


Celebrity Interview: Relationship Coach Lee Wilson Talks Negative Effects Reality TV Has on Relationships



 Interview by Carly Silva. Written by Carly Silva.

Guilty pleasure reality TV shows are a great way to pass the time, especially during the COVID-19 pandemic, but according to relationship coach Lee Wilson, they may have a negative effect on our relationships. Coach Lee, who is the founder of [My Ex Back](#) and specializes in helping men and women save their dwindling relationships, sits down with us to shed some light on the psychology behind romance-focused reality TV shows.

In our celebrity interview with relationship expert, Coach Lee Wilson, we get some insight on the potential effects that romance reality TV shows have on real-life relationships.

As a Verified Expert on [Marriage.com](#) and as someone with numerous certifications, Coach Lee talks to us about the psychology of reality TV dating shows, such as the *Bachelor* Franchise, *90-Day Fiance*, and *Love is Blind*. He points to why these shows are so popular, not only because they are versed

in “stirring up drama,” but also because they provide a “romantic sport,” and viewers love to root for who will win the prize of love. But, can these shows have a negative effect on our real-life dating behavior? Coach Lee, who has over 20 years of experience as a relationship coach, believes so.

Related Link: [Celebrity Interview: Hollywood’s Most Sought-After Hair Colorist Michael Canale Talks Tips for At-Home Hair Care and His New Hair Line](#)

Although he does admit that the relationships formed on these shows can sometimes lead to lasting and successful true love, he notes that many contestants are often “put in a situation to rush their feelings completely in artificial and unrealistic ways” in order to compete and ultimately win the show. He not only acknowledges that this path to love can be unhealthy, but also says that this method is “not how it is best for two people to develop a relationship.” He advises viewers to recognize the misconceptions that are promoted in the “artificial world” created in these shows, even if they are undeniably entertaining.

While we all love to admire and root for our favorite contestants to find love on these TV shows, Coach Lee cautions that the romance portrayed in reality TV shows often promotes unrealistic expectations and can give viewers the “idea that dating is this competition with a prize, rather than having a healthy mentality” about getting to know somebody. He also mentions that these dating shows can present viewers with a false idea of how love is developed, and they can display misconceptions where people are left to assume that they can find love by “being artificial, rushing themselves and rushing the other person.” Coach Lee notes that emulating this fantasy world in real life can result in people comparing their relationships to the “magical romantic times” that are presented in reality TV shows, and that viewers comparing this “Hollywood level” romance to their real-life relationships can make them believe that something is wrong with their own

relationships.

Related Link: [Celebrity Interview: 'High School Musical: The Musical: The Series' Star Frankie Rodriguez Talks Love and Reboot](#)

The question is, why are the relationships cultivated on reality TV shows so unrealistically romantic? Well, according to Coach Lee, it's because of a phenomenon called "[limerence.](#)" He defines "limerence" as a "chemical addiction or chemical dependence on dopamine, and serotonin changes in the mind," which explains the addiction some people have to the "fireworks" of a new relationship or the "new high" that occurs when a relationship is just starting out. He says that shows, such as *The Bachelor*, "romanticize limerence and almost make it into the idea of what true love should be." Because reality TV shows idealize this "limerence level of obsession," Coach Lee explains that this makes viewers think that their relationships, especially older relationships where limerence has faded, should be more like the ones we see on TV, which is "unrealistic."

So, what about those of us who love watching these romance-focused reality TV shows? How can we continue to watch these shows now that we're aware of the toxic nature they promote? Luckily, Coach Lee also gives us some tips on how to navigate our guilty pleasure TV habits without falling victim to the unrealistic standards these shows set. He tells us that his personal trick is to "approach it with a good sense of humor, and be able to be vocal and express that this is not real life." He recommends viewing these types of shows as pure entertainment, or even playing a fun drinking game with friends, and reminding yourself along the way that "this is a game show."

For more expert advice from Coach Lee Wilson, you can follow him on [Instagram](#) or check out all the latest videos on his [YouTube](#) channel!

Coach Wilson has lectured at several universities, and has assisted with multiple Ph.D research projects on relationships. He is a Verified Expert on Marriage.com, and has received Family Dynamics certifications and His Needs/Her Needs Certifications. He is the founder of [My Ex Back](#), where he developed the Emergency Breakup Kit, along with the Emergency Marriage Kit.

Celebrity Interview: Hollywood's Most Sought-After Hair Colorist Michael Canale Talks Tips for At-Home Hair Care and His New Hair Line



 By [Hope Ankney](#)

Michael Canale is an American hairstylist, colorist, and the creator of Canale Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon, Jennifer Aniston, and Kate Hudson. In fact, Canale is responsible for "The Rachel" look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he's recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-

care and how to maintain your color during this time of quarantine.

In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canalé.

How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

You've worked with very well-known clientele over the years. Jennifer Aniston... Kate Hudson... Are there any stories you can tell us about your favorite experiences with some of them?

I am a colorist, and I work by myself. It was amazing to see Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve – what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semi-permanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last 5 minutes of the process.

From your perspective, what are the hair color trends at the moment?

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my

New SIGNATURE GLOSSES, can really refresh and enhance color for both highlights and base colors. The SUNKISSED GOLD for warmer skin tones and COOL BLUE for cooler skin tones will brighten up your blonde while MIDNIGHT BLUE cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website www.colorbycanale.com.

Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be pre-ordered on my website www.colorbycanale.com.



Michael Canalé. Photo:

Courtesy Anderson Group
Public Relations

Can you tell us a little bit more about your product line, Canalé?

People would come to me and ask, "How can I keep my hair looking fresh until I see you again?" So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canalé CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN Conditioner for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canalé hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in the line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae, and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma. Healthy, shiny hair that is what everyone wants!

How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically

formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.

Celebrity Interview: 'High School Musical: The Musical: The Series' Star Frankie Rodriguez Talks Love and Reboot



 Interview by Lori Bizzoco. Written by Ellie Rice.

Frankie Rodriguez is a young, rising actor known for his work on the *High School Musical* reboot, *High School Musical: The Musical: The Series*, and his guest appearance as Eduardo, on ABC's *Modern Family*. His groundbreaking role as Carlos on *HSMTMTS*, as an openly gay choreographer, has led him to center stage and into the hearts of many. A California native, Rodriguez has always had a love for the entertainment industry and a passion for acting. When not on screen, he loves collecting sneakers and interior decorating! In our exclusive [celebrity interview](#), Rodriguez chats about the show and gives our readers some dating advice for those looking to make the first move.

In our [celebrity interview](#) with *High School Musical: The Musical: The Series* star Frankie Rodriguez,

we get a glimpse into the world of young Hollywood, some dating tips, and insights on the *HSMTMS* series!

HSMTMS follows the students of the East High drama club as they are set to put on the school's first production of "High School Musical". Episodes feature musical numbers unique to the reboot, and some of the beloved melodies from the original. Relationships are formed as the students of East High embark on their high school journey.

Related Link: [Celebrity Interview: The Biggest Loser's Erica Lugo Talks Weight Loss and New Season](#)

As a member of such a beloved franchise and one that has been of constant relevance to popular culture, we asked Rodriguez how it felt to be a Wildcat. "I still pinch myself every morning. Getting to be a part of this franchise has been a literal dream come true." Citing Zac Efron and Ashley Tisdale as the only two original cast members he has yet to meet, he claims to be crossing all fingers and toes in hopes for an interaction with the pair!

We asked Rodriguez how he knew that a career in the film industry was where he should be. He explained, "I always loved singing and dancing, so I think a career in entertainment was always in the cards. I remember watching the sunset on my first night living in Los Angeles and thinking this is exactly where I'm supposed to be."

Related Link: [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

And, with moving to a new city comes new relationships. Viewers watched as Rodriguez' character on the show, Carlos, found love this season after taking that leap of faith, and

hopefully inspiring others to do the same. We asked Rodriguez if he had a special someone in his life to which he joked, "Does a cardboard cutout of Zac Efron count? Haha, KIDDING! Yes, there is someone very special. :)"

Diving into a new relationship can be scary, especially if you are unsure of the other person's feelings towards you. But as Rodriguez told us, "Take the chance! If they say 'yes,' AMAZING! But if it doesn't turn out your way, that's okay too! Have your BFF ready with your favorite ice cream and romcom". We think this is some pretty sound advice, as nothing heals a wounded heart quite like your friends and some Ben & Jerry's. Anything can happen, and you won't know until you take that chance, so be brave and bold!

After coming out to his friends and family at fifteen, Rodriguez has been very open about his sexuality. We asked him if he had any advice for teens ready to come out and express their own sexuality. He shared, "Even though coming out can be a little scary, it's so worth it! After coming out, I was able to put aside the fear of what other people would think, and I was able to live for myself. Life is way too short. Be YOU!"

The courage it takes to fully express yourself and be who you truly are is incredibly inspiring. Rodriguez explained that a standout moment during filming for him was the dance scene in the "Homecoming" episode, where he is able to be himself with the boy he likes. "It was such a moment for Carlos and Seb's relationship and history making for Disney. I'm so proud of that episode and to be a part of it". This show serves as a huge step in the direction of inclusion for Disney, as featuring teens from all aspects of life is so important for viewers to see.

So what can we expect from Frankie Rodriguez in the future? With *HSMTMTS* back for a second season, Carlos and the Wildcats will be tearing up our screens once again. Beyond that, we hope to see this self-described Broadway nerd taking the stage

one day! As Rodriguez shared with us, “I’m very inspired by nice people who work incredibly hard. I’ve had so many co-workers (including the cast of *HSM*) who inspire me to go above and beyond”. An inspiration to so many himself, we can’t wait to see where the future takes him.

Want to keep up with Frankie? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: The Biggest Loser’s Erica Lugo Talks Weight Loss and New Season



Interview by Lori Bizzoco. Written by Ellie Rice

The Biggest Loser’s Erica Lugo is a bona-fide weight loss inspiration as she joins the team as the show’s newest trainer. After reaching a peak weight of over 300 pounds, she made a decision to change her life once and for all and lost an incredible 160 pounds in two years. The motivation behind her extraordinary lifestyle change was her son Connor. As a dedicated mother, thyroid cancer survivor, and fitness studio owner, Lugo is a triple threat of perseverance and success.

In our exclusive [celebrity](#)

interview, Erica talks about the new season, her personal weight loss, and some advice for those looking to change their lifestyle.

How does it feel to be a part of a show that has made such a positive impact in so many people's lives?

I'm so grateful. I knew it would be impactful, but I didn't realize how close I'd become to everyone on the show.

What can viewers expect when they tune into the premiere on the 28th?

Viewers will hopefully be inspired by the contestants – their stories and their commitment to changing their lives.

Related Link: ['The Biggest Loser' Alum Lisa Rambo Talks Marriage and Weight: "We've Lost Over 180 Pounds Together!"](#)

What are you bringing to the table that no other trainer has brought before?

I lost over 150 lbs in the last 6 years so I know how hard the road is. Plus, I'm a recent cancer survivor. Hopefully my story will encourage and inspire people that anything is possible.

You gave really powerful encouragement to an audience member on the Kelly Clarkson show who was currently on her own weight loss journey. What advice can you give to all the men and women out there looking to lose weight, but not lose themselves in the process?

Love yourself and be proud of who you were, who you are and who you're becoming because it's all the same person.

I saw that you are recently engaged, congratulations! Can you tell us a little bit about that?

Thanks! Daniel and I have been together for 2 years and are planning our wedding for April. It's really exciting to be trying on wedding dresses and making all the plans.

Related Link: [‘The Biggest Loser’ Contestant Gina McDonald Says, “My Husband Was Very Supportive of Me Going on the Show”](#)

As you may know our site focuses on love and relationships, what advice do you have for our readers looking to balance a career and romance?

Self-care includes making time for yourself and your love so take each day as it comes and do your best to find a balance as you go. Some days will be easier than others.

Staying mentally and physically healthy is an important element to any partnership. Do you have any tips for how to mix fitness into a relationship?

Having the love and support of loved ones is so important. Keep trying activities until you find what works best and is most fun for you and your partner.

Not only are you a trainer on the show, but you also have your own fitness company providing members with training exercises and meal plans. Can you tell us about Erica Fit Love and the Fit Love Squad?

We aim to provide fitness and nutrition programs to people at every stage of their fitness journey.

You have openly spoken about your battle with thyroid cancer. Your strength and confidence is incredibly admirable. What advice do you have for those going through a challenging time?

Work to find strength in yourself and from loved ones.

You've talked about the inspiration behind your weight loss, your son Connor. How does he feel about your role on the show?

I hope I can help contestants because I've been through what they're going through. I know how miserable burpees are and how much determination is required to make a life change to get healthy.

Aside from health and fitness, who is Erica Lugo?

I'm a mom, a fiancée and hopefully a good friend and source of inspiration

Where can we expect to see you in the future?

Hopefully on more seasons of The Biggest Loser because I'm just getting started!

Tune in to USA on Tuesdays at 8/9c to watch this season of The Biggest Loser. Want to keep up with Erica? You can follow her on [Instagram](#) or join the Fit Love Squad [here!](#)

Celebrity Interview: Temptation Island's Gavin Rocker Speaks Out About What Ultimately Ended His Relationship



 Written by Altina Kamara.

Before arriving to the set of *Temptation Island*, Gavin Rucker was in 1+ year relationship with then-girlfriend, Esonica Veira. The way they met was like a scene out of a rom-com. However, their love took a turn as “temptation” ultimately took over with his now-ex. Though he doesn’t regret his time on the show, he wouldn’t recommend it to others.

In our exclusive celebrity interview, we chat with Gavin about his hesitation in relationships, past television appearances and what he learned from being on *Temptation Island*.

Check out our celebrity interview with Gavin Rucker to hear his thoughts on relationships and *Temptation Island*:

1. How did you two meet and was there an initial attraction?

We met doing background work for show *Love Is* (how ironic). I saw Esonica standing near me and she was just so beautiful, so I asked “Hey, what do you do?” She said she was a model. We kept talking and I asked for her number. I didn’t have my phone, so I said, “Tell me your number. I’ll remember it.” She then said, “If you remember my number, I’ll go out with you.” Lol. I remembered her number, called the next day and the rest is history.

2. You two were together for just over a year when you decided to join *Temptation Island*. Do you think you had enough time together before putting your relationship to the test?

I think we had enough time. Anything longer than that would be a waste to me. I feel like it doesn’t take long to know how you feel about a relationship. *Temptation Island* was great way to decide whether or not we should move forward or not.

3. What were your first thoughts upon arriving to the set of the show?

My first thought was, "Wow, these single girls are really here for love and they're serious too." I didn't know how to take it at first. It was such a weird experience, so I had to adjust on the fly. No one ever goes through something like that (unless you were part of season 1).

4. Both of you started making connections with two other members of the show pretty quickly. Did you go into this knowing you wanted to find other relationships?

I did not. I wasn't planning on falling in love with anyone. I wanted to show Esonica my loyalty to her and see if she was the right one for me. Being with Esonica was my end goal the entire time.

5. Do you think social media may have had a negative effect on your relationship?

I think so. Not in a big way, but the smallest comment can lead to the biggest argument. Esonica looks deeper into social media than I do. She always knows who I'm talking to. I don't really get into it that much.

6. You have admitted in the past that you are nervous about taking that next step towards marriage. Why do you think you're so hesitant?

I'm hesitant because marriage is a huge step. In society today, marriage is so casual. People kind of just do it because "it's the right thing to do" or "you're at that age." I don't believe in that. I feel like marriage should happen when you're sure about your partner and to me, a year and a half isn't enough time to make that decision.

7. Fans discovered that Temptation Island wasn't your first television appearance. Do you have aspirations of becoming an

actor? What else have you been on, if anything?

Temptation Island was my first television appearance, aside from being an extra on TV shows/movies. I'm a former college athlete, so I'm always cast for football movies/commercials. If fans count that, then sure, I've been in other things, but you can't even see my face in stuff like that. If I was a big-time actor, people would see me in the box office.

8. Have you maintained the friendships with anyone on the show? If so, who do you still speak with and how often? (This includes the guys and girls)

All the guys and girls still talk from the guys' villa. We're all cool. We even have a group chat. Lol! That big group chat gets used every now and then, but the rest of the guys and I talk often. Almost daily. We love each other. One big happy family.

9. What have you learned overall from being on the show? Do you think it's something you would ever do again?

I learned that people cope with things differently. It's tough being cut off from the world for 4 weeks and surrounded by strangers. Most people wouldn't find that easy. It showed me how mentally tough I was and how everyone deals with controlled isolation.

I wouldn't do it again, but I'm thankful I did it once.

10. Are you [and Esconica] both still a couple now that the show is over? If not, who are you with? Why did it eventually end?

No, we're not together. I'm not with anyone at the moment. Things ended because, to put it bluntly, Esconica and I aren't compatible. We tried making things work after the show, but that was difficult, and when I found out she slept with Kareem at the reunion after telling me she didn't, I was done. She

wanted to be with me still, but I can't go back with someone after lying like that.

11. Would you recommend going on the show to others who are in a relationship that they are not sure about?

I wouldn't recommend it. It's Temptation Island, not "Fall in love" Island. Things are tempting, but none of it really has substance. Granted, people face temptation every day, but doing it on romantic dates in Hawaii is a different story. I'd only recommend it to those couples with trust issues, but usually the person with those issues is the first one to cheat, as we saw with almost every woman this season, so does that really help anything? Be careful.

12. What are the next steps for you now?

The next step for me is just to enjoy my life and focus on me again. I've been working on some music that I plan to release soon, so I'm excited about that. I'm also happy about the new friends I've made from Temptation Island. I love all of those people. We're bonded for life. Hate it or love it, we can't change that!

Want to keep up with Gavin? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: Temptation Island's Esconica Veira Shares How She's Moved

On With Her Life After The Show



Written by Altina Kamara.

Esconica Veira, a former pageant model, joined the cast of *Temptation Island* with her boyfriend, Gavin Rucker, and had doubts from the very beginning. As the show progressed, Esconica began to discover herself more and formed a bond with fellow cast member, Kareem Thomas. Her relationship with Gavin ultimately ended and she shares why it's okay.

In our exclusive [celebrity interview](#), Esconica speaks out about her relationship with Gavin and how it changed her, as well as what's next for her now that temptation is no longer knocking at her door.

Check out our celebrity interview with Esconica Veira to hear about her experience on *Temptation Island* and the relationship she had with ex, Gavin Rucker.

1. How did you two meet and was there an initial attraction? You two were together for just over a year when you decided to join *Temptation Island*.

Gavin and I met on set doing background work on the show called *Love Is*. I thought that was pretty coincidental, and yes, we did have attraction when we first met.

2. Do you think you had enough time together before putting

your relationship to the test?

Being in a relationship for just over a year, things should be good. It should be like the honeymoon stage. Looking back at it now, it may have not been enough time for us to put the relationship to the test.

3. What were your first thoughts upon arriving to the set of the show?

My first thought upon arriving to the set of the show was, "What the hell did I get myself into?"

4. Both of you started making connections with two other members of the show pretty quickly. Did you go into this knowing you wanted to find other relationships?

I don't think I found a connection pretty quickly. I was taking my time and honestly doing whatever I could to not make a connection.

5. In an interview with *PopCulture.com*, you said that your bond with Kareem helped to open you up more.

I did not initially go on the show to find another relationship. In the interview with *PopCulture.com*, I said Kareem helped me open up more, meaning on *Temptation Island*, he allowed me to be myself by listening to me and understanding my unique situation.

6. Do you feel that your relationship with Gavin has hindered you? In what ways have you opened up?

I don't necessarily think that the relationship I had with Gavin hindered me, but I do feel like there were some parts of myself I was never really able to explore. I have opened up more by just knowing now what I should accept in a relationship.

7. Do you think social media may have had a negative effect on

your relationship?

I do believe that social media can have a negative impact in relationships because everything is in the palm of your hand. It can make everything a bit harder when connecting with your partner and that can cause some disconnect in a relationship. Social media can make things seem very easy to find when in real life, it's not that easy.

8. You're the CEO of your own cosmetics line named Forever Royal Cosmetics. Can you tell us how you got into the beauty industry and what sparked your interest?

I am the CEO of my own cosmetic line named forever Royal Cosmetics. I got into the beauty industry because of pageantry. I've participated in pageantry for my entire life, actually since I was nine years old. What sparked my interest was my platform, which was promoting self-esteem in women. I've always felt like I wanted to be what I never had when I was younger and that was a positive role model that would show me how to accept myself for who I am – Someone to show me how to groom myself into a better version of who I am and to make the best of who I am.

9. Have you maintained the friendships with anyone on the show, and if so, who do you still speak with and how often? (This includes the guys and girls)

I have maintained many relationships with pretty much everyone on the show. I think we speak often enough and that includes the guys and the girls. All of us have been through a once-in-a-lifetime experience and because of that, we will always be connected.

6. What have you learned overall from being on the show? Do you think it's something you would ever do again?

What I've learned overall from being on the show is that it's okay to be me – whatever that is. Is the show something I

would ever do again? I've learned to never say never, but right about now, I may have had enough of Temptation Island.

7. Are you [and Gavin] both still a couple now that the show is over? If not, who are you with? Why did it eventually end?

We are no longer a couple now that the show is over. At this time, I am with no one. It eventually ended because we came to a quick realization that both of us wanted two different things and sometimes, that's okay.

8. Would you recommend going on the show to others who are in a relationship that they are not sure about?

I would recommend going on the show to others who are in a relationship and they are not sure about it because it's a fast way to know if this person is the one or isn't, and if you're like me, you don't have much more time to waste.

9. What are the next steps for you now?

The next steps for me now would be to focus on becoming the woman that I want to be. That means excelling in my business, career, love life and the pursuit of my own happiness.

Want to keep up with Esconica? You can follow her on [Instagram](#).

**Celebrity Interview:
Temptation Island's Ben**

Knobloch Says He Knows What Women Want In Relationships



Written by Altina Kamara.

Ben Knobloch, a veteran and California-native, decided to take a chance on a unique opportunity to find love on the hit USA Network show, *Temptation Island*. Though he wasn't originally looking for love, his connection with fellow cast member, Ashley Howland, left fans wanting more.

In our exclusive [celebrity interview](#), Knobloch opens up about his past, his relationship with Ashley after the show, and what he's looking forward to in the future.

Check out our celebrity interview with Ben Knobloch as he spills the tea about his fellow cast members on *Temptation Island*:

1. What made you go on a reality show to find love?

I wasn't really looking for love. I wasn't looking for anything, really. It was a super unique opportunity that they reached out to me. I was just posting silly Instagram videos and somebody reached out asking about the tv show and I'd never heard of it and it seemed like a really unique thing that no one that I know has ever been on a tv show, so yeah, I decided to go for it and honestly, I didn't even know the premise of the show. I had to do some background research and at least go into it with an open mind, that no matter what happened, whether I was voted off the first night or made it

all the way through or found someone to be with, I wouldn't be upset or heartbroken.

2. I read that you have three sisters. Can you tell us, in your own words, how that has affected you or helped you, or maybe even hindered you?

The three sisters, obviously growing up the only guy, was absolute hell. I remember there were times where they would tie me to chairs and put makeup on me. It was so bad, but the silver lining is I learned what not to do as a boyfriend. I'd see them coming home from dates crying and venting to my parents about what this guy did and what he didn't do, so slowly in the back of my head, I guess I was taking notes. That led me to be who I am today, so I appreciate it but obviously there's still some PTSD from wearing makeup when I was 10 years old.

3. You do say that with the three sisters that you know what women want. Can you give us an example of what you think women want?

I think women want a strong partner, whether that's physically or emotionally strong, if they had to, someone they can rely on if they ever felt short or weak because nobody wants to date, male or female, someone who's weak. That is the biggest turn-off. It's not going to last long and if it is going to last long, it's going to be pretty toxic. Imbalance leads to bad things, so you want to balance a strong relationship with someone you can rely on.

4. Knowing what you know, what do think the difference is between you and Casey?

I think Casey is emotionally immature and it's very evident, seeing a few episodes back, where he...and obviously I had a preconceived notion about what I thought he was based on what Ashley told me but I knew that was just one side of the story. I was really looking forward to getting to know his side of

the story and who he is as a person. Unfortunately, he never showed up to the reunion, so I never got to really meet the guy. I think Casey just has a lot of growing up to do. He's never really experienced life, he's never traveled outside of the country, Ashley told me he's never been in a massive heartbreak before. I'm a firm believer that you have to have your heart broken at least three times before you find who you want to end up with forever.

5. What's the longest relationship you've been in, to date?

My longest relationship was a year and a half.

6. Can you tell us about you and Ashley and where you are now?

I thought we were on good terms and then every once in a while, I'll get a drunk text or phone call, but I guess there's some drama updates. I was out of cell service for 4 or 5 days backpacking. I come back to my phone and there are missed calls and FaceTimes from different cast members and apparently, after these little *Temptation Island* get-togethers on the east coast and the west coast, mainly LA and New York, there's bad s**t going on. Girls are getting drunk and talking s**t to each other: singles, relationship couples...I'm trying to reach out to the other guys like "What the hell is going on?" And none of the guys have any idea, just the girls, so I'm not entirely sure what's going on. I think Ash and I are okay right now, but we are not dating...maybe friends, but the last couple of days, she has been not happy with me, for some reason, and I don't know why.

7. Did you [and Ashley] date after the show?

We hung out after the show a good amount. She flew out a few times to see me and it was fun, but we did have a hard part, like "Hey, you know, you want to go to LA, I'm staying here in Arizona." I have two years of school left. She has a lot going on with her clothing line, so we figured it was best to separate and still maintain a good, positive relationship

without actually being together.

8. Are you dating anybody right now?

I'm not dating anybody right now, no.

9. What qualities do you look for in a woman?

I'm looking for someone who has goals. Someone who aspires to be something in this life, because life is short, and someone who...Someone who's goal-oriented and driven, someone who works out and takes care of themselves because I take care of my body and then how do I expect them to rely on themselves and take care of me if they can't take care of themselves, so that's kind of big in my book. Smart. I like to hold an intellectual conversation, something other than a pretty face. Funny.

10. Do you think you'll do reality tv or television in general ever again? Do you like the business?

Yes, so that was one of the parts that was most exciting for me with getting on a tv show. Everybody has these rumors on what they think reality tv is or how tv works, but it is completely different, like all the moving parts and the pieces and I thought it was such a unique and awesome experience, so I would definitely be down to do another reality tv show, for sure.

11. You made a post on Twitter and it said something like, "It's amazing how many snakes come slithering out of the grass as soon as you get on a tv show." Who are you referring to? Are you referring to people in your life or other people?

I'm referring to every woman who's ever curved me before I was on tv. They didn't give me the time of day before I made something of myself. Now that I got on *Temptation Island*, they're like "Ooh, I guess he's doing well for himself. Let's hit him back up," but too late. You get one shot.

12. How do you weed through all of that?

I mean, I get it. People change over time, but if they weren't giving me the time of day before I was on tv, then I just say, "no thanks," or ignore them completely. Keep them on "read." That's the best policy.

13. What did your family think of you going on the show and what do they think now that the show has been on the air?

My mom, she was excited. She's a huge fan of reality tv, especially *Temptation Island*. She loves Mark Wahlberg, so that was kind of cool. But my dad was like, "What's the show called?" And I told him "*Temptation Island*" and he's like, "I don't like the sound of that show," so there's kind of both sides playing the field, but they were supportive and they were saying "Have fun, good luck," and I went on the show and then my mom said it was kind of hard having me not talk to her for 30 days, because we talk regularly, at least weekly. So I get back and let her know how it went and they're loving it! My family is eating up the show. Every Thursday, I get a phone call from uncles and aunts and cousins like "Aww we saw you, we saw this, did this really happen? Can you talk about that?" So, it's fun.

14. You're in Scottsdale? Is that where you grew up and were raised?

No, so I'm actually from Northern California. I was up there until I was 18 and then I spent five years on the east coast following high school and the military and then I got out and was like, "I want to go to school and be a real human again," so I decided to move somewhere new where I didn't know anybody and start fresh in Arizona and here I am.

15. On your Instagram bio, it states that you're a "jack of all trades." Can you give us some examples of the types of things you do?

Yeah, so I've gotten multiple questions about that and it's kind of funny to explain. "Jack of all trades, master of none," is actually something an old, wise delta force guy told me a couple years ago, but they're saying you never want to stick to one thing. You want to diversify your portfolio, in a sense, so any given weekend, I can be found skydiving, scuba diving, hunting, fishing, off-roading, going to the clubs, in a library, just doing whatever I want. I don't have one single hobby. I kind of do everything and I think that's a good way to live because it's never boring and there's always something to do.

16. How do you think your dating life is going to change now that the show is over?

The show was definitely life-changing, but I'm excited to see what happens after because of it, so I would really love to get into acting, but I refuse to move to Hollywood, so that's kind of the predicament. I'm excited for the future. I'm just going to keep doing what I do and see what happens.

Want to keep up with Ben? You can follow him on [Twitter](#) and [Instagram](#).

**Celebrity Interview:
'Temptation Island' Host Mark
Walberg Shares His Thoughts
on Season 2 and Physical**

Infidelity vs. Emotional Connection



Interview by [Lori Bizocco](#). Written by [Hope Ankney](#).

Mark Walberg (not to be confused with film actor Mark Wahlberg) is an American actor, on-air television personality, and talk show host known primarily for *Antiques Roadshow*, *The Moment of Truth*, and both the original (Fox Network: 2001) and the modern reboot (USA Network: 2019), *Temptation Island*. Walberg's time on *Temptation Island* is split between acting as the host and being a relationship confidant who couples go to for guidance through all kinds of relationship struggles they experience on the show. In our exclusive [celebrity interview](#), Walberg offers our visitors his thoughts on the second season of the show, and some [dating advice](#) for any couple going through hardships.

In our celebrity interview with *Temptation Island's* Mark Walberg, get season 2 sneak-peeks, dating advice, and tips on emotional connections.

Temptation Island is a reality show that follows four couples who are struggling in their relationships and can't decide whether to call it quits or not. When they arrive on the island, they are separated and put onto different parts of a beautiful island for four weeks, where they are tempted by other relationship options. The show has seen booming success since the first season of its reboot aired at the beginning of

2019. With season two premiering just a few weeks ago, the drama-filled show has only turned up the heat with its steamy antics.

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

A season that Walberg claims is “really on steroids” as far as content goes, he explains that what ends up happening with these couples isn’t scripted. The producers aren’t in charge of turning the heat up, despite the drama escalating quickly this season. According to Walberg, it all depends on the couple and their personal journey. For example, Ashley G. slept with someone in the first episode, and that’s something that just didn’t happen in the first season of the show.

Walberg likes the idea of producers not being in control, because it allows him to be more open and vulnerable with the couples. In the second episode, Walberg has a conversation with Rick about Ashley’s infidelity, saying that he’s sincerely hurting alongside Rick. He takes his role with the couples very seriously, admitting, “I want the best for them. I’m very well aware that it’s probably not going to go the way that they hoped or thought they could control, but the bigger question, to me, is always about yourself. What brought you here? It’s not about the other person.” He expands on this statement, explaining how he handled his discussion with Ashley G., hinting that she has great remorse about hurting Rick in later episodes.

When asked if a couple can come back from something like what Rick and Ashley G. are going through, he provides some great advice about the differences in every couple and how they handle hardship. According to Walberg, every couple is unique and thinks differently about their relationship. If you’re talking about two people who have built a foundation from an on-again off-again dynamic, it’s obvious that the couple has been able to forgive one another and get back together after

past conflict. Walberg is serious when he asks couples, “Do you think you can come back from this?” He says, “When you sit and break it down, there’s a lot of grey area between the black and white. I know that people watching at home are like, ‘If anybody did that then it’s over,’ but relationships with these people are years long and unique to them.”

Watching season 2 of *Temptation Island*, we observe events like David’s threesome, Ashley’s infidelity, and then cases like Casey’s where he claims that his relationship with Ashley H. is weak, stating, “I could break-up with her and be fine.” Does that raise questions about what really hurts more, physical infidelity or emotional connection? Walberg seems to think that a lacking emotional connection is much scarier than a physical infidelity. Physical intimacy doesn’t always cause a bond to form, and he agrees with viewers who believe that emotional connections are the ones that are lasting.



Mark L. Walberg. Photo Credit: Pr Photos/prphotos.com

Despite our curiosity, Walberg remains tight-lipped about who

he thinks will survive as a couple and who he's rooting for, but he does touch on the growth he's seen from both Rick and Ashley H. He thinks that Rick's backstory of being a playboy is interesting when you see how he grows throughout the season. He even singles out Ashley H. and applauds her for her development from being extremely sensitive to radiating a sense of strength by the season's end.

In fact, Walberg explains that the island is a vehicle for couples to seek answers in different facets of their lives. "For some guys that require self-love, and sometimes [they] just do things I can't figure out. But, my hope is that everybody leaves the island feeling like the experience helped them grow in some way or another." If the couples are committed to going to the island, there is a sense of self-reflection that they have to go through and work on. It's a natural process that happens on its own for every couple.

With shows like *Temptation Island*, it can be an addicting experience for the audience. So, it isn't surprising that fans become attached to the show, because they see parts of themselves or their relationship in some of the couples on screen. People can relate to wondering whether or not they're settling in their relationship. It's easy to empathize with the struggles when it comes to finding your "person."

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Relationship struggles are a reality for all couples, and Walberg stresses the importance of communication to overcome those low points. Not all folks can hop a plane and become part of a reality show to fix their problems, he says, but, "If you can talk about it, you've got a shot. Talk it out, and if you need to find professional help to talk it out, that might be the best way."

And, speaking of communication, Walberg is still in touch with

the entire cast from season 1 through Instagram! He says he's still friendly with all of them, pointing out, for instance, that Evan reached out to him personally when he and Morgan announced their engagement.

So, what can we expect from upcoming episodes? Walberg wasn't very forthcoming on this, but he told us to keep a watch on the dynamic between couples shifting from potential love interests to supportive friends, as well as seeing romantic connections grow. And, get ready for some entertainment! According to Walberg, the final bonfire is "pretty riveting."

Stay tuned! If Walberg's insight is anything to go on, *Temptation Island* is about to get insanely entertaining.

You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out "Temptation Island" Tuesdays at 10/9c on USA Network.

Celebrity Interview: Applebee's Master Chef Stephen Bulgarelli



Interview by [Lori Bizzoco](#). Written by [Meghan Khameraj](#).

Applebee's Master Chef Stephen Bulgarelli has had an extensive and impressive culinary history, working for Chili's and TGI Friday's before taking on the role of Master Chef at Applebee's. Since he joined the Applebee's team in 2017,

Bulgarelli has curated several dishes for eager patrons. His passion for culinary arts extends past crafting means. He works with Applebee's to give back to the community by providing veterans and active military with free meals on Veterans Day. Bulgarelli also shared why Applebee's is the ideal date night spot, especially for those in a relationship with veterans or active military.

In our celebrity interview, Chef Stephen Bulgarelli showcases his culinary talent while also sharing insight on Applebee's project to honor veterans

In a recent [celebrity interview](#) with [CupidsPulse.com](#), Chef Bulgarelli shared the latest philanthropic initiative and some date night tips for those in relationship with a veteran. He even demonstrates how to prepare one of Applebee's most notable dishes.

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Chef Bulgarelli is an expert when it comes to pleasing the masses. He has worked for Chili's, TGI Friday's, and is currently Applebee's Master Chef. His passion for cooking is clear to anyone who takes a moment to listen to him describe his food. From warm pasta dishes to hearty steaks, Bulgarelli has a meal on his menu for various types of eaters out there.

While Chef Bulgarelli's extensive experience is an achievement to be proud of, he is "super proud and honored," to be a part of Applebee's initiative to honor veterans and active military. On Veteran's Day, Applebee's is offering any veteran or active military personnel a free meal. There are seven

entrees to choose from: Classic Bacon Cheeseburger, 6 oz. USDA Select Top Sirloin, Chicken Tenders Platter, Double Crunch Shrimp, Fiesta Lime Chicken, Oriental Chicken Salad, and Three-Cheese Chicken Penne.

The program to honor veterans has been happening annually for the past 11 years and has served 9.8 million meals to veterans across the country. Veterans should head to their local Applebee's to receive their free full-sized entree.

Related Link: [Celebrity Interview: Leanne Ford Talks Interior Design Advice and Upcoming Projects](#)

Along with their wonderful program for veterans, Applebee's is a hidden gem of date night spots. Chef Bulgarelli mentions about 20-25% of customers go to Applebee's for dates. Bulgarelli's menu includes various different options so anyone who dines at Applebee's is bound to find a meal they enjoy, "we have something for everyone on dates including amazing desserts," Chef Bulgarelli reveals.

If you're in a relationship with someone in the military or a veteran, or if you're in the military or a veteran yourself, Applebee's is an amazing date night option. With their diverse food options and free meals on Veteran's Day, you can't go wrong with their delicious menu. Enjoy a welcoming atmosphere while dining on amazing dishes curated by Chef Bulgarelli.

Chef Bulgarelli has more than just food on his plate, but that won't slow him down. While he masterminds new wonderful culinary creations, his patrons can enjoy his already innovative menu at their local Applebee's location.

You can find Chef Bulgarelli on [LinkedIn](#).

Celebrity Interview: Leanne Ford Talks Interior Design Advice and Upcoming Projects



Interview by [Lori Bizzoco](#). Written by [Meghan Khameraj](#).

Leanne Ford took the interior design world by storm and made a name for herself with a now-famous 1907 schoolhouse renovation in Pittsburgh, her hometown. The home which is referred to as The Schoolhouse Project was featured in *Country Living Magazine*, and helped cement her career. Since then, Ford, whose designs are best described as modern, yet lived-in, continues to build a following with her signature “white on white” aesthetic. She leads design projects in Pennsylvania, New York, and Los Angeles and is a published author and HGTV staple on top of it all.

In our celebrity interview, Leanne Ford gives us valuable interior design advice and insight into her upcoming projects.

In a recent [celebrity interview](#) with [CupidsPulse.com](#), Ford gives interior design advice and discusses her busy schedule full of new projects. She even gets personal and reveals some design details in her child’s nursery.

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The house and specifically the bathroom, that solidified Leanne Ford's reputation was The Schoolhouse Project. This project recognized her white and minimalist aesthetic, as the walls of the main living area were painted white, but the floor was left black for the perfect contrasting touch. In the bathroom, she knocked out the crawl space to create room for the bathtub. Though Ford's style was unique and grabbed the attention of the design world, when asked about the biggest risk she's ever taken, this was not one she would count in that category. "Honestly, everything is a risk in some form," the designer says. "If you're not making yourself nervous, you aren't doing anything special."

In addition to the time she spends on interior design projects, Ford and her brother Steve can be seen renovating old homes on their HGTV hit show, *Restored By The Fords* which is slated to come back for Season 3 early next year. She also recently appeared on *A Very Brady Renovation* and the new competition show, *Rock The Block*.

On *A Very Brady Renovation*, which premiered September 9th, the six surviving members of *The Brady Bunch* cast came together with current HGTV stars to renovate the San Fernando Valley house used in exterior shots on the series. Ford says, "We just knew we had to get it right...we were not accepting anything less than perfect on that place." As for *Rock The Block*, which premieres on October 21st, four of HGTV's brightest stars, including Leanne Ford, square off in a home renovation showdown. Ironically, Ford admits that she's "the least competitive person, probably, like ever." However, she did mention that there is a healthy competition among the other women on the show.

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Although she is kept extremely busy on professional projects, Ford and her husband are focused on their family. In March

they welcomed their first daughter, Ever Allen Ford. When asked if there was anything special about the baby's nursery design, Ford says that she didn't have a pre-determined vision. However, she tells us that the baby has a "Love Wall," going on to explain that this is a wall of "love letters and sweet things" that she and her husband have given to each other over the years.

Design ideas like sentimental additions to her daughter's nursery seem to come naturally for the HGTV reality star. However, to some couples, a redesign could destroy a marriage or relationship. When it comes to working through how your home will look when you are a couple, Ford gives us some healthy [relationship advice](#), explaining how two people can come to an agreement on differing design opinions and the risks of making a big change in your home. She says compromise is the best way to keep the peace at home. It sounds like picking your battle is important. To reduce nerves when it comes to a big home renovation she says, "It doesn't mean that everything has to go away...if you want to do it, you're going to love it!"

A busy schedule won't stop Leanne Ford! On top of her numerous design gigs and being a mother, Ford has no plans to slow down anytime soon. Check out Leanne Ford on *Rock the Block*, premiering October 21st on HGTV.

Keep up with Leanne on Twitter [@HeyLeanneFord](#) and [Instagram](#).

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

Celebrity Interview: Sophia Bush, The Activism Behind the Acting



By [Hope Ankney](#)

Sophia Bush is an American actress, director, and producer, but she's most well-known for starring as Brooke Davis in the hit CW drama series *One Tree Hill*.

Although she has been a part of the entertainment industry for years and has been featured in many TV series and films, she has an undying passion for activism. Working to use her platform to raise awareness for certain causes, she has been part of many campaigns and groups like *F*ck Cancer*, *Run for the Gulf*, *Humans Rights*, and *Do Something*. Recently, she has been very vocal about women's rights and the feminist movement, joining organizations and using her credibility to make a stand against misogyny.

In our exclusive [celebrity interview](#), we chat with the inspiring actress about her newest project with *Always to #EndPeriodPoverty*, her efforts to support the *Times Up movement*, her newest film, *Hard Luck Love Song*, and what she loves about her podcast *Work in Progress!*

In our celebrity interview with Sophia Bush, she talks about making the leap from the big screen to the

activist scene.

1. Can you tell us about your latest campaign with *Always*?

I'm so proud to be working with *Always* on this important mission to help #EndPeriodPoverty. Last year, we were able to donate 20 million period products in the U.S. This year we're donating millions of additional products via *Always*' longstanding partner, *Feeding America*, and local *Period Heroes* who are already working to #EndPeriodPoverty for school-aged students in their communities! We are asking everyone to join us. Talking about the issue in your circles and on your social channels – tagging @always_brand using #EndPeriodPoverty – will help raise awareness and inspire action! If you want to do, even more, you can purchase period protection products and support local *Period Heroes* in your community by donating them to your local school or shelter. Any donation could go a long way in making a difference for someone in need. Visit <https://always.com/en-us/about-us/end-period-poverty> to learn more about how you can get involved.

2. What made you want to join the campaign?

I was honestly shocked and disheartened when going over the data that shows that nearly 1 in 5 girls in the U.S. have either missed school entirely or left school early because they lacked access to basic period products. Here in the Los Angeles area alone, 88,000 students have missed school because of period poverty. That's why I'm honored to team up with *Always* to help raise awareness of this issue and make a difference. We cannot begin to tackle an issue if no one knows about it, so breaking the taboo and having the conversation is an important first step!

3. Another campaign you have been a part of and helped found is the *Times' Up* movement. How has this movement affected your life? Your dating life?

Well, I find it sad that there's some sort of fear that women speaking up for themselves – and their friends and coworkers – would somehow shrink their dating options. Or, that it's part of the consideration in the conversation around equity and eradicating sexual harassment in the workplace. I want to be clear- pursuing someone romantically and harassing someone in the workplace do not, ever, overlap or intersect. Nor should they. My understanding of that reality hasn't made men run away from me. And if it did, trust me they wouldn't be the right men for me or for any of us. *Times' Up* has been a long time coming. As has the general conversation about treatment in the workplace. Women deserve to go to work and just do their jobs, the way men get to. The considerations and practices women have had to think about, just to avoid mistreatment while working, are an unfair amount of emotional labor, period. I'm glad we are in an era where we are talking about these things. I'll be even more glad when we see substantive, structural change taking place across industries. The conversation is certainly the first step, the awareness aspect is integral, but we need to see action taken as well. In my own life, I feel much safer and freer to be creative on sets where respect for everyone present has been clearly expressed. Where performers and crew alike are assured that they are supported. It matters.

4. Time's Up was founded by a number of other talented women. What are some lessons/ advice you have learned from the women you have campaigned with?

There are strength and safety in numbers, that's for sure. Whether it's the famous faces who have been able to garner global attention for the cause, those who champion behind the scenes, brilliant legal minds running the defense arm of the organization, I am in awe of how a committed group of women who are relentless in their pursuit of justice can effect change.



Sophia Bush at Variety and Women in Film. Photo: PRPhotos.com

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5. Along with being an activist, you are an actress who has starred in many popular shows/films. How do you use your platform as an actress to advocate for issues in the world or issues you are advocating?

My platform is the blessing of my career. I get to use it as a great big highlighter, a megaphone if you will, to draw attention to causes that need support. While I don't expect everyone to feel the way I do, I couldn't imagine having the ability to talk to millions of people every day and *not* pay that forward for great causes! I also happen to be a giant research nerd, so it excites me to do deep-dives on important subjects, from politics to philanthropy, and be able to share findings with my audience at large. It's the perfect marriage of the personal and professional, for me.

My acting career is something I love very much. I'm grateful

that my professional work is something I deeply enjoy. My activism, advocacy, political work, and volunteering are what truly fuel me as an individual, on a personal level. That's where I can truly serve. It has been a privilege to be able to use my platform and my social channels to share my dedication to causes that I'm passionate about. I'm grateful every day for the incredible community we've been able to build together, filled with people who continue to support these important causes along with me.

6. You have an upcoming film, *Hard Luck Love Song*. Is there anything you can tell us about it?

It's such a beautiful, tragic, messy love story. I was so struck by the cast of characters in this movie, each trying to do their best in their complicated circumstances. Working with Michael Dorman was a dream. He's a fantastic friend and collaborator!

7. Will you have any love interests in this movie?

Michael and I play used-to-be sweethearts who can't quite let each other go. It's a relationship that once held a lot of love, but also a lot of pain, and over the course of the film, our characters will have to see if they can start over.

8. How do you prepare for a love interest in a new movie?

I don't prepare for the love interest part so much as I prepare my own character and her experiences that have led her to the place where the audience meets her, the first time she appears on the screen.

Related Link: [Exclusive Celebrity Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses](#)

9. Is there anything you are excited to work on next?

I've been loving working on my new podcast, *Work In Progress!* It's been so fulfilling and fun. I get to have these deep,

funny, curious conversations with unbelievable people. The other day someone called it the “‘Fleabag’ of podcasts,” and considering “Fleabag” is one of my favorite shows of all time, I just about fainted. That kind of raw honesty is exactly what I’m looking to cultivate, and I’m so thrilled that our listeners feel it. Plus, getting to interview everyone from Gloria Steinem to Whitney Cummings has been such a joy!

What can’t Sophia Bush do? With her platform and determination to make a change, be on the lookout for this actress and her continued efforts through activism. Whether it’s filming a movie, using her voice, or actively participating as a woman’s activist, know that she’ll be a force to be reckoned with for years to come. And, if you want to get involved with any of the campaigns that Bush is apart of, herself, reach out to the organizations featured and make your own difference!

Keep up with Sophia on Twitter [@SophiaBush](#) and [Instagram](#).

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

Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating



Interview by [Lori Bizzoco](#). Written by [Ashley Johnson](#).

Lara Merriken and her all natural energy bar, LÄRABAR, have been making an impact in the health food and fitness community for the past 16 years. The kosher bars are an affordable healthy treat and loved among students as well. All 30 of its flavors are made from whole food and contain no more than nine ingredients. This deliciously wholesome snack only continues to expand and can be found on grocery shelves all over the country today, including Wegmans, Whole Foods, and Walmart.

Celebrity Chef Interview: Lara Merriken Talks Healthy Eating & Date Night Options

In a recent [celebrity interview](#) with *CupidsPulse.com*, Merriken gives [food advice](#) and talks about how healthy eating improves mental and physical [health](#). Of course, she also reveals how she came up with the idea for her self-titled brand.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

In addition to being the LÄRABAR creator, Merriken is also a mother, culinary lover, and adventurous traveler. It was on a hiking trip in the Colorado Mountains where the ingenious idea for this healthy snack first crossed her mind. She was eating trail mix and thought, “Why hasn’t someone made a bar that tastes indulgent and delicious, but is made of real food, fruits, nuts, and spices?” For the next 3 years, she leaned on her friends for support in making her brand. Her friends were her first taste-testers and the first people who wanted to buy her product.

The LÄRABAR_ launched in 2003. Although it was never the plan to name the bar after herself, she decided to do so at the last minuter after much encouragement from her friends.

Merriken made the bars gluten free and used minimal, pure ingredients. They contain no added sugar. The sweetness strictly comes from the fruits that are in them. The LÄRABAR is meant to energize you in the most natural way possible. “When you eat food that tastes good, feels good, and sustains you, it just makes life better all the way around,” she says.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

As a mother of a 10-year-old son, Merriken is concerned with making sure that there are healthy snack options available for children. “When you’re a parent you really want your children to eat the best they can,” says the entrepreneur. That’s why LÄRABAR is available in over 30 different flavors so that there is something for everyone. Flavors include apple pie, lemon bar, and peanut butter chocolate chip to name a few. Additionally, Merriken has a line specifically tailored toward children called LÄRABAR Kids, along with a new product for everyone to try, LÄRABAR Protein.

As a culinary lover, we asked Merriken about cooking the perfect dish for [date night](#) at home. One of her favorite meals at the moment is paella, but she says that she constantly likes to try new cuisines with her family. She keeps it fresh and experiments with different salads and foods she knows everyone is going to like. “It’s important to connect with the people in your family about what their preferences are and then try to make meals around that,” she explains.

In terms of what’s next for this growing entrepreneur, she is working on the promotion for the brand new protein bar and is always working on new ideas for her million dollar-brand.

Keep up with Lara on Twitter [@LaraMerriken](#) and [Instagram](#).

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

Celebrity Interview: Samantha Michelle, More Than Your Average DJ



By [Ashley Johnson](#)

Samantha Michelle is a Canadian disc jockey (DJ) most recently known for being the opening act for Mark Ronson. Earlier this year, she opened up for him at a star-studded celebrity event during the Cannes Film Festival.

However, this former NYU student has proven to be much more than your average DJ. Although she has spun for New York Fashion Week, GQ, SOHO House, & AMEX, the multi-talented performer has impressive acting and directing credits as well. Some of her credits include, *The Captive* (2014), *Lost Girl* (2015), and *The Strain* (2015) and *The Dark Side of the Sun* (2016).

In our exclusive [celebrity interview](#), we chat with the worldly creative about her greatest passions, the importance of personal growth, and the key to maintaining a successful relationship.

Celebrity Interview with Samantha Michelle: Traveling the World While Exploring Relationships &

Creativity

When the Canadian creative is not making music, collaborating with other artists, or acting and directing, she spends her time as an activist. She has worked with Artists for Peace and Justice, which is a nonprofit organization that addresses issues of poverty in communities around the world. Currently, she is the creative director of a non-profit female film festival called Female Voices Rock. The festival is designed to showcase various short films created by women to celebrate female filmmakers in the industry. "It's nice to be working in partnership with other amazing, strong, and inspiring women," she said during our chat.



Samantha Michelle. Photo: Tom Belton

When asked what has inspired her about these women she says that they have helped her to realize "the power of saying no." The musician says she struggles with saying "no" and admits

that she has always been a person who needs to please others. Being part of Female Voices Rock, she has learned that through other strong women that saying “yes” all the time can be exhausting. Michelle now realizes she is not obligated to give up any part of herself unless she feels like it will improve her life in some way. The same philosophy holds true for her love life. “When it comes to dating and relationships, you need to ensure that you’re giving your time to somebody who is going to enrich your life and bring you joy and new adventures,” she says.

Related Link: [Celebrity Interview: Rafi Anteby, The Man Behind the Gifting Lounge](#)

When Michelle is not working on her personal growth, she is traveling around the globe sharing her musical talent with the others. The Canadian DJ reveals to us that she been on over two dozen flights this summer and has more travel booked for later this year. But she’s not complaining, she counts her blessings and knows that there are still so many places she would like to visit. “I really want to go to Tibet and Kenya,” she says. “I’m hoping to move beyond the western world this year.”

Traveling the world has created an ever-expanding network for the artist, and it has allowed her to meet new people. She is a believer that everybody comes into your life for a reason. “[Everybody] has something to teach or show you, so I think it’s important to live in a way where you’re open to that,” she expresses. She tells us that she gets her greatest ideas for her artistic work through interpersonal interactions. “I’m a friendly person and I will talk to anyone and everyone,” she says. Traveling and meeting new people has helped her to view the world differently.

However, when it comes to forming romantic relationships, that can be a bit tricky for this upcoming superstar. “When you’ve had the summer I’ve had, it can be tricky to make lasting

relationships,” she admits.

Related Link: [Celebrity Interview: ‘Harry and Meghan: Becoming Royal’ Actor Noah Huntley Talks Career, Charity, & Relationships](#)

Be on the watch for this talented musician. She will be a DJ at several upcoming events this year and could be in a city right near you!

You can follow Samantha Michelle on [Instagram](#). You can also listen to her music here on [SoundCloud](#).

Celebrity Interview: Chef Byron Talbott Talks Lunch Foods & Date Night Desserts



Interview by [Lori Bizzoco](#). Written by Ashley Johnson.

Chef Byron Talbott is one of the most popular cooks on the internet, garnering a total of 1.4 million subscribers on YouTube. He serves not only good looks on the video-sharing website, but also serves up a mean dish of chicken milanese. From the main course to dessert, this celebrity chef has [food tips](#) and tricks, whether it be for ratatouille or churro bites.

Celebrity Chef Interview: Byron Talbott Talks Lunch Foods & Cooking For His Wife and Kids

In a recent [celebrity interview](#) with *CupidsPulse.com*, Talbott talked about his fresh culinary creations and new collaboration with Hillshire Farm. The chef has created a line of Hillshire Farm-based sandwiches for everyone to try! Some of the classics that he has recreated include the Portland Italian Grinder and Spiced Cubano. In addition to admiring savory sandwiches, he talks about lunch with his children and some of the craziest dishes he's ever made.

Related Link: [Celebrity Chef Recipes for The Perfect Breakfast In Bed](#)

While sandwiches can be one of the simplest foods to make for lunch, Talbott considers them the most important! "I always think that lunch is probably more important than breakfast in the sense that everyone is looking forward to their lunch break," he says. The chef explains that his spread of sandwiches can be a healthy option to make at home with your wife or for your kids, as they contain no preservatives, and no nitrates or artificial flavoring. While these sandwiches are healthy, that certainly does not mean that they are not delicious! Talbott explains that you can switch it up and use different meats to make certain classics like the Spiced Cubano. The chef recommends the classic be served with Hillshire Farm's sliced honey ham and premium carved honey ham and adds that it of course cannot be complete without butter pickles, spices, and cheese! It is classics like these that "warm the soul," according to the YouTube star.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

When the celebrity chef is not making lunch for his kids, he is usually trying to impress his wife with a fancy dessert. Soufflés are an iconic dessert for any occasion, however the chef says that they can be quite tricky to bake. “Soufflés, they’re like hit and miss... macaroons they’re a hit or miss,” he says. So, if you are looking for date ideas on how to impress your loved one, maybe hold off on the baked egg-based dish. While he has had plenty of culinary failures in his life, he says “you just learn and go.” The well-seasoned chef is also not the only chef in his household. His wife, Rachel, also knows her way around the kitchen, as the two met in culinary school when they were younger. Together, they take turns in making the best, most healthy meals for their kids!

Keep up with Byron on Twitter [@ByronTalbott](#) and [Instagram](#)

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

Exclusive Celebrity Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses



Interview by [Lori Bizzoco](#). Written by [Rachel Sparks](#).

Brad Goreski, a prominent L.A. [celebrity fashion stylist](#), has worked with the likes of [Jessica Alba](#), [Demi Moore](#), and Rashida

Jones. Currently the Exclusive Brand Stylist for Kate Spade New York, Goreski spares some time for an [exclusive celebrity interview](#) with Cupid's Pulse just in time for National Sunglasses Day. In our Exclusive Celebrity Interview Goreski shares his secrets for finding the perfect pair of sunglasses for your face shape and your style.

Celebrity Interview with Brad Goreski: National Sunglasses Day and Relationship Advice

Goreski loves sunglasses. They're important in protecting our eyes from UVB and UVA rays and are an important part of our summer wardrobe. "They are a great way to express where our style is at for the season," said the fashion guru. Goreski is a huge advocate for wearing sunglasses as an accessory to dress up an outfit, but he is also a strong believer that they should be worn to protect your eyes.

Related Link: [Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars](#)

Styles have become so diverse that there is a sunglass style for everyone. Goreski's stylist experience takes us through the trends he sees. With the resurgence of the eighties' style, neon has made a comeback. If you don't like bold-colored frames, have fun with the colors of the lenses. For example, you can try a metallic or mirror finish, a smokey grey, or tinted lens. A simple outfit, like jeans and a T-shirt, can be dressed up with a stellar pair of sunglasses too. "Accessories like sunglasses help you look like you put the effort in," said Goreski.

In addition to colors, Goreski says that frame shapes are becoming more diverse. "My favorite trend right now is the cat

eye," he says. "It's a little futuristic." If you're wary of trying a bold new look, check out the discounted aisles. "Try cheaper sunglasses so you can try trends before committing to expensive glasses," he advises.

Related Link: [Brad Goreski Shares Breakup Drama Details After Split with Rachel Zoe](#)

Goreski has four tips for finding the perfect pair of sunglasses and he says that opposites attract. "If you have a round face, go for square frames," he offers as a tip to our followers. And when it comes to style, if you lean towards a more classic look then go for an aviator. And if you are bold and futuristic try micro-glasses.

What interview is complete without some [relationship advice](#)? Goreski shares the secret that has held him and Gary Janetti together for eighteen years. "Always dress up for each other. Take pride on the inside and the outside. Putting in the effort after so many years together makes for a whole different experience." For your next [date night](#), dress in a way that "makes you feel beautiful and excited. That energy attracts people."

What's coming up next for this stylist? Award season! While waiting for the summer lull to end, Goreski is excited for National Sunglasses Day, June 27th, and encourages everyone to take a selfie in their favorite pair of sunglasses.

Interested in following Brad Goreski? Check out his website, [MrBradGoreski.com](#) or follow him on [Twitter](#)!

Celebrity Interview: Rafi Anteby, The Man Behind the Gifting Lounge



Interview by [Lori Bizzoco](#) Written by [Courtney Shapiro](#) and Amanda Sanders

From hosting one-of-a-kind gifting suites for celebrities (e.g., Emmy's, Oscars, Billboard Music Awards, BET Awards) to creating and promoting his iconic jewelry line, Rafi Anteby's Rolodex of clients reads like an award celebration itself (Rihanna, Beyonce, Jamie Foxx). But for Anteby, it is not as much about living the lavish lifestyle as it is about finding opportunities to raise awareness and funds for philanthropic causes around the world.

In our exclusive [celebrity interview](#), we chat with Anteby on the inspiration behind his coveted gifting lounges, his spiritual and philanthropic journey and the meaning behind his jewelry line, *Bullets4Peace*.

Celebrity Interview with Rafi Anteby: Traveling Inspiration, Life Experiences and Future Endeavors

While today Anteby is considered just as iconic, influential, and successful as the celebrities that he works with, making a name for himself was a process. "I think the way it happened has to do with consistency and legitimacy. Hollywood is very straightforward and it takes people time to really trust somebody in their own circle." Anteby discusses how he used

balance and truth to build his reputation. “Celebrities seek a lifestyle that really brings them back to a normal life,” he says. “They want to touch the Earth, they want to touch the real, so I show them places and I show them products and I show them a lot of things that speak to this lifestyle – my lifestyle.” This is the magic of his journey and these real moments are what inspired him to start his own jewelry line, *Bullets4Peace*.

If we look back at his story, it began in Israel, where he served in the Israeli army and lost his entire platoon fighting in the war with Lebanon. Following that, he had the very unfortunate experience of losing his best friend, David Perry from a gunshot wound. “I’m very familiar with the bullet, what it can do and the negative impact that it has not only for the victim but for their family and friends also,” the jewelry creator says.

Anteby says that the gifting lounges didn’t happen right away. First, he spent time really getting to know himself. “I was a consultant on counter-terrorism, I traveled a lot and did free wildlife photography, and I studied with monks in Tibet and Nepal.” It was while staying at a monastery in China, that Anteby came back with the idea to rebrand the imagery of a bullet. For the past 10 years, his mission has been to take bullets and turn them into a peace symbol by recycling used bullet casings and re-purposing them into the wonderful handcrafted pieces which several celebrities have been seen wearing.

Related Link: [Oscars 2019: Celebrities Line Up for Rafi’s Gifting Lounge at the Waldorf Astoria Beverly Hills](#)

Anteby started his gifting lounges at the 2017 Oscars and has hosted close to 10 lounges since then. Because of his travels and eye for artistry, he is able to offer exotic trips and products to celebrity clientele at his gifting lounges. All of the products seen at his events support various causes. “I

will tell you that there's a message behind every event I do," Anteby elaborates. "I truly believe in receiving for the sake of giving. So for every event I do, a certain amount of the money goes to charity." Taking a chance in this industry is hard work. "I didn't expect such a warm welcome and it still takes time," Anteby says. But he wants his gifting lounges to inspire on a much deeper and bigger level.

Related Link: [Celebrity Interview: 'Harry and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity & Relationships](#)

While it may seem that women would flock to someone living such a lavish lifestyle, Anteby confesses that he is still single. "People come to LA because they want to succeed, therefore, everything else becomes a minor issue." He explains that relationships seem to take a back seat. The philanthropist does believe that everybody has someone out there for them but with his constant traveling, he identifies himself as a "lonely wolf," and thinks it's tough to find a woman who can match his exploratory lifestyle.

When asked what's next for him, he shares that he would like to open up a media group that will help to have a social impact." this man is certainly an individual to keep on your radar.

You can follow Rafi Anteby on [Instagram](#). You can also see and buy his jewelry on the [Bullets4peace website](#).

Celebrity Interview: 'Harry

and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity & Relationships



Interview by [Courtney Shapiro](#). Written by [Courtney Shapiro](#)

Notorious for his roles in dramas and fantastical films, including *The Royals*, *The Chronicles of Narnia*, and *Snow White and the Huntsman*, it is no surprise that London native Noah Huntley was cast in the new and exciting TV movie, *Harry and Meghan: Becoming Royal*.

In our exclusive [celebrity interview](#), we chat with Huntley about how his childhood helped shape his career path, what he really thinks about the Royals, as well as his charity work and the projects he's excited to take on in the future.

Celebrity Interview with Noah Huntley: Early Career Path, Real Thoughts on the Royals, and Future Endeavors

Huntley came from humble beginnings, as he grew up with seven siblings and had to carve out individual opportunities for himself. "It was slightly by happenstance because my parents had three sets of twins. You kind of thought to make your own rules," explains Huntley. He and his siblings went through a mix of private schools, home education, and state schools, until age 11 when the Sussex native attended a less expensive

stage school for a year and a half to save his parents money. "I didn't really think I was cut out for such an overtly theatrical life; I wasn't going to be a tap dancer," he explains. But, that didn't stop him from finding a passion in acting while there. From that point on, he was hooked. "I got an agent and I kept working basically until I was 19 or 20, and I did a series in England called *Emmerdale* for two years, and that got me started."

Before landing some of his larger roles, the actor also spent time in the fashion world as a model. Expanding upon how he got into it, Huntley says, "My mother was doing a degree in textiles, so that was always there in the background. I came out of a soap and very much focused on film and theater for the next 10 years really. Then, I was in LA and I was broke, probably about 10 years ago, and did a little bit of modeling just to earn some money, and I thought nobody would see it, but it went really well." Huntley partnered with big names like Annie Leibovitz and L'Oreal, and his time modeling allowed him to put money in the bank as he continued to pursue his passion in acting.

Related Link: [Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy](#)

Over the years, Huntley has played many different types of characters. To prepare for various roles, he says "it's usually about finding something in your own life or in your own character or personality that you can apply to a character that you're playing." Huntley also adds that certain character's voices immediately get in your head. "It suddenly clicks and you go, oh, that's the voice that the tone comes to me. Directors maybe see a different version of it, but to me, it's the voice, and when you get that voice, then it sort of embodies a lot of the character and very often that's key to unlocking the character you're playing."

Speaking of characters, Huntley's most recent role is that of

Caspian in the new Lifetime TV movie, *Harry and Meghan: Becoming Royal*. In the movie, Caspian is one of the co-hosts on the fictional broadcast program, *Good Day U. K.*, who often describes his disdain for Meghan and her romance with the Prince. The actor admits, "It's a really fun character to play. It's kind of the voice of the public in terms of media and how easily that partly represents the questions of the public, but it's also very invasive, and to some extent has an agenda on getting the sensational scoop for a story." On the other hand, his co-star, Louise Bond, who plays the other host on the broadcast, is the voice of reason and passion. "I'm really the yang to her yin in that respect," Huntley explains.

Related Link: [Celebrity News: Royal Drama Has 'Put Pressure' on Prince Harry & Meghan Markle's Relationship](#)

However, Huntley's real life views on the royal [celebrity couple](#) don't align with his character Caspian's. "There is an element of celebrity that goes along with being part of the royal family. It talks about the political demands and expectations of the royals and then the other side of it, which is there should be no political agenda," the actor elaborates. "So, I think that's a fascinating argument. My character Caspian is kind of exploring the underside of that rather than getting caught up on the fashion and the glossy cozy fairy tale that is the royal family."

The fact is, Prince Harry and Duchess Meghan are mostly portrayed in the media as having a fairy tale romance. In contrast, Huntley's love life is far from that. When asked about what he looks for in a significant other, Huntley jokingly confesses, "Oh God, don't ask me! I seem to just fail at it miserably, and I think three years was my longest relationship." However, the *Harry and Meghan: Becoming Royal* star does point to selflessness as one of the keys to a successful relationship. He adds, "I think that fairy tale in terms of love, is almost transcendental. It's something that's

bigger than the sum of its parts.”

Huntley may not be fulfilling selflessness in a current relationship, but he certainly applies it in his philanthropic endeavors. During the filming of *The Chronicles of Narnia*, Huntley was cast, but told he wouldn't be receiving payment for the role. He would only be earning residuals from the film, so he decided, “I'll do it for free, and you can donate more money to my my nominated charity and that's the way I prefer it to be rather than take any any money for it.” Huntley supports Greenpeace, Bloodwise and The Actors Benevolent Fund, among other charitable organizations.

Aside from filming *Harry and Meghan: Becoming Royal*, and taking a passionate step into charity, Huntley is currently working on a new show called *Pandora* that will air on the CW coming out this July. The actor confesses, “I've wanted to do sci-fi for a long time.” In the show, Huntley plays the head of a military training academy, who he admits “is potentially a bully.” Huntley is greatly looking forward to this project, which is unlike anything he's starred in previously.

You can watch Noah Huntley as Caspian in 'Harry and Meghan: Becoming Royal' on Lifetime, premiering May 27th. You can also follow Noah on [Instagram](#) and [Twitter](#).

**Celebrity Interview:
Temptation Island's Kaci
Campbell Says She Deserves 'A**

Lot Better' Than Evan Smith After Heartbreak in Finale



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#).

Kaci Campbell flew out to Hawaii with Evan Smith, her long-term, live-in boyfriend to join the cast of the exhilarating reality show, [Temptation Island](#). The couple had been struggling with their relationship and not sure whether they should end it or move on. As we saw on tonight's finale, Evan called it quits with Kaci leaving her for his new girlfriend, Morgan Lalor. We just spoke to Kaci and she says she is the happiest she's ever been in her life.

In our exclusive [celebrity interview](#) we chat with Kaci about her and Evan's promise to one another and game plan, her connection with Val Osipov, and what life looks like now that she is off the island.

Check out our celebrity interview with Kaci Campbell as she reflects on her previous relationship with Evan Smith:

1. You sound like you're in a great mood. Can you tell us why?

I'm not going to lie. I'm totally nervous for the finale. I haven't seen it, I've heard about it from a lot of different reporters and through Reality Steve's podcast; he's told me all about it. I've heard it's very brutal and hard to watch, and I'm scared. I'm not gonna lie With that said, at the end of the day this whole bizarre, extreme experiment that I put

my relationship through is such a blessing in disguise. It honestly saved my life.

I was really hanging on to my relationship with Evan for a long, long time and fighting for it, but he's not my person at all. I deserve a lot better, and now that he's gone and out of my life, I feel such relief, and so free. I'm so excited for the show to be over and for the finale to be done. It's almost like lifting a band-aid off. I just can't wait for the next chapter of my life honestly. I don't know, it's crazy. For the first time in my life I'm truly genuinely happy, which is insane because six months ago I was heartbroken and depressed and anxiety ridden.

2. Can you tell us what conversations you had with Evan going into this show and what happened at the final Bonfire?

Evan and I, we came to *Temptation Island* with each other. To this day, he is trying to tell people that I didn't and I forced him on the island, which is really just a blatant lie. He wanted to be there. He wanted the fame and what not, and me and him had a game plan. Our game plan was no matter what we see, no matter what we hear at bonfires, we said that we will not make any decisions about our relationship until we go home. It was about three days before we got on our flight to Maui, and I broke down crying to him, telling him 'I feel like this just needs to be said Evan.' 'If for some reason one of us falls for someone or has feelings for someone, please let's not break up with each other on national television. Let's go home and handle things in the privacy of our home. We owe that to ourselves, we owe that to our families, we've been best friends for so many years, so it's the right thing to do. He kinda laughed it off and was trying to calm me down, and said that's ridiculous, it doesn't even need to be said, but okay I promise.'

That was kind of my mindset going into the bonfire, I was extremely disappointed with his behavior. I was quite honestly

disgusted. I was second guessing myself, but thought that I couldn't break up with him on TV. He has been through enough with his family and his father. So, I went into it knowing I wanted to go home and figure out things at home.

Related Link: [Celebrity Interview: Temptation Island Star, Evan Smith Says, "Ultimatums are Cruel When Dealing with Matters of the Heart."](#)

Evan basically humiliated me with zero regard, zero respect, and no hesitation at all. It was absolutely unbelievable, and I can't even really describe what I was feeling because quite honestly it was a total out of body experience. I've never experienced anything like that in my life. I totally blacked out. I don't think they even show this, but I left Evan at the bonfire. I went running down the path. The crew was yelling my name, telling me where to go, chasing me with cameras. I got into the Escalade and I just remember I couldn't cry because I didn't understand what was happening. I had a full blown breakdown in the Escalade. It was nuts, I was pulling my choker, I couldn't breathe. Honestly the fact that Evan did that to me in that way to this day is still shocking. I knew he had issues, and I knew he wasn't necessarily the best guy, but I didn't truly realize what he was capable of. Again it's such a blessing, I don't have time for that in my life.

3. You seemed to have recognized these signs and had a premonition about Evan. Can you elaborate on that?

With Evan, I was in a very strange situation with him. I had a lot of gut feelings about him for a really, really long time. I would actually try to break up with him, and he would kind of convince me to stay. He would use lines like this is what a normal long-term relationship is like, Kaci, you're overthinking this. We're not gonna be best friends everyday, we're gonna fight. We've known each other for 10 years, this is normal. The next day he would be prince charming again and sweep me off my feet. Also because of everything he's been

through, in my mind I'm such a ride or die and such a loyal person that I didn't want to give up on him. Temptation Island proved to me that tragedy or not, he's just not a good person. I do wish I listened to my gut a long time ago

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

4. Evan mentioned that he wasn't close with your family and only saw them a handful of times. What do you think about this?

That was actually Evan's choice. My family went above and beyond for him and invited him to family vacations, got him Christmas presents, birthday presents, wanted to go on double dates with us. It was always a big deal, and it was always me constantly trying to get Evan to be around my family, but it was uncomfortable like I was walking on eggshells.

5. Why did you stay with Evan if you knew he was not a good guy and why did you need a reality show to determine this?

Basically, Evan, he's really good at saying things are temporary. I would break down and cry about our relationship saying 'I can't be with someone who isn't good to my family and push them away like that. He would tell me 'I just have demons, it's not gonna be like this forever, and one day everything is going to be fine. He just knew exactly what to say to reassure me that this was just temporary and just a phase and this is not forever and that he would definitely have a relationship with my family, and when we have children we'd all spend time together at Christmas and at birthdays, and everything would be fine.

6. What are your thoughts on him and Morgan?

I don't know, that's a whole other thing. I'm not gonna lie I genuinely from the bottom of my heart hope to God for her sake and her family's sake that it's real and legitimate and they

have a happy ever after marriage and just live healthy and happy forever. I genuinely want that not even for Evan, but for Morgan. No girl or woman ever deserves to go through what I went through. It'll be Prince Charming for a while and then one day it'll be a light switch. She'll start noticing things and get gut feelings, and I just hope to God she listens to it. I think it's damage control, I really do. There's a lot of hate and I think he is just trying to prove a point because that's what Evan does. He is very combative and confrontational, and I think it was one last jab to really hurt me to be honest.

Related Link: [Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience](#)

7. Let's talk about something more positive. Can you tell us about the relationship you built with Val? Do you still talk to him?

Val and I are very close. We talk on a day to day basis. I definitely had very strong feelings for him on the show that I was not pursuing because I was loyal and didn't want to be tempted. The whole reason I went on the show was so Evan could prove himself to me, and that was obviously a failure. I wasn't there to meet someone and fall in love. I was there for Evan to prove to me that he's not the same person I met when he was a boy. Looking back, I wish I did pursue things with Val. I definitely wouldn't have taken it to the extent that Morgan and Evan did because I don't retaliate in that way at all. I don't think it's right. To be honest, I don't think it's right for Val; he's one of the best people I've ever met in my life. If me and him were to ever be a thing, I wouldn't want to start in that type of environment, being on a reality show while my boyfriend is cheating on me. If it's the real deal, it needs to be started in a much healthier environment.

Related Link: [Celebrity Interview: 'Temptation Island' Star Dr. Johnny Alexander Dishes On What It's Like Being a Reality](#)

[TV Star](#)

8. Tell us what life has been like after the show. What have you learned about yourself?

I was very blind to the toxic situation I was in for a long time. I finally truly know my worth and know what I deserve, and never again will I be with a man that is anything remotely like Evan. The rose-colored glasses are totally off. He did me a huge favor.

I don't regret the ultimatum I gave him at all. I was stuck, and I was sacrificing my happiness for a person that doesn't deserve me. That ultimatum and going on the show, everything happens for a reason. I wouldn't have met Val. I wouldn't be happy like I am today. I do not walk on eggshells everyday anymore. Temptation Island saved my life.

10. What is next for you?

Life is looking bright. I am currently looking at apartments. It is up in the air. I can't really say where I am looking. I may have some stuff coming up in the entertainment industry, tons of ambassadorships coming up, and making income outside of my 9 to 5 job. I am doing YouTube and I am launching a podcast and I do have my own brand, Bossy that I had to put on hold while I was going through this craziness. So, I am relaunching that. And, I am talking with publishers about writing a book. The book might be a fictional experience about my time on Temptation Island. That will be fun and there will be different characters.

11. You mentioned moving out of your apartment. What was it like when Evan came back? Did you guys have a conversation? When did he leave?

Honestly, that story is a complete nightmare. I am going to try to make it as quick as possible. Basically, I got on a plane to LAX and he stayed in Maui for a few days with Morgan.

It was my birthday, he flew back on my birthday. He was texting me non-stop, begging and pleading to see me telling me he lost his best friend and partner. He says he doesn't know what he did. Meanwhile, I am at my apartment with his little brother and his dog. His brother doesn't know what's happening. Evan is a mile away at a downtown hotel with Morgan. His little brother had to step in and be like, you have to let him over Kaci. I told Evan he had a week to move out. I told him, I will be at work, you have a week to get your stuff and go. Evan would not move out. He would not do it. So finally, I let him do it. He came over. I let him talk. We talked for 24 hours straight. We didn't sleep. He was saying he had serious doubts because the show pitted us up against one another and that he doesn't know what he did and he is doubting his feelings. Then he got on a plane to go to Virginia.

As far as I knew, he was going to be back in 10 days. He was going to let Morgan know his doubts and that there was hope for us and that we were going to live separately, and stuff. Then literally three days later, I was sitting at the In and Out Drive Thru with one of our mutual friends and three hours before, he had sent me a "thinking of you" text with a heart emoji. Then while I am at the drive thru, he literally dumped me again in an novel text message. At that point, I cannot even explain what happened. It was like a light switch. It was so emotionally and psychologically insane. Ever since then, he was reaching out to me through text messages, through my friends, threatening to publish my love letters. New Years Day is when I told him, this is how I feel about you. It was a pretty vicious text. I told him that there is no hope for us to be okay so to stop messaging and texting me. And, I haven't heard from him since.

12. Any final words?

I cannot even explain how disrespectful and uncivil this whole situation was –to me, to my family to his family. It was like


out of this world. Everyone is saying that it was a blessing in disguise and that I dodged every bullet in the book. I am not going to lie; October and November I was not okay. And, then right around Thanksgiving, I was like “Boom, lights on” I am good. I don’t miss him. I deserve someone who is good and is going to love and protect me and cherish me. And, someone who is never going to do these things to me ever.

He is all I have really known for my adult life. He is really all I have ever known. And it sounds crazy, but I spent three weeks with Val and he is so different than Evan. I felt so strong and sure of myself and confident. The absolute best version of myself. Evan never made me feel that way. The fact that someone I just met was able to make me feel that way, that in itself was a sign.

Want to keep up with Kaci? You can follow her on [Twitter](#).

Celebrity Interview: Engaged! ‘Temptation Island’ Reality Star, Evan Smith Gushes Over Finding His ‘Soul Mate’ Morgan Lolar



 Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

When we last spoke to Evan Smith, he had given us some insight into his time as a cast member on the first season of *Temptation Island* as well as his strong connection with

Morgan Lolar, one of the singles on the show. What we couldn't tell you then is that we spoke to both [Evan](#) and [Morgan](#), and they spilled the beans to us about their surprise engagement!

Find out everything Evan couldn't say and more in our follow-up [celebrity interview](#) below. We got the scoop from Evan on his life after the show, his proposal to Morgan, and what their future wedding and living plans look like.

Check out our celebrity interview with Evan Smith as he opens up about his exciting engagement and future with Morgan Lolar:

1. You can finally share the news that you and Morgan are engaged! What does that feel like?

Yes! I am so happy that I can talk freely about it. I am so pumped. I am so happy I get to be out in the open with all of it.

2. Can you walk me through the show ending?

After the show wrapped, we stayed together in Hawaii for three or four extra days with no cameras. We wanted to enjoy the island, and be together and be ourselves. We then flew to L.A. and spent about three to four days in L.A., too. Then, I went to my apartment, I grabbed my stuff, and then flew to Arlington and Morgan and I have been together every day since.

3. Tell us about Kaci. What happened there? How did you break the news to her?

So on the finale, we were given the choice to stay with the person we came with, leave single, or leave with another person. Kaci made the decision that she wanted to leave with

me, and my decision was that there was no way that I was ever going to leave that island without Morgan. So, the news was broke to her there, and then when I got back to L.A., Morgan and I spent a few days together and then she jetted to Arlington and the next day I caught my flight to Virginia as well. Kaci and I had a conversation in our apartment. We talked about her side of the island, my side of the island, what went down editing wise. I told her that I really love Morgan and I have fallen hard for her. I told her that I wish nothing but the best for her.

4. The way you feel about Morgan, did you feel like that about Kaci in the beginning?

I have learned a lot about myself on this island. I learned that there is a difference between being in love and being comfortable with someone you have known so long. It is a huge difference and I finally figured out the difference. You need someone in this life to balance you out. I am passionate and emotional and Morgan is more serious. We balance each other well and I needed that so badly in my life. She truly is my other half that I've been looking for.

5. Clearly, there are other families involved when you're in a relationship for a long time. Did you speak to Kaci's family at all?

It was tough. When you've been together for so long, families are involved. To be completely frank, I was never that close with Kaci's family even though they lived so close. We maybe hung out 15 times in the past five years being together. In contrast, I am with Morgan's mom and dad twice a week no matter what. Whether it's watching a basketball game, or going to get some beers on Taco Tuesday or playing Dominoes. So, its very different. I have had no conversations with Kaci's family. I think we are both grown. We are approaching 30. I love family, but I think with a break-up like that, I think it is better for it just to be between the significant others.

6. Can you tell us about Morgan's family?

I love this family. It is my family now too. I wish that you got to see that. I don't have any father figures both my grandfather's are dead and I lost my dad the way I did. Morgan brought me to tears on the island because she looked me dead in the eye and told me, "I will share my dad with you." I broke down. It is just a testament to show you what kind of girl Morgan is. She is a twin. She has shared her whole life and it is in her nature and her heart.

7. Can you walk us through the proposal and how that happened?

Yes! I would love to do that. You are the first one that I can talk to about it!

Morgan and I had spoken about getting married. To be completely honest, we talked about it, and I told her it would be around her birthday on May 2nd. When you know you know, and I never understood that phrase when I would hear it from people who had been married for 50 years. But, I know exactly what they are talking about and it is lightening in a bottle, [just like Mark said.](#) I've felt like this for so long, ever since we got back from the island. I had been having dreams of Morgan in a white dress, walking down the aisle, and I just thought I don't want to wait any longer. I want to make this happen. I just had to do it. So, we were getting ready for the six month home packages that they were about to film and I talked to production and basically told them that I was in love with this girl and there was no way I was spending any more of my days without her. So, I would love to propose to her on the comebacks.

Production loved the idea. So, I was trying the whole week to get away from Morgan because we spend all of our time together, and I was trying to shake her, so I could talk to her dad for his blessing. The night before I proposed, I finally shook her, and I drove to her father Dave and sat down

and told him 'I want to have a conversation with you. 'I can't imagine life without Morgan. I love her with all of my heart and soul, and I promise to take care of her, and I need your blessing to marry her. He's a very loving man, even though he doesn't show it that much, and he looked me in the eye, and said he loved me and that I am part of this family now and it was amazing (You could hear Evan crying in the background).

The whole day was magical. We did a shoot at the National Mall and then we sat down at the dinner and I was so nervous but so happy and excited. It was amazing. I told her that I spoke to her father and in this conversation I had with him, he gave me his blessing to marry her and she just started ugly crying. So, I got down on one knee and told her, 'I can't imagine not spending every single day with you forever and always. Will you make me the luckiest man alive and marry me?' She said yes, and it's been amazing every day.

8. So, Kaci knows you're engaged now. Did she have any reaction to this?

I don't know. I have had zero communication with Kaci. I think it is better that way. I know that she has been saying things on social media. I have just been quiet on my end. I am happy. I am living in the now and cannot wait to just move forward.

9. Are you and Morgan planning on making D.C./Arlington your home?

We talked about it. This is my first winter out here on the East Coast. It was very different walking Ghost (Evan's dog) in the snow versus my 77 degree weather in L.A.. We are going to spend the summer here in D.C and after we will probably be moving to the West Coast. She has ties to Arizona because she grew up there, and I'm an L.A. boy, born and raised. So, we are probably going to make the push out to L.A. in the fall, but we have to figure out a few things before that.

9. Do you have any dates or locations in mind for your

wedding?

We've been pretty loose about the dates, but my family and I have 20 acres of land in Hawaii, so maybe there. We might do it in L.A., we're still trying to iron all of that out. I gotta marry this girl though. I want to be married, I want to start our life together. We've talked about it, and we're thinking tentatively spring of 2020, the latest being next summer. We're trying to make it happen

10. Are you guys thinking about starting a family right away?

We have definitely talked about it. We both want children. We don't want them in the far off future. We want them kinda soon, but it would never be before we are married or anything like that, but we want to start a family. I can't imagine a better partner. There's nobody better than Morgan and I'm just so lucky and so blessed to have her in my life.

11. So, this is really it for you? There are no doubts? It is not a rebound? Sounds like you found it.

Yes, I found it. It's so funny because I talked about why I haven't been able to get down on one knee for Kaci, and there was always something in the back of my head saying it's just not right. It is not it. The reason why it wasn't it was because I was still waiting for my soul mate. All those trials and tribulations I was going through in that relationship, brought me to that island and the stars had to align for both of us to be on that island at the same time. It's so magical, and I understand how blessed I am. I wake up every morning and count my blessings with her. It's incredible, and everyday with this girl is incredible. I know it sounds so sappy, but it is real.

When you know, you know, and I've never been so happy in my entire life.

Want to keep up with Evan and Morgan? You can follow Evan on

[Twitter](#) and [Instagram](#). You can also follow Morgan on [Twitter](#) and [Instagram](#).

Celebrity Interview: She's Engaged! Temptation Island Reality Star, Morgan Lolar Talks About Falling in Love with Evan Smith



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

When filming began for the rebooted reality sensation, *Temptation Island*, Morgan Lolar came to Hawaii as a single woman with no expectations of falling in love. But love hit her hard when she met Evan Smith, a man who came on the show confused about the status of his relationship with long-term girlfriend, Kaci Campbell. Now, Evan and Morgan are happily engaged and they couldn't be more excited for their future together!

In our exclusive [celebrity interview](#), we chat with Morgan about her initial connection with Evan, the scenes that didn't make it on the show as well as why going on *Temptation Island* was the best decision she's ever made.

Check out our celebrity interview

with Morgan Lolar to hear all about her time on *Temptation Island*:

1. You seem so charismatic and confident. Why explore love on a reality show, especially when you know that people are in relationships and may not be single?

That was actually the hardest part for me. I almost didn't even go on the show. The night before the producers called me and were like your flight is in a few hours, are you going? I was like 'uh' I just didn't know how I was going to do it. My friends convinced me to go on the plane. I could see myself being on a reality show, but I never saw myself being on a dating reality show. So, it was very hard for me, but it was the best decision I've ever made in my life, So, I am so happy that I did it.

2. Were you nervous about falling for someone who was either just ending a relationship or confused about the status of their relationship?

Yes, initially that was one of the reasons I was scared to go on the show because I didn't want to interfere with someone's relationship. But, I was assured several times that these couples were at extreme crossroads, and they were basically stuck in their relationships and were scared to meet other people because they didn't think they would get the time they needed to meet other people because of dating nowadays. Anyone can relate to that and I feel like a lot of people have been in relationships where they are just with the person because they're comfortable, and I know that I have done that before too. So, I sympathize with that and was like okay, I will try it.

3. Did you all of the worst case scenarios in your head before the show? For example, what if I fall for someone and they are with someone, how do I prepare myself for that, etc?

Absolutely not, I didn't prepare myself for anything. When my family and friends convinced me to do it, they said 'Morgan, your dating life here [In D.C.] sucks, you're not happy right now, you've never been to Hawaii, it's gonna be fun, so just go and do it.' So basically my head was like I am going to make friends and have fun. I definitely did not think that I was going to fall in love with somebody at all. It goes to show that the best things happen when you are not expecting them at all.

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

4. What was life like before you appeared on the show, did you have to leave a job?

I'm a real estate agent, so I have a really flexible schedule. Also, what makes it even better is that my mom is also a real estate agent in the area. She lives about 7 miles away from me, so when they were convincing me to go she was like, I will take care of whatever it is that you need me to take care of. It is going to be fine, you are going. I really didn't have an excuse. My job wasn't going to be affected.

5. You and Evan seemed to really hit it off. Was there any initial hesitation and what convinced you to go all in?

As everyone saw, there was the whole confrontation that happened the first night we were in the house. I had not talked to Evan at all really. I really didn't get any words in with him. So, my first real interaction was me screaming at him that I don't like him. It started out really rocky, but after he asked me out on that first date, it was maybe two sentences into talking to him and I was like 'whoa' this is not what I expected. We hit it off right away.

6. What was it that attracted you to him?

That is the thing that is so funny. I thought he was

attractive initially. I said to Katherine, 'Oh, he is really attractive' and she took that and ran with it and told him that I liked him. Which, of course anyone would probably get frustrated over that. But, mostly what attracted me to him was once we were on our first date, I kind of messed with him a little bit. I'm extremely dry with my humor and I'm sarcastic, and right away he just got it. He was cool with it and really funny. He let me mess with him and he really just got my humor right away. We were laughing the entire time.

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7. Were there any particular scenes that the viewers didn't see that you wish they did?

Oh my gosh. Are there any? Almost like every episode I was like 'what' they aren't showing what actually happened. I know they don't have the time to do that and I guess it is more entertaining to watch us make out in slow-mo than it is for us to talk about our lives and stuff.

But in terms of a specific time, we were talking about our lives growing up and I have a twin brother and a little sister and he has two brothers. We would talk about the things that we would do when we were little and he asked me to tell him something that I did when I was little that I still do now. I told him that he was going to think I was such a weirdo, but I still make forts sometimes. I don't know why I do it, but it is really weird. He would make fun of me for it, but then a few days later, I go up to his room, and he made me a fort. It was like the cutest thing that you've ever seen. He had taken like all the chairs and seats and stuff and made this really cute fort. We hung out in there, and they didn't show it. I was like, that would have been something to get to know us and our relationship. He is so sweet and they don't show that.

8. On a scale of 1-10, what were your feelings for Evan on the show?

It went from a negative five to a 10 really, really, really fast. It was our first date. I think he said the same thing. After our first date, I was like oh wow, this guy, I really, really like him. It was quick. It was crazy.

9. Can you tell us what your status is now and your future?

Yes, I am actually engaged now! It's actually the most exciting thing in my entire life! I didn't expect this at all, it's crazy. He hid it so well. I had no idea. He is so frickin' sweet.

So, apparently my engagement got leaked on Twitter or something. The guy who posted it, said it was the fourth time that he proposed. It is so funny because the camera crew were there, so it happened and I was like bawling. He did it so perfectly, but they had to film it again, so he had to get back on his knee again. The entire time, I am just still crying because I am in shock that this happened. So, it wasn't fake like they made it seem, like he didn't do it right four times. They made it seem like it wasn't cute but it was beautiful the entire time and he did it perfect. That is something that bothers me but it is what it is.

Related Link: [Celebrity Interview: Temptation Island Star, Evan Smith Says, "Ultimatums are Cruel When Dealing with Matters of the Heart."](#)

10. So here is Evan proposing to you and confirming his commitment to you in the biggest way. But what are you feeling about the other side of this, about Kaci? What are you thinking knowing what she went through? You are a woman, there must be something going through your head.

First of all, you mentioned proving his commitment to me. I have never felt like that at all with Evan. I don't

understand, and I wasn't in their relationship, but with him and I, I don't question him at all. There is nothing to ever make me think that I'm not number one in his life. That is also why I was really shocked because I wasn't pushing him to propose or anything. So, I think it just goes to show that when you know, you know. He wanted to do it and was excited to do it. That's what made it even more special, because I wasn't expecting him to propose to me. It's only been six months.

11. How long were you together when he proposed?

We went on our first date on September 16th, and he proposed on February 25th, so we figured out that it was five months and a day. It's actually a really cute story because Evan is really close with my parents now and my dad was talking to him and told him, 'you know it's really funny because I proposed to Morgan's mom after five months exactly.'" He didn't know that and now you proposed to Morgan in five months and one day.' My parents have been together for 25 years now.

12. So what was life like after the show. You have to have this secret love and you can't say anything, what was that like?

It is really hard to keep someone that you love and want to be with all the time hidden. It's impossible, my friends all know him here, but we always have to do something at somebody's house. We can't really go to the bars. Once the show started, we would be at the gym and someone would recognize us so we now Evan can't go to the gym and I was like you can bench press me if you want and he was like, that's not going to work. It is really hard. It is a lot harder than than people think it would be, especially because it has been a long time. It's been like six months.

13. So what is your future? Where are you guys living?

After the show ended, which was around October 5th, we stayed in Hawaii for 2 days and then we flew to California. He stayed

in California for an extra day and then packed all of his stuff and flew to D.C. He's been living with me ever since. We have spent every single day together. We're more in love every day. We just love one another. And it is so cool because there is no one in the world going through what I am going through right now with the hate and and all of this stuff. It is really bad except for him. He is going through it too. It is really sad. We are the villains of the show but we are the only ones who found love. There are days when he is getting beat up by the media, but he knows that he can just come and hug me because he knows that I understand it. He knows that I am going through the same thing that he is going through.

14. How do you handle all of the haters and social media in general?

We tell ourselves it is love, it's just love. Learn about it.

15. Was there anything you would have done differently on the show, or do you have any regrets about the way that things were handled?

I don't have any regrets about how things went with us. It is just how the show made it seem. It made it seem like Evan and I were sleeping together right away, when he didn't even kiss me until our third date together. It made it seem like after our first date we were sleeping together. That's Reality TV though, it has to look more interesting. Other people were sleeping together, but we were the only ones shown doing it. It's crazy. The one thing I would change is that I said the F word a lot, but that is probably it.

16. Let's go back to Kaci. Do her and Evan talk? Do you know anything going on with her?

They do not speak at all anymore. She was messaging him all the time and he was very honest with me. He would show me the stuff that she was saying. It was a lot. She was asking him to come back and crazy things. Finally he asked her to stop

contacting him, because it wasn't fair to me. Then on New Years we were sitting with my family, watching *It's a Wonderful Life* and she texted him 27 messages in a row.

17. What's next for you guys? Would you do a spin-off or more reality TV?

We would love to do more reality TV just because we're hilarious together. We balance each other out so well. He is super emotional, while I'm not. I feel like I'm the funny one, since he laughs at every single thing I do. We're just super cute. We balance each other out super well. So I think it would be really good. We want to do something like the Challenge just because we're both college athletes, and we have a really fun dynamic.

18. Are you thinking about wedding plans?

Evan is; he already started thinking about all of that. He wants to get married in the spring or summer of 2020. I feel really happy about that. He's just so great. He is like the planner, and I'm not at all. I am more go with the flow. I feel so so lucky!

I don't know what's next. We are just in love. We are both just so happy. This is the best thing that I have ever done. It is so crazy. Love is love you know, and it's one of the best decisions I made, which is crazy because I almost didn't go.

This season of *Temptation Island* may be over, but you can still keep up with Morgan and her love story by following her on [Twitter](#) and [Instagram](#).

Celebrity Interview: Temptation Island Star, Evan Smith Says, “Ultimatums are Cruel When Dealing with Matters of the Heart.”



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Evan Smith joined his longtime girlfriend Kaci Campbell along with three other couples and 24 eligible men and women on the first season of the rebooted reality show, *Temptation Island*, which began airing in January. Going into filming, Smith and Campbell, who had been together for 10 years total and five years exclusively, seemed to want different things out of their relationship, and they were hopeful that they would get answers to their questions during their time on the island.

In our exclusive [celebrity interview](#), we talk with Evan about why ultimatums can be problematic, his connection with single cast member Morgan Lolar, and what life is like for him after *Temptation Island*.

Check out our celebrity interview with *Temptation Island* star, Evan Smith to hear more about life on the island, his relationship with Kaci and how hard he fell for

single cast member, Morgan:

1. How does it feel now that you are a famous reality star?

I think I'm just south of famous (laughing). I never thought I'd be a part of it [reality TV]. It is wild seeing yourself every week on Tuesday nights, but life's still the same for me.

2. How did your family and friends react to you being on the show?

My family and friends were so supportive. I have two younger brothers that actually work for in reality TV for MTV, but they're behind the camera not in front of it. I got the talks from them telling me how it is. You know it's reality TV, so it's how they want to tell your story and see what's going to be the most fun to watch and the most sensationalized, so I came into it knowing full well that was going to be the case.

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3. Do you feel like you were your authentic self on the show?

It's funny you say that. I definitely was my authentic self. It was just that I feel like the viewers only got to see one side of me. Obviously, Morgan and I just had lightning between us and it was so much fun. Morgan and I had such amazing conversations and that led to the connection that everyone got to see.

4. It must be hard with the cameras always on you. But, you didn't seem to care. You were able to just be in the moment with Morgan. Can you tell us more about that?

It was definitely weird. I'm not gonna lie, I was pretty shook when we started, but the producers told us, 'You're going to

just forget that the cameras are there, and just look at whoever you're talking to.' when you speak. I look everyone in the eye when I talk to them, so I just tunnel visioned it. I was there to find answers, I was there to explore connections, so that's what I wanted to do.

5. You were in a long term relationship while being cast on 'Temptation Island.' What were your expectations going into this show? Were you hoping that Kaci would change or slow down about wanting a commitment?

Going into it, we both knew that we were at a crossroads. It was make it or break it time. Kaci was very adamant about me proposing and taking that next step in our relationship. For whatever reason, before we left the island, I had my reservations about it. I respect marriage so much, and I know that I'm going to be the guy that asks one time, and it's going to be with one person for the rest of my life. I just want to be 100% sure. I was hoping that going to Temptation Island would help open my eyes to what I have with my old connections and new connections. I just wanted to find answers.

Related Link: [Celebrity Interview: 'Temptation Island' Star Dr. Johnny Alexander Dishes On What It's Like Being a Reality TV Star](#)

6. We spoke with the show's host Mark Walberg previously and he said, "It never works when you give an ultimatum." How do you feel about that statement?

Ultimatums are cruel, especially when dealing with matters of the heart. To be frank, Kaci telling me I needed to propose by a certain date takes the love and passion out of what that amazing day is supposed to be. I remember being a kid and thinking about the day I would propose to somebody. It's going to be special, and you're going to be nervous, but so excited, and wanting to do it, not being told you have to do it by a

certain date.

7. Do you think having an ultimatum from Kaci led to you building those stronger feelings for Morgan?

I think Kaci and I both went into this knowing we weren't in the best place. I knew what I was getting myself into, and I originally didn't want to do the show, but I did. Going into it with those ultimatums and where we were in our relationship, it was tough, but I knew I needed to be there. It was one of the best decisions I ever made in my life.

8. On a scale of 1-10, how strong were your feelings for Morgan?

While we were filming, up until the point of the bonfire, I'm there, I'm at a 10. Morgan and I were talking about how I would have to face Kaci. It was a very high stress moment and we were both just a little shook.

9. The viewers got to see your incredible chemistry. Sometimes, when it's a 10, it's hard to think logically, so did you feel like that?

That's the thing about *Temptation Island*, and what was so incredible about the experience. We were completely unplugged from the real world. It was no cell phones and no television, so when we're there we're just with each other. Spending time on the island is real time together. Morgan and I talked about everything, where we grew up, what our siblings are like, funny stories, we were cracking up laughing at each other through the entire show. There was so much more being said, and I was thinking 100% clearly.

10. Is there any particular scene that was edited off or didn't make it onto the show, but you wish it did?

Here's the thing about the editing; they have so many stories to tell. There are 13 singles on our side of the island alone,

so I know it's not out of malicious intent that they don't show certain things. I just wish they showed the stories about Morgan growing up. She and I had so many discussions, and she told me about growing up in Arizona, and then moving to the south in Alabama. We had very serious and profound conversations that I wish made the cut. There were also just some silly things that I guess weren't entertaining enough.

11. You and Morgan definitely follow each other on social media. Are you guys still talking?

A little banter back and forth on social media is always healthy.

12. Where are you living, and what do your plans for the future look like?

I'm a personal trainer, and L.A. is my home. My clients are here, my best friends are here, so L.A. is definitely the place for me. As for moving forward, I definitely want to explore more reality TV, maybe try MTV or something. I just want to be happy, and I'm just excited for this *Temptation Island* ride to be over

13. Is there anything else you want to leave us with?

I hope you guys understand that all of us put our hearts on the line, all my cast mates, including the singles, we all put ourselves out there, and I hope everyone comes out on this other end better or at least learned something from this.

Want to keep up with Evan? You can follow him on [Twitter](#) and [Instagram](#). Tune into tonight's finale of 'Temptation Island' premiering at 10/9c on USA Network to see if Evan chooses to stay with long-time girlfriend Kaci, or he leaves the island with Morgan.

Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Kady Krambeer, a model, an artist, and entrepreneur joined the cast of 'Temptation Island' this season to see if her current relationship was end game or if there would be another tempting man in her future. Krambeer started the season off with long-term boyfriend John Thurmond, but as the show progressed, she realized he might not be the one.

In our exclusive [celebrity interview](#), we chat with Krambeer about why she decided to be a part of a reality TV show, what it was like being on 'Temptation Island' as well as advice for other couples faced with the same challenge.

Check out our celebrity interview with Kady Krambeer to hear all about her time on Temptation Island, the latest reality sensation:

1. We know the background about your relationship with John, but what inspired you to do the show and bring it public?

The opportunity came about and we were thinking for a while if we were the one for each other, So, we thought 1. this would be really fun and 2. this will help us find out.

2. Before the show, did you ever have any counseling or did you have any process that you went through to determine if your relationship should end or continue?

No, not any counseling. It was one of those things where we decided we would do it and then life got in the way. But, we were praying about the relationship, talking to friends about it but really we were kind of going through the mundane day to day life and putting it on the back burner.

3. In terms of the show, did you think you were going to find somebody on the show, or were you thinking it would make your relationship stronger with John?

Honestly, I didn't think that I would find anyone that I had strong connection with. In fact, the days leading up to us [John and I] going to the island, and then the first few days of filming, John and I felt like we had actually gotten a lot closer and stronger and we kept making jokes to one another, questioning what we were even doing there. It was like okay, we got our answers we can leave. We are good. We felt really solid and probably more in love than ever. Then at that point it was too late to back out.

Then we were separated and a lot can happen when you are separated. Even if you are not putting other singles into the mix, it a time to self evaluate and reflect. So it takes the comfort out of your normal life. There were no cell phones, and no distractions. It really opens your mind. It was like relationship therapy, especially with the producers asking the tough questions.

4. Tell us how you've personally grown through this experience.

I feel like I'm a completely different person coming off of the island, than when I started the whole experience. I feel like I grew so much. My horizons have been broadened. I was in a bubble and I was really quick to judge people I realized and really quick to make assumptions. It really opened up my eyes to a lot of different possibilities and lifestyles, cultures, and people that really bring perspective. It was really enlightening and it changed me. And then coming to be close with these people and establishing life long friendships makes me forever changed.

Then of course there is the growth that has come just since the show has aired. The fans that have positive and negative things to say. That is really hard to anticipate just how hard it is going to be and how it is going to effect you. That has helped me grow and made me realize that I am stronger than I ever thought I would be.

5. How has the reaction been and how have you handled it?

I mean, it is mixed. I obviously have a lot of haters, but people are only getting a short little sliver and snippets of what is actually going on and there is so much more content that they are not seeing. So, they are making assumptions based off of what they are seeing regarding what type of person I am. Everyone there at the house knows my personality, but the viewers just think that I am awful. So, it has been tough. I try to ignore it, but there is only so much you can ignore and turn the other cheek and wear on your shoulders before that weight gets to you. It has been challenging. I try to rise above it and these people don't know me. It is really what my friends and family think about me that is really all that matters.

6. Is there anything that you said or did that you regret?

Well, there are obviously cringe worthy things that I say. It is so embarrassing. But I think that I was very true to

myself. I followed my heart.. to a fault. I was very open to the experience and everything that I was feeling. That is all that I ever wanted, was to stay true to myself. So, no. I don't really have any regrets.

7. I know in one of the episodes you question John's masculinity, and then you met Dr. Johnny, who you described as an alpha guy. What attracted you to Dr. Johnny and what makes him different than John?

Johnny is so charismatic, and he is loud and outgoing. He is so super confident and super assertive. He was kind of like the dad of the household, and he just took care of everyone. You would just walk in the house and feel heard. He would just come in and start making food and be the provider for everyone. He was always making sure that I had something to drink and that I had something to eat. He is really a caretaker and I didn't need to hold his hand and coddle him and tell him how to do stuff. I just loved his assertiveness and take charge attitude and confidence. That is what drew me to him.

8. Can you talk about your relationship with John or Dr. Johnny?

I just know that some big realizations came about on the island. Even after I came to these realizations, some old thoughts came creeping back up and so that is something that I struggle with for the rest of the season. I am kind of going back and forth. I was pretty confident in my decision but I was just back and forth. I kept second guessing myself and the rest of the season is a reflection of that and it shows the journey that I went through.

9. Do you have any guilt from the show?

Yes, I have guilt. I have guilt in respect to my relationship. Regardless of the relationship that was developing with Johnny, I was still ultimately in a relationship with John. It

was hard on me to walk that tight rope. It was hard for me to be true to myself and still be respectful to my boyfriend.

10. Would you recommend this show for other couples? If not what would you suggest for other struggling couples?

Absolutely not. I do not recommend this for other couples. I don't think it's a good idea. I would not recommend it. It's harder than people think. No matter how confident you are, you get there and realize how hard it is.

11. What would you recommend couples do if they are faced with the decision of whether they should stay or break off their relationship?

If you are in a place where you question your relationship and you are still in the dating stage, I think time apart is helpful to clear your mind but not on a platform of a reality show. Take some time apart and some time away. Go on vacation, by yourselves, unplugged. Give yourself time and breath, pray and go to counseling if you want to do some traditional things together as a couple.

11. What's life like now that you are back in the real world and people are watching the show?

It's funny because I feel like a normal person in my everyday life until I get online. When I get online that's where things really circulate and that's when I realize that people recognize me. And, online it really hits me that I am on a reality show. I get recognized out in public occasionally. It happens more when the three other girlfriends and I are together. I mean it is a cool feeling, but we are just like, we are just normal people who did this crazy thing.

12. What made you put the necklace around Katherine?

Literally when the girls walked out, she just stuck out to me. There was something about her. I don't know if it was the

energy she was putting off. I mean, obviously, she was beautiful. They are all beautiful.

When she made her introduction, she was saying, she is a southern belle. It's funny because what they didn't show was that she messed up her first time coming out and saying her introduction. She actually cursed and had to start over. It was so funny and cute and charming that I thought, okay I like her and I don't want to like her. So, I thought John would like her.

13. Is there anything else you can tell us from the show? Do you still talk to Dr. Johnny or John?

I still talk to everyone from the show. I don't know what I can say right now.

14. Lastly, can you tell us what's next for you?

I don't know. Right now, I'm just focusing on myself and my career. I don't really know. Whatever life throws my way. I'm a pretty spontaneous person and I'm all about seizing opportunities and I want to live life to the fullest. I have no set plans right now. I have a marketing firm that I am slowly getting off the ground. I am focusing on that and having fun.

Looking for more Kady after the show? You can keep up with her on [Instagram](#) and [Twitter](#).

Celebrity

Interview:

'Temptation Island' Star Dr. Johnny Alexander Dishes On What It's Like Being a Reality TV Star



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Dr. Johnny Alexander is one of the sexy singles living it up in Hawaii on the newly rebooted first season of 'Temptation Island'. Alexander lives in New York where he recently opened his own sports chiropractor office. Since most of his time has been spent focusing on his career, Dr. Johnny has put his love life on the back burner. Now, with a booming business, he's ready to find the woman of his dreams.

In our exclusive [celebrity interview](#), we talk with Dr. Alexander about his career as a chiropractor, his time on Temptation Island, and how life has changed after being on a reality show.

Check out our celebrity interview with Dr. Johnny to get an inside look on his experience as a cast member on 'Temptation Island':

1. With such a great career and your own practice, what inspired you to go on Temptation Island?

With my career and running a business, I don't get to travel as much as I'd like to. I've never been to Hawaii before this,

so I figured even if I don't find love, at least I'll do a cool trip somewhere and get to see Hawaii for the first time. I guess that was kind of what pushed me to do it. The opportunity came up and they called me and I flew to LA. The casting and interview process was three days and then I flew home on a Sunday and they immediately called me and said we want you to go on the show, we are going to fly you to Hawaii in 10 days. It was a quick turn around.

2. How long were you taping in Hawaii? And, what did your patients think of you being gone?

Yes, I actually made it pretty far on the show. I think that I was gone about a month. It was hard but it was all worth it. I had told patients that I was going to be gone for a week or two, that turned into a month. So they had to call the patients who were already scheduled with me and push their appointments another week or two. So, I definitely had some explaining to do when I got back. But, I had to keep things private until the show got announced.

3. Did you consider how being on a reality television series would impact your business?

Well being on a show, I was definitely worried about how this would impact my business. It could have went bad for me if I was drinking or saying something stupid that could be used in a negative way. I was definitely worried but once I got there, I stayed true to myself. I was a class act professional. I am not thinking for a second about anything that happened in Hawaii as far as my career goes. I thought if anything, it is a good way to get my name out there. New York City is a pretty competitive place to have a business so sometimes it can be good exposure to get your face out there. It could go against you too if you are out there doing things you are not proud of then it can definitely hurt you. It is a 50/50 shot, I figured.

4. How is life different now than before the show aired?

Yesterday, I had a new patient come into the office and we were talking about running. And then during the conversation, she was like I just realized who you are from the show. I was like, is this how I am going to be known from now on? So, instead of being known as the chiropractor that treats a lot of sports injuries, now I am going to be known as the guy from Temptation Island who walks around in a tank top. It is still positive. It's just important that people realize that I'm a chiropractor. I do have a real career and I'm a real person.

5. We watched this love story unfold between you and Kady. What was it about her that interested you and was different than the women you have dated or met in New York?

I know. There are millions of people [in NYC], you are a social guy, you have a lot of friends, how do you not meet girls that you want to date? You know it's tough to meet the right person in a setting where you may not see the same person over and over again. New York is so big, so when I take a break from my career or working and seeing patients, and I try to do something social, you are not going to see the same people like at the gym, or at the bar so you really need to go over to them and be like "Hey, I think you are beautiful, can I get your number." So, it's hard to meet people organically in New York. There are so many people, so many options and so many different crowds. I haven't really met anyone who hits my whole check list yet.

So, with Kady, we clicked off the bat. She was looking for something that she hasn't found at home. We have similar personalities. We are very outgoing. Her and I could walk into a room full of strangers and after an hour we'd know everyone in the room. We confide in each other a little bit. Her situation was definitely unique. It was hard in her position to flirt with somebody and be in a relationship. I didn't want to push boundaries but she did seem pretty open to it. I think

it was after our date at the Luau that I realized maybe there was long term potential. So, I wanted to explore what I was feeling with her versus trying to get to know other people. She said that I brought out a side of her that she hasn't felt in a a long time. So, I think we were both just living in the moment and being like you know what lets just see what happens. She still had a lot to figure out with her boyfriend of three years, and I was in NYC so we weren't getting caught up on how to make it work long term. I just figured if it was the right person, then it doesn't matter.

6. You said on one of the episodes, "I feel like I prayed for you every single day." Can you elaborate on this?

Yes, Kady is so fun and down to earth and beautiful. She has this amazing adventure for life that I haven't really found in other girls that I have dated. The girls that I have dated have been traditionally good on paper but after a while it fizzles out. It is tough to find someone who keeps up with me. I have a lot of energy, I'm always going, and finding someone that seems like they are down for the ride, is tough.

7. Watching the show now, what do you think about the way Kady treated John and the things she said about him?

For the record, during our time on *Temptation Island* she was not saying these things in front of me. But, now that I am seeing it on TV I am like, "Wow, that is a little harsh." I think that John is a good guy and he deserves a woman who is going to be appreciative of him. I don't think they were a good fit. I don't give her props for the way that she kind of badmouthed him, but I do understand where she's coming from. I just feel that they weren't right for each other.

8. Would you ever consider doing the Bachelor?

I would totally do it. I feel like there are a million guys though but I am a yes guy. So, I would do it. But I dont think I would do well because I am too real.

Is there anything you can tell us about the relationship with Kady?

Without giving away too much, when the show ended, we talked pretty much every day. She is in Dallas and I'm in New York. We are really close but there is a lot of stuff that needs to be figured out, if her and I are going to choose to be together. The way that we just kinda left it is that I would let her go back to her situation and figure that out. If I was the next step then that would happen. But this is really tough. This is real life stuff. I think John was going to propose at the end of this if it went well. So, I am not too sure where his head is at.

10. So, what's next for you?

Like I said, I am a "yes" man. I like taking life by the horns. I'm really focused on my practice right now and getting involved with some cross fit gyms. That has really been my passion and my dream. I am a doctor for a couple of different teams and working with these athletes that are really at a high level of performance. That is what my focus in on. In the meantime, if something fun like this were to come my way, I would say "yes" to almost any opportunity.

Can't get enough of Dr. Johnny? You can keep up with the reality star on [Instagram](#) and [Twitter](#). Or, if you are in need of a chiropractor, feel free to visit him at one of his office in NYC.

Celebrity

Interview:

'Bachelor' Alum Ben Higgins to Host "The Wedding Party"



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Most people know reality television star Ben Higgins from *The Bachelor*, but this busy entrepreneur has also opened up *Generous Coffee Co.*, which helps those in need, and *Ash-Kara*, a restaurant in Denver serving up Israeli and middle eastern cuisine. Next on the list, the self-confessed romantic is pairing up with **DiningOut Events** to create a large, one of a kind wedding event called, *The Wedding Party*. If you are newly engaged this could be for you. The Wedding Party is looking for a dozen couples to experience the unique opportunity to have a ceremony and reception with all the fun and none of the headache.

In our exclusive [celebrity interview](#), we chat with Higgins about the creation of the Wedding Party, his entrepreneurial endeavors as well as his current dating life and relationship advice.

Check out our celebrity interview with Ben Higgins to see what the reality star is up to today:

1. Hi Ben, you must be excited about your new endeavor with the Wedding Party. What inspired you to get involved and would you ever consider this type of wedding for yourself?

The Wedding Party is a first-of-its-kind mass wedding ceremony, reception, and festival all rolled into one. I am

not aware of another wedding that has ever been quite like this. I am very excited! I've known the founders Jeff Suskin and Shalisa Pouw of DiningOut Events for some time – we are involved in a few projects together. They approached me over coffee with a wild idea and I was immediately hooked. I've always been a romantic at heart, so I didn't need much convincing.

I would consider this type of wedding for myself, but then again, I'm not the only one who would have a say in the matter!

2. If not, what would your dream wedding look like?

I love a big celebration! Whether it be a group wedding like The Wedding Party or a more traditional setting, the celebration and energy of the attendees is what matters. My ideal wedding would be filled with lots of laughter, dancing, smiling, and enjoyment.

3. Can you tell us what your role will be at The Wedding Party and any specific things that you will be doing?

I'm hosting The Wedding Party. The real job is to make sure everyone is enjoying themselves and having a good time. It's going to be a special day for the couples and attendees, and I want to make sure we throw one hell of a celebration!

4. Who else will join you in this process of choosing the couples and what specific characteristics or traits will you be looking for during the selection process?

The couples are chosen by a group of people including myself and the team at DiningOut Events. We are looking for couples from all different backgrounds and love stories. We are looking to bring people up on stage who are all different, all diverse, and all excited about making the commitment! Couples can apply online at <https://www.theweddingparty.love/>.

5. Aside from the cost savings, can you give our visitors 2 to 3 additional reasons why they might want to consider sharing their special day with a bunch of other couples and their families?

The modern wedding experience is very expensive, with tired rituals and too much stress for everyone involved. The Wedding Party is a way for couples to share in the fun and excitement at a blown-out shindig with a couple thousand people there to support them!

6. Let's move on to you. Ben, we hear that you are dating again. We are so happy for you. What can you tell us about this new woman in your life? So many fans want to see you happy!

Jessica and I have been dating for a few months, and it has been great since the beginning. However, the relationship is new and we want to be wise about how much pressure we put on our relationship. Timing is important in any relationship and we both wanted to figure out if this was going to be something that we were going to try and make last before we publicized our relationship.

7. We know that communication is critical in a long distance relationship. Any advice to help our readers who are struggling with dating someone long distance?

Long distance relationships are much harder to maintain, but it can be done. Communication is key! Trust also plays a big role. Face-time is a huge asset to long distance relationships! The best thing about long distance is that you are forced to have intentional conversations and as a result dig into the lives of the person you are pursuing. I encourage anyone out there to write down some questions that you maybe wouldn't ask if you were in person and then ask those while you are on the phone so you can use that time to your benefit.

8. Ben, where do you want to live and start a family? Does

Denver have your heart long-term or would you move for someone special?

Denver is an incredible city! I love Denver and do consider it home, but I am not necessarily stuck in Denver. I am open to the discussion but right now Denver is the number one place for me to call home (and ideally I would be in Denver a long time).

9. As the owner of two businesses, have you always been passionate about entrepreneurship? What was the inspiration behind Generous Coffee Company and Ash-Kara?

I've always been passionate about entrepreneurship, especially if there is a purpose behind the business. That's what inspired me about Generous Coffee. The profits are used to fund sustainable, life-changing work around the world. As for Ash-Kara, it was more of me fulfilling my childhood dream! The idea that I can be a part of so many different things that may last beyond my time here on earth is exciting to me. I want to leave a legacy.

10. Is there anything else that you'd like to leave us with or anything else that you are working on that you'd like us to cover?

Currently, my life is fairly consumed in Generous International, Humanity and Hope International, Ash Kara, The "Almost Famous Podcast" with iHeart radio, and The Wedding Party. I do not know what is next, but right now these are the items in this world that bring passion, purpose, and excitement to my life!

Ben Higgins will be hosting *The Wedding Party* this upcoming September in Denver, CO. You can keep with Ben on [Instagram](#), [Twitter](#), as well as his [website](#).