

How to Date Outside the Box in NYC



By Daniel Brown from Date Valet

Dating in NYC can be a minefield. Getting a date is hard enough these days, but then you have to come up with something fun and romantic to do. The most common New York Date ideas typically involve the movies and a drink or a meal. Going out for a nice meal at one of the most romantic restaurants NYC has to offer is a good date idea. However, it should be tied in with something a little more unique if you want to make the best first impression.

Consider unusual date times

Thinking outside the box doesn't have to just be about the

date activity; it can also be relevant in terms of date times too. Friday and Saturday nights tend to be the most popular option when it comes to date night. This is because you and your date are both typically working a 9-5 job and the weekends are the only time you have available. Changing the time of the date can drastically alter the experience. This is easier to do if you're self-employed. However you could also take a day off if you're due a holiday at work. Make it an all-day date if you can.

Related: [Fantasy Dating: How to Play the Game Right](#)

Take a mini vacation

As NY dates go, you can't get more unique than a mini vacation. Surprise your date by whisking them away for a weekend. Now obviously if you've only just met them this may seem a little forward. However, providing you book separate rooms and you are respectful of their personal space; this date idea can really help you to make a fantastic first impression. It will be a date that you'll both never forget.

Opt for a cultural experience

If you're both interested in art and culture, why not arrange a museum or art gallery date? You can do this during the day and many museums are actually free to enter. This is great news if you're on a budget. You can impress your date without having to spend a fortune. New York is a fantastic cultural hub with plenty to see and do.

Treat them to a Broadway show

New York is the birthplace of Broadway. It may not be the most 'out there' date idea, but it's certainly one of the best. It's entertaining and more cultural than heading to the movies. It's also something you can both talk about afterwards. Wrap the evening up by taking her to one of the most romantic restaurants in NYC.

Take them on a romantic picnic

It's hard to escape the hustle and bustle of New York life. It may be one of the best cities in the world, but sometimes it's nice to take a little time out. Pack a romantic picnic and head out to one of the many amazing parks in and around the city. A picnic is definitely one of the best New York date ideas. It allows you to enjoy delicious food as you really get to know your date. You don't have to compete with the noise of the city. It's just you, your date and nature; nothing could be more romantic.

Book an experience day

If you really want to treat your date to an unforgettable experience then an experience day could be the ideal option. These are usually adrenaline based activities such as hot air balloon rides, flying and track days. However, there are also spa experiences and wildlife encounters you can book. These unique activities will help you to have a great time on your date, provide you with a great topic of conversation and it's also something they'll never forget.

Try to get a feel for what type of activities they will likely enjoy before you book. If you book a tandem skydive and they're scared of heights it could prove to be memorable for all of the wrong reasons!

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Cook together

Going out to a fancy restaurant can be romantic, but so can cooking together! Pick your date up and head to the supermarket. Shopping for groceries may not sound like the great start to a date but you'd be surprised. It provides you with a casual location where you will both feel at ease. You can then go back to the comfort of your home and cook a nice meal together. As you prepare the ingredients, you'll get to

bond and get to really know each other. It's even recommended that long term couples cook together in order to bring the romance back into their relationship.

Overall there are so many things you can do on a date. Try to be as imaginative as possible. Think about what your date likes and what type of activities they prefer. Making it personal will ensure you have the best NY date.

The Date Valet is a collective of artists, musicians, financiers, and entrepreneurs all infected with a serious case of nightlife and dating. You can get dating advice, tips and planning ideas for your date. It also plans you date less than the price of a cocktail.

Fantasy Dating: How to Play the Game Right





By Suzanne Casamento

How many times have you heard your single friends say, “I’m never going to meet anyone”? or “There are no good singles in this city”?

Care to put a wager on that? Now you can challenge your friends to bust those myths by Fantasy Dating. Like in other Fantasy Sports, people join leagues, set stakes and compete to earn points. But when they Fantasy Date, singles earn points by dating. You score when you exchange numbers, receive texts, calls and go on dates.

Fantasy Dating takes the dread out of dating and replaces it with fun. Instead of worrying about things like, “Will he like me?” you focus on the points you need to catch up to your teammates.

If you’re ready to shift your dating mindset from “misery” to “awesome,” here’s how to get in the game.

Start by looking around.

There are quality singles everywhere. At the drugstore, farmer's market, dog park, beach, local sporting events, coffee shop – wherever – there are good singles there. They may not look like underwear models or whatever version of perfect you've envisioned, but good, smart, considerate, funny single people do exist.

You just have to look up from your phone long enough to notice them.

You laugh, but think about it. Do you chat with your BFF as you select granola at the market? Do you tweet as you wait for your morning coffee? Do you update your Facebook status as you walk your dog?

If so, chances are, you're walking by potential partners everywhere you go. So, rule number one is put the phone away and look around.

Related: [Twitter Dating 101: Actions Speak Louder Than Tweets!](#)

Get caught looking.

As you look around, when you see someone you find attractive, get caught looking. Brazen, we know, but if he or she doesn't know you're interested, how will they get the idea to approach you?

Be brave and smile.

Did you just think, "What if he or she doesn't smile back?" Good question. First, the chances of that are slim. Nine out of 10 times, if you smile at someone or say, "Hi," they will mirror you. It's a natural reflex. But, back to the question – what if he or she doesn't smile back? Then you know that's not the person for you and you move on. After all, do you want to date someone who's not friendly?

Ask a question.

Once you get the smile, you have a great opportunity to say, "Hi," and ask a question. If you're at the farmer's market, ask, "Do you know if these carrots are organic?" If you're at the coffee shop, say, "I don't speak Starbucks. What do they call the biggest cup?" If you're at the dog park, say, "Your dog is so cute! Is he a mix?"

Related: [The New Dating Game](#)

Give a compliment.

If you have trouble coming up with a quick question, give a compliment. Everyone loves to be complimented. Say, "That shirt is a gorgeous color," "I love your watch," or "Nice shoes!" A compliment will make the object of your eye feel good and give them an opening to continue talking with you.

But stay away from compliments on someone's looks such as, "You're gorgeous," or "I love your eyes." Even though those statements may be true, they may come off sounding cheesy. So, compliment something he or she *chose* not something he or she *is*.

When you follow these simple steps, you'll get in the habit of being friendly and outgoing. Plus, as you meet people and date, you score Fantasy Dating points and get to kick Fantasy League butt!

The best part is, as you continue to engage with people, you'll gain confidence. And confidence is sexy.

Suzanne Casamento is the creator of FantasyDatingGame.com. She launched Fantasy Dating after getting tired of hearing her single girlfriends complain about their boring love-lives. Since then, they have all dared to date. Suzanne is a dating expert, writer and speaker. Her mission is to empower singles to take chances, build confidence and find love.

Say Hello and Pick Up a Date With the Help of Some Seriously Friendly Breath Spray!



This post was sponsored by hello seriously friendly oral care.

By Priyanka Singh

Sometimes, the biggest struggle when it comes to dating is figuring out how to say hello to your crush. Making that first

move doesn't have to be so scary anymore, especially if you know how to capture the attention of your potential love interest with confidence.

How do you break the ice when you're out with your friends and notice that cutie across the room? Two words: body language. Make eye contact and don't be afraid to show off your pearly whites. You want to make yourself approachable, and the best way to do that is with a seriously friendly gesture. If they happen to smile back, take the next step and say hi. When you meet someone new, you have a clean slate, so seize the opportunity to make a lasting first impression. Let your true self shine!

If you can't find the courage to say hello, resort to one of your favorite pickup lines. Choose wisely: If you want him to notice your sense of humor or her to realize that you're a sensitive guy, use a pickup line that reflects this part of your personality. For something casual, say, "My friends bet me that I wouldn't be able to start a conversation with [the most beautiful girl or most handsome guy] in the bar. Can I buy you a drink with their money?"



Photo courtesy of hello seriously friendly oral care.

If you're *still* struggling with introductions, there is one thing that will give you the confidence to step out of your comfort zone: **hello** seriously friendly oral care. With flirty and delicious flavors like Sweet Cinnamint, Pink Grapefruit Mint, Spearmint and Mojito Mint, you're sure to score that first date. All of these fabulous flavors are available as hello mouthwash, hello toothpaste and **hello** breath spray.

hello breath spray is super compact, so you can bring it anywhere. Designed by BMW DesignworksUSA, the container is easy on the eyes, whether it's sitting on your bathroom counter or tucked away in your handbag. Plus, **hello** products also contain no alcohol to dry out your mouth.

No luck making a connection so far? We have one more trick up our sleeve: If he happens to be an animal lover, let him know that **hello** products are not tested on animals and are made in the USA . That might just be the key that unlocks a second date!

If you want to get seriously friendly with some of these different products, check out these stores to purchase hello oral care: Walgreens, Duane Reade, Target, Kroger, Ralphs, Fred Meyer, Stop & Shop, Giant, SOAP.com, Fry's Food and Drug Stores, Dillon's Food Stores, Quality Food Centers, JayC Food Stores, King Soopers, Smith's Food & Drug Stores, Martin's.

Happy flirting!

Check out hello seriously friendly oral care on [Facebook](#), [Twitter](#), [Instagram](#) and [Pinterest](#).



Share your favorite pickup lines with us in the comments below!

Twitter Dating 101: Actions Speak Louder Than Tweets!





By Mandy Hale

In honor of National Singles Week this week, I'd like to address a new phenomenon that seems to be sweeping the globe faster than planking and twerking combined. (Okay, maybe not THAT fast.) What am I talking about? Twitter dating!

Not to be confused with online dating, "Twitter dating" is when you stumble across a profile of someone on Twitter who intrigues you, begin following them, they begin following you and a flirtation starts to build in the form of tweets and direct messages, aka "DM's." The more Twitter popularity climbs, and the more we increasingly turn to our social media circle as a trusted community of friends, the more rampant these "Twitter crushes" seem to become. Which would be all fine and good if they turned out well. Or even okay. But I've had two experiences with "Twitter dating" and both have been what we like to call on Twitter (don't forget the hashtag): a #MajorFail.

Related: [Technology, Social Media and Dating – The Good, the Bad the and Oops!](#)

Because of this, I thought it was half past time to establish some rules or guidelines to help the single ladies of the world know when to follow and know when to block – a few red flags to look for that might save you from a giant stop sign up ahead. I mean, none of us want to end up on “Catfish,” right? So here are some early warning signs that your Twitter crush’s “character” might not go any deeper than that infamous 140 or less limit...

1. A lack of photos other than his profile pic. Big red flag. If he portrays himself to be a functioning, successful adult, there should be SOME other photos of himself other than his avatar. And I don’t mean photos of inanimate objects or his dog or the ocean. I mean ACTUAL photos of him, clear photos, where you can see his face. In the day and age of camera phones, if a man is hiding his face from his profile – there’s a reason.

2. A lack of any sort of online presence other than Twitter. Okay, so Facebook isn’t everyone’s cup of tea, so we’ll let it slide if he doesn’t have a FB page, but if a man doesn’t have SOMETHING out there besides his Twitter profile that can vouch that he’s a real person (an Instagram account, a LinkedIn profile, a Google+ page...SOMETHING), chances are – he’s not. I mean, God gave us Google for a reason, ladies; so we can let our fingers do the walking and learn a little more about our Twitter crush before we welcome him offline and into our lives! If you Google him and absolutely nothing comes up, I’d definitely be a little wary. And for that matter, if you Google him and an article about how he was arrested for cyber-stalking pops up, obviously – RUN, don’t walk, to your nearest block button.

3. Finally – maybe neither of the above apply to your situation. Maybe you’ve seen his FB page, you’re following him on Instagram, and everything seems to be on the up and up. But THIS is where you have to watch out for another phenomenon – the infamous “Twitter player.” Just because he is physically

who he portrays himself to be doesn't mean his character matches up with his 140 characters. I encountered the not-so-rare species "The Twitter Player" back in March, and found myself in a drive-by relationship: One where he faked a future with me for a few weeks before moving on at break-neck pace to another unsuspecting Twitter victim.

So how do you identify a "Twitter player"? This one's a little trickier, so here are a few signs to look for: If he's regularly flirting with other girls on his timeline. If you've taken the relationship offline and are talking and Skype-ing and texting, yet he NEVER talks about you openly on his Twitter timeline. Or if he comes to town to see you and STILL doesn't post about you, take a picture with you and actually CHECKS IN SOMEWHERE ON FOURSQUARE but doesn't bother to tag you (Not that this EXACT scenario happened to me or anything. Okay. It did.) Online and in life – if a man hides you, it's because he's still out there seeking something besides you. It's better to render the player powerless by exiting the game than wind up losing your dignity and your self-respect to play a losing hand.

Related: [Tips for Making a Long Distance Relationship Work](#)

Based on my experiences, I have to say I'm retiring "Twitter dating," at least for the foreseeable future; but if you choose to roll the dice, I'd just encourage you to be careful. Set boundaries. Don't ignore the signs. And online and in life – always date smart by guarding your heart. (It's the most precious commodity you have).

*Follow Mandy Hale on Twitter @TheSingleWoman. Get more fabulous tips on love by checking out her website, <http://thesinglewoman.net/> or grabbing your copy of her new book *The Single Woman: Life, Love, & a Dash of Sass*, available on Amazon and anywhere books are sold.*

Robert Pattinson Says He's 'Quite Sensitive' in Relationships



By April Littleton

UsMagazine.com has the inside scoop on an interview Robert Pattinson did with *Sunday Style*. He opened up about his anxiety on the red carpet, forgiveness and relationships. "I'm quite sensitive, and I do like a bit of grand gesturing, but that's just my ego," Pattinson told the Australian magazine. "I like to give people presents and I think of myself as the best gift giver, but only because I get stuff for myself and

then make it work for the other person.”

What are some factors that go into your relationship style?

Cupid’s Advice:

Every relationship works differently and each individual in a romance has their own way of doing things. The more experience you have with the dating scene, the more you’ll be able to identify what you like and dislike when it comes to connecting with another person. Cupid has some tips:

1. Affection: Some people crave a lot of attention and affection, while others can do without it. How you express yourself with your significant other can determine what kind of “dater” you are. How many times do you say ‘I love you’? Do you constantly hug or touch your partner? Intimacy can keep a couple’s bond strong and makes up for a long-lasting relationship.

2. Sense of humor: Having a great sense of humor can keep a relationship fresh and exciting. Also, if you ever find yourself in an awkward dating situation, you can always lighten things up with a joke or two.

3. Honesty: Let’s face it, no relationship can go too far without honesty and trust. Being honest with your partner will help build communication and the level of trust you need in order to make the romance between the two of you last.

Are there any more factors that should go into your relationship style? Comment below.

5 Best Blind Date Websites



By April Littleton

Online dating has gotten more popular over the years. You hardly ever hear anyone say how he or she met their significant other at a bar or at their friend's birthday party. Let's face it, meeting someone the old-fashioned way just doesn't exist anymore. More and more people are searching for true love on the Internet. Whether you're looking for something casual or long-term, there's a dating website for just about everyone. Here's Cupid's top five:

1. Zoosk: This social network incorporates online dating services with other social networks, like Facebook. The site also comes equipped with several mobile apps to make finding that special someone a little easier. Zoosk.com targets a

younger audience. Most of the users are between the ages 25 to 35. The website offers a “couples” services to members who have already found a match.

Related: [5 Tips for Creating a Perfect Online Dating Profile](#)

2. eHarmony: This online dating website is designed specifically for men and women to find long-term relationships. Since the launch of the site in 2000, eHarmony has gained over 20 million registered users. Unlike other dating websites, eHarmony matches singles based on a compatibility questionnaire and a special matching system. As of 2012, eHarmony is responsible for nearly 4 percent of U.S. marriages.

3. Match.com: Match provides its online dating services to 25 countries. In 2012, Match.com announced a new service, Stir. Members now have the opportunity to attend local events using the new service, ranging from cooking classes to wine parties. Match.com also offers on-site games that allow users to get to know each other in a more natural way.

4. OurTime.com: OurTime is the number one dating sites for singles over 50. The website is designed to help older individuals connect with one another while looking for a meaningful relationship. Members can use a various amount of search options in order to help them find exactly what they may be looking for in a partner.

Related: [Are You Dating a ‘Mad Man’?](#)

5. OkCupid: OKCupid is a free dating and social networking website. Users can communicate with each other through instant or private messaging. Although registration is free, members who choose to pay a small fee can save favorite user profiles, browse openly and have more filtering options. The website matches singles together through member-created quizzes and questions.

Are there any more websites that should be included in this list? Comment below.

CMT's 'Sweet Home Alabama' Star Bubba Thompson Says to "Cowboy Up" in Love



By Bubba Thompson

Before she could say a word, I knew it was all over.

I was walking up to see the woman of my dreams. She was standing in the middle of a tree-lined street. It was a starry

night and the moonlight was peering through those trees and I was very much in love with her.

I had a ring in my pocket and was about to commit to her forever.

But I could see in her eyes from a ways away, that I was walking into one of the most embarrassing and painful moments in my life. She was in love with another man. I was going home alone. And, of course, the whole thing was going to be on national TV.

Related: [7 Ways to Know If It's Really Love](#)

How do you recover from this situation? I get asked about it a lot. For those of you who might not listen to a lot of country music there is a great saying from Garth Brooks that "some of God's greatest gifts are unanswered prayers". I had that song playing in my mind for weeks.

My name is Bubba Thompson and I am a cowboy. I have a small ranch where we break in horses and raise cattle in the small town of Geneva, Alabama.

What's a simple cowboy know about falling in and out of love? I learned a lot from that massive rejection, and from all the letters and emails I received afterwards, so I decided to write about it.

Mainly, I believe the "rules" we all get told do not work. They are rules like how many days to wait before returning a phone call or how long to ignore someone who texted you something nice. These shouldn't be called rules, they should be called tricks or – even worse – games. And really, how many people have really found happiness by playing these games?

Instead of "rules", I believe in living life by a code. A code of honesty, respect, dignity and treating other people as you would want to be treated in return.

When I text someone something nice to tell her I am interested, I sure as heck don't want to wait 7 hours to hear back from her – so why would I do that to someone else in return?

My advice is to keep putting your honest feelings out there no matter what. A cowboy code is when you get bucked off, you get right back on (for more go to www.cowboycodeusa.com).

There have been times I was bucked off laying in the pasture with the wind knocked out of me. One of my partners will ride by and say “cowboy up!” and in our world that means face the pain, and get yourself right back in that saddle.

There are things you can do to get yourself ready for that person to enter your life. Staying honest with your feelings, and staying faithful that there is a special angel out there and a higher plan to bring him or her to you, are ways to keep your mind positive.

And there are ways to keep the communication between yourself and your partner better and more open. Out here, in a cowboy's world, a handshake still matters. It means you have given your word. In love, your word and your actions are everything.

Related: [The New Dating Game](#)

Living faithfully, honestly and being willing to share yourself are the keys to a longer, richer, happiness.

“Cowboy up!” and you will find that meaningful love.

I believe that with all my heart.

Bubba Thompson's new book “The Cowboy Code: How a lady should be treated and how to get your man to treat you The Cowboy Way” is on sale at Amazon.com or at www.cowboycodeusa.com

8 Kissing Techniques That Will Make You an Unforgettable Kisser



By Anna Karimo

Kissing is an excellent way of connecting with someone you care about. Although some people take kissing very casually, kissing has more meaning when it's between couples or people with strong romantic feelings for each other. According to relationship experts, kissing is an excellent way to express love and affection. However, it's important for individuals to recognize that kissing requires conscious tact and technique.

You can't give magical kisses if you don't know how to kiss. Below are some effective kissing tips that will teach you how to kiss the right way:

1. Keep your lips soft: This is by far one of the best kissing tips for giving magical kisses. Nobody wants to kiss tense, rough lips. Use chapstick or lip gloss frequently if your lips are usually dry and cracked. This always does the trick for both men and women.

Related: [Five Secrets Truly Happy Couples Know](#)

2. Start off with a few soft, slow kisses: This kissing technique is perfect for avoiding common kissing mistakes like lip-smacking or being too loose with your tongue. Soft and slow kissing at the start helps set the right mood. It also allows you to gauge your smooching partner's kissing interest and style. Once you gauge the other person, you are in better position to know when to change up the intensity of your make-out session.

3. Manage saliva levels: If you can't keep your spit under control, you run a very high risk of ruining a good kiss. Although there are people who don't mind sloppy kisses, you should make a point of managing your saliva levels just to be on the safe side, especially at first.

4. Lock lips: This tip is effective when the first few kisses have gone well and you want to initiate a closer connection and body contact with your partner. The best way to lock lips is putting the other person's lower lip between yours. More advanced pro-tip: lightly suck and nibble on their bottom lip to be a playful, sexy kisser.

5. Remember to breathe: For some reason while you're kissing, it's easy to forget to breathe. But it's impossible to commit to a good kiss if you're uncomfortably oxygen-deprived. Regardless of how intense the kiss is, take time to breathe

softly or break away for a few seconds to catch your breath (which can be sexy—don't you like feeling the soft breath of your kissing partner grazing your neck?). Don't be afraid to breathe. Breathy nervousness and excitement are crucial ingredients to giving magical kisses because they flatter your partner.

6. Use your hands: Don't be skittish with the rest of your body. Let your hands roam and feel. Restricting hand movement is unnatural and will most likely prevent you and your partner from getting lost in the moment. A hand on the back of the neck, a slight tug of the hair or a scratch down your partner's back can amp up the sexiness factor while you make out. Sometimes it helps to make your movements sequential, moving from the head downwards to create anticipation.

7. Try using your tongue: You're probably going to have to use your tongue, at least a little, if you want to give mind-blowing kisses. You must exercise tact for this technique to be effective. Start slowly and see how your partner responds. If your partner returns the gesture, you are clear to use your tongue to increase the kissing intensity. If your partner pulls away, stick to the lips only.

Related: [6 Tips for Texting Your New Crush](#)

8. Mix it up: You should also remember to mix everything up if you want to give exciting kisses. Don't just stick to one kissing style. Alternate light, fast kisses with slow, deep ones. You should break away for a few moments to give other areas of your partner's body a little attention. Kiss their neck, chest, eyes or cheek. Always remember that variety kills monotony and boredom. Mixing up everything will keep things spicy.

Follow these tips and you'll be an excellent kisser in no time. Being a good kisser isn't hard—and practicing is the best part.

Love and dating expert Anna Karimo can see solutions to your relationship problems where others see only blind spots. She is the founder of Nouveau Dating, where experts strive to answer all of your dating questions and help you through your journey to finding love. Sign up for our newsletters to get the newest dating tips and advice right away!

Sharon Osbourne Admits to a Fling with Jay Leno in Her 20s



By April Littleton

According to UsMagazine.com, Sharon Osbourne revealed on *The Talk* that she had a brief fling with Jay Leno when she was 25-years-old. She claimed that she just arrived in Los Angeles and she was “undateable.” However, the romance didn’t last long. A few months later, Leno introduced her to the “real love of his life.”

How do you know if you’re “dateable?”

Cupid’s Advice:

Sometimes, you look at yourself in the mirror and think you’re quite a catch. Other times, you might not be feeling yourself too much. The dating world is a mystery. You can never truly know what someone else is looking for until you put yourself out there, but then you have to face the possibility of rejection. Are you dating material or do you need a little more practice when it comes to love? Cupid has some tips:

1. High maintenance: Being high maintenance is not a desirable trait and very few people will tolerate dating someone who has unrealistic expectations. Most singles are looking for another individual who has the capability to be spontaneous and can enjoy the little things in life without complaining. If you don’t have to get dolled up for every outing or you can handle a date involving pizza every now and then, you’re bound to catch some cutie’s attention soon.

2. Independence: You need to be able to take care of yourself before you bring anyone else into your life. Independence is a turn-on. The person you’re dating should know you’re perfectly capable of handling the check after dinner if you needed to. Don’t let them feel like you’re only with them so you can mooch off of what they’ve worked hard for.

3. Conversationalist: No one wants to be around someone who can’t keep a conversation going. If you want to be successful in the dating world, you need to be intelligent and have

excellent communication skills. Think about it. If things get serious with your new honey, you'll have to be able to catch the attention of his family and friends. If you're boring or lack social skills, your relationship won't last long.

How did you know you were "dateable?" Comment below.

'Bachelor' Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event



It's no surprise that Match.com's "Spontaneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21st Street in New York City.

Related Link: [Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontaneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great game!*

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter @ashleefrazier. Stay tuned for a future interview with The Bachelor contestant!

Video by Erik Erikson.

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

Play Your Way to Love With Match.com, Spontuneous and AshLee Frazier of 'The Bachelor'



By Kerri Sheehan

Match.com understands that love *really* is a game! That's why they're teaming up with Rob Ridgeway, the creator of a new board game called "Spontuneous," to bring together singles for a night of competitive fun. On Thursday, September 5th, from 7 to 10 p.m. ET, "Spontuneous" will be the game of the night at Stir Game Night. AshLee Frazier of *The Bachelor* will also be in attendance to challenge Match.com members in rounds of the game that brings song lyrics to life.

The game promises to get everyone in the mood to belt out his or her favorite tunes by challenging players to stump each other with lyrics. Hearing what's on people's "inner playlist" can be a real eye-opener, and it's sure to give you a few laughs. "Spontaneous" is less about strategy and competition and more about just having fun together.

"Match.com believes that connecting with new people should be fun. Over the last year, we've seen it happen time and time again at our Stir events – whether it's during a game of kickball, trivia, Ping-Pong or at our first wildly successful game night," says Luke Zaiantz, VP of Events at Match.com. "We're excited to help our members connect over some of the best board games around – from well-known titles to the industry's newest hidden gems."

Let Match.com do the work for you so you can make easy connections by taking some time out to unplug and engage with other singles through game play. If you're looking for love and in the New York area, come on down to Match.com's "Spontaneous" Stir Game Night and try your hand at Ridgeway's game. You may not win the game, but you just may be able to win someone's heart. Best of luck!

Former 'Bachelorette' Emily Maynard Says There's No Pressure to Find a Guy





By April Littleton

According to [People](#), Emily Maynard is in no rush to find love again. The former *Bachelorette* star got engaged twice on TV. Her first engagement to Brad Womack ended in 2011 and her most recent relationship with Jeff Holm ended last October. “Right now, I am under no pressure to find a guy,” Maynard told the [Huffington Post](#).

What are three main positives about living the single life?

Cupid’s Advice:

Everyone loves to have a special someone to spend lonely nights with, but it’s not the end of the world when you find yourself to be “alone.” After the end of a relationship, every person needs time to regroup and enjoy the single life for awhile. While you’re spending some time going solo, it’s important to look on the positive side of things. Cupid has some advice:

1. Less stress: Relationships are stressful and can cause you to feel mentally, spiritually and physically exhausted. When

you're single, you can enjoy time alone, hang out with close friends and stay out as long as you want without having to worry about telling another person your whereabouts.

2. More time for yourself: A lot of couples lose sight of who they are as individuals because they get too wrapped up in each other. Flying solo means you have more time to do what you want to do. You can pick up new hobbies or get back to some of your old ones. Instead of moping around the house, take all of the extra time you have to develop some new skills and interests. Take a cooking class, finish reading that book you never managed to finish while you were dating your ex or pamper yourself with a day at the spa.

3. Friends: People in love tend to forget about their friends throughout their relationship. Once you're back on the market, get some of your friends together for a night out and get reacquainted with each other. You may have momentarily forgotten about them, but they have always been there for you and it's guaranteed they'll help you get over your recent heartbreak.

What are some other positives about the single life? Comment below.

Do the Chicken Dance: Tips for Surviving Wedding Season Single



By Rachel Seliger, JDate Community Manager

The summer months are known for a few things: warm nights, pool parties, BBQs and of course, weddings. For singles, wedding season is exciting, but it can be overwhelming when you feel like you are always the bridesmaid and never the bride.

JDate, the leading online Jewish singles community, recently surveyed members and discovered that 31 percent of singles daydream about their future wedding before they are engaged. Daydreaming is harmless, but in the meantime, with wedding season in full swing, you might have to put those dreams on hold and support a few others.

To help arm the single wedding goer this season, I've compiled a list of tips that will guarantee you have an amazing time and celebrate the new couple in style.

Related: [Reap the Benefits of Cutting Costs on Your Big Day](#)

Define +1: If your invitation includes a +1, it doesn't necessarily mean your guest has to be a romantic partner. Of course check with the bride and groom first, but it might be a good idea to bring a close friend or family member as your partner in crime.

Reserve your seat: If you are flying solo, don't be afraid to make sure the bride or groom knows you want to sit with the other singles! Not only is it a great way to make friends you won't be sweating through the whole ceremony about sitting with a group of couples who might ask the infamous question, "when are you getting married?"

Reconnect with old friends: However you are related to the bride or groom, there are probably other guests that you know at the wedding. Maybe it's old friends from your childhood who you lost touch with or a relative of the bride and groom. Don't be afraid to say hi and spark a conversation. Everyone loves to reminisce!

Related: [5 Conversations Every Couple Should Have Before Getting Married](#)

Do the chicken dance: You are never too old to flap your wings! Popular wedding dances like the chicken dance are perfect for singles because they don't require a partner and are an opportunity to find your next dance partner. Now get out there and shake your feathers.

Rachel Seliger is a dating guru and Community Manager of JDate.com, the premier online community for Jewish singles. When she's not shopping for her next pair of great heels, she is busy blogging on JDate's exclusive tumblr blog tumblr.jdating.tumblr.com/ featuring great first date outfit ideas, tips to make your JDate profile shine and more.

Find and Keep Your Prince Charming with “Enchant Men”



This post is sponsored by EnchantHim.

By Kristin Mattern

As most women know, it's not easy to find a good man. It doesn't matter how pretty you are, how successful your business is, or that you went to an Ivy League school. No matter what your situation, the odds state that, at some point, we will be rejected by a man and drive him far, far away without even knowing it. When you're over 35, it becomes even harder to hold on to someone because each of you are more set in your ways. For example, you usually have your own place to live, a set routine and interests and hobbies that you enjoy. Little things that never mattered when you were younger now irritate you, and you have less flexibility and patience. Of course, this isn't true for everyone, but typically, it makes sense. So how do you surmount the obstacles time itself is putting in your way and open yourself to love? Perhaps with sound dating advice that works from an innovative self-help program like *Enchant Men*.

This proven system, created by Carrie Engel with the help of her friend and relationship coach Nick Bastion, aims to help women overcome the issues that prevent them from meeting – and keeping – their Prince Charming. Carrie had some of the same issues with dating as most women do today. She created the system so that you could learn how to interact with men in order to make them fall in love with you and never want to leave your side. With this self-help system, you will learn how to love and speak to men the way they want, how to interpret men's behaviors, how to motivate men to love you, and much more. Plus, if you visit the website, you will learn the three female behaviors that make men lose interest immediately.

Engel used this self-help system to find her husband, a self-professed perpetual bachelor. No matter who you are, whether you're an average lady or a super model, *Enchant Men* could lead you to meeting more eligible men. The love advice is practical, easy to use, and doesn't require any weird dating rituals. Even better, *Enchant Men* is being offered right now for a discounted rate! Also, when you purchase the program, you will receive two free bonus books to help you crack your man's code and get him to open up to you emotionally. Additionally, you will receive tips e-mailed to you from Bastion so that you are always improving your relationship and love. To top it off, there is a 100 percent satisfaction guarantee. If you try *Enchant Men* for 60 days and find it doesn't work, Engel will refund all of your money, no questions asked. Take control of your love life and find Mr. Right!

So what are you waiting for? Use *Enchant Men*, the guaranteed dating guide to help you find and keep the man of your dreams! What woman wouldn't want to learn the three female behaviors that make men lose interest immediately?



5 Ways to Avoid Bad Breath While On a Date





By Dr. Joseph Banker

You're on a date and everything seems perfect until you get a little closer...and realize that maybe it's a little too close. Bad breath can ruin an otherwise perfect date- we can safely assume that there would be no Brangelina if Brad had bad breath on the set of *Mr. and Mrs. Smith*! However, avoiding bad breath starts long before the date even occurs. Here are my five top tips to avoid bad breath while on a date:

1. **Avoid smelly foods for at least a day:** Certain foods, such as garlic and onions, can cause offensive breath that lingers long after they are consumed. If you have a big date planned, drink plenty of water and avoid these foods for at least 24 hours prior.

Related: [The Good, Bad and Ugly of Dating Advice Guides](#)

2. **Improve your oral hygiene routine:** Poor oral hygiene is the biggest culprit of bad breath. Regular dental visits are very effective in preventing bad breath and developing techniques to maintain optimal oral hygiene. Food that remains between

teeth must be removed by flossing. Tongue scrapers are also effective in removing odor-producing bacteria that builds up on the tongue.

3. **If you have chronic bad breath, squeeze in a trip to the dentist:** The underlying cause of most chronic cases of bad breath is odor-producing bacteria, which are present in chronic infections that are often associated with advanced gum disease (periodontitis). Those with active periodontal disease tend to have a higher incidence of bad breath. Although many factors contribute to periodontal disease, there is also a genetic predisposition. There are so many techniques we can use today, such as lasers and targeted delivery of antibiotics that are extremely effective to eradicate these bacteria and get to the underlying cause of the problem.

4. **Say no to coffee and alcohol:** Coffee and alcohol are both responsible for causing a decrease in salivary flow. Saliva is needed to cleanse debris from the mouth and to flush away odor producing bacteria. Coffee also contains some compounds that may cause offensive breath regardless of its effect on the salivary flow. It may be a better idea to skip that cup of coffee at the end of the meal and opt for a glass of water.

Related: [5 Cue Cards for New Couples](#)

5. **Carry sugar free breath fresheners:** A sugar free mint or gum can freshen breath, which is always better smelling than the last course of food you ate. It could make the difference between a handshake and a kiss goodnight!

***Dr. Banker** is a member of the American Academy of Cosmetic Dentistry, The Crown Council, and has studied at the UMDNJ Dental School in New Jersey. He has been named a top New Jersey dentist five years in a row and has contributed his expertise to **Shape**, **Newsweek**, and **Good Housekeeping**. Please contact me if you would like to receive more information or set up an interview with Dr. Banker.*

Four Telltale Signs He's NOT the One



By Robert Manni for GalTime.com

We've all heard the old adage of addition by subtraction. Most women keep a mental list of the qualities they seek in their partner. Some lists are short and to the point. Many are long – way too long and they can get in the way of finding The One. Your Guy's Guy suggests that being mindful of a few red flags can save time and streamline your search process. If the man you are seeing has issues with any of these four behavioral traits, it's a good bet that you are in for a challenge and he may not be worthy of your unconditional love. Take it from a

guy who learned the hard way and ask yourself if any of these traits are too familiar.

Related: [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

He's cheap.

Yes, the economy's tough and the gap between rich and poor keeps growing, but you want your guy to know the difference between thrifty and stingy. Seventy-five percent of Americans live paycheck to paycheck. Sad, but true. That means that your guy needs to know how to manage and grow his pile of cash. He also needs to prioritize what he spends his money on. If the first time he asks you out he assumes you're splitting the check, that's a bad sign. If he takes you to a concert or sporting event and you're craning your neck in the nosebleed section – unless it's the Super Bowl or a Rolling Stones concert – it's a bad sign. If he drinks cheap wine, buys cheap clothes and tips ten percent, it's a bad sign.

He's jealous.

Jealousy is toxic; jealousy has no benefits. Jealousy always results in hurt and resentment. It's an emotion driven by fear, anger and insecurity. Do you want to sign up for that? Of course not. You don't want your guy taking you for granted either, but if he gets jealous about your crush on Ryan Gosling or when you share a casual story that includes your ex, that's a bad sign. I know a woman whose guy became upset because the voice on her GPS was male. Seriously. That's a very bad sign.

He's controlling.

See above. Controlling behavior also stems from fear, anger and insecurity. If he doesn't allow you to have your own life,

that's a bad sign. If he doesn't approve of a night out with your besties, it's a bad sign. If you can't have a drink with your colleagues, that's a bad sign. Relationships are about joy and sharing, not being held captive. Don't let any guy take away your independence. Both partners need their own lives.

Related: [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

He's got vices.

I don't mean drinking socially or an addiction to the tv. But if he is doing drugs regularly and needs to in order to function or he gambles compulsively or he is a nasty drunk, you're in for a bumpy ride. These are diseases, so your partner needs help. How far you choose to go to help him with his recovery is up to you. Ultimately, he has to make the key decisions about how he chooses to live his life. If he favors drinks, drugs or gambling over you at any time, it's a very bad sign.

I hope this helps. Everyone has issues so finding the perfect partner is not easy. Your list is your list. Make it work for you. If you flip the script and factor in what you don't want in a relationship, it might make it easier to find a connection that brings you the love you deserve.

Does your guy own negative traits that prevent him from being The One?

Dating Advice: 10 Tips to Being Successful With Online Dating



By Sarah Ribeiro

Do you constantly find yourself telling your friends “there are no good guys?” You’ve gone on a million dates on every dating site and you just can’t seem to find the one. It’s true, online dating is tricky. It’s a grueling process to deal with searching through thousands of profiles, hoping to find your true love in a mass of duds. Plus, you deal with the awkwardness of sitting with a stranger who’s a complete creep or is nothing like you hoped. However, if you do it the right way, you can skip all the awkward uncertainty and find your perfect match in no time. Here are some tips for being

successful with online dating:

1. Take everything with a grain of salt: Recognize that your date may not be entirely truthful on his profile. Before you head out with an expectation of that tall, dark and handsome doctor, consider the possibility that he may be posting an older photo, or that he may work in a hospital – just not as a doctor.

2. Be true to yourself: If you're not honest on your dating profile, you can't expect anyone else to be. Be sure to upload a recent photo and keep your information up-to-date so there's no surprise on your end.

3. Fill up your profile: The best way to avoid awkward silences on your first date is to have a lot to talk about. Upload plenty of photos and include all of your interests to easily initiate conversation.

Related: [Four Dates and a Wedding](#)

4. Don't write a novel: While you want a lot of information about yourself that will reveal your personality, no guy is going to read an 800-word description. Stick to the basic information like your job, hobbies, and interests and limit yourself to five sentences per category.

5. KeepItSimple101: A complicated or inappropriate username may keep the good ones away. Stay away from a confusing and random username or one that is too suggestive and stick with something simple and straightforward, like your name or your favorite sports team.

6. Know your limits: Limit yourself in every aspect. First, don't share too much information. Your date doesn't need to know every detail about your ex-boyfriend. And, of course, don't overindulge. Drinking too much makes you a sloppy date and will likely end the night early.

7. Keep it on the DL: A 5-star restaurant probably isn't the best idea for a first date, never mind a blind date. Skip the luxury and head out to a café or a free concert in the park so you don't have to spend money on someone you'll never see again.

Related: [Online Dating Isn't a Threat to Monogamy – It's a Blessing](#)

8. Utilize multiple sites: The best way to find the perfect guy is to widen your scope. Make multiple profiles, mixing free sites like OKCupid or Zoosk with paid memberships on sites like Match.com and Chemistry.com to give yourself a bigger population to pick from.

9. Don't talk for too long: While you want to get a good idea of a guy before you date him, try to limit your messaging to about five days before you establish a place to meet. Any longer than that, and he may grow bored with the chitchat and move on. Remember – you're both still actively looking for a partner.

10. Relax: The biggest date-killer is your own lack of confidence. Stop worrying about having the perfect night and instead walk into your date with your mind set on having fun. Once you stop focusing on everything that can go wrong, you can start focusing on everything that's going right.

How have you succeeded in online dating? Share your tips with us in the comments.

Katy Perry and John Mayer Hang with Friends



By Petra Halbur

Katy Perry and John Mayer were spotted with friends at a nightclub on June 7. According to [People](#), the two singers spent their Friday night together at West Hollywood's Chateau Marmont along with around 15 other friends. It seems that Perry and Mayer are still on platonic terms, as the two sat apart all night. "I'm on the same journey as everyone else," Mayer told Ellen Degeneres when he appeared on her show in March. "Coupling is a tricky thing."

How do you know whether to get back together with an ex?

Cupid's Advice:

“To date or not to date.” That is, indeed, the question that many people ask themselves about their exes, especially if they are on friendly terms with them. But how do you know if it’s the right choice? Cupid is here to help:

1. Are you better as a couple: Just because you and your ex are best friends does not mean that romance is the next logical step. Platonic compatibility and romantic compatibility are not the same thing. Before you make a move on your ex, think carefully about how you two would get along as lovers, again.

2. Are problems resolved: Think back to what caused the break up in the first place. Are those issues resolved? If not, then there is no reason to give this relationship another shot.

3. Do you have the right motives: Do you want to get back together just to be in a relationship, again? Remind yourself that it’s better to be single than to be miserable.

How did you know whether or not to get back together with your ex? Tell us below.

Single Advice: Can You Handle Casual Dating?





By Meghan Fitzgerald

Here's a question for all the single ladies and gentleman out there – do you think you are capable of casual dating? Casual dates usually start off a relationship before it blooms into something more. Casual dating is nonchalant, laid back and non-committal. It is a form of dating that comes without any serious intention or definition, allowing you to explore the field and keep your options open for a possible partner. This type of dating gives you the opportunity to be fun, open and discover the type of person you should be with for the rest of your life.

If you believe you can handle casual dating, read the questions below and think again:

- **Do you have the ability to put aside your emotions from acts of sexual relations?** Make sure you are able to handle the casual aspect of this type of dating, and don't allow your feelings to get in the way.
- **Are you able to experiment with relationships?** With casual

dating, it is common that you will experience different types of partners. You will not like all of them, but with casual dating – experimentation is essential.

– **Can you be honest?** With dating, it's usually a little game played back and forth until you both agree you like one another. If you are not interested in a serious relationship and solely want to casual date, you need to be able to tell the person you may be involved with up front.

Related: [QuickieChick's Video Dating Tips: Flirting With Your Man](#)

– **Are you emotionally independent?** Casual dating will not give you the same emotional fulfillment as a serious relationship would. Hence, you need to be able to take care of yourself and not depend on your casual partner.

– **Can you go with the flow?** For this style of dating, going along with whatever the dating world throws at you is necessary.

– **Are you able to constantly go on dates?** With casual dating, you will spend nights at the movies, your local restaurants and bars and you may even try your hand at miniature golf. If you prefer to sit on your couch, eat leftovers and watch Netflix – casual dating may not be for you.

Related: [Date Idea: Cuddle With a Furry Friend](#)

– **Can you handle rejection from a person of the opposite sex?** Casual dating is not for everyone, and sparks don't fly every time. Don't be upset if someone rejects you because the chemistry simply isn't there.

– **Do you have the ability to stay true to yourself?** If you don't have a connection toward someone, you need to be able to stick to your thoughts and confront them about it.

– **Can you think carefully about who you let in?** You should

have the ability to make sound choices on who you choose as a partner, as well as who you choose to date and allow to come into your life.

Have you tried casual dating before? Share your experience below.

Dating Advice: Technology, Social Media and Dating – The Good, the Bad and the Oops!



By Robert Manni

It is the best of times. It is the worst of times...for dating.

The deepening integration of technology into modern life has in many ways pulled the world closer together. Unfortunately, when it comes to developing basic social skills and maintaining a sense of privacy and decorum it has also pushed us further apart. Dating is a prime example of the fall out with both men and women paying a price. Here is a quick snapshot of how technology and social media can make dating easier and more challenging.

Related: [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

The Good.

Hooray for online dating. I scored many dates with hot women while sitting at home in my tightey whiteys. My wife likes to say that she found me online. This saved me years of hanging in clubs, bars and gyms in search of Ms. Right. Dating online is fast, empowering and fun. All you need is spell check, a handful of flattering photos, and the mindfulness to read between the lines of another person's profile before investing your valuable time. Once you meet, it's business as usual. And when you meet online, you can end things swiftly. There's an unspoken rule that makes anyone we meet online more disposal. It's not necessarily fair, but I think you'd agree.

The Bad.

Just because you meet someone online doesn't make him or her less deserving of respect. That's the flip side of eliminating someone via one keystroke. What is intended as expediency can come across as cold. Although there is an endless pool of prospective partners available online, an itchy trigger finger on the delete button can prevent you from getting to know someone you met via your handheld device a little better before tossing them back. Not everyone is at the top of his or

her game on that first coffee [date](#). That's not to suggest that you waste time on a bad fit. Just keep in mind that everyone has feelings. After an awkward first date a woman I met online wrote to me and stated that she did not "feel the sparkles". How could I be upset?

The Oops.

Between Facebook, Twitter, Google +, Instagram, etc. we live in an age of maximum exposure. Once it's online, it's there forever. You need to be mindful when being photographed at the party wearing just your tats and drinking directly from a bottle of Rang Tang vodka. This might not be something you want to share with future paramours or potential employers. My policy when dealing in the online space is if you can't keep it positive; don't put it out there. That goes for this post, too.

Related: [Returning to the Dating World](#)

Technology and social media can be a dater's best friend or worst enemy. It's up to you to decide. Be kind, be mindful, be loving and technology will serve you well.

Robert Manni is the author of the critically acclaimed novel, THE GUYS' GUY'S GUIDE TO LOVE. Visit his website www.robertmanni.com to read his syndicated blog and listen to his weekly Guy's Guy Radio podcast at www.blogtalkradio.com/guys-guy-radio. Robert is currently working on his next book.

What Stirs You? Create a Match.com Summer Singles Event and Win!



This post is sponsored by Match.com.

By Rachael Moore

Do you ever feel uncomfortable at a bar or party because you don't know who's single or taken? Well, worry no longer! With Stir events by Match.com, everyone is single and looking to meet someone. Better yet, the online dating website is celebrating their one year anniversary! They're giving you the opportunity to participate in their "What Stirs You? Create a Match.com Summer Singles Event and Win!" contest between

Tuesday, May 14th and Tuesday, May 28th.

If you've never heard of Stir, it's Match.com's answer to offline events, offering a wide range of activities to Match.com members around the country. The program has seen great growth in the past year, hosting 2,850 events – broken down, that's 14 events each day, 75 events each week and 320 events each month. Match.com has collaborated with over 1,200 venues and partners, including House of Blues and Banana Republic. Plus, the site is throwing single events in over 80 cities, reaching as far as Anchorage and Honolulu! Activities now range from large-scale happy hours at popular spots to more intimate gatherings like tequila tastings and DJ lessons. Over 225,000 singles have attended a Stir event to date.

In honor of these milestones, Match.com is offering the opportunity for singles to create their own Stir event in their hometown. The selected winner will have their idea re-created by the Match.com Stir Events team in their city and will receive an invitation to attend the event along with ten of their singles friends – all at no charge! In addition, the winner will also get a free six-month Match.com subscription. Sounds awesome, right? Well, you can be a part of it! To enter, visit Match.com's "What Stirs You?" Contest Page, now through Tuesday, May 28, 2013 and tell Match.com what you think would make for the perfect singles event. Entries will be judged based on quality, creativity, uniqueness and geographical relevance. Good luck!

Relationship Advice: How to

Get Financially Stable After Divorce



By Jeff Landers for GalTime.com

As a divorcing woman, you are no doubt looking forward to having the whole divorce process over with, so you can move ahead to your new life. If you're like most women, you probably think the past few months (or years!) have been filled with enough emotional upheaval, not to mention legal and financial hassle, for a lifetime, and you'll be very glad to have it all behind you . . . at last.

Life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. So how do you make sure you set your best foot forward?

Of course, life as a single woman will bring new responsibilities, including all the issues surrounding your personal finances. Even today, it is surprisingly common for wives to remain uninvolved in family finances. If that was the dynamic in your marriage, then it may now seem quite intimidating to face all the budgeting and bill paying, in addition to managing investments and debt, and saving for education, retirement and other long-term goals.

However, there is a bright side.

Throughout the divorce process, it's likely you've become intimately familiar with your marital financial situation. Now, as your divorce settlement agreement is finalized, you can take that know-how forward as you plan for a secure financial future.

Here are a few important practical steps to help you get on the road to financial stability after your divorce:

Do the financial housekeeping.

If you changed your name after the divorce, you'll need a new Social Security Card, driver's license, passport and credit cards. You'll also need to notify your bank, utilities, insurance companies, credit card companies, the motor vehicle department, your children's school(s), etc., about any name or address changes. Titles on all houses and vehicles will have to be modified and recorded with lending institutions, and you will also need to update beneficiaries on your life insurance, 401k, pensions and IRA accounts.

To keep all these details straight, follow this checklist of financial tasks that need prompt attention post-divorce:

- 1. Obtain a copy of your certified divorce decree**, and make extra copies so that you're able to provide them promptly when needed.

2. Close joint credit accounts.

3. Remove your husband's name, and/or change your name/address, on all remaining accounts, including:

- Bank, brokerage and investment accounts
- Credit cards
- Driver's license, automobile title, registration and insurance policies
- Employer's records
- IRS records
- Life, health, homeowner's and disability insurance policies
- Post office (Remember to have your mail forwarded, too.)
- Professional licenses
- Social security card
- Title to real property
- Utility bills

4. Research your health insurance options and apply for COBRA, if necessary.

5. If your divorce decree requires a Qualified Domestic Relations Order (QDRO): Provide the QDRO to appropriate banks, brokerages, pension plan advisor, 401k administrators, etc. (Even better, have this step completed before your divorce is finalized!), a quitclaim or warranty deed: Make certain the appropriate documents are executed and recorded. Also, the transfer of title to property (automobiles, boats, etc.): Sign and deliver the necessary documents to complete the transfer.

6. Open a new bank account. Consider establishing direct deposit or income withholding for child support, spousal

support and/or alimony payments.

7. Open a new credit card account and request a copy of your credit report.

8. Disinherit your husband. Write and execute a new will, trusts, medical directives and/or living wills and powers of attorney. Don't forget to change the beneficiaries on your life insurance, 401k, pension and IRA accounts.

9. Establish a system to keep track of all child support made/received, alimony payments made/received, medical expenses, etc.

Establish good credit in your own name.

Good credit is the foundation of your financial future. Without it, it can be very difficult to get a bank loan, and even hard to manage regular household expenses. Get a copy of your credit report (AnnualCreditReport.com offers them free of charge), and address any inaccuracies it contains. Then, if you are employed and/or already have credit cards in your name, building your credit is relatively straightforward: use your cards regularly, pay off the balance in full and on time each month, and watch your score rise!

However, if you're not employed and don't already have a credit history, the process may not be as simple. A few years ago, new federal regulations made it difficult for women with little or no income to establish credit on their own. The Credit Card Accountability, Responsibility and Disclosure (CARD) Act of 2009 was designed to protect consumers from getting into financial trouble by running up credit card debt they can't afford to pay, but unfortunately, this legislation also makes it difficult for "at-home" spouses without paid work to obtain credit on their own.

After a public outcry, the Consumer Financial Protection Bureau recently proposed changes to rectify these unintended

consequences. When enacted, the modifications will allow non-working spouses to apply for credit in their own name based upon shared household income.

So, be prepared. Securing credit may require more than simply filling out an application or making a single phone call.

Develop a comprehensive financial plan for the future.

If you had a Lifestyle Analysis prepared during your divorce, you should now have a very clear understanding of what funds came into the marriage (income) and what funds went out (expenses). Use this as a basis for developing a budget going forward. You'll need to address both short-term (day-to-day expenses, monthly utilities, mortgage, car payments, etc.) and long-term (college tuition, retirement, travel) financial needs.

If your divorce settlement includes any lump sum payments (i.e., for alimony, pension rollovers, sale of a vacation home), you'll also need to develop a sound strategy for managing those assets. Establishing –and then sticking to – a financial plan is essential, both for financial stability and peace of mind.

Seek help from an experienced financial advisor.

All the fundamental components of a sound financial plan – creating a budget, investing, retirement planning, outlining your goals and aspirations, saving for college, choosing life insurance, etc. – should be completed under the guidance of a financial advisor.

Be sure to find a financial professional with expertise and experience helping divorced women, specifically. The financial needs of divorced women are very different from those of a married couple, and you should have an advisor who completely understands those differences and knows how to properly manage their money and invest on their behalf.

In addition to an experienced financial planner, I believe most post-divorce women can benefit from the assistance of:

- An estate-planning attorney to work with your financial advisor to help with your estate planning needs and the legal issues concerning your will, medical directives, trusts, charitable giving, etc.
- A therapist or counselor to help you cope with the emotional challenges of starting your life as a single woman.
- A vocational counselor to help you re-enter the job market, or even start your own business.

Enjoy your new life!

With your divorce in the rear-view mirror, and these important steps completed, you'll be well-positioned for a secure financial future. It's likely you will find, as most women do, that it's empowering to make financial decisions on your own, and to be the one who's in control of your financial portfolio. Rest assured: The road ahead belongs to you!

Celebrity News: Julianne Hough Relaxes in Miami One Month After Split From Ryan Seacrest



By Andrea Surujnauth

Julianne Hough is maxing and relaxing post breakup with Ryan Seacrest. The actress was spotted tanning and hanging out on the beach in Miami with pal Nina Dobrev. Hough and Seacrest dated for nearly two years, but broke it off in March. The rumored reason they pulled the plug on their relationship was due to Seacrest's busy schedule. "Dude works all the time," a source told [UsMagazine](#). "[Seacrest] never sleeps. It's a lifestyle she couldn't handle anymore. Work always, always came first [for him]. She wants a more low-key life."

What are some ways to keep your mind off of a breakup?

Cupid's Advice:

Breaking up is never easy. How do you keep your mind off the pain you are feeling? Cupid has some suggestions:

1. Stay away: After a breakup it is best to stay away from your ex and block them on social media. By keeping them close during your time of healing will make it near impossible to heal. You need your time away to get over the feelings you have but having them around will make you wish the breakup didn't happen and it will be impossible to forget about.

2. Friends: Going out with friends and having a good time is a great way to forget about a breakup. Your friends are bound to keep you distracted and happy so you won't be thinking about the heartbreak you are feeling.

3. Stay active: Keeping yourself active will take time away from thinking about your ex-beau. You will be on the go so time will fly and you won't have any free time to linger on the breakup.

How do you keep your mind off of a breakup? Comment below and let us know!

Must Love Dogs: More Singles Getting Pets





By Laura Seldon for GalTime.com

A new study suggests American singles are taking their search for love into the wild! The American Veterinary Medical Association (AVMA) says there has been a major rise in pet ownership among singles since 2006 as they look to fill a sense of love and family in their lives. It seems these little creatures are serving as creatures of comfort for singles.

Singles Tap into Their Animal Instincts

According to a recent AVMA survey, pet ownership among single people has increased by an impressive 16.6 percent – from 46.9 percent pet ownership in 2006 to 54.7 percent in 2011. While it's still more common for a pet to be owned by a family, the increase in pet ownership by singles far exceeds the growth of pet ownership for families, which has only grown by 1.37 percent since 2006 (from 65.5 percent to 66.4 percent). Other interesting findings include:

- Pet ownership among divorced, widowed and separated adults grew by 17.7 percent, from 51.3 to 60.4 percent.

- The number of single men living alone with pets increased by 27.7 percent, from 34.3 to 43.8 percent.
- The number of single women living alone with pets increased by 22 percent, from 46.8 to 57.1 percent.

Paws for Thought

Pet ownership has not only been linked to positive mental and physical health outcomes, but in general has been shown to make people happier.

“Surely the most important role our pets play in our lives is that they love us. No person is too old or ugly or poor or disabled to win the love of a pet – they love us uncritically and without reserve,” writes *Between Pets and People: The Importance of Animal Companionship* author and animal behavior expert Elizabeth Marshall

Increasingly, singles are becoming aware of just how much a pet can serve as a source of love.

“It’s interesting to see that more and more single people are discovering the comfort and satisfaction that owning a pet can offer,” says Dr. Douglas Aspros, president of the AVMA. “Pets are powerful, positive influences on our lives, offering unique emotional, psychological and physical health benefits to their owners.”

Animal Magnetism

Pets can serve as important sources of social and emotional support. However, according to research published by the American Psychological Association in 2011, researchers found that pet owners were just as close to key people in their lives as to their animals, indicating no evidence that relationships with pets came at the expense of relationships with other people – or that people relied more on pets when their human social support was poorer. So, while more and more

single people may be in the throes of “puppy love,” it doesn’t mean your love life has to go to the dogs!