrologist Bob Cook.

Photo courtesy of Susan Shapiro.

Among the participants are devoted Shapiro-ites – students, literati friends and work contacts. Kiri Blakeley, author of *Can't Think Straight: A Memoir of Mixed-Up Love*, said it was her first time at a Speed Shrinking event. "I'm thrilled people recognize me from my online interviews," said Blakeley, who added that she came to spend time with friends and talk to editors about possible projects. Her experience is the norm for a Shapiro networking event. Everyone is connected to one another, either through an acquaintance, an agent, or Facebook. But the mutual link between all is Shapiro.

One participant, Daniel Berman said, "Shapiro is like a full-time operator – always available and willing to connect you to an editor, agent or romantic match. She is very supportive and I got published because of her."

Former student Alyssa Pinsker shared her thoughts. "Like most of New York, I consider Sue Shapiro my mentor. I believe in her message and good karma. What better way to spend Valentine's Day than to help others and find help?" Like many others, Pinsker wooed the editors to whom she pitched her ideas. "I always find what I need here."

Shapiro's next book, this time in collaboration with her former addiction therapist Frederick Woolverton, is titled *Unhooked* and is about how to get off addictions. For upcoming free events, please visit www.susanshapiro.net.

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Kim Kardashian's Boyfriend Kris Humphries Not Jealous of Super Bowl Ad



Despite the sex appeal caused by Kim Kardashian's enticing Super Bowl Sketchers commercial, her boyfriend Kris Humphries was not at all envious. According to [Digital Spy](#), Kardashian says Humphries is "not a jealous person at all." The commercial, which aired during the fourth quarter Sunday, showed Kardashian moving provocatively with a shirtless, male trainer.

How do you deal with a jealous partner?

Cupid's Advice:

If your significant other is jealous, don't panic right off

the bat. To some degree, it's normal. Most people have doubts in a relationship because we can't always be at each other's sides every moment. Cupid has a few pointers to help you deal with your envious partner:

1. Trust each other: Probably one of the biggest keys to a healthy relationship is trust. Because you can't be with each other every second of the day, you need to believe in your partner when you're apart.

2. Talk it out: If your significant other is threatened by your close friends of the opposite sex, then you're going to have to have a sit-down to lay out some ground rules.

3. If you have nothing to hide, prove it: Some people are uncomfortable being open and honest (like showing their phones to their partners). It may put your mate at ease if you go above and beyond to prove your innocence, at least once in a while.

Zac Efron's Night Out Without Vanessa Hudgens





It looks like Zac Efron is finally over Vanessa Hudgens, despite a brief rumored reconciliation. [People](#) reports that Efron, 23, accompanied actress Teresa Palmer, 24, to a screening of her movie *Take Me Home Tonight*. The twosome then continued their night out at Voyeur nightclub in West Hollywood where, “Zac chatted with Teresa for awhile,” says a source. “She leaned in close so she could hear over the music [while Zac was] smiling and slightly flirting with her.” Efron and Hudgens, 22, ended their four-year relationship in December.

How quickly should you move on after a break-up?

Cupid’s Advice:

After a relationship ends, when is it healthy to start dating again? Everybody’s different, but Cupid has some tips on how to know when you’re ready:

1. Take time to recuperate: Don’t start dating again after a breakup until you’ve had enough time to properly heal. If you don’t, you’ll end up in an unhealthy rebound relationship.

2. Do it for yourself: Make sure you’re not jumping into a new relationship just to make your ex jealous. It’s unfair to your

new partner and to yourself.

3. Don't rush: Take things slow with your new boyfriend or girlfriend. Think about what went wrong in your last relationship, and try not to make the same mistakes.

Valentine's Day Special: Men's Health and TheKnot.com Report: 1 in 4 Brides Didn't Love Their Wedding Proposal



Regardless of whether we're receiving it or making it, most of us would want to have one perfect proposal in our lifetime. As a

significant moment in any person's life, the proposal should be memorable for both parties involved – a memory the two of you can treasure years after you've been married.

But according to *Men's Health* and TheKnot.com, one in four brides were unhappy with their wedding proposal. The men's magazine and online wedding planning resource partnered together to ask more than 3,000 men and women about what couples are thinking during one of life's most talked-about moments – just in time for [Valentine's Day](#). With more than half a million men planning to “pop the question” this season, the results of their fourth annual proposal and engagement survey is a source for men and women to learn about wedding proposal do's and don'ts. So before you plan *your* proposal to that special someone, take a look at what this survey had to say:

One in four brides were disappointed with their proposal: Twenty-six percent of brides wished their proposal was more romantic, original and personal, private, or thought it was way too fancy. Perhaps the 76 percent of men who planned the proposal on their own should have asked someone for advice.

Proposing without a ring: According to 33 percent of brides, the worst proposal mistake a man can make is proposing without an engagement ring. Yet half of the men surveyed beg to differ; they believe that blowing the whistle ahead of time and letting everyone in on the plan is the biggest proposal crime.

Men choosing the ring by themselves: Thirty percent of men said they chose the engagement ring without any help, but brides insist that it was only 18 percent. In fact, 40 percent of brides went ring shopping with their future spouse, or chose the ring by themselves. Overall, 96 percent of brides said they love their ring or it was exactly what they wanted (lucky them!).

Men are traditionalists: A majority of the men (76 percent) said it's necessary to propose on a bended knee, while only 49 percent of women agreed. However, when it came to asking the bride's parents for their daughter's hand in marriage, 57 percent of men and 63 percent of women say it's a proposal do.

Sharing the news: Both men and women are on the same page when it comes to sharing the news. Eighty-four percent called their parents first, followed by telling friends via email, a phone call or a text message. Afterward, 72 percent of brides-to-be and 64 percent of grooms-to-be announced it on Facebook. But when it comes time to post a photo of the engagement ring on Facebook, 29 percent of men agree that it's tacky.

Men would propose to Jessica Alba, while brides would say "I do" to Jake Gyllenhaal: Statistics show that 43 percent of brides would accept Jake Gyllenhaal's proposal. And if given the chance, Jessica Alba topped the list, with 26 percent of men choosing to propose to her.

Well, there you have it! It doesn't get better than receiving advice from those who have already gone through it. Now that you know what some of the proposal do's and don'ts are, perhaps you'll consider taking your significant other ring shopping, or figure out how to ask her parents for her hand. Unless you want to be like Elizabeth Taylor or Mickey Rooney, who both received eight marriage proposals during their lifetime, all you've got is one shot – make it count!

If you'd like more input on how to pop the question, check out the TheKnot.com's proposal guide. The site is filled with engagement ring shopping tips, suggestions for a wedding proposal, and includes an engagement announcement e-card to share the exciting news with everyone.

Halle Berry and Gabriel Aubry Fought Over Kim Kardashian



Although Gabriel Aubry and Kim Kardashian's recent romance fizzled soon after it began, [People](#) reports that Halle Berry was not happy to see her ex out with a reality TV star. Aubry, 35, and Kardashian, 30, took in a Lakers game and a movie in late November before calling it quits. Halle Berry, 44, who split with the French Canadian model last year, was angry about the relationship because of her daughter, according to a source close to the actress. "Halle was very upset... She just didn't want Nahla exposed to the cameras that are undoubtedly around a reality star." But Aubry had no intention of bringing someone new into his daughter's life right away. "Gabriel wanted to make sure he dated someone for six months before he introduced them to

his daughter,” says the source.

How soon should you bring a new partner into your child's life?

Cupid's Advice:

After a breakup, it's hard to know when to bring a new partner into your kid's life. Cupid has some tips on when and how to make the introduction:

- 1. Talk to your child:** Give your son or daughter a chance to come to terms with his or her parents' separation. Once they realize that Mommy and Daddy aren't together anymore, they will be more ready to accept someone new.
- 2. Warn your partner:** Tell your new mate what your child is like so he's prepared. Giving him as much information as possible will help make the introduction go smoothly.
- 3. Wait until it's serious:** While there's no time limit on when your child and partner are ready to meet, it's a good idea to wait at least a couple of months. Then, it's up to you to know when the relationship is serious enough to bring someone new into your child's life.

Jennifer Aniston Shoots Down Pregnancy and Pet Rumors





Despite what you may have heard, Jennifer Aniston is not having pups of any kind! Since Aniston's rep issuing a denial statement to [People](#) had little to no effect on the rumors, the 41-year-old actress decided to shoot them down herself during a taping for Thursday's *The Ellen DeGeneres Show*. When DeGeneres asked if she was adopting another dog, Aniston jokingly replied, "I think you're confusing that with the Mexican child I'm supposedly adopting." When the laughter died down, she reassuringly answered, "No, I'm not adopting any children" and added, "And no doggies right now."

What are ways to keep family and friends from pressuring you to have a child?

Cupid's Advice:

Family pressure to have children can get overwhelming pretty quickly, so Cupid thought of a few ways for you to handle yourself in the situation:

- 1. Show:** Without saying it, make it clear to your guests that you're simply not ready for a child. Reference work a lot so they realize a child doesn't fit well with your schedule, and

let them see that the house isn't baby-proofed. Sometimes actions speak louder than words.

2. Tell: If they can't take the hint, it's time for a family meeting. With your spouse or partner by your side, very calmly explain to your family and friends that having kids is a huge decision, and it's not theirs to make. Tell them that the pressure is too much and reassure them that when you do make the decision, they'll be the first ones to know.

3. Consider: The most effective way to get rid of the pressure is to give into it. Sit down and have a serious talk with your partner to see if having a baby is something you want to do. Are you both emotionally, mentally and financially ready? If the answer is still 'no,' it will at least reassure your family that you've thought about it.

Vanessa Minnillo and Nick Lachey Are Savoring Engagement





After getting engaged, most couples practically race down the aisle like there's a finish line at the end. That's not the case for soon-to-be married couple Vanessa Minnillo and Nick Lachey. Minnillo, 30, and Lachey, 36, are savoring their engagement. According to [People](#), the two were engaged in November and have been enjoying it ever since. "We're enjoying being engaged," Minnillo says. "Everyone rushes to the next step and I like this step. I'm in love and we're happy, so when it comes and it happens organically I will welcome it with open arms."

How long should you be engaged before marriage?

Cupid's Advice:

Although most couples believe that sooner is better, Vanessa Minnillo and Nick Lachey are proof that taking the engagement process slow is very rewarding. Cupid has a few good things that can come out of waiting:

- 1. Growing comfortable:** Being engaged really puts a relationship into perspective, and it's a great way to tell whether or not you're truly ready to commit to this person forever. Waiting will not only help you both become more comfortable and sure of your decision, but it can give you

some time to ease into the transition from engagement to marriage.

2. Making decisions: Taking your time with wedding arrangements will give you and your fiancé not only more time to make your own decisions, but also to come together and find a common ground on your perfect wedding. The longer you wait, the less stressful the planning becomes!

3. Right time: Many couples make the mistake of getting married right away without thinking about the rest of their priorities. Give yourselves sometime to finish school, or wait until your jobs are less hectic before you request time off.

Wedding stress becomes a lot less scary when it's the only thing you have to worry about.

Diane Kruger In Glamour: 'I Don't Believe In Marriage'





Diane Kruger has learned her lesson when it comes to marriage: it isn't for everybody. The German actress, who was married to French actor and director Guillaume Canet for five years, told *Glamour* that once is enough for her. "Without sounding pessimistic, I learned that I don't believe in marriage. I believe in a commitment that you make in your heart. There's no paper that will make you stay." The [Huffington Post](#) reports that while Kruger may not want to walk down the aisle, she is looking forward to having kids one day with TV star and long-time boyfriend Joshua Jackson.

Is tying the knot actually necessary?

Cupid's Advice:

Some people need to say "I do" to make a commitment, while others believe it's unnecessary. Cupid has some tips on how to know if marriage is right for you:

- 1. Complete your fairy tale:** If you've always dreamed about your wedding and starting a family with a spouse, then marriage is necessary for you. Go for it if you don't feel right not making it official.

2. Don't do it to please others: Get married for yourself. It may sound selfish, but if you're taking a walk down the aisle because someone else wants you to, you'll regret it.

3. You don't need a piece of paper: Getting hitched is not required to make a life-long commitment. If committing "in your heart" is enough for you and your mate, then tying the knot isn't necessary.

When Friends Have Babies and You Have Your Career



Statistics show that many people are getting married later in life, and many are questioning whether they want to get married at all.

If you're a twenty or thirty-something who has put your climb up the corporate ladder (in Louboutin heels, of course) or achieving your personal dreams, ahead of the traditional 3-step plan—get married, get pregnant, and live happily ever after (or get divorced), you will see married couples with kids or newlyweds with babies on the way, everywhere you look.

And, if you're anything like me—an unmarried thirty-something who loves her career, lives with her boyfriend, and whose biological clock only ticks to adopt a dog right now, then you understand the questions it raises when surrounded by those who have made starting and raising a family their business of choice.

I've worked through this biological paradox and have helped hundreds of my clients do the same. Here are my top four suggestions:

Embrace Your Freedom

After every first, second, or third birthday party for our friends' children, my boyfriend and I do something spontaneous to remind ourselves how great it is that it's just the two of us—for now. Enjoy every moment of your life. There's no need to rush. Plan a safari to Africa, go back to school to get a degree, write a book, buy an expensive and impractical handbag, and live on your own. Get excited about your life, and live with no regrets! Too many new mothers say, "I wish I would have done that before I was married and pregnant."

Get Healthy

No matter how feminine we are on the outside, we all have masculine energy. Masculine energy is the force behind our goal-setting process, the direction we take in life, and the one-track thought process that gets us to where we want to go.

Many women have a challenging time getting pregnant because they do nothing to nurture their feminine energy after they

start dating. The more you can create a space in your life for your feminine side to shine through, the more you will attract men who could be the father of your children. This energy can also make it easier for you to conceive. Begin preparing your body for pregnancy or start building the 5-star accommodations your unborn child will be living in. Cleansing your body can take months. Become more self-aware and learn as much about yourself as possible.

Prepare with Positivity

A positive response can make all the difference. If you feel fine with your decision to wait to get married and have kids, then this will translate in your face, voice and expression.

But, just because YOU are happy with your choice, you will still be asked why you are waiting to start a family. For me, it comes up in every conversation with the grandparents, the parents, the parents' friends, and now even our friends.

People can't help themselves—so I chose to forgive them!

It's better to answer their questions with a positive response and with a commitment to your decision.

Women's Wisdom

I love the fact that my friends all have had kids before me.

I respect them as women and as mothers. I feel so confident knowing that I can reach out to them when it's my turn. The lesson here is to learn from your friends' experiences. Try on their choices and see what works for you and what doesn't.

Their experience can be your greatest teacher.

Remember, you can have everything you want: the accomplished professional life and the fulfilling personal life. Consider how you would be able to enjoy both if they didn't happen at the same time. Try these suggestions and let me know how they work for you.

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Series. Stephanie is most passionate about teaching people how to have a healthy and happy relationship with themselves because she knows it is the starting point for developing a meaningful and rewarding relationship with another. Visit her online at www.StephanieFlorman.com or at www.mastermatchmakers.com.

‘Idol’ Contestant Chris Medina Shares Story of Fiancee’s Brain Injury



How much would you sacrifice if your partner got ill? The millions of people watching *American Idol* Wednesday night had to consider that

question after watching Chris Medina's touching story. *People* reports that when 26-year-old Medina auditioned for the judges in Milwaukee, he told the story of how he and the love of his life, Juliana, dated for six years and got engaged. Then two months before the wedding, everything changed when Juliana got in an accident that left her with a traumatic brain injury.

"I was about to make vows just two months from the accident – through thick and thin, 'til death do us part, for better or worse," he said. "What kind of guy would I be if I walked out when she needed me the most?"

Should you sacrifice aspects of your life for your partner's illness?

Cupid's Advice:

An illness or injury will test even the strongest relationship. Cupid has some advice on how much you should sacrifice when your partner goes through a trauma:

1. Respect the vows: Like Chris Medina said, when you get married, you make a vow to be there for each other "in sickness and in health, 'til death do us part." Your partner's illness gives you an opportunity to show how much those vows mean to you.

2. Get help: Don't go through this experience alone. If your mate needs care, make sure you ask for help from family, friends and professionals instead of taking it all on yourself.

3. Don't sacrifice everything: Your partner would probably want you to go out and enjoy life instead of worrying about him or her constantly. Take time for yourself once in awhile.

Jennifer Love Hewitt Picks Out Three Wedding Rings



Jennifer Love Hewitt is making it really easy for her boyfriend to propose by picking out three engagement rings for him to choose from. The 31-year-old actress has been dating Chicago actor and director Alex Beh for seven months, and things must be going well for the couple. Hewitt told Ellen Degeneres that she found the rings at Tiffany's, according to *People*. "I feel like I'm doing the guy a favor. I don't want to be upset if he picks a bad ring, so I feel like having three picked out and saying, 'Look! Look at this plethora of things you can choose from!'"

What are ways to make sure your groom-to-be picks out the right ring?

Cupid's Advice:

Getting engaged is exciting, but getting engaged with the right ring? Perfect. Cupid has some tips on how to make sure your mate proposes with the right rock:

1. Drop hints: If you want him to shop at a certain store, get him on the mailing list or rip out ads from the store and put them where he'll find them. He should get the hint eventually.

2. Use a celebrity example: Pick up a copy of *People* and point out a particular celebrity's engagement ring as beautiful. Giving him an idea of the style and design you want will help guide him when picking out a ring.

3. Have breakfast at Tiffany's: If you are really picky and know exactly the ring you want, tell your man that when he proposes, you'd love to be able to pick out the ring yourself. Being proposed to in Tiffany's with your choice of ring is also very romantic (see: *Sweet Home Alabama*).

George Clooney Says 'No' to Another Wedding





Will reporters ever stop asking George Clooney if he's getting married? Probably not, and according to *People*, Piers Morgan had a shot at asking last week when Clooney appeared on his CNN show, *Piers Morgan Tonight*. "I hate to blow your whole news story, but I was married," Clooney told Morgan. Nick Clooney, George's father, appeared on the show with his son and used his own 51-year marriage to George's mom Nina as an example of why he should reconsider. However, George, who was wed to actress Talia Balsam from 1989 to 1993, believes once is enough. He added, "I've proven how good I was at it, and I just. ... I'm allowed one."

After divorce, should you give marriage another shot?

Cupid's Advice:

After a marriage dissolves, you may feel like you never want to get married again. Cupid has some ideas on whether to tie the knot a second time:

1. Second time's a charm: If you've found someone and *want* to get married again, why not walk down the aisle a second time? Just because it didn't work the first time doesn't mean it won't work the second time with the right person.

2. Don't blame marriage: So you never want to say "I do" again. But remember that the marriage ended because you were with the wrong person: you shouldn't blame the institution.

3. Marriage isn't for everyone: If you feel like you're just not the marrying type, let any future partners know that while you're interested in commitment, you're just not willing to tie the knot.

Jesse James and Kat Von D Are Engaged



It's wedding bells for one of the most controversial couples in Hollywood: Jesse James and Kat Von D have announced their engagement.

James and now ex-wife Sandra Bullock split in June after news of his multiple affairs surfaced. The motorcycle mogul, who began dating Kat Von D shortly after the divorce, professed his love for his fiancée to *People*. “You know sometimes the public and press gets it wrong. This is one of those times. 2010 was actually the best year of my life because I fell in love with my best friend. An amazing woman who stood behind me when the world turned their backs.”

How do you know when someone is truly committed?

Cupid's Advice:

It can be tough to tell if the person you're dating is planning on being in the relationship for the long haul.

Cupid has some ideas and how to tell if he's truly committed:

- 1. There for you:** When the going gets tough, and your partner stands by you in a time of crisis, it's safe to say he's not a flight risk.
- 2. All about PDA:** If your mate isn't afraid to sing your praises in front of anyone and everyone, it's more than likely true love.
- 3. Don't care what people think:** When it comes to your relationship, sometimes there will be naysayers. If your partner doesn't seem to care about the critics, he's there for the count.

JWOWW's Ex-Boyfriend Speaks

Out About Her Dating Advice Book



Jersey Shore star Jenni "JWOWW" Farley is catching some heat in response to her new relationship advice book called, *The Rules According To JWOWW*, according to *RadarOnline*. Her ex-boyfriend, Tom Lippolis, is anything but supportive of her newest endeavor, as he calls her book "laughable." "How could she write a book about dating when she's done nothing but cheat on her boyfriend on national television?" Lippolis asks. Although Lippolis and JWOWW were the only couple to last through more than one season, that ended during season 3 of the hit reality show when Lippolis saw a picture of his girlfriend kissing tattooed trucker, Roger Williams. "If her dating book is about infidelity, disrespect, and/or lack of self-respect in a relationship then I think it will do well, definitely her expertise!" says Lippolis.

Who should you trust to give you reliable relationship advice?

Cupid's Advice:

Choosing who to love and spend your life with is an incredibly important decision, and wanting to get advice and opinions on the matter is a natural result of that. There's no lack of opinions in this world, however, so make sure you only trust reliable sources when it comes to relationship advice:

1. Longtime friends: It takes a long time to truly get to know someone. Instead of trusting the advice of someone who has only known you for a short while, seek the opinions of those who have known you the longest. Plus, they're likely to have your best interests at heart.

2. Family: Your family members have not only known you your whole life, but they're more likely to be straight with you. Instead of the "tactful" filter that's in place with your friends, they'll be blunt with you about their true feelings on the relationship in question.

3. Experts: Check credentials. When you're in the market to hire someone for a job, that person must submit a resume of past experiences to prove he or she is qualified. Take the same approach with relationship advice. Make sure the person giving you advice has experience to draw from.

Melissa Etheridge Is In a New Relationship with Best Friend



After a nasty split from wife Tammy Lynn Michaels last year, Melissa Etheridge has entered the dating world again – with her best friend. Etheridge began dating *Nurse Jackie* creator Linda Wallem three months after the breakup. A friend of the couple tells *People*, “Melissa and Linda have been best friends for over 10 years,” adding that Linda was “best man” at Melissa’s wedding to Tammy in 2003. The new couple, who share the same birthday and turn 50 in May, “are in a committed relationship. They’re happy,” says the pal.

Should you risk losing a friendship by taking it to the next level?

Cupid’s Advice:

If you’re feeling something more for your friend and want to take a risk, is it worth it? Cupid has some tips on how to know if you should take the jump:

1. Observe: Before actually asking your friend if he has

feelings, too, and making things awkward, observe. Watch his interactions with other girls, and see if he treats you differently.

2. Ask yourself if you're in love: Some confuse closeness and intimacy with love. Make sure you really have romantic feelings before you take the next big step. If you just think he'd make a good husband, but aren't actually attracted to him, it might lead to heartbreak.

3. Think about the future: Not all couples are meant to last. Are you and your friend compatible romantically? If you don't see the relationship lasting, it's probably better to stay friends.

Chloe Sevigny Says She Isn't Dating Jersey Shore's Pauly D





After they were spotted sitting together courtside at a Knicks-Spurs game, rumors about actress Chloe Sevigny and *Jersey Shore*'s Paul "DJ Pauly D" DelVecchio were an item. When asked by *Interview* magazine about the possibility of dating Pauly D, the *Big Love* star called the idea "hilarious," reports *People*. Sevigny added, "That would be the weirdest couple in the world. It would be like the apocalypse. We represent extremes, in opposite directions. So for us two to come together, it would be a very strange meeting of the minds or colliding of two worlds."

Is it true that opposites attract?

Cupid's Advice:

"You say 'yes,' and I say 'no.' You say 'stop,' and I say, 'go, go, go!'" Can this complicated relationship (courtesy of the Beatles) really work? Cupid has some ideas:

1. People are complex: No two people are completely opposite (or completely alike). When opposites attract, it may just be two people who find that the few things they have in common are more important than their differences.

2. Scientists say no: According to a [2003 study](#) where researchers quizzed 978 heterosexual residents of Ithaca, New York, about what they look for in a partner, the results were clear: The majority look for mates who are similar to themselves.

3. Opposites attract, but do they stay together?: You may be attracted to someone who is different from you because they seem to fill a gap. But it's up to you to make the relationship last.

Owen Wilson Welcomes Fatherhood and Talks About 'The One'





Congratulations to first-time father Owen Wilson and his girlfriend, Jade Duell! The couple welcomed a son in Hawaii on Friday, according to *UsMagazine.com*. Wilson has stayed quiet about his girlfriend's pregnancy, but a source says that he was looking forward to becoming a father. "He's super into it and asks a lot of questions to make sure he knows what's going on every step of the way," the source said. Although the actor has yet to pop the question, he does believe that Duell is "The One."

What are some ways to tell that you're in love?

Cupid's Advice:

Being in love is a wonderful feeling, but how do you know if you've found Mr. or Mrs. Right? Cupid has some telling signs:

- 1. Emotions:** The mushy feelings you had at the beginning of your relationship are still there, even after many months or years.
- 2. Sleep deprivation:** You aren't getting a sufficient amount

of sleep, yet you still feel energized. You spend countless nights thinking about your partner, and it seeps into your dreams on a nightly basis.

3. Everything is there: When you're in love, you don't feel like you're lacking anything in life. Everything you've wanted has finally come true. You also know that no one can replace your partner.

Keira Knightley and Longtime Boyfriend Rupert Friend Break Up



An off-screen romance that bloomed during the filming of *Pride & Prejudice*

has fizzled out. According to *People*, Keira Knightley and Rupert Friend broke up under the radar months ago due to distance and career factors. Knightley's father, Will Knightley, said, "They were together for quite a long time, and it is always hard breaking up. She's focused on her work." Here's hoping a few films and some new co-stars will help heal Knightley's broken heart!

How do you know when you should pick your career over love, or vice versa?

Cupid's Advice:

Many attest to the notion that you can have your career and love life, too. But is it really true? Cupid has some tips:

1. Sacrifice: When you find yourself making sacrifice after sacrifice, at the expense of your own happiness, it's time to prioritize. Relationships are about compromise, so you shouldn't feel like you're letting go of opportunities for your future, whether it be wedding bells or job promotions.

2. Gut feeling: If you start feeling your relationship fizzle because you're tackling more projects at work, ask yourself if you're being fair to your partner. On the other hand, if your work life is suffering due to your relationship, it might be time to scale back on that "quality time" you're spending with your partner.

3. Goals: Setting goals is always a smart idea! Not only are you motivating yourself, but you can also learn a lot about what you're looking for in life. Determine how much you value a relationship in your life versus how much you strive for a career. Perhaps come up with a ratio.

Jersey Shore's Sammie and Ronnie: Officially Over?



It's official!

Jersey Shore couple Sammi "Sweetheart" Giancola and Ronnie Ortiz-Magro have split up, according to Entertainment Tonight. After dating on-and-off for three seasons of the hit reality show, the pair have ended their relationship for good.

The pair first connected on the first season of *Jersey Shore*, which was then followed by a second season picturing Ortiz-Magro in questionable scenes with other women. That said, Giancola told *People* that her on-again-off-again boyfriend is "an all-around good guy" despite their tumultuous relationship.

Are on-again-off-again relationships healthy?

Cupid's Advice:

The path to love can often be tough, and every relationship requires commitment and hard work. Cupid has ways to tell if your relationship is in need of a health check:

1. Reason for staying: Figure out what's making you stick around. If you truly care for the person and want to make things work, maybe going back to an ex isn't always the wrong decision. But if you're only going back to him because you're scared of change and don't think you can do better, don't do it!

2. Feeling of responsibility: Obligation is never a good reason to be with someone. Past feelings of guilt or just a feeling that you "should" be dating someone for a particular reason isn't something that a relationship should be based on. If you get back with an ex, make sure it's simply because you see a future with him.

3. Resolving issues: In order for your relationship to survive, resolve the issue that drives you both apart before getting back together. If neither of you want to change your ways, maybe it's time to move on and start over with someone else.

'Black Swan' Actress Natalie Portman Prefers a Friend with Benefits



While Natalie Portman still hasn't publicly spoken about her new fiancé (and new baby bump), *People* reports that she recently opened up about what she wants in a partner in the new issue of *InStyle*. "I look for all the same things I would in a friend... Obviously, you need the sexual attraction, too, so it's like your best friend who you are also really attracted to." Portman is engaged to French choreographer and actor Benjamin Millepied, who she met on the set of her new movie *Black Swan*. The two are expecting their first child later this year.

How important is it to be best friends with your partner?

Cupid's Advice:

Plenty of romantic relationships blossom out of friendships. Cupid has some ideas on why your significant other should also be your best friend:

1. Get to know each other better: Friends often get to know

each other on a deeper level than lovers do, because there's no pressure. Being best friends with your mate will make your relationship even more intimate.

2. Build a foundation of friendship: When the honeymoon phase is over and the romance wears off, you still have your best friend. Physical attraction is important, but if you want to grow old with your partner, make sure you're friends first.

3. Keep your other friends: While it's important that you and your significant other are friends, make sure he's not your only one. It's important to have a social life outside of your partner.

Spotted: Zac Efron and Vanessa Hudgens Together





Can separation actually bring people closer together? It looks like that may be the case for ex-celebrity couple Zac Efron and Vanessa Hudgens. According to *People*, the pair were “constantly touching and kissing each other” at Friday evening’s SHG’S Eden Hollywood opening. Efron and Hudgens announced their split in December, but appeared to be more than friends on the dance floor. “Vanessa was bopping around with her arms up while Zac had his hands all over her,” the source says. “Vanessa had a smile on from ear to ear and the two were inseparable after that.”

How can you hang out with an ex after a public breakup?

Cupid’s Advice:

When you and your ex make your breakup public, any contact you have from then on becomes the talk of the day. If you had a public breakup but want to continue to hang out, Cupid has some tips:

1. Be honest: If you don’t want the rumors to start, be up front. The best way to avoid talk is to tell your friends honestly that you and your ex are starting to hang out again, and it’s nothing more than that. The more you tell them, the

less they have to make up.

2. Stay out of the limelight: For some people, it's easier to go with the low key approach and risk the rumors than to face their friends. If telling those close is too much pressure, keep it to yourself as long as possible.

3. Return to spotlight: The best way to start fresh with your ex is to make your make-up just as public as your breakup. Invite your friends when you hang out with your ex. That way you can avoid the stress of secrets and put all rumors to a halt.

'The Bachelorette' Star Ali Fedotowsky and Roberto Martinez to Wed in 2011





When it comes to Ali Fedotowsky and Roberto Martinez's relationship, what *Bachelorette* host Chris Harrison loves the most, "is that they're living their lives." According to *People*, Fedotowsky recently began a gig as a correspondent for the local Fox station in San Diego. Her groom-to-be has opened a new office for his insurance business as well. Friend and former *Bachelorette* bachelor Kiptyn Locke suggested, "It's important to be away for a while and get to know each other so then when you go do those things, it's all real." With things going so well, it doesn't seem that a 2011 wedding will surprise anyone.

What should you know about your partner before getting married?

Cupid's Advice:

While you might feel that you know everything there is to know about your partner, it doesn't hurt to ask a few additional questions. Cupid's got three topics to discuss before tying the knot:

1. Skeletons in the closet: Nicole Kidman had to deal with Keith Urban's addictions early on in their marriage. Having a

past isn't something to be ashamed of, so ask your partner to be honest with you.

2. Finances: While commercials for freecreditscore.com might sing about extreme financial sorrows, they aren't kidding! No one enjoys talking about their financial situation, but rather than let this become an obstacle after you've walked down the aisle, get it over with now.

3. Home sweet home: If you or your partner are currently living separately, discuss where you plan to live after getting married. Jobs, family and the economy can affect possible locations your partner will consider living.

Kate Middleton Attends Wedding with Future In-Laws





This weekend, Kate Middleton got to know her future royal family a little better at the wedding of a close friend of her fiancé, Prince William. *People* reports that Middleton and Prince William joined Prince Harry, Princess Beatrice and Middleton's future in-laws at the wedding of Harry Aubrey-Fletcher to the Honorable Sarah Louise Stourton on Saturday. Kate Middleton, who turned 29 on Sunday, will get married to Prince William on April 29 at Westminster Abbey.

What are some ways to impress your future family?

Cupid's Advice:

Getting along with your partner's family is really important if you plan to have a future together. Cupid has some advice on how to charm the in-laws:

1. Be yourself: Don't pretend to be someone you're not, because your partner's family will most likely see right through you. Be honest and confident, and they can't help but love you.

2. Show you're serious: Make sure your partner's family knows how much you care about him. If they're confident that it's

true love, they'll be grateful that their child is happy.

3. Ask for advice: By asking your in-laws for help, you're showing them that you trust them and are open to their opinions. They'll appreciate being included in your life as a couple.

Michelle Williams Upset Over 'Nightline' Interview Focus on Heath Ledger



While promoting her new movie, *Blue Valentine*, Michelle Williams had what she calls a “devastating” experience with *Nightline*. *E! Online* reported last week that Williams didn’t like how *Nightline*

producers edited the interview to focus almost entirely on Heath Ledger's death. "They used those few quotes, and the way they edited the piece to sell the interview, it appeared as if I were breaking some kind of silence and sitting down with the express purpose to discuss something that is very private to me," says Williams, who still finds talking about her former partner's death a "struggle."

How can you avoid unnecessary questions about a lover who's no longer in your life?

Cupid's Advice:

When you lose a partner, whether it's through a breakup or an unexpected tragedy, it's hard to talk about at first. Cupid has some ideas on how to avoid prying questions:

- 1. Say 'no':** When someone brings up your ex, simply tell him you're not ready to talk about it yet. Most people will understand that you still need time to mourn.
- 2. Date someone new:** Once you've taken time to grieve, go out with a new person. People will stop asking questions about your old partner and start asking about your new one.
- 3. Don't avoid it forever:** While it may be difficult to answer questions about a painful subject, remember that most of the time, people ask because they're worried about you. Accept their help when you're ready to move on.