

Celebrity Couple Kelly Ripa & Mark Consuelos Send Daughter Off to College



By [Katie Sotack](#)

It's off to school season, and [celebrity parents](#) are not immune to their nests becoming smaller. *Live!* host [Kelly Ripa](#) and *Riverdale* actor Mark Consuelos recently sent their second oldest and only daughter off to college. Consuelos uploaded a photo with the caption "2 down... 1 to go", referring to the couple's third child. Using the same picture, Ripa shared the news via Instagram, where many celebrity friends were sympathetic to the news. Lisa Rinna, *Real Housewives of Beverly Hills* star, who recently sent her daughter off to college as well, commented several sobbing emojis in

solidarity.

This [celebrity couple](#)'s nest just got a little bit smaller. What are some ways to deal with an empty nest when your children leave home?

Cupid's Advice:

It's college season in America! Parents cry and young adults rejoice as they ship off to schools across the country. Empty nesting may seem daunting at first, but think about all the perks of your children leaving home:

1. Reconnect as a couple: It's likely that you and your partner have not lived alone since before your child was born. Once your baby moves out, recommit to your relationship. Being home alone with your partner means date nights in and walking around in your underwear again. A child leaving is nothing lost; it's readjusting to a life you once had.

Related Link: [Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'](#)

2. A new relationship: When your child moves away, your relationship will morph. Likely, it'll get better. The saying "absence makes the heart grow fonder" is absolutely true in this case. Instead of relying on you for their needs, they will learn to care for themselves. In doing so, your relationship will become more balanced and less demanding on your end.

Related Link: [Celebrity Baby News: Jade Roper & Tanner Tolbert Reveal Baby Boy's Name](#)

3. It may not be permanent: In today's economy, moving out is

not always permanent. It's very possible your child will be moving back in after college or if their job goes south. This is both totally normal and hope for you to have your baby under your roof again.

How are you dealing with an empty nest this back to school season? Share in the comments below!

Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa



Interview by [Lori Bizzoco](#). Written by [Carly Horowitz](#)

You may have seen fashion designer Matt Sarafa recently on *The Real Housewives of Beverly Hills* (RHOBH) alongside his godmother, Kyle Richards. However, Sarafa is no newcomer to reality television. He got his start by competing on Lifetime's *Project Runway Threads* and then went on to compete in *Project Runway Junior*. Sarafa is also one of the youngest designers to show at both New York and Paris Fashion Week. In our exclusive [celebrity interview](#), Sarafa opens up about the success of his clothing line, "FAKE" and what he has in store for the future.

Celebrity interview with fashion designer and beauty guru Matt Sarafa

Gaining notoriety on reality TV and then skyrocketing to success with a fashion line is no doubt a major accomplishment for a 20-year-old college student."It has been such a crazy, but amazing journey, and I am so grateful for it," Sarafa said.

Things changed for Sarafa's "FAKE" design line when his beautiful faux fur coats were featured on an episode of *The Real Housewives of Beverly Hills*. The combination of his high-end and ready-to-wear street fashion captured the public's attention so fast that the line sold out immediately. "I was so beyond shocked," said Sarafa. "I would never in a million years have expected the crazy amount of success after *Real Housewives* ... I wasn't expecting anything crazy, but within 24 hours after *The Real Housewives* episode, I had sold enough faux fur to put me through college for all four years." The red coat, which our staff completely loves and Kylie wore on the show, was his biggest seller. If you haven't seen this

episode of *RHOBH* or don't get BravoTV, you could always go over to [BuyTVInternetPhone](#) and see if they have some cable television options that may work within your budget.

Related Link: [Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles](#)

For those who missed the episode, the question we really want to know is what inspired Sarafa's ingenious faux fur designs? He explained that he's on the red carpet all the time now that



he's in the limelight, and when he went shopping to find faux fur to wear to those events, he discovered that the options were all "so tacky and so cheap" looking. He thought, "I'm a fashion designer, so why don't I try to solve this problem?" And solve it he did. "I created these furs that look and feel real, and they give you that same super luxurious feeling of

real fur, but without any of the downside," he said. And, for those who think his designs may be a little over-the-top, Sarafa added, "That's just who I am as a person, so that's what I try to translate into my designs."

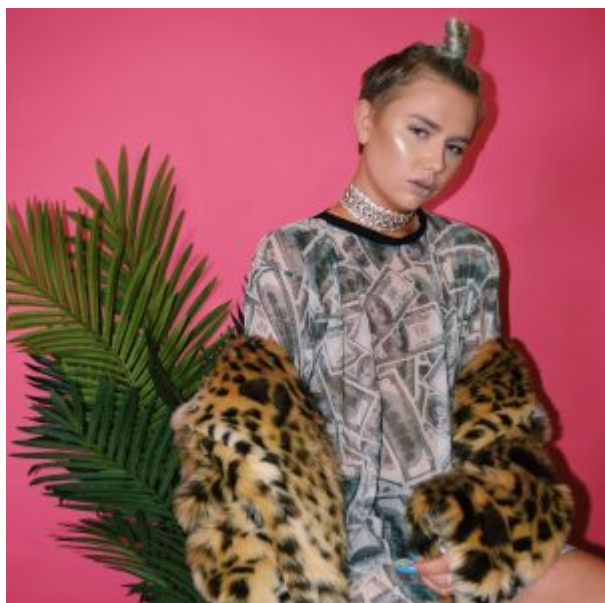
Over-the-top or not, Sarafa's "FAKE" designs are now worn by a diverse demographic. Prior to when his episode of *RHOBH* aired, the designer's primary customers were much younger, and many of them were his social media fans. Now, the demographic for Sarafa's coats includes people of any age, size, or location. "It's for the bad bitches of the world, who don't care about what other people think, who want to wear exactly what they want to wear, and who really are just true to themselves." As a result, he's excited to expand his line in the future with

new colors, new styles, and new designs.



Related Link: [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

Speaking of the future, we got the inside scoop on Sarafa's upcoming plans. In addition to completing classes full-time at UCLA, he's working on a new runway show, which he hopes will be featured at either L.A. or New York Fashion Week next season. "I'm just trying to balance everything," he said. "It's very hectic, but I do my best." When asked how he can possibly do all that he does, he said, "The thing with me is that if I care about something enough, I will do everything in my power to get everything that I need to done. I'm a very hard worker, and I'm great at deciding what needs to get done at what time, so I've been powering through."



So, want to know what it takes to break into the fashion business like Sarafa did? The designer revealed a valuable tip, so listen up. He said, "If you are looking to get into this industry, the first thing you should know is that it's very cut-throat, and it's very difficult ... But, if you have a real genuine passion for fashion, that will get you pretty far." He added, "Just keep going, and don't let anybody tell you that you can't ... You just have to keep going no matter what gets in your way."

You can keep up with Matt and his journey by following him on Instagram [@mattsarafa](https://www.instagram.com/mattsarafa) and check out his makeup videos on [YouTube](https://www.youtube.com/mattsarafa). To purchase Matt's products, visit mattsarafa.com or Kyle Richards' boutique stores, Kyle by Alene Too, in Beverly Hills, New York City, Palm Beach, or Boca Raton!

'Siberia' & New 'RHOBH' Star

Joyce Giraud Says Her Husband Is “Exactly the Type of Man I Dreamed Of As a Little Girl – My Prince!”



By Gabriela Robles

NBC's new scripted supernatural drama series *Siberia* is a show where 16 reality show contestants must survive the Siberian winter in hopes of winning 500,000 dollars. When things start to go wrong and they realize that they didn't sign up for this sort of danger, the contestants must join together in an attempt to survive what lurks in their settlement. One of the stars of the series, Joyce Giraud, explains, "It's a mix of *Lost* and *Survivor* but entirely different than both of

them. It feels like reality television, but you get really invested in the drama because it's a scripted show."

Related Link: ["We Have Each Other": Celebrity Couple Joy Enriquez and Rodney "Darkchild" Jerkins On Their Show 'House of Joy'](#)

The former model plays a bartender from Columbia named Carolina and gives us a peek into her character's psyche, saying, "Her family was brutally murdered, and the only person she has left is her uncle who's done everything for her. He's in desperate need of an operation, and she's willing to do whatever it takes to win the money."

Luckily, Giraud's family life is more picturesque than that of Carolina. She's been happily married to Michael Ohoven, the executive producer of *Siberia*, for over a decade. Surprisingly, working together is something new for the couple. "I always wanted to do my own thing because I'm a very independent woman, but *Siberia* was the perfect role."

This celebrity couple were made for each other. They have an adorable love story to thank for their strong marriage: a mutual friend had given Giraud's number to Ohoven against her wishes. The actress avoided seeing him for three months until he tricked her into a date. "I thought he was in Germany, so I told him I was going to order in and stay home. I still remember what he said: 'Perfect, then I'll pick you up at 8.'" Giraud thought she'd turn him off by dressing in baggy clothing and wearing no makeup but was soon surprised with how she felt when he picked her up. "When I saw him, I felt like I had known him forever. He was exactly the type of man I dreamed of as a little girl – my prince!"

In addition to their romantic meeting, the success of this married pair, who have two sons, is based off of the bond that they share. "My husband is my best friend, and I'd rather spend my time with him than with anybody else," the Puerto

Rican native shares. “It’s important to respect each other, to always think of how to make each other happy and to allow your partner to live the life they want. You need to support each other’s dreams and go through life knowing you can always count on each other.”

Related Link: [What Does Unconditional Love Look Like?](#)

Siberia isn’t the only thing that this actress has on her plate right now. A world-renowned beauty pageant queen, Giraud created the Queen of the Universe pageant in 2012. The competition is open to anyone – married or single – and holds a charitable alliance with United Nations Education Science and Cultural Organization. It’s no surprise, then, that this former pageant star has many beauty tricks up her sleeve, one of which she shared with us: “One of my favorite at-home remedies is an avocado mask that my grandma taught me how to make – it makes my hair very shiny!”

Giraud’s already-busy career is continuing to bloom. She is currently in preproduction of a film that is to shoot later this year. Plus, after many months of rumors, it was recently confirmed that she’s going to be the newest cast member for Bravo’s hit reality show *Real Housewives of Beverly Hills*. The brunette beauty was caught at LAX with the other *RHOBH* ladies waiting to board a flight to Puerto Rico. Moreover, a source close to the starlet told *E! Online* that she’s already sided with Kyle Richards in the ongoing drama between Richards and Lisa Vanderpump.

We can’t wait to see how Giraud shakes up the set of *RHOBH* and what else she has in store for her fans!

*To connect more with Joyce Giraud, follow her on www.facebook.com/therealjoycegiraud/ and Twitter @joycegiraud, and check out her character Carolina’s bio on NBC. Be sure to catch *Siberia* this Monday at 10/9c on NBC!*

Taylor Armstrong Says She's 'So Not Ready' to Date Again



It's been eight months since the *Real Housewives* star Taylor Armstrong lost her husband Russell Armstrong to suicide, and she said she hasn't even considered dating. "I'm just so not ready. I still think about Russell every single day, and I still miss him terribly and I feel like I'm so far from ready," said Armstrong according to UsMagazine.com. "I don't know if you just wake up and you're ready, or how that works. But for me, for now, I really got some growing to do, I think, before I'll be even ready to be a good judge of what's good for me." As for now, the reality star is putting her focus on

raising her daughter Kennedy and learning to be a single mom and an independent woman.

What are some ways to know it's time to enter the dating world after tragedy?

Cupid's Advice:

The loss of a loved one is not an easy battle of emotions to overcome, but someday you will be ready to date again. Cupid has some signs that might prove whether or not you're ready:

- 1. Grieve:** It's important that you take time to grieve. We often try to put on a strong face for others, and pretend that we're ok when we're not, but it's ok to be sad, angry, hurt, or lonely. Once you go through the stages of grief you will be closer to accepting what the future has in store for you.
- 2. Time:** Don't jump into a rebound relationship just because you're lonely, but don't wait forever to let someone else into your heart. Just because you move on with someone new doesn't mean you're forgetting the person that you lost.
- 3. Content:** There will be a day when you've come to terms with your loss and you learn to be yourself without that person. However, don't waste time being alone when you can find someone else to share your life with and hopefully one day love someone else again.

What do you think are some signs that someone's ready to enter the dating world again? Share your comments below!

Brandi Glanville Has Quickie Wedding in Las Vegas



Brandi Glanville rang in the new year by getting a new husband...temporarily that is. The 38-year-old star of *The Real Housewives of Beverly Hills* married a mixed martial arts manager, Darin Harvey this past weekend. However, according to UsMagazine.com: Glanville, the former wife of Eddie Cibrian, tweeted of the marriage "We're not gonna stay married. But it was a fun way to start out the new year!"

According to a source, they got drunk and became hitched for publicity. The two have never been linked romantically and think of each other as brother and sister.

Why is it important to think things through before getting married?

Cupid's Advice:

Marriage is not a step to be taken lightly. Cupid's Pulse has some reasons why one should truly think about their relationship before saying "I do."

1. Responsibility: Marriage is a big responsibility and when people walk down the aisle it should be for better or worse.

Kim Kardashian took on a lifelong and very public commitment when she wed Kris Humphries. And, when she separated from her husband, she took away the maturity that this type of union entails, showing that one doesn't truly have to take on that duty for life.

2. It's not a joke: When Britney got married in Vegas, and annulled it less than 3 days later, she illustrated to young people that marriage was disposable. A commitment of marriage should be based on proper planning and true love.

3. Issues will arise: For those who wed on a whim, they will experience added pressure when problems arise. Being with someone isn't easy and being with a partner you aren't 100 percent sure about is even worse. Some people do make mistakes and don't realize it, until it's too late. But, there should be an added fight and marriage counseling before calling it quits.

What are your thoughts on the sanctity of marriage? Share your opinion below.

Real Housewife Taylor

Armstrong Will Release Tell-All Book



Taylor Armstrong from Bravo's *The Real Housewives of Beverly Hills* will be releasing a tell-all memoir through the publisher Simon & Schuster entitled *Hiding From Reality: My Story of Love, Loss and Finding the Courage Within*. The book is scheduled to be released Feb. 7 and will outline her relationship with her ex husband Russell Armstrong, who tragically committed suicide in August. According to [The Hollywood Reporter](#), the couple had filed for divorce only a month before the suicide.

What do you do if your ex "tells all" after a split?

Cupid's Advice:

If an ex decides to tell all after a split, there's really not much you can do to prevent them from doing so. All you can do is stay strong and move on:

1. Allow only positive influences: Surround yourself only with positive people and things. After all, it's your ex who is airing their dirty laundry and not you.

2. Don't answer questions: If someone asks you about something they heard from your ex, simply tell them that it's none of their business.

3. Let time work in your favor: Time cures all wounds and rids all rumors. When you are in bad place in your life, time always works in your favor.

When a relationship is over, should you tell all or keep the details to yourself? Share your thoughts below.

Marriage Counseling Sessions with Taylor and Russell Armstrong Will Air on 'The Real Housewives of Beverly Hills'





Taylor and Russell Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks it will help battered women to make the decision to leave an abusive relationship, just like she did."

What are some ways to work on your marriage before calling it quits?

Cupid's Advice:

If you can't imagine life without your spouse, although your marriage is falling part, take the following steps before you give up:

1. Counseling: Visit a marriage counselor, and talk out your problems with someone who won't take sides and can view the situation objectively.

2. Take a break: Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.

3. Discuss it: Committing to open communication where anything in fair game is the best way to get every issue or problem you're having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.

RHOBH EXCLUSIVE: Taylor Armstrong's Life Coach, Melanie Mar Answers Our Questions





By Ashley DelBello

Last Monday night, the world was introduced to Melanie Mar on *The Real Housewives of Beverly Hills* (RHOBH). As we all saw, she was giving life coaching advice to Taylor Armstrong and helping her through her marriage woes to her now late husband, Russell. We published an interview with Melanie the day after the episode aired, where she offered advice for both couples looking to strengthen their relationship and singles searching for Mr. Right. This week, Melanie shares insight with us that answers our burning questions about the Armstrong's, what it was like to work with Taylor, and what type of counsel she gave to her over the past six months.

We loved watching you on the show. Can you tell us a little about your history with the Armstrong's and how you came to be Taylor's life coach?

I've known the Armstrong's for about a year now. We met through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which

made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

How long have you been a coach to Taylor?

Our first session began in March. I found her to be very forthcoming and open. This is an incredibly important characteristic as it enables me to assist the person with understanding what they want and don't want in their lives and relationships. Once I have established that, we can begin the process of putting in place the actions needed for change. Pain indicates change is needed or change is in progress.

What were you doing to help Taylor and her marriage? What were your sessions like?

As with all my clients, I begin with educating a different way to communicate within relationships. I teach the biological differences of men's and women's brains and why they think and feel things differently. Ultimately, if a relationship is beyond repair I then have to progress onto alternative options available for that individual or couple and help them to make the best rational, logical decision depending on their circumstances.

Related Link: [A Reminder About Relationship Mistakes to Avoid](#)

On the episode it appeared that you were trying to help Taylor with her marriage, not sway her to leave like the rest of the women were convincing her to do. Can you tell us more about that?

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to

do – they have to tell me what they want to do and my job then is to assist them in getting there.

According to reports, Taylor and Russell were also being counseled by psychiatrist Dr. Charles Sophy. Did you work with him?

I have not worked with Dr Charles Sophy. Unlike psychiatrists, I am not licensed to prescribe medication. What I teach is a form of cognitive behavior therapy. I am working with the left lobe of the brain responsible for making logical decisions. Most people regret something they have said or done when it has come from a state of being irrational, emotional or illogical. I help people deal with conflict in their life, whether it's with loved ones, friends, co-workers or family, in a rational way.

What counsel do you provide someone who is not only having relationship and communication problems, but domestic violence issues as well?

My advice to anyone suffering from domestic violence is to contact the experts who specialize in domestic abuse cases.

Related Link: [Hollywood Portrayals of Domestic Violence](#)

How is Taylor now? Are you still her life coach?

I have not seen Taylor since the funeral, but she knows I am here for her when she is ready to talk privately.

What are some reasons a person would hire a life coach?

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my

clients to take control of their life, to get what they want by knowing what they don't want.

If someone wanted to hire you to coach them in the same way you did Taylor, what would that look like? What's the process?

My first session with a client starts with me explaining my qualifications, who I am and what I do. I give a brief background into the brain and why men and women do, say and behave in certain ways. I ask what their particular problem is and then begin teaching the behavior modification techniques. In each session after that, we continue working together on their issues, implementing the tools and following up on their progress. I end every session with a "contract" for that individual or [couple](#), something that they are verbally agreeing to do or stick with.

What other services do you offer?

Other than coaching, I offer complete makeovers. As a former runway and photographic model, fashion and style are paramount to me. I am a big believer in the thought that when you look good, you feel good. I think first impressions do count and, whether you are on the market for a new relationship or a new job, making the best of yourself never is a bad thing. I garner great joy from helping others transform themselves and seeing their confidence soar.

Visit Melanie's Mar's Facebook page or contact her at info@melaniemar.com if you're interested in learning more about she helps others in their lives and relationships. A complete overview of her services can be found at www.melaniemar.com.

Taylor Armstrong's Life Coach from The Real Housewives of Beverly Hills Offers Tips for Today's Relationship and Finding Mr. Right



By Ashley DelBello

"I teach women to be ladies and men to be gentlemen," says model turned relationship coach, Melanie Mar who has worked with Hollywood's most elite celebrities and couples to help them find love in their life and more importantly, within themselves.

Melanie Mar is the founder of Melanie Mar International and a partner of Patti Stanger's Millionaire's Club Matchmaking Agency. You may also recognize her from last night's episode of *The Real Housewives of Beverly Hills*, where she is seen coaching Taylor Armstrong about her marriage to Russell Armstrong. We had the chance to catch up with Mar and get her advice for couples in a relationship, as well as for those who are navigating the single scene. She offered some amazing insight. Ladies take note.

One of the most common dating challenges for single women who live in big cities like LA or NY is that they find it too hard to meet a man. "Women have become much more independent and now they're competing with men," says Mar. "There's a lot of masculinity out there these days and it takes so much courage for today's man to approach today's woman. He has no idea what reaction he'll get," she explains.

Mar continues by noting that anytime women are working, it means they're using their left brain, which is their logical and doing mode, it's the one that's needed to do a job successfully. The opposite lobe is where our emotions lie. Interestingly, the left brain is also the lobe that men use, hence where the competitiveness comes into play.

"There are four people in every relationship because we're all masculine and we're all feminine. You know when you're being one or the other. In fact, one of the things that I tell my women [clients] when they're struggling with this is when you've finished work, come home and take one hour and do something feminine. I don't care if it's taking a bath, walking the dog, or playing music. I don't care what it is, but get into that feminine side."

A Harvard study on why we marry found that approximately two-thirds of women marry for status and stability and the other 33 percent marry for sensual and sexual pleasure. However, the study found the exact opposite for men – where two-thirds

of men marry for the sensual and sexual. When these men come home after work, they want to come home to a sensual home – meaning they don't want to work or compete once they've walked in the door.

"If you're a woman who wants a "real" man, turn it off when you get home," Mar advises. "It's so crucial to take that one hour – and you should tell your partner that you need to do this to become a better girlfriend, wife, or significant other. It's so important for women not to compete, control or conquer their men because you won't respect them and the men if they're real men, won't tolerate it. You'll be banging heads every time you open your mouth."

Mar's generously offered some tips for those looking to find that special someone:

– **Stop going out in groups:** It takes a lot of guts for a guy to approach a woman, much less a group of women. Mar advises if you're specifically going out to meet a guy, then don't go out with more than one girlfriend. If a man does approach you, remember to be nice to him even if you're not interested (unless he is a drunk or a creep of course!), since he mustered up a lot of courage to come talk to you.

– **Make your body language very clear:** Look around. Find a guy you're interested in. Make eye contact, hold it and SMILE. Melanie calls that "dropping the hanky" and men need a hanky dropped! It's very difficult for men to understand what women are doing so Mar always says to "drop the hanky," hold the look, smile, and be open and inviting because he's taking cues from your body signals.

– **Do not sit there, huddled in a deep conversation with your girlfriends:** Enough said.

– **Do not go up to him:** Let him come to you. And if he still doesn't approach you, then you know that you did your part. He's either in a relationship, not interested or gay.

– Keep the ball in his court: If he gives you his business card, turn it over, write your number on the back, and hand it back to him.

– Let him chase you: “That’s another mistake today’s woman is making,” says Mar. “Women are calling, texting, inviting – making it far too easy for men. He doesn’t want it to be that easy. He might think he does, but he doesn’t. He wants to work for it.”

– Flirt five times a day for five minutes: Practice on guys that you’re not interested in. Smile at a guy at Starbucks. Catch the eye of a guy in the grocery store. Wherever you go – practice. You may not be into them, but you’re practicing flirting. Some of them will come up and want to talk to you, but that’s more practice (just don’t forget to be polite when exiting the conversation). Eventually, you’ll see a guy who you like and it won’t be difficult because you’ve done it so many times.

– Ask yourself what type of guy you like and go where they would go: If you want a business guy who is worldly then go to an elegant hotel bar like the side bar at Beverly Wilshire. If you want a younger person who is more hip, then go to a trendy restaurant like Boa. If you want a church guy, then go to church. Make sure you’ve answered these questions before you step out the door.

Not wanting to leave anyone out, Mar’s also offered advice for those who are already in a relationship:

– Get a verbal contract: “I’m not a moralist, but when you decide to sleep with a guy, it does make a difference.” Mar says that having a verbal contract is important so that you both are clear about what you’re doing. “I don’t care what that contract is. I don’t care if you have one that says this is a one night stand but you need one. “There’s nothing worse than a woman having sex with a man and presuming that they’re

in a monogamous relationship. Just because a woman spends a month or two getting to know a guy doesn't mean he isn't dating other people. A verbal contract will let you know where you stand so that you're both clear on your expectations.

– **Negotiate time, sex, money and space:** Take “time” for example. You say it's important to have a certain amount of time to yourself – negotiate with your partner how much time that is. For each of these categories, you should also negotiate “I,” “We,” and “Us.” The “I” is time by yourself, the “We” is what you guys do together, and the “Us” is what you're doing together with other people. “It's really important to negotiate these things in order to keep the lines of communication open. If you do this, then the arguments are less and the peaceful atmosphere is more.” Melanie advises couples to negotiate often: every two months during the first year, every three months during the second year and every six months after that.

– **It always comes back to communication:** “If you can't communicate, you're in trouble. If you can logically communicate with each other, then you're already ahead of the game.”

– **Sex is important:** You need to negotiate what's right for each of you and find that middle ground that you're both happy with. “If it happens more than what you negotiated, and you both were in mutual agreement, then that's great. If it's less, then you need to work on it,” says Mar.

– **Reconnect with your feminine side:** Take a bubble bath, drink a glass of wine, do your nails – just do something feminine.

– **Communicate clearly and often:** “What I teach is so important because verbal communication only takes up 15 percent of our communication ... so you better make sure what comes out of your mouth makes sense.”

To learn more about Melanie Mar and where she's taking her advice next, visit her Facebook page or www.melaniemar.com.

Real Housewives Stars Taylor Armstrong and Husband File for Divorce



It may come as no surprise to *Real Housewives* fans that Taylor and Russell Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to

UsMagazine.com in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

What are ways to work on your marriage before calling it quits?

Cupid's Advice:

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

1. Communicate: Often times, communication is at the heart of relationship problems. The next time you and your spouse start arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like "you always do this." Stay calm, and try to get to the heart of the issue that's troubling you.

2. Listen: We often complain that our partners don't really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don't get defensive or show contempt. Although this may sound silly, take turns rephrasing each other's points. This will ensure that you both understand where each other's anger is coming from and allow you to better work through your problems.

3. Consult a counselor: Seeking external help is always a wise step to take before calling it quits. It can be really hard to work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

Got any tips on alternatives to marital counseling? Share your suggestions below.

Beverly Hills Real Housewife Camille Grammer Reveals She Tried to Quit the Show During Filming



Originally published on TV.com

By Seth Abramovitch

TV.com: Hi, Camille. How are you?

Camille Grammer: Oh, fine, thanks. It's a really crazy time in my life.

Why? What's going on? Describe your week.

Well, you know, my divorce is finalized. There's a lot going on.

How does that feel?

How does that feel? Bittersweet. I'm sad for what we had—we were together for 14 years—but you know, I don't regret his happiness. He's moved on, and I'm moving on also.

Now that the first season of Real Housewives of Beverly Hills has aired, and you're interacting with a public who knows you, or has a strong impression of what they think is you, do you regret having done it?

Well, after the first few episodes, yeah, of course I did. I didn't think that it was an accurate portrayal of myself.

Because they cut out stuff that made you look more sympathetic?

Absolutely. They didn't show a rounded-out sense of who I am as a person.

And then once you realized what was happening in your marriage, what stopped you from just turning to the cameras and saying, "Get the fk out of my house. I need to deal with this right now?"**

I wish I could have, but I had an obligation to finish the show. I don't know if I can say this, but I quit at one point. I did. Because it was too much. I didn't know how much I could expose at the time. I was holding a lot back because I had known for a while that things were not right between my husband and I. So it's very difficult filming a reality show while you're going through this process, and hurt, and devastation.

So what did they say when you said you wanted to quit?

I quit for, you know, a couple of weeks. And actually Kelsey called me and said, "You have an obligation to do the show. You have to finish the show." So I said, okay. He also asked me to come to the Tonys. Basically I found out [about Kelsey's affair] through a mutual friend, and then I tried to get in touch with him. By the time we spoke, he said, "I've been thinking about it, and I just don't want to be married any longer." I asked if there was anybody else, and he said no at the time, but there obviously was. So he said to me, "You have to come to the Tonys," and I said that I felt too uncomfortable and upset, and I don't understand why I would have to come. And he said, "Listen, you have an obligation to finish out the show. You have to come." He also mentioned that maybe we could talk things through and work it out. That gave me a glimmer of hope that maybe we could spark some romance that weekend. But at that point, he was already gone.

How intense was that Real Housewives reunion special? Because it was really hard to watch at points.

I was very nervous going into it. I think most of the girls felt that way. [Laughs] They filmed for eight hours. It was a grueling day. Andy [Cohen] had a lot of questions for me from the viewers.

Did you feel like he was being unfairly hard on you?

I don't feel like that, because he gave me a warning. He called me before the reunion show, because I was very nervous about doing it. I told him I didn't feel comfortable, and he said, "Oh, it won't be that bad. There's a lot of questions. People want to know about you." So they prepared me—or not prepared, but he gave me a warning.

He didn't have to read out a list of the nastiest things people had written about you.

I thought that was harsh. I thought when he went through the list, that was very harsh.

Or when he said something to the effect of, "They say insecure people are always the ones who react most strongly to the word 'insecure.'" You agreed with him, but I never heard anyone say that before.

Neither did I. Look, we taped for eight hours, and they cut it down to 43 minutes in two parts. There were a lot of things said that didn't make it into the show, and for the other girls as well. It wasn't easy. I thought, well, at least the public is getting to see me, and who I am—the strength of who I am as a person.

What's your real life relationship with these women now? Would you not pick up a phone to talk to them?

I spoke to Lisa yesterday. She's been very supportive during this whole divorce process with Kelsey. Adrienne and I were friends from before, but I haven't talked to her in a while. Taylor and I text one another. I haven't spoken to Kim. And I called Kyle a week ago.

What did you guys talk about?

I just left a message, because I heard she was sick. She has the flu, so I wanted to make sure she was okay.

So you care enough about her to check in on her?

Absolutely. I think that's the side of me you really don't see in the first several episodes of *Housewives*. I mean it came across as boasting, but I really do care and empathize. I have a lot of empathy for people.

Had you never fought with her before the show started?

I met Kyle only once before I started the show. I only knew her husband.

So you're appearing on the season finale of \$#! My Dad Says. Are you pursuing acting now?

Everyone keeps asking me that. I studied acting years ago, and I gave up that dream after I got married to Kelsey 13 years ago. Am I pursuing anything? No. Not actively pursuing. This

came about through my publicist, who asked me if I'd like to appear on the show, and I said, "Absolutely. I'd be thrilled to."

Was it in front of a live audience?

Yes, of course. It's a sitcom.

How did they react to you?

I think I got a pretty good reaction. I have to say, it felt really, really good. After everything I've been through, I felt really welcomed and embraced by the cast and the crew and the writers, and of course by the audience. It was nice. It was kind of like a mini-mini homecoming for me, because I know a lot of people who work in sitcoms through through, of course, my ex Kelsey. So it was nice to see some people who I hadn't seen in a while.

Did William Shatner say anything to you worth repeating?

He was fantastic. He was friendly, he welcomed me to the show, he said, "Hello, Camille," he asked about Housewives. For the most part, we were just busy working. I love sitcom format. I have such respect for it, and performing in front of a live audience, you get such a rush with that.

Are you going to do another season of Real Housewives?

I don't know. The producers and I have been talking about that in the last week or so.

There's rumors that you might go to the New York version.

No! [Laughs] I can definitely say that's not happening.

'Real Housewives of Beverly Hills' Star Taylor Armstrong Plays Slipper Fairy



Love and caring is in the air this holiday season! Even reality TV stars like *Real Housewives of Beverly Hills*' Taylor Armstrong are taking part. Slipper Fairy Armstrong attended the 1736 Family Crisis Center's annual "Free Holiday Store" event in Torrance, CA, Tuesday (December 14th), and delivered 300 pairs of Dearfoams slippers for previously, severely abused mothers, and their children.