

# Top 10 Halloween Treats For Your Mate That Won't Ruin Their Waistline



By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

**1. Pumpkin spice latte:** Once the leaves start to fall, it's

hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a blustery fall day.

**2. Caramel apple:** This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack option. After all, an apple a day keeps the doctor away!

**Related Link:** [Best Celebrity Couple Costumes for Halloween](#)

**3. Caramel grapes:** For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be happy with a just a taste of something sweet.

**4. Frozen “boo”-nana pops:** Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

**5. Fancy popcorn:** This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

**6. Pumpkin Caipirinha:** Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

**7. Sangria:** For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

**Related Link:** [Trick or Treat: How to Celebrate Halloween with Your Man](#)

**8. S'mores:** Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it'll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

**9. Toasted pumpkin seeds:** If you're anything like the staff at CupidsPulse.com, we can't get enough pumpkin. A simple way to enjoy this fall fixture is to toast the seeds – we love these three recipes.

**10. Spooky trail mix:** Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

**Tell us: What's your favorite healthy Halloween treat?**

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## Top 5 Celebrity Couples That Live Across the Pond





By [Whitney Johnson](#)

Although Hollywood is still the number one stomping ground for the rich and famous, many celebrities are choosing to live abroad in an effort to protect their privacy and keep their personal lives from the public eye. Sure, there are European paparazzi, but even so, life is much more manageable. For celebrities with children, it's particularly important to give their families some sense of normalcy. Despite their distance from Los Angeles or New York City, American fans still love them. With this thought in mind, we developed a list of our five favorite celebrity couples that live across the pond:

**1. Victoria and David Beckham:** The fashion designer and her soccer star husband have recently returned to England after living in Los Angeles while David played "football" for the LA Galaxy. Now that his contract has ended stateside, the family of six is returning to their roots and looking for a new home in West London, close to the children's school. Still, they aren't giving up the California sunshine for good: It's thought that the Beckham's will spend the holidays in Los Angeles.

**Related Link:** [Celebrity Couples With Similar Wardrobes](#)

**2. Kate Middleton and Prince William:** The future queen and king of England expanded their family this summer, welcoming Prince George, who's now third in line for the throne. This new generation has stolen hearts all over the world with their laidback approach to royalty. Not only are the new parents handling most of the baby duties themselves (Prince William even changed the first nappy), but they also released an informal first family photo, taken by Middleton's father at her family's Bucklebury estate.

**3. Gwyneth Paltrow and Chris Martin:** The G00P founder and Coldplay frontman have lived in London for over a decade; Paltrow feels so comfortable there that she calls it her "adopted home." Plus, their children, daughter Apple and son Moses, even have British accents. While they recently relocated to Los Angeles full-time for their kids' schooling and to be closer to Paltrow's mother and brother, the family will eventually return to the United Kingdom because the movie star believes that the education system is better in England.

**4. Penelope Cruz and Javier Bardem:** This famously-private couple lives in Madrid, Spain, with their children, son Leonardo and daughter Luna. The Spanish-born actors began dating in 2007 and were married in July 2010 in the Bahamas.

**Related Link:** [Celeb Dads Who Are Doing It Right](#)

**5. Kate Hudson and Matthew Bellamy:** This California girl bought a house in London in February 2011 and now lives half of the year across the pond with her fiancé, Muse musician Matthew Bellamy. The couple were engaged in April 2011 and welcomed their son, Bingham, in July 2011. The family is often seen out-and-about in the rainy city with Hudson's parents, Goldie Hawn and Kurt Russell, as well as her nine-year-old son, Ryder.

**Who is your favorite celebrity couple across the pond? Tell us**

in the comments below.

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# Source Says Michael Douglas and Catherine Zeta-Jones Are 'Not Back Together'



By [Whitney Johnson](#)

Michael Douglas recently revealed that he's "working things out" with wife Catherine Zeta-Jones, but a source close to the couple confirmed to [People](#) that they are "not back together" quite yet. While the pair are still talking – and even have

been spotted with their wedding rings on – they aren't spending time together. Most recently, they even spent their shared birthday of September 25th apart.

**What are some factors to consider before getting back together with an ex?**

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

It's tempting to get back together with your ex. After all, they know you well and already fit into your life. Still, you must remember why you two split in the first place and truly consider the decision at hand before jumping in again. Cupid encourages you to consider the following questions:

**1. Why did you breakup?** It's easy to remember only the happy times as you embark on your second chance romance, but you have to consider what drove you apart and led to your breakup. Was it just a silly fight or a rough day? Or were you unhappy for a long time before you finally went your separate ways?

**2. Do you share the same core values?** If you don't share similar goals or visions for the future, your relationship will never work – it's as simple as that. Take the time to sit down with your ex and talk about the nitty-gritty details that may have been pushed to the wayside during your first shot at happily ever after. Don't be afraid to dig deep and really open yourself up. You have to take a risk to reap the reward of a happy love life!

**3. Are you *both* willing to do the work?** Relationships are never easy, but rekindling a failed flame requires even more effort than usual. You must be willing to work through your past issues and focus on the future of your relationship. You also must be confident that your ex will stand by your side and be a true partner as you sort things out.

**Have you ever reconnected with an ex? Share your story in the**

comments below!

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# Prince Harry and Cressida Bonas Have Back-to-Back Date Nights



By [Whitney Johnson](#)

According to [People.com](#), Prince Harry is still a happily taken man. He was seen with girlfriend, socialite Cressida Bonas, on back-to-back date nights earlier this week. On Monday, the lovebirds attended a James Blunt show at the Tabernacle in

London's Notting Hill. The following evening, the casually-dressed couple were spotted at a performance of the *Book of Mormon*. This duo was first seen together during the summer of 2012 and rekindled their relationship in February when Bonas vacationed with the royal family in Switzerland.

**How do you know how much time to spend with your partner in the beginning of a relationship?**

**Cupid's Advice:**

You're dating the girl or guy of your dreams, and it's hard *not* to want to spend every minute of every day with them. It's important, though, to find balance in your life. You can embrace your new love while still maintaining your sense of self. The tricky part is figuring out just how much time to spend with your partner in the beginning of a relationship. Cupid has some tips:

**1. Pace yourself:** Too much, too soon can cause even a great relationship to suddenly end. If you've been seeing each other once or twice a week, gradually add another day or night to your typical schedule. After all, you want to leave them wanting more of you, not less!

**2. Don't forget about your friends:** Make sure that you still spend time with the other people in your life too. They'll resent you if you start ignoring them because of your partner, so be sure to spend two or three nights each week *without* your significant other by your side.

**3. Enjoy your alone time:** You don't want to forgo your personal passions because of romance, no matter how exciting your love life may be. Stick with your usual routine, whether it includes photography class on Tuesday evening or movie night every Friday. Once you feel confident that your sweetheart is sticking around, feel free to invite them to share your hobbies with you – but never give them up.

How much time did you spend with your significant other at the start of your relationship? Tell us in the comments below!

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## **‘Lucky Dog’ Host Brandon McMillan Says, “If I Can’t Laugh Constantly with Someone, It Won’t Work Out”**



Interview by [Whitney Johnson](#). Written by Petra Halbur.

[Brandon McMillan](#) has dedicated his life to working with animals – so much, in fact, that he hardly has time to date.

Now, he's bringing his work to the small screen with a new show for CBS called *Lucky Dog*, which premieres on Saturday, September 28th as part of "The CBS Dream Team" line-up. Each episode will follow the trainer as he adopts a dog from a shelter – one that's hours away from euthanasia – and then brings him back to The Lucky Dog Ranch to be trained before finding the perfect family.

**Related Link:** [Must Love Dogs: More Singles Getting Pets](#)

This television opportunity is a logical next step in McMillan's career. He grew up around animals as the son of two circus trainers, moving to Los Angeles at age 18 to pursue a new path. "When I left the circus, I knew I wanted another animal training job, so Hollywood was the ideal option," he explains. "I started working with animals for the movies, but as we all know, movies come and go, so work would get slow a lot. I then began training dogs for shelters, a cause that's always held a spot in my heart."

The trainer speaks passionately about the treatment of shelter dogs in the United States. "I read the facts, and they blow my mind. Every year in America over 1.5 million dogs are euthanized because they can't find homes. I wanted to find out why this was happening."

Despite his concern, McMillan doesn't condemn kill shelters, insisting that he approaches the issue from a different perspective. "My job as a trainer is to spread the word on how to train dogs and help keep them out of the shelters," he shares. It seems that many pet owners simply drop their dogs when their would-be canine companion doesn't behave properly. "They say, 'You know what? Why don't I just drop him off at the shelter? It's just down the street.' It's an easy option. So I attack it from a different angle. I say, 'Why don't you take three days to learn how to train your dog? And he'll keep quiet; he'll stay; and he'll walk on a leash properly.'"

When he's not working the shelter dogs, McMillan helps pet owners train their dogs. He often works with couples who are struggling with differing views on puppy parenting. "The woman usually wants a dog to be more cutesy and more of a lap dog, while the guy wants the dog to be more tough," he explains. It then becomes McMillan's job to help the couple find a middle ground.

Before getting a dog, couples tend to disagree on the dog's preferable size or breed. To this problem, McMillan advises, "Let the dog choose you. I constantly tell people to go in with a wide frame of mind, saying, "Whatever dog I feel connected to, that's the one that I want in my family." He also suggests that couples wait until they are "pretty established" in their relationship before adopting a pet to prevent a custody battle later on. "Dogs are becoming the new kids in America," he wryly observes.

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

The handsome trainer is raising his own pets by himself. He's currently single because, by his own admission, "I'm so consumed by the show that I go to bed at around 9 p.m. because I have to get up at 4 a.m. We start every morning around 6 a.m. because I want to make sure we work the dogs before the heat kicks in every afternoon."

Still, he knows what he wants in a woman. In addition to a love for animals, McMillan says his perfect mate would have to have a great sense of humor. "I'm a joker and a goofball. If she seems too serious, get out!" he says. "If I can't laugh constantly with someone, it won't work out." An ideal date for him would somehow incorporate the great outdoors – something that's easy to take advantage of thanks to the California landscape and shoreline.

*For more information about McMillan, check out his personal site. Tune in for Lucky Dog on CBS on Saturday mornings!*

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# Ruthie and Michael Dean Tell Us Why 'Real Men Don't Text'



By [Whitney Johnson](#)

Country crooner Carrie Underwood and *Gossip Girl* star Chace Crawford ended their fling via text. Similarly, rumor has it that John Mayer called it quits with on-again, off-again girlfriend Jennifer Aniston by text. Most recently, Katy Perry revealed that Russell Brand, her husband of 14 months, announced his intentions to divorce via text. These celebrity examples – and countless real-world stories– are the impetus behind Ruthie and Michael Dean's new book, *Real Men Don't Text: A New Approach to Dating*. While the title suggests that

the book is aimed at women, in truth, it's meant for anyone who's single and searching for love. The couple's new approach to dating comes down to a simple idea: "You have to be the right person that the right person is looking for," explains Michael. Find out who *you* want to be and then go out and find a guy – one who will call you instead of text.

Here, we chat with the newly-minted authors about the love lessons shared in their book as well as what keeps their marriage strong.

**What was the spark that inspired you to write this book together?**

**M:** My sister was dating this guy who would text her last minute to get together or just disappear for a few weeks, and she eventually got broken up with via text. It was really annoying for me to watch her go through the emotional ups-and-downs of dealing with him. So I wrote a post for Ruthie's blog ranting about the experience and called it *Real Men Don't Text*. It got a lot of traction and some really great responses from the readers. Ruthie and I started talking about how it was a prevalent issue, something everyone had an opinion on – how technology has taken over some of the important steps of communication in relationships. And from there, the book was born.

**Related Link:** [Is It Okay to Break Up With Someone via Text?](#)

**Part of the book's title is "a new approach to dating." How would you explain this new approach?**

**M:** It's about taking a personal inventory. Ask yourself: Am I pleased with my relationship? If you would just take a step back and set new standards for dating, you'd be much happier. You may not get asked out as often, but ultimately, you'll end up in a relationship that makes you much happier. So the new approach to dating is developing real standards and

understanding that you're worth setting standards, that you're worth having a guy call you instead of sending a late-night text message.

**One of my favorite chapters in the book was about women embracing their own beauty and worth. Why is self-love an important part of a relationship?**

**R:** As I observed my peers and my own dating choices, I realized that low self-esteem and feeling inadequate was often at the root of our decisions. It's important to find our worth apart from what men say about us because we accept the kind of love we think we deserve. It can be a quick downward spiral when we start letting men define who we are – one that can lead women into detrimental relationships lacking mutual respect. The hard part is that our friends often encourage bad dating decisions and that no one is talking about the importance of self-worth.

**You provide a lot of advice for avoiding or breaking up with Mr. Wrong. What are some signals that women should look for to know that someone isn't right for them?**

**R:** The first signal is his communication style. It's not that texting is bad, but asking a man to call you instead will help determine if he's really in it for the right reasons and isn't just lazily texting and looking for a hookup. Some other red flags are he doesn't make you feel special; he's insensitive and lacks empathy for others; he can't hold down a job; and your friends and family think he's all wrong for you.

**Now, let's talk a bit about your relationship. Given your own experiences, do you have any tips for our readers who are dating long-distance?**

**M:** I always encourage people to be open to being vulnerable – especially guys. That's what we learned during the months of talking. Since we weren't seeing each other face-to-face, it opened up a new avenue that allowed us to discuss some bigger

issues sooner than we would've otherwise.

### **Ruthie, how did you know that Michael was The One?**

**R:** I used to hate when people said, "You'll just know," but with Michael, I really did. We talked on the phone for four months before meeting, and I think that gave us a strong foundation of communication – without chemistry and the physical aspects of a relationship clouding our vision.

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

### **How do you balance your busy careers and your marriage?**

**R:** Balancing career and marriage is tough, but the main way it works for us is we're committed to putting our phones and computer away after 7 o'clock each night. Quality time without phones buzzing goes a long way towards a healthy relationship.

### **Was it a challenge to work closely together on *Real Men Don't Text*?**

**M:** It was definitely a challenge – we work very differently from each other. She's such a talented writer, and I'm more of an idea-oriented person, so once we found our stride, we really enjoyed the process. If a marriage can survive writing a book together, it can survive anything!

### **And lastly, why did you feel like including your own love story was an important piece of the book?**

**R:** My desire in writing *Real Men Don't Text* was to show women that they're not alone by sharing my mistakes but also to show that there is hope for an amazing relationship in the future. I think it was necessary to share our story in order to show that dating differently than our friends actually works! No one wants to read a dating book by a single woman, right? I always knew I wanted to write about relationships, but I didn't feel 'qualified' until my choices to date differently actually resulted in a great husband.

You can purchase a copy of *Real Men Don't Text* on Amazon and on their site, <http://www.realmendonttext.com/>. For more information, follow the authors on Twitter – @Ruthie\_Dean and @michaeldean10 – or check out Ruthie's blog, <http://ruthiedean.com/>.

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## Holly Madison Ties the Knot with Pasquale Rotella



By Kristyn Schwiep and [Whitney Johnson](#)

As [People](#) reported earlier this week, E! reality star and *Girl Next Door* Holly Madison's fairy tale has finally come true.

The former fiancée of Hugh Hefner married Pasquale Rotella – “the man of my dreams,” according to Madison – on Tuesday at Disneyland before 150 guests, including costar Bridget Marquardt and *Playboy* model Lara Croft. The couple, who have been dating since 2011 and welcomed daughter Rainbow Aurora in March, got engaged in June when Rotella proposed with an 18-carat yellow diamond ring atop a Ferris wheel.

**What are some perks to getting married at Disneyland or Disney World?**

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

Many brides want to feel like Cinderella on their wedding day, and getting married at Disneyland or Disney World can truly make their big day perfect. If you're considering getting hitched at one of these amusement parks, Cupid has three reasons why it might be the right choice for you:

**1. A wedding planner is included:** Don't want to stress about planning your wedding? If you get married at a Disney theme park, they do most of the planning for you. The music, the decor, and the catering is all taken care of by the amazing staff, so you can sit back and just enjoy this blissful time in your life.

**2. Your guests are sure to have fun:** If you're planning on inviting little ones to your celebration, Disney World or Disneyland are perfect options for a destination wedding because it's a fun place for kids *and* adults of all ages. The children will be entertained, while the grown-ups will get to relive their childhood.

**3. It'll make tying the knot even more unforgettable:** Getting married at one of these amusement parks will give you memories of a lifetime. After all, Disneyland and Disney World are two of the happiest places on earth!

What are the perks of getting married at Disneyland or Disney World? Share your thoughts below!

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# 10 Celebrity Couples We Never Knew Existed



By [Whitney Johnson](#)

Most of the time, famous folks can't get away from the spotlight. Rumored relationships and long-term loves alike are splashed on every magazine cover or tabloid site, making it difficult *not* to know who dated who in Tinseltown. Every so often, though, a celebrity couple flies so far under the radar

that gossip-hungry fans miss their Hollywood romance. Read on for a list of 10 celebrity couples that you may not know existed:

**1. Shia LaBeouf and Hilary Duff:** These Disney darlings went on a terribly bad date – “probably the worst date either of us have ever had,” according to the *Transformer* star.

**2. Lance Armstrong and Ashley Olsen:** This unlikely duo were spotted making out in 2007 at Rose Bar in New York City. Their relationship never took off – which is no surprise given that the cyclist is 15 years older than the designer.

**3. Matthew Morrison and Kristen Bell:** These famous faces attended New York University together and dated very briefly. Despite their eventual breakup, Bell still calls the *Glee* star “Matty.” Perhaps we’ll see them double dating with their respective fiancés soon.

**Related:** [Matthew Morrison and Renee Puente Are Engaged](#)

**4. Jake Gyllenhaal and Natalie Portman:** Long before his heavily documented romance with country singer Taylor Swift, Gyllenhaal was linked twice to the *Black Swan* actress, once in 2006 and again in 2008.

**5. Dennis Rodman and Madonna:** Rumor has it that Madonna desperately wanted to have the former basketball star’s baby when they dated in the early 1990s. Luckily, no child resulted from this unlikely pair.

**6. Jake Pavelka and Kristin Chenoweth:** It’s hard to believe that the star of *The Bachelor: Wings of Love* and the pint-size Broadway powerhouse are an item, but they’ve been dating since late 2012 after meeting at an awards show.

**7. Donald Faison and Minka Kelly:** This under-the-radar twosome dated for a year from 2004 to 2005. Now, they’re both happily taken: Faison is expecting his first child with wife Cacee

Cobb, while Kelly has reunited with ex Chris Evans.

**Related:** [Celebrity Couples That Reunited](#)

**8. Sean Penn and Florence Welch:** It's no secret that Penn has a thing for sultry songstresses – anyone recall his post-divorce romance with Scarlett Johansson? Lately, this potential pair has been laying low, but earlier this year, there were a number of paparazzi photos filled with PDA.

**9. Ashton Kutcher and January Jones:** Long before Kutcher married and divorced Demi Moore, he dated up-and-coming actress Jones, who had recently relocated to Los Angeles to pursue her big screen dream. The couple, who dated from 1998 to 2001, attended his *Dude, Where's My Car?* premiere together in one of their rare red carpet appearances.

**10. Matt Dillon and Cameron Diaz:** Who knew the stars of *There's Something About Mary* were an item off-screen too? This duo dated for three years, splitting in 1998 – the same year that the hit comedy was released.

**Did we forget one of your favorite couples? Tell us in the comments below!**

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**Kelly Rutherford On Her Divorce: “The One Thing I Know Is That My Kids Are Loved and That We’re Working**

# It Out”



By [Whitney Johnson](#)

*Gossip Girl* fans recognize Kelly Rutherford as prim and proper socialite Lily van der Woodsen, a character who captured our hearts despite her shortcomings. You could fault Lily for a number of things but being a protective parent wasn't one of them. When speaking about her character on the show, the actress says, "It was a lot of fun. She was a very different type of mother than we're used to seeing on television."

Now, Rutherford is tackling an even more challenging role in Lifetime's *A Sister's Nightmare*, which premieres this weekend. The blonde beauty plays Jane Rydert, a police officer whose life changes drastically when her older sister Cassidy (Natasha Henstridge) shows up after being released from a

psychiatric hospital. Unable to convince anyone that her sister is still dangerous, Jane must protect her niece Emily (Peyton List), who she's been raising for the past 16 years.

Rutherford was initially attracted to the movie because it was "very different than what I had done before. It was nice to do something that was a big contrast to *Gossip Girl* and the character that I played for six years – to shake things up a little bit."

And, of course, the cast is always an important piece of any project. For this role, she reunited with one of her love interests on *Gossip Girl*, Matthew Settle. "It was wonderful to work together again," she exclaims. "Natasha and Peyton are incredible too. They made it very believable for me. It was really a lovely experience."

Ultimately, though, the ending hooked her. "There's this huge twist that you don't see coming. It made me really like the script," the Kentucky native shares. "It was really fun to play a character who ends up being totally different than you thought."

Naturally, being a parent herself – to six-year-old son Hermés and four-year-old daughter Helena – impacts the way she approaches each project. For Rutherford, her kids are always her priority. "I do my best to work around them," she explains. "It all goes by so fast that you don't have time for guilt. When I'm with my kids, I want to be totally present. And when I'm working, I want to know that my kids are attended to and happy."

**Related Link:** [Celebrity Couples Who Cannot Wait to Become Parents](#)

It's no surprise that motherhood has changed the single mom. "I learn something new every day. I want to be a better example for my children. It's a different type of pressure to be a good person when you have little eyes looking up at you!"

she says with a laugh.

Part of being the best mother she can be is going with the flow. “As a parent, you realize that every day brings new things.” This summer brought a lot of fun for the family of three. “I asked my kids what they wanted to do, and they said, ‘We just want to be with you.’ So that’s what we did! We went to the Hamptons for a few weekends. We did everything we love to do in New York City too: go to the museums, ride scooters in the park. They took swimming and piano lessons. My daughter took ballet and French classes.”

Unfortunately, Rutherford has been dealing with some more serious problems. In June, she filed for bankruptcy due to financial problems stemming from her lengthy custody battle with Daniel Giersch. Her ex-husband, who resides in Monaco, was barred from returning to the United States – which means that Rutherford must travel back and forth to see her children.

“It’s not always easy, that’s for sure,” she says of her divorce. “The biggest thing is to stay positive when you talk about the other parent. You have to be honest; you don’t want to lie, but you want to say it in a way so it doesn’t have an edge. My kids really pick up on whether I’m okay emotionally. As long as I’m okay, they’re okay. If I lose it, who do they have to look to for strength?”

**Related Link:** [Finding Yourself Again](#)

The actress adds, “When they have questions, I sit down and answer them. I try to be as kind and respectful of them as possible. I let them know that I don’t always know either, that I’m figuring it out too. The one thing I do know is that they’re loved and that we’re working it out. I encourage them to just enjoy every moment, whether they’re with me or their dad.”

Rutherford applies this philosophy to her own life as well.

After a relaxing but busy summer, she's ready to step back into a role on primetime and is excited to be joining the cast of *Reckless*, a show premiering on CBS this fall.

Plus, she's considering expanding her work as an activist for custody issues into a book. "A few people are encouraging me, but I don't know if it's the right time yet. I'm just waiting to see how things play out." One thing's for sure: We'll be cheering for her every step of the way!

*You can catch Rutherford on A Sister's Nightmare on Lifetime on Saturday, September 7th at 8 p.m. ET. You can also follow her on her personal site, <http://www.kellyrutherford.com/> or [Twitter](#) @KellyRutherford/ and [www.facebook.com/thekellyrutherford?fref=ts!](http://www.facebook.com/thekellyrutherford?fref=ts)*

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## Find Your True Weight with the Incredible Dukan Diet





*This post is sponsored by Dukan Diet.*

By [Lori Bizzoco](#), [Whitney Johnson](#) and Kristin Mattern

If you're ready for a diet that works, a diet celebrities use, a diet that will put you at your True Weight *for life*, then you're ready for the Dukan Diet! During this Four-Phase [Weight Loss Plan](#), you'll lose those pesky pounds and settle into a slimmer weight.

Before starting the diet program, you answer a questionnaire calculate your True Weight, a realistic, healthy weight that can be reached and maintained for life. Additionally, you'll be able to speak with an individualized [Weight Loss Coach](#) who will you work with you along the way to keep you on the right track. No coach ever gives up on a client, and their approach is tailored to each individual's Dukan Diet profile and lifestyle. The best part? At less than 1 dollar per day, this is the cheapest online diet out there! We at CupidsPulse.com have taken the plunge ourselves and experienced the Dukan Diet firsthand.

During phase one – the Attack phase – you’ll eat Pure Protein foods in *unlimited quantities* for up to a week. During this time, you’ll lose three to seven pounds. Our reviewers had mixed feelings about this phase. Although it was difficult to stick with an only-protein diet for this time, one reviewer had a positive experience and ultimately did lose the promised pounds when she stuck to this plan. The other reviewer, however, began to feel sick after four days and did not lose any weight. With these thoughts in mind, this diet may not be for everyone, but if you do complete the Attack phase, you can continue to drop the pounds by moving on to phase two.

In phase two – the Cruise phase – you’ll see a weight loss of one to three pounds daily while gradually adding vegetables into your diet until your body finds its True Weight. In phase three – the Consolidation phase, which is the most crucial step of this [Low Carb Diet](#) – you’ll prevent rebound weight gain. Carbohydrates will be slowly reincorporated, and you’re allowed two Celebration Meals a week! Finally, you move into phase four – the Stabilization phase – in which you *maintain* your True Weight *for life*. No foods are restricted, but you follow three rules: eat three tablespoons of [Oat Bran](#) daily, observe Protein Thursday and incorporate daily walking. During this diet, you’ll feel satiated, lose weight easily and *maintain* that weight because your body has settled into its True Weight.



#### HOW IT WORKS:

4 phases to reach and keep your True Weight for life!

- **Phase 1 – Attack:** The first phase kick-starts the diet and results in immediate weight loss, typically 3 to 7 pounds. The Attack phase lasts just 2 to 7 days, during which members may eat 68 Pure Protein foods in unlimited quantities.



- **Phase 2 – Cruise:** Members reach their True Weight during this phase, with typical weight loss being one pound every 3 days. Thirty-two vegetables are added in the Cruise phase and gradual but steady weight loss is achieved by alternating days of Pure Protein with Protein + Vegetable days.

- **Phase 3 – Consolidation:** The Consolidation phase is the most crucial of the program as it helps prevent the rebound weight gain that the body will naturally aim to achieve. This phase lasts five days for each pound lost. During Consolidation, fruit, cheese, bread and starches are reintroduced to allow the body to adjust to the previously forbidden foods without gaining weight. Additionally, members are allowed 2 Celebration Meals each week, which consist of an appetizer, entrée, dessert and wine. The introduction of new foods is balanced by Protein Thursday – one day of Pure Protein each week.



- **Phase 4 – Stabilization:** Maintain True Weight for life. No foods are restricted, though eating as in the Consolidation phase should be the base, along with 3 simple rules:
  - Eat 3 tablespoons of oat bran per day;
  - Observe Protein Thursday as in the Consolidation phase;
  - Take the stairs and incorporate daily walking whenever possible.

The Dukan Diet is a physician-formulated lifestyle weight-loss program consisting of four phases to reach and keep your True Weight for life. The diet discards counting calories and instead emphasizes lean protein, plentiful amounts of water and daily walking. Plus, it allows unrestricted amounts of 100 healthy foods, ensuring that the dieter enjoys a variety of meals and snacks and never gets bored. The Dukan Diet is designed to help its members overcome common pitfalls and achieve healthy, lifelong weight management. Experience the amazing Dukan Diet and find your True Weight at [DukanDiet.com](http://DukanDiet.com)!

**Sign up now and save 25% off Dukan Diet Coaching using the code F13BG25.**

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# “I Want My Clients to Have

# Fun With It,” Says Wedding Planner Sandy Malone of TLC’s ‘Wedding Island’



By [Whitney Johnson](#) and Kristin Mattern

Sandy Malone is the woman behind Weddings in Vieques, a full-service destination wedding planning company that will take your wildest island fantasy and make it come true. The vivacious personality is dedicated to making each and every bride happy with her special day and will do whatever it takes, as showcased in a recent episode when she found a helicopter at the last minute. Now, viewers can share the high tension and drama when they join this thick-skinned wedding planner on her escapades as she creates romantic magic on *Wedding Island*, TLC’s new series that showcases Malone and her

company.

**Related Link:** [5 Conversations Every Couple Should Have Before Marriage](#)

Malone's wedding planning career began in 2004 when she had to save her own wedding to the love of her life, Bill Malone. "I hired a wedding planner that *said* she knew Vieques, but clearly, she didn't. It was awful," the reality star recalls. "I was getting frantic phone calls and dealing with vendors who were asking me if I was still getting married. I panicked! We had to fire her and start over."

Malone was able to plan their wedding on her own and realized that she could make a full-time gig out of that sort of work – but only if her now-husband was on board too. When the two first met, Bill was part of the Metro Transit Police Department, and Malone was working as a political journalist. He asked her out, but she politely declined. After many persistent attempts and chivalrous deeds, like clearing the snow from the path to her house, she finally came to her senses and let Bill into her heart.

The pair bought a house in Vieques a year after their wedding, and in 2007, when Bill retired, they decided to make the remote island their home. Soon after, they launched their company with the assistance of a close friend. "She helped me put together our original logos and actually referred our first client, who ended up being someone I knew in grade school," Malone shares. "We did the wedding on 07/07/07 and thought we'd do two weddings per month. We ended up planning forty or fifty weddings that first year."

In addition to adding wedding planning to their resumes, the couple also jumped right into running a business together for the first time. "We've worked hand-in-hand since the beginning. Sometimes it's hard – we're not the perfect couple, but we respect each other," the event-planning wonder

explains. “I focus on the planning, and he focuses on the execution, and we don’t interfere with each other’s work.”

**Related Link:** [Kelly Ripa on Her Marriage to Mark Conseulos: “We Still Dig Each Other”](#)

Along with her team, Malone has now put together over 400 weddings – and the number continues to grow as more and more engaged couples chose Vieques for their big day. “It’s been voted one of the top Caribbean spots for the past few years by *Travel and Leisure* magazine. It’s pretty spectacular,” she says of the island, seven miles off the coast of Puerto Rico. “You can go to the beach everyday and not go to the same one twice for weeks and weeks.”

For those brides not lucky enough to be in Malone’s capable hands as they plan their walks down the aisle, consider this advice: “If you’re working with a wedding planner, talk to them and tell them why you’re feeling overwhelmed. If not, talk to your fiancé or bridesmaids. A lot of times, the problem in your head isn’t such a big deal. Write it all down, and then bite it off in little chunks.”

Ultimately, the wedding planner just wants to represent her industry and her island well. “I hope the show is a good reflection of the wedding environment. I just want my clients to have fun with it all. And we want people to come to the island – most people haven’t heard of Vieques.”

*You can catch Malone and her team on Wedding Island on TLC on Thursdays at 10/9c – see above for a preview of tonight’s episode! For more behind-the-scenes details, check out her Huffington Post blog, [www.huffingtonpost.com/sandy-malone/](http://www.huffingtonpost.com/sandy-malone/). You can also follow her on Twitter @SandyMalone\_.*

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# Charlotte Ross of 'Hit the Floor' Says, "Waiting for Mr. Right Won't Get You Anywhere"



By [Whitney Johnson](#)

Charlotte Ross has a Hollywood story meant for the big screen: she fell in love with acting at an early age and began pursuing her dream while growing up in Winnetka, Illinois. She worked at Second City and the Goodman Theatre until graduating from high school. Just a month later, she moved to Los Angeles and was quickly cast as Eve Donovan on the infamous soap opera *Days of Our Lives*, a role that later garnered her two Emmy nominations. Audiences now recognize her as Quinn Fabray's uptight mother Judy on the hit show *Glee* as well as Olivia Vincent in the summer series *Hit the Floor*.

**Related Link:** [‘Glee’ Star Cory Monteith is Found Dead in Hotel Room](#)

The popular VH1 show, which airs it's final episode of season one tonight at 9/8c, is about "a professional basketball cheerleading squad; the back stabbing that ensues to get and stay on the team; and the inner workings of the corporate side of this world." Her character was a star dancer in her younger years and now serves as the director of the Devil Girls. As the actress explains, "Olivia's extremely driven, expects complete professionalism and won't settle for less than perfection at every performance. She can be a bit relentless, but she's also like a protective mother who just wants her girls to succeed."

"It's a ripe background for juicy drama, and the writer and executive producer, James LaRosa, doesn't disappoint," she adds with a laugh. I think he was born to write this show!"

As much as she loves being on stage, Ross's heart belongs to Max, her nine-year-old son with ex-husband Michael Goldman. The couple divorced in 2008 after four years of marriage but continue to co-parent their son. True to her optimistic personality, she chose to remain positive during this difficult time. "The truth is, we all have a good argument as to why our ex isn't the best partner, parent or friend, but I worked really hard not to focus on the negative because I wanted what was best for my son."

And what's best for Max is two parents who are able to "come into each other's houses without tension or stress. I'm beyond blessed that my son is very well-adapted to having two homes," she candidly shares. "I enjoy it as well. I get to be fully 'on' when I'm with him and then 'off' when his father has him."

Her advice for parents in a similar situation is simple: "Try to deal with the challenges as best as you can because it

really makes a difference for your kids. They can actually learn something good from it, like how to work through tough things and treat people with respect.”

**Related Link:** [Solo Parenting: Reconsidering Your Ex](#)

Of course, jumping back into the dating game after divorce is never easy. The single actress says being proactive is the best way to meet someone new. “Sitting and waiting for Mr. Right won’t get you anywhere. Instead, step out of your comfort zone and normal circle of friends,” she says. “And don’t be afraid to be set-up! Remember that your friends know you well and know what kind of partner you want.”

As shown by her diverse professional choices, stepping out of her comfort zone is nothing new to Ross. This fearless attitude extends to her personal life too; she’s even training to climb Mount Kilimanjaro later this summer. The blonde, who says “nature is like a church,” sees this trek as number one on her bucket list. “It’s been a dream of mine for years. We all have that list of ‘One day, I will...’ Well, time is passing, you know?” Reflecting further on the upcoming journey, she explains, “Challenging ourselves can be very healing. This adventure is both a physical one and a spiritual one.”

The actress knows firsthand the effects of living a healthy lifestyle. “I truly believe that working out and clean eating (most of the time) is the fountain of youth. I look and feel better than I did decades ago. It amazes me!” As if that’s not enough reason to head to the gym, she adds, “When you sweat for an hour or so each day, daily stress doesn’t take the toll that it normally would. I think everyone should make time for fitness no matter how busy their life may be.”

*Don’t miss tonight’s season finale of Hit the Floor on VH1 at 9/8c! For more information about Ross, check out her website [charlotteross.com/](http://charlotteross.com/) or follow her on*

Twitter @charlotteross.

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# Summer-Themed Ideas For Your Partner's Birthday



By [Whitney Johnson](#)

The eternal sunshine, lazy days and carefree attitudes make summertime the ideal season for celebrating. If your beau is lucky enough to have a July or August birthday, be a great partner and throw him a party he'll never forget. Before you pick a theme, consider your man's hobbies and passions. Once you've settled on an idea, go all out: make sure the food,

drinks, decorations and even the guests' outfits align with the bash. Below, we've developed a list of five fun party themes – ideas that can be further flushed out on Pinterest. Happy planning!

**1. Country-themed party:** It's the season of outdoor concerts, and if your man grew up listening to Hank Williams and Willie Nelson, this party will be just what he had in mind. Stick with southern comfort food for the menu: macaroni and cheese, fried chicken and biscuits with homemade lemonade. And, of course, build a playlist with your beau's favorite country tunes, including old-time favorites as well as some current hits. As for attire, ask your guests to wear their broken-in boots and favorite cowboy hat.

**Related Link:** [Date Idea: Listen to the Music](#)

**2. Red, white and blue bash:** With holidays like Memorial Day and Fourth of July coming up, summer is the perfect time of year to honor America and show your patriotic pride. For appetizers, consider snacks like red peppers and hummus or mini-sandwiches with turkey and Swiss cheese. Summer fruits like strawberries and blueberries are great to use in festive cocktails or delicious desserts. Be sure to decorate with little American flags and red and white flowers. Also, be sure to ask attendees to stick with the color theme when they get dressed.

**3. Comic book celebration:** Did your sweetheart love comic books as a little boy? With blockbuster hits like "Iron Man 3" and "Man of Steel" already released in theaters, it's the perfect time for your man to relive his childhood days and be his favorite comic book character for a day. Plan your menu around the colors in your guy's hero's suit (black and yellow for Batman, green for The Hulk and so on). Transport your guests to a different world with futuristic décor and movie soundtracks. Guests can wear simple T-shirts with their

character of choice or go all out and don a full costume.

**4. Mexican fiesta:** There's nothing like sipping on a refreshing margarita (non-alcoholic or not) with your love on a sweltering day. To fill your guests' appetites, stock up on chips, salsa and guacamole. For the main course, plan a do-it-yourself taco bar: purchase soft tortillas and hard shells along with fresh vegetables, cooked shrimp, spicy chicken and more. And for dessert, break out the blindfolds and piñatas! Set the mood with bright-colored decorations and Mexican music.

**Related Link:** [Date Idea: Celebrate Cinco de Mayo with Your Mate](#)

**5. Baseball bash:** Sure, you may have been to your fair share of ball games this summer, but we have a feeling that your significant other will never tire of the sport. For food and drinks, serve typical game snacks: peanuts, nachos, hot dogs and pizza along with beer and soda. As for dessert, soft-serve ice cream is the perfect way to top off the fun. Decorate using the colors of your hometown team as well as a few foam fingers, baseballs and wooden bats. For attire, your friends can wear a jersey from their favorite team. Let the rivalries begin!

**What is your favorite summer-themed party idea? Tell us in the comments below.**

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# 'Drop Dead Diva' Producer

# Josh Berman and Star Margaret Cho on New Episode About Gay Pro-Athlete



Interviewed by [Lori Bizzoco](#); Editorial by [Whitney Baker Johnson](#)

*Drop Dead Diva*, the relaunched Lifetime hit television show, will be showing their support for the lesbian, gay, bisexual and transgender (LGBT) community on tonight's episode. In an exciting storyline, the cast will welcome Derek Smith, who is playing a gay professional baseball player. Josh Berman, the show's openly gay producer, stated that this issue was vital for him to tackle because being a gay athlete is becoming a rising issue. "Sports is one of the last frontiers where men and women feel they unfortunately need to be closeted," he

explains.

**Related Link:** [RH00C: Fernanda Rocha Speaks Out About Fitness, Love and Being the First Lesbian Housewife](#)

This statement rings true in today's world, as most pro-athletes only decide to be openly gay once they retire from the professional sports lifestyle. In April 2013, the first male pro-athlete in the four major North American professional team sports, Jason Collins, came out of the closet. This series is the first television show to take on the matter in this specific way; the *Drop Dead Diva* cast had been working on this episode before Collins made history, though. "Oddly enough, only one line had to change," the producer tells us.

Margaret Cho, who plays Teri Lee, a paralegal assistant to main character Jane Bingham (Brooke Elliot), is also one of *Drop Dead Diva*'s LGBT community members. Cho identifies herself as a bisexual and married husband Al Ridenour in 2003, with whom she has an open relationship. It's no surprise, then, that she's especially proud of this episode. "It goes into how we look at men in sports. We have an idea of who they are and what they're supposed to be."

Finding the ideal actor for this part was one of the most important parts of the episode. Berman shares that he was "obsessed" with casting the perfect man to play the fictional Major League Baseball player. Derek Smith was taken into very careful consideration for this role and was spoken to numerous times about the importance of his character. "Baseball is the most traditional, all-American sport. It gives us the opportunity to show a character who really needs to feel closeted or uphold the idea of heterosexuality," says Cho.

Both Berman and Cho want this episode to be viewed by the younger LGBT community, especially those who feel uncomfortable with being athletic and out of the closet. "The importance of sports and the athleticism in the LGBT community

can't be underestimated," believes Cho, "and I think that this episode really does a good job in promoting it for all of us."

**Related Link:** [Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage](#)

The series makes sure to include the LGBT community as a focal point in other episodes as well. In 2011, *Drop Dead Diva* won the GLAAD Media Award for Outstanding Individual Episode for "The Prom," which was about two gay students going to prom together. It was only right, then, for this cast to tackle LGBT athletes. "I'm thrilled that we are hitting this zeitgeist shed again with gay and lesbian issues," exclaims Berman.

*Be sure to catch this exciting episode of Drop Dead Diva tonight at 9/8c on Lifetime!*

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**"We Have Each Other":  
Celebrity Couple Joy Enriquez  
and Rodney "Darkchild"  
Jerkins On Their New Show,  
'House of Joy'**





By [Whitney Johnson](#) and Kristin Mattern

Pop singer Joy Enriquez and Grammy award-winning music producer Rodney “Darkchild” Jerkins have been married for nearly a decade and have been blessed with three beautiful children: RJ, Heavenly and baby Hannah. In their new show *House of Joy* for NUV0tv, they bring their family into the spotlight as they work together to make Enriquez’s dream of having a hit single come true. “Nine years later, I still want a hit!” exclaims Enriquez. “I still want a song, and now I can say, ‘I gave you the kids, Rodney. We got married, and we’re working together as a family, but I still want to sing.’ That dream is still inside of me.”

*House of Joy* was not the first reality series that the twosome were approached about doing. “Rodney and I were asked to do a show when we first got married in 2004,” recalls Enriquez, “when *Newlyweds* came out with Jessica Simpson and Nick Lachey.” They chose to say no, however, deciding collectively with their parents that it wasn’t the best idea to have a reality show in the beginning of their marriage. “Rodney’s dad

told us that we should take the first year to just spend time together. Now that we've been married for so long, three kids later, we felt like we were ready to show our family to the world."

**Related Link:** [Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage](#)

The show features the whole family, including Enriquez's parents, brother and sister, but Enriquez explains that it centers on music and her career "because that's how Rodney and I met." The star couple was first introduced in 1999 when the singer was sent to work with the legendary Jerkins, who was collaborating with Michael Jackson at the time. "We need you to get her a hit song just like you gave J. Lo," she recalls the executives telling Jerkins. She jokes, "I spent two weeks in New Jersey trying to get a hit. Instead, Rodney took me to the movies, to his parent's house, to parties – everything *but* a hit!"

Of course, working so closely with your partner is never easy. When they're in the recording studio, as Jerkins explains, "If I say, 'Do this over,' she gets really offended. And if she tells me she doesn't like a certain track, I get really offended. But we're learning – we have a rhythm going now."

The producer adds, "2014 is going to be our breakout album. It'll be the breakout year for Joy!"

Knowing that Enriquez and Jerkins both have busy careers, it's no surprise that balancing their professional lives and personal lives – especially since their new show merges the two – can certainly be challenging. Luckily, one of the executive producers of *House of Joy* is Patti Stanger, star of *Millionaire Matchmaker*. "She told us that we need to date! You don't usually need a matchmaker to tell you that, but sometimes, when you have three kids, time gets away from you," says Enriquez. "It's so important that you spend quality time

together – even if it's just a few minutes looking into each other's eyes and asking about each other's day. We're learning to communicate better."

**Related Link:** [Patti Stanger Discusses Justin Timberlake and Jessica Biel's 'Lasting' Marriage](#)

The experience has also reminded them to hold their special family close to their hearts. "I sing to my children at the end of every episode," explains Enriquez. "I talk with them and let them know that life can be crazy and have its ups and downs. But no matter what, we have each other."

*To find out more about the musically-talented couple, tune in to tonight's premiere of House of Joy on NUV0tv at 10/9c!*

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## Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire





By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes it much more likely to be something that they pick."

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

Check out *Frigidaire* on [facebook.com/Frigidaire?fref=ts](https://facebook.com/Frigidaire?fref=ts) and Twitter @Frigidaire for more information.

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# Cool Off This Summer With Red Mango's Frozen Yogurt Smoothies



*This post is sponsored by Red Mango.*

By Petra Halbur and [Whitney Johnson](#)

If you're hoping to cool off this summer with a tasty treat that won't compromise that glorious beach body you've spent months sculpting, look no further than Red Mango, one of the

fastest-growing retailers of all-natural frozen yogurt and fresh fruit smoothies in the country. Red Mango prides itself on its award-winning yogurt, which has no preservatives, no artificial flavors and no artificial colors. It contains important nutrients like calcium and protein as well as live and active cultures. Furthermore, Red Mango's frozen yogurt contains SuperBiotics, an active and proven natural probiotic that has been shown to support a healthy immune and digestive system when consumed as part of a balanced diet and healthy lifestyle.

Most recently, Red Mango launched 22 brand new Super Biotic summer smoothies in four lifestyle-centered categories. Especially health conscious fro yo fans might be interested in *Body Balance* smoothies, which are formulated with beneficial boosts. For those who are lactose intolerant, there are dairy and soy-free *All Fruit Harmony* smoothies, made only with fruit, juice and ice. *Twisted Fruits* smoothies are fun twists on signature yogurt smoothies offered in new and innovative fruit-forward flavors, while *Just Kiddin'* are snack-sized fruit and yogurt smoothies made just for the kids.

Additionally, the company just introduced a line of smoothie boosts, perfect for customers who value nutrition and want to embrace a well-balanced and wholesome diet. In addition to the protein, energy, immunity and multivitamin boosts currently available, Red Mango has added four new boosts. *Metabolic Fit 360™* is a blend of protein, calcium and African Mango that supports metabolic balance and promotes healthy weight management. Perfect for chocolate lovers, *Dark Chocolate Mate* is finely ground, Brazilian-roasted mate and dark chocolate, resulting in a deliciously rich and low-calorie dose of antioxidants. If you're looking for a taste of summertime, look no further than *Tropical Hibiscus*: hibiscus blossoms are infused with natural pineapple and lychee, resulting in a bright and tropical flavor. And lastly, *Green Tea Acai* is a mixture of premium green tea with açaí berries, the Amazonian

superfruit.

Here at CupidsPulse.com, we especially enjoyed the Mango Super Biotic Smoothie for its refreshing, tangy and fruit-filled flavor. We enjoyed this tasty treat guilt-free, knowing that we were supplying our bodies with the energy needed to tackle a busy summer day. As avid Red Mango lovers, we are so excited about this new line of products from our favorite yogurt place! Yum!

**DISCOUNT OFFER: July 8-12, 2013: *BOGO (Buy One Get One) Super Biotic Smoothies!*** Buy a Super Biotic smoothie of any size and get another Super Biotic smoothie of equal or lesser value **FREE**. **ONLY** Poppin' Boba smoothies are eligible for this offer. No coupon necessary to redeem.

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## Celebrity Couples That Reunited





By [Whitney Johnson](#)

There are no set rules in the game of love, and it's easy to question if you're dating Mr. Right or Mr. Right Now. Such doubt often leads to broken hearts, but as many Hollywood pairs have proven, time apart may be just what the doctor ordered during the search for happily ever after. Here are five celebrity couples that reunited after a breakup and found lasting love (for now at least):

**Katy Perry and John Mayer:** This musically-talented twosome is keeping us all guessing! The couple was first seen together during the summer of 2012; they split briefly in August and then reunited, even spending the holidays together. However, in March 2013, they broke up again. Addressing the split, Mayer reportedly said, "I'm on the same journey as everyone else. Coupling is a tricky thing." Even so, as recently as June 2013, they were seen together with pals at Chateau Marmont in West Hollywood.

**Related:** [Celebrity Couples Who Don't Need Marriage to Prove Their Love](#)

**Jessica Biel and Justin Timberlake:** Biel and Timberlake first dated for over four years (a lifetime in Hollywood!) before splitting in March 2011. However, they were together again by fall, and in December, Timberlake proposed in the mountains of Jackson Hole, Wyoming. The star-powered duo married in a top-secret ceremony in Italy on October 19, 2012.

**Kristin Cavallari and Jay Cutler:** This Chicago-based pair first began dating in fall 2010 and confirmed their engagement in April 2011. However, the Chicago Bears quarterback called things off just a few months later. The couple reunited in November 2011 and announced the *Laguna Beach* star's pregnancy in January 2012. They took the next step in their relationship, tying the knot in Nashville on June 7, 2013.

**Selena Gomez and Justin Bieber:** It's hard to know if these two songbirds are on-again or off-again. The twosome split in November 2012, but always stayed in touch. In April 2013, they confirmed their renewed relationship when the *Spring Breakers* actress flew to Norway to be with her ex-beau. Keeping the romance alive, the couple appears to be going strong at the start of summer.

**Related:** [Celebrities Who Are Unlucky in Love](#)

**Pink and Carey Hart:** Pop singer Pink proposed to motocross racer Hart in June 2005, and the couple married soon after in Costa Rica. After two years of marriage, the couple separated in February 2008. However, they remained friends – Hart even appeared in Pink's video for her song "So What!" – and sought marriage counseling in hopes of reconciling. They reunited two years later, and the tattooed twosome have been happily together ever since.

**Tell us: Who is your favorite reunited celebrity couple? Comment below.**

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# Is Your Perfect Man Criteria Keeping You Single?



By [Whitney Baker Johnson](#)

When you're looking for love, it's tempting to want to find the "perfect" man, someone who embodies all of the qualities that are on your checklist. In truth, doing so could be detrimental to your love life. You may end a relationship with that nearly perfect guy because you're so focused on the one thing he's missing. By the time you realize it, chances are he's already moved on to someone who loves him and thinks he's enough. Here are five reasons why your perfect man criteria is keeping you single:

**Related Link:** [Why a List of Requirements Won't Get You Mr. Right](#)

**1. You focus on the wrong things.** “The fact is that you’re not looking for a walking list. You’re looking for a feeling,” explains dating mentor and QuickieChick Laurel House. “With your list, you’re essentially putting blinders on.” Instead, look for someone who brings the best out in you, who makes you feel happy, fulfilled and who is a true-life partner.

**2. You lose sight of what really matters.** You automatically assume someone isn’t the right fit for you because he’s got dark brown hair or he’s not at least six feet tall. Maybe’s he been married before and you never saw yourself with a divorced guy. Ask yourself this question: In ten years, are those things really going to matter? Open your heart up to every possibility, and you may find a man with qualities you didn’t even know you wanted.

**3. You put too much trust in “paper perfect.”** Sure, you’ve had an idea in mind – and maybe you even put it down on paper – of your perfect man since you were a little girl. You pictured meeting him when you were 23, getting married a few years later and starting a family shortly after that, but reality doesn’t always live up to expectations. As House says, “Like when a smile doesn’t touch the eyes, just ‘paper perfect’ sometimes doesn’t touch the heart.”

**4. You miss out on the good parts of love.** We all know that nothing is perfect, yet we want a perfect connection, a perfect partner and a perfect relationship. By trying to make your love life flawless, you fail to truly take in those moments that make finding The One so special. Without the negative experiences and broken hearts, you’ll never know when you come across that one guy who makes you feel just right.

**Related Link:** [Finding Your True Destiny After Losing Love](#)

**5. You begin to veer away from “must-haves” when developing**

**your list.** It's easy to get caught up in superficial desires rather than only including your "can't live without" qualities. If you must have a list, it should focus on your belief system. "At the end of the day, what matters is if your core values mesh. You may find your 'paper perfect' man some day, but you'll be disheartened if your morals don't match or if you have zero chemistry," House shares.

Don't set yourself up for disappointment. Instead, throw away your list – or at least whittle it down to only a few "must-haves" – and let your heart lead the way.

**Are your standards too high? Share your experiences below.**

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## 5 Hot Celebrity Bachelors: Will They Ever Settle Down?





By [Whitney Baker Johnson](#)

The ultimate celebrity bachelor and twice-named Sexiest Man Alive George Clooney has been dating model and *Dancing with the Stars* contestant Stacy Keibler for almost two years now. Is he thinking about settling down again? With that silver fox off the market, we thought it was time to come up with a list of those hot guys who are *still* bachelors. So ladies, pay attention – you still have a chance with one of these famous faces!

**1. Chace Crawford:** This *Gossip Girl* actor was recently spotted courtside with model Rachelle Goulding, but since the pair hasn't confirmed that they're dating, it was only natural for this Texas boy to top our list. We can't help but swoon over his blue eyes and all-American smile.

**2. Bradley Cooper:** After splitting from Zoe Saldana, Cooper has been seen out-and-about with model Suki Waterhouse. The 38-year-old actor has had a string of serious relationships, and he was even briefly married to Jennifer Esposito. Still, the only leading lady in this golden boy's life is his mother

Gloria, who often accompanies him to premieres and award shows. They even live together!

**Related Link:** [Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

**3. Alexander Skarsgard:** Since breaking up with longtime girlfriend Kate Bosworth in 2011, this *True Blood* hunk has been single. Not much is in the tabloids about his personal life, making him all the more appealing. With his strong features and sexy accent, we'll happily take him off the market.

**4. Adam Levine:** The Maroon 5 front man has been linked to more than one Victoria's Secret Angel, but as of this spring, he's a single man once again. The sexy crooner is keeping busy though, currently appearing on the fourth season of the hit reality television singing show *The Voice*. He also had a recurring role in the second season of *American Horror Story: Asylum*. Constantly on our televisions screens, this bad boy has stolen our hearts.

**Related Link:** [10 Bad-Boy Celebrities We'd Love to Date](#)

**5. Leonardo DiCaprio:** Leo first captured our attention in romantic films like *Romeo + Juliet* and *Titanic*. Since then, this leading man has had high-profile romances with beautiful blondes like Gisele Bundchen, Bar Refaeli and Blake Lively, but he doesn't seem ready to settle down just yet. Instead, he's focusing on his acting career, currently lighting up the big screen in *The Great Gatsby*.

**Who is your favorite celebrity bachelor? Tell us in the comments below!**

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# Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night



By [Whitney Baker Johnson](#)

In this exclusive video interview, chef Mario Batali shares his tips for cooking at home on date night and prepares a chicken pasta salad, a recipe that he put a spin on in honor of Hellmann's 100th birthday. Plus, he chats about which of his restaurants is the best spot for a romantic night out, the importance of bringing your family together for dinner and his sons' new cookbook, *The Batali Brothers Cookbook* – which they originally put together as a Father's Day gift!

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

# Brooke Burke-Charvet Says 'Dancing With the Stars' Is "Unpredictable and Evenly-Matched"



By [Whitney Baker Johnson](#) and [Sarah Ribeiro](#)

Brooke Burke-Charvet is a star in so many ways: actress, model, *Dancing With the Stars* (DWTS) winner and now co-host. Given her past dancing record (she won season 7), it's

no surprise that *DWTS* is something she holds near and dear to her heart.

“I loved the experience of learning how to dance. It was an incredible life lesson. Hosting the show and being such a big part of the *DWTS* family does make me want to dance again, but I doubt that I’d be able to pull off dancing and hosting at the same time!”

As for the current season, the co-host thinks it will be full of surprises until the finale (which airs tonight). “Every couple brings something different to the ballroom,” she shares. “I love how unpredictable and evenly-matched it is this year. On some nights, when I think a certain couple will shine, another couple surprises me. That’s the beauty of the show. At this point, I have no idea who will take home the coveted mirror ball trophy. Even if I had a favorite, I wouldn’t tell you anyways!”

**Related Link:** [Brooke Burke-Charvet Shares Love Life Secrets](#)

But despite keeping her favorite couple to herself and juggling multiple activities and roles, the most important role seems to be that of being a good mom to her children and wife to husband David Charvet. “We [David] and I try to get out once a week, just the two of us. Our golden rule is that we can talk about anything but the kids. We do a lot of double dates, and we love the local hot spot in Malibu, Nobu, which is only five minutes away from our house. A really important part of our relationship is to carve out that time just for us.”

In addition to balancing her personal life with her hectic schedule, Burke-Charvet has another challenge and it happens during allergy season. Each spring, she’s faced with excessive sneezing, runny nose and itchy, watery eyes. This is not something that fares well in her busy career. Knowing that she isn’t alone when it comes to seasonal allergies, Brooke is

partnering with Claritin on the Claritin Clear Challenge to get the message out to others who are going through this. Claritin keeps her healthy while she carries on with her busy life at home and in the spotlight.

“My allergy symptoms slow me down as a mom,” she reveals. “And it can also be really embarrassing when you’re on television. Claritin really works for me, so I teamed up with them to take their Claritin Clear Challenge and share my story.”

**Related Link:** [With Claritin, The Difference Is Clear](#)

Of course, Burke-Charvet has faced worse health problems than allergies. Last year, she announced that she had thyroid cancer and underwent preventative surgery. Even so, just like her allergies, she didn’t let her diagnosis get in the way of living a normal life. “All of it was hard, but as a public figure, I have a responsibility to share personal things when I think other people can grow from them,” she explains. “I was astonished to learn how many women have been diagnosed with thyroid cancer and have had thyroidectomies. I hope sharing my story was comforting for those people.”

It wasn’t a one-way street though. “I certainly learned a lot from the exchange on social media. The outpour of love, support and prayers from everyone around the country really helped me manage my own fears, and I’m happy that I was able to control the story and share it. We all learned from one another – that’s why I’m so open and vocal on social media.”

It’s no wonder this strong, courageous and likable woman won *DWTS*!

Be sure to watch *Dancing With the Stars* on ABC tonight at 8/7c to see who wins – and to see how Claritin helps Burke-Charvet stay allergy-free.

For more information about Burke-Charvet, follow her on [Twitter](#) or check out her Web site, [Modern Mom](#).

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# For 'American Idol' Winner Candice Glover, Third Time's A Charm



By [Whitney Baker Johnson](#)

Soul singer Candice Glover has been a frontrunner since the start of season 12 of *American Idol*, so it wasn't surprising when she took home the crown on last night's finale. Glover, though, was sure to take things slow. "My goal was to make it to the top 20. If I got that far, I knew I'd have a fan base that would keep voting for me," she shares. "Then, I made it to the top ten, the top five, and finally the top two. That's

when I knew I could win this whole thing.”

Of course, the 23-year-old had judges Nicki Minaj and Mariah Carey in her corner from the beginning. “Nicki told me at my original audition that if I didn’t make it to the finale, something was wrong with the competition. That really stuck with me. And Mariah asked for a mix-tape.”

**Related Link:** [Janelle Arthur Talks About Her “Incredible Journey” on ‘American Idol’](#)

Glover’s journey wasn’t always such smooth sailing though. This year was her third-time to audition; the best she’d done previously was end up in the top 60. So what did she do differently this time around? “I definitely increased my musical knowledge – I listened to every genre of music,” she explains. “I was more confident too. I really focused on being myself and being different.”

“I was hurt and broken-hearted when I got cut. I kept saying that I wasn’t going to come back, but I always thought it may work next time,” the songstress adds. “I’m so glad I was right this year!”

When Ryan Seacrest announced her name, Glover immediately thought of her upcoming album, out on July 16th, and the *American Idol* summer tour, which begins on June 29th. She says that she “really connects” to the lyrics of her first single “I Am Beautiful” and even likes “the touch of pop.” In fact, she wants to keep that unexpectedness going when it comes to her entire album.

As for her career, she hopes to model it after the likes of Minaj, Carey and Jennifer Hudson, who she sang with on last night’s show. “I was so nervous to do a duet with Jennifer – I didn’t think I was good enough to be up there,” she shares of the experience. “She’s so phenomenal, and I look up to her.”

**Related Link:** [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

Glover is walking away from the *Idol* stage with more than just a title; she made lifelong friends too, including runner-up Kree Harrison. They may have been competing for the coveted crown, but that doesn't mean there's any animosity between the two talents. "Kree's amazing!" the winner exclaims. "While we were waiting for the results to be called, we were both saying, 'You won!' and 'No, you won!'"

Given her unique path to the top, the commanding singer is in the perfect position to offer advice to future contestants and says, "Just pace yourself and take it one day at a time. Always be yourself." It's important that Glovers keeps these words of wisdom in mind as she takes her own next steps as well.

*Be sure to catch Glover on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).*

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## Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life





By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha "Sami" Brady on NBC's *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, "My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book."

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as "self-effacing, smart, funny, and most importantly, willing to grow and learn" and says, "I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way,

but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

**Related Link:** [Alison Sweeney: “I Stay Healthy For My Kids, My Husband and For Me”](#)

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she’s struggled with her weight in the past but now believes that it’s most important to “want to make a change and commit to living a healthier lifestyle. It’s about making the best choices each and every day.”

For readers struggling to take control of their weight, she offers this tip: “I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you’re not scrambling when you’re starving. Prepare healthy snacks and meals to get you through your day.”

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. “I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do circuit training with weights.”

While we may know Sweeney as an author, actress and host, at home, she’s happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: “I’ve found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule.”

That means that when she’s home, she focuses completely on her

family. To keep her marriage strong, she says, “Dave and I make a point to have time to ourselves, even if it’s only going for a hike or watching a movie. This time together enables us to keep our connection strong.” They even have date nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

**Related Link:** [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, “The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is

heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

*You can purchase The Star Attraction on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).*