

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



By [Whitney Baker Johnson](#)

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

about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book.”

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as “self-effacing, smart, funny, and most importantly, willing to grow and learn” and says, “I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way, but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

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

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

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

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

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

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

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

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

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

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

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares,

“The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

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

Owl City’s Adam Young Says Fame “Puts Pressure” on His Love Life





By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his new partnership and his love life.

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Angela Zatopek Talks 'Ready For Love,' Saving Herself for Marriage and OneLove



By [Rachael Moore](#) and [Lori Bizzoco](#)

Angela Zatopek, the youngest contestant vying for the heart of Ben Patton on NBC's cancelled dating competition show *Ready for Love*, has always been open about her love life, even before she joined the reality television world. What really sets her apart from other young women are her Christian values, particularly the fact that she has decided to "save herself" for marriage.

Related Link: [Ready for Love, Episode 4: Angela Zatopek Recaps](#)

[Her First Kiss with Ben Patton](#)

The Texas native feels strongly about breaking the stereotypes that come along with being abstinent. "People think that when you're a virgin, it's a very conservative belief. But I'm not this Amish girl walking around with a bonnet on my head or a person who sits at home and knits sweaters," she explains. "You can still be sexy and fun and have a romantic, passionate relationship even if you're waiting to have sex until marriage. It makes it that much better when you find the right person and don't rush the physical stuff."

Being abstinent was an important choice Zatopek made from a very young age, and surprisingly, she says many guys from her past have been accepting of her decision. "Before the show, I didn't have a problem finding a date. Being a virgin would never be the first thing I said to a guy, but I did let them know within the first couple of dates who I am and what I'm about."

When it comes to sharing her views regarding the show's cancellation, the blonde beauty says that she was very confused when it went off the air. "It was such an exciting thing in my mind, and then hearing that it was cancelled was very hard. But you have to look on the bright side. It's on NBC.com, Hulu and On Demand, and there's a lot of fans who still watch the show and send me supportive messages."

Zatopek also reveals some secrets about Patton and his ex-girlfriend, Kari Krakowski, who makes a surprise appearance on the series. Of course, she had her doubts at first. "We look completely different. She is a brunette with dark eyes, while I'm blonde with blue eyes. So I wondered if I was his type." Still, she says she really likes Krakowski. "It was hard, though, because we were roommates. She would confide in me every night and pour her heart out. I was learning all of this girl's secrets, but then we were competing against each other."

Though she claims that she tried to stay away from the drama, she did get frustrated when Krakowski had her one-on-one time with Patton on last week's episode. "He came back from his date with glitter on his face, and I saw that her lip gloss had glitter in it, so I knew they had kissed. I thought, I'm not going to be here and put my heart on the line if they're going to work it out. He shouldn't make all of us go through this show if they're going to get back together. It's a very mentally taxing process."

Throughout their conversations, Zatopek learned that they had a few things in common. She is from Houston, and Krakowski is from Dallas; the Texas social scene can be a small world. "We have a ton of mutual friends. I learned that Ben and I even have mutual friends outside the show, which is so crazy. I felt like it boosted my confidence because it gave me a connection to Ben since we have similar interests from the people we hang out with."

Even so, the 24-year-old questioned her relationship potential with Patton because of their age difference. She reveals something that was edited out of the first episode: "Before Ben chose me, he asked, 'What makes you ready to be in a relationship? It worries me because we are at different points of our lives.' And I told him that I feel like maturity is not defined by your age but by your life experiences. I'm the oldest of four kids, and my mom was a single mom. I know I'm young on paper, but I grew up quick."

Related Link: [Ben Patton from 'Ready for Love' Is Still Dating His Final Pick](#)

Before her *Ready for Love* journey, Zatopek was in two serious relationships. Her first boyfriend was a long-distance relationship that lasted for a year, and her second relationship was with her college sweetheart, who she dated for three years. The pageant girl says that both guys respected her morals, but she is ready to meet the person

she'll be with for the rest of her life. "I want to get to know a guy first and then make those steps towards the altar. I also want to have a huge family."

While she can't reveal how far she got on the show, she's staying busy until the finale airs. She's currently teaming up with Lisa and Brittny Gastineau to form a jewelry line called OneLove. "I want to make cute, trendy purity rings to represent loving yourself first and not needing someone else to complete you. When you're doing your own thing, and respecting yourself first. That's when you're most attractive."

For more information about Zatopek, Ready for Love and OneLove, you can follow her on [Twitter](#) and [Facebook](#) or visit [angelazatopek.com](#). Be sure to watch the remainder of the show on [NBC.com](#)!

Illusionist David Copperfield Keeps His Relationship Magical By Relaxing in The Bahamas!





By Royal Young

World renowned illusionist, David Copperfield, talks with us about keeping the magic alive, not only when he's performing a show, but in his personal relationship as well. Copperfield, performs over 500 shows a year and has won 21 Emmy Awards. He has accomplished mind-boggling illusions such as walking on the Great Wall of China and making the Statue of Liberty disappear. His newest passion is focused on educating people about the joy of relaxing in the Bahamas. Copperfield who enjoys The Bahamas with his family owns a chain of eleven islands "Musha Cay and the Islands of Copperfield Bay" which he calls the most "magical vacation destination in the world."

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Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign



By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

Celebrity News: Actress Brooke Burns Says, “Love Is the Inspiration For Life”



By Sarah Ribeiro

Actress Brooke Burns, who is perhaps best known for her role

on *Baywatch*, hits the small screen this weekend in the premiere of Lifetime's made-for-television movie, *A Sister's Revenge*. In the film, she plays Suzanne Dell, a relentless woman seeking revenge on the man who hurt her sister many years ago. "It was a really fun role to play because of Suzanne's single-minded evilness," says the blonde beauty. "She's a rich, layered character who justifies incredible wrongs because of her deep love and devotion to her sister. Her desire to avenge her sister's death blinds her to reality."

Despite this merciless role, Burns tends to focus her career – and her life – on love. She just shot the pilot for GSN's new dating show, *Where Have You Been All My Life?*, which she will be hosting. The show is rumored to be a modern-day version of the popular 70's show, *The Dating Game*, but she explains that the only similarity is that there is one "looker" who is interviewing three bachelors or bachelorettes. "It's different in that we show a timeline of the date's photos from birth to young adult life," the host reveals. "The questions are focused on getting to know the person throughout his or her life. We do occasional 'status updates' and a 'friend request', so the show is congruent with the very popular social media and online dating scene of 2013."

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

Burns says she was attracted to the show because it focuses on the psychology of dating, which is important to someone who is a self-proclaimed hopeless romantic. "I've always been the girl to save love notes, the napkin we doodled on in Paris, the leaf he gave me at the park," she confides. "Without love, the garden of life is dull and mute. Love breeds growth and vibrancy that allows you to expand, the way a garden does in the spring."

In contrast to her current success with love – Burns is engaged and happily planning her wedding to director Gavin O'Connor – she has experienced her share of dating woes, not unlike the contestants on *Where Have You Been All My Life?* “The worst date I’ve ever been on was a first date,” the actress reveals. “The guy went overboard and showed up at my apartment with groceries forty-five minutes early. He made himself at home in my kitchen and cooked breakfast. He had a limo waiting outside to take us to a tennis tournament that lasted all day. I know it sounds divine and fabulous, but five minutes into the date, he gave me the creeps! I was young and felt guilty into staying with him the whole day.”

However, she credits those bad dates with her emotional growth and says “love is the inspiration for life. Every experience I’ve had with love has made me a fuller, stronger person. I’ve experienced the highest of highs and the darkest of lows because of love, and I’m thankful for both. “

Now, as a mother to her twelve-year-old daughter, Madison, Burns has learned how to balance her relationships with her career. “The balance, for me, comes in always putting my family first,” she shares. “It’s the way I’m programmed. My fiancé has an eleven-year-old daughter, and we got really lucky because the girls adore one another.”

Related Link: [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

Burns, who was married to *Fantastic Four* actor Julian McMahon for two years and also dated Bruce Willis, understands the importance of remaining hopeful and not giving up on romance. “You can never predict when or where love will find you. The secret is...there is no secret. When chemistry comes, it comes, and hopefully, love will follow.”

A Sister’s Revenge premieres on Lifetime this Saturday, April

27th at 8pm EST. *Where Have You Been All My Life?* is set to premiere on GSN in the fall.

Reality TV: 'The Bachelorette' Star Arie Luyendyk, Jr. Says, "When You Stop Looking, You'll Find What You're Looking For"



By [Whitney Baker Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC's popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. "I grew up at the track, so being a driver felt natural to me," he says of his career choice.

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

Related Link: [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this

motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible bachelorettes?

"Dating is more difficult now because there are some big expectations." Still, he believes that he'll find "the one" someday. "I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I might be."

When it comes to the right woman, he says he wants someone who is "witty, amazing and has a good sense of humor." And whenever she comes along, he'll be ready. "When the time is right, I'll know it, but you can't plan a wedding if you don't even have a girlfriend."

Related Link: [Desiree Hartsock Is the New 'Bachelorette!'](#)

So would he ever sign on to be *The Bachelor*? "I think I would if it didn't conflict with racing and if I wasn't dating anyone."

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he's back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he'll be driving at The Long Beach Grand Prix in Robby Gordon's Stadium SUPER Truck Series and IndyCar's 2-Seater. "I'm super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in," he shares. "I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum

on Saturday, April 27th.”

Plus, he’s working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

‘Scary Movie 5’ Actress Molly Shannon Talks About Life’s Biggest Headaches & Being a “Happy Mom”





By [Lori Bizzoco](#)

Actress and comedienne Molly Shannon first stole our hearts on *Saturday Night Live* in the mid-1990s. Since then, her career has expanded to include movie star in *How the Grinch Stole Christmas* and the recently-released *Scary Movie 5*.

Additionally, she's a children's author, her book *Tilly the Trickster*, is inspired by her own childhood and the silly antics she used to play. Here, the newly-named Excedrin spokesperson chats about what gives her the biggest headache. Shannon also opens up about life with her husband Fritz Chesnut and their two children, Stella and Nolan. She gives us the inside scoop about how she uses her comedic background and attitude to be a better parent, saying, "I know for sure that my kids think of me as a happy mom, someone full of joy." For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Celebrity News: Drea de Matteo Talks About 'Stalkers' & How Life Changes After Babies



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

Drea de Matteo best known for her role as “Adriana” on HBO’s critically acclaimed show *The Sopranos*, and “Angie” on ABC’s *Desperate Housewives*, returns to the small screen playing detective Diane Harkin in the Lifetime Original Movie *Stalkers*, premiering Saturday, April 13th at 8/7 c.

“There haven’t been many great roles out there lately,” the actress says. But for de Matteo it seems like she was drawn to

this script and her character. In the upcoming movie, she is a hotheaded detective who is investigating unsolved stalking cases while on the run from her ex-husband. "I've never played a cop, and I've always wanted to," she says. "I'm always sort of the "victim" in my roles. In this film, I get to be a victim and a tough woman at the same time. This character has a past, and she's breakable, but she's on a mission to conquer her fears. She can't afford to be afraid."

As a mother of two, the Sopranos-alum says *Stalkers* reminded her of how important it is to keep her children safe. "I don't know if I have the strength to figure stuff out like my character, Diane can. As far as teaching my kids to protect themselves, playing a role like this definitely reminds me that there are a lot of crazy people in this world." de Matteo was filming the movie when the tragic shooting at Sandy Hook Elementary occurred, and she couldn't let herself hear anything that was going on "because of the pain and fear that set in" and the thought of that happening to one of her children.

de Matteo has played a mom since she was in her twenties, but *being* a mom to five-year-old daughter Alabama Gypsy Rose and two-year-old son Waylon Albert "Blackjack," her kids with fiancé Shooter Jennings, is quite different. "Oh my gosh, my life has changed so much since I've had babies. Now, I know what it's like to be a mom in real life, and I can really play the part," she shares. "At this point, I don't even have to think about anything to get upset on camera. All I have to do is see an image of something harmful happening to my children in my head."

Related Link: [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

She adds, "I am so madly in love with my children, and they affect everything I do and any role I play."

Shooting *Stalkers* was the first time she was away from her family, but she made the best of a tough situation by traveling back and forth between California, where her daughter is in school, and Vancouver, where the movie was filmed. “That part of it was awful, but luckily, the experience of making the film was so great that it definitely helped to overshadow how painful it was to leave my kids.”

Like any parent, de Matteo’s still learning what it means to be a mother. “No one ever really gave me advice on parenting,” she shares. “I feel like my daughter is my teacher to a certain degree, and I let her guide me. On the other side, I am here to guide her, and I am going to catch her every time she falls.”

It’s no surprise that de Matteo’s children are her number one priority. Still, her work is important too. We can’t help but wonder: Can women really have it all? de Matteo say, “I think we can. We just have to work harder than any man has ever worked in his entire life.”

Related Link: [Kristin Cavallari: “Motherhood Came Very Naturally to Me”](#)

To keep her life in balance, after filming, de Matteo focuses on spending time with her family. “When I come home, all I want to do is hug on my kids. We like simple things,” she says. “I love going to the park and walking down the street, holding hands with my babies and my boyfriend.”

Stalkers premieres on Lifetime Saturday, April 13, at 8:00pm ET/PT.

NBC's 'Ready for Love' Contestant Ben Patton Says, "When You've Fallen in Love, You Can't Deny That It Exists"



By [Whitney Baker Johnson](#)

It's no secret that dating-based reality shows like [The Bachelor](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan

Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [Ready for Love](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. "I didn't have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

Related Link: ['Ready for Love' Host Giuliana Rancic Says, "Having a Strong Marriage is the Greatest Example You Can Set for Your Child"](#)

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – "I've attended more weddings as a single guy than anyone else I know!" – he realized that a part of his life was missing. "Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important thing."

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, "I wasn't home but eight months before I got a call from NBC. Eva got on the phone, and she's pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows."

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. "It's not about finding a bunch of cute, little girls who are going to be dramatic for the cameras," Patton says. "It's about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that's when they decide who they want to put on the show."

He adds, "If there's any sort of competition, it's among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls."

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

Related Link: [Tracy McMillan Says 'Ready for Love' Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a "learning experience" and says it definitely changed his mind. "I started to realize that it's really okay to go to someone for help and admit that you're obviously doing something wrong. At the end of the day, 90 percent of what matchmakers tell people is pretty much common sense, but it's easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents."

Even with professional help, Patton still had to believe that true love exists. It's easy to become jaded after a few failed

relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a struggle to keep his relationship under wraps for so many months. "We're always having to see each other in secret," he shares. "It's like, 'Hey, I'll meet you in Arkansas for the weekend.' We're going to towns where people won't recognize us so that we can go out to dinner together."

Filming the show last summer, he's had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. "It's really easy to get frustrated in relationships and just throw in the towel. For a long time, that's what I did," he explains. "But you should just hang on because there's somebody out there who probably feels the same way. You guys will run into each other one day and be like, 'Where the hell have you been my whole life?'"

In other words, always be *Ready for Love*.

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c NBC. For more information about Ben, follow him on Twitter @Ben_Patton.

Celebrity Pregnancy: 'High School Musical' Star KayCee Stroh Celebrates Her Baby-to-Be



By [Whitney Baker Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia Bakery, the guests, including Vanessa Hudgens, *Hannah Montana*'s Anna Maria Perez and *I Kissed a Vampire*'s Autumn Grabeel, were treated to a day of pampering from beauty

companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn’t have to be a candlelit dinner for two.”

Related Link: [‘My Girl’ Star Anna Chlumsky Is Expecting](#)

It sounds like Stroh and husband Ben Higginson have taken this advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn’t live without. “I knew he was ‘the one’ because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life.”

Plus, they’ve already “made a few packs” to ensure that romance doesn’t fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they’ve promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. “Ben’s parents always did this, and we feel it’s really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other,” the star explains. “We’ve decided on every other Friday night. That’s our plan to keep our marriage healthy and happy!”

While they know a baby will add a lot more responsibility and stress to their relationship, they also think their child will improve their marriage for the better. “I can’t think of anything that would strengthen our bond more than looking into

the eyes of our baby girl and knowing that we created something wonderful together,” the actress gushes. “What an incredible bonding experience!”

Related Link: [Holly Madison Discusses Baby Names and Wedding Plans](#)

Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. “He’s always been a part of the decision-making process in our lives. He’s helped me every step of the way, whether it’s going to doctor’s appointments with me or tracking down my most ridiculous request for the nursery.”

“He’s such a champ,” Stroh adds. “I’m really lucky.”

Stroh’s close friend, Rachel Leigh Cook, has no doubts about the couple’s growing family. “Any child coming into this world would be lucky to have you two as parents. You are both all heart,” she said at the shower. “I hope your daughter is blessed with Ben’s silliness and KayCee’s singing voice.”

To keep up with Stroh, follow her on [Twitter](#).

‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set

for Your Child”



By [Whitney Baker Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. "We're always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a

great show with amazing people but to spend some time together while doing it.”

The premise of *Ready for Love* is different than other dating shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt Hussey. Giuliana knows firsthand that *Ready for Love* is the real deal. “By using relationship experts, the compatibility between the bachelors and each girl is really tested,” she explains. “This is, by far, the most realistic dating reality show I’ve ever seen.”

So did the Rancic’s share any of their wisdom and experiences as a madly-in-love couple with the single men? “Well, the matchmakers are experts, and they don’t necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You’ll have to tune in to find out!”

That’s not to say that the couple didn’t get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! “We really bonded with each of them and truly rooted for them while they searched for love,” the host says. “They are all such great guys.”

If the men had asked for their advice, the twosome believes that communication is most important for a successful relationship. When they’re in different cities for work, they’re “always checking in and trying to put each other first – that’s what keeps us strong.”

Related Link: [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn’t changed their relationship. “If anything, it’s just brought us closer. We’re both so happy and grateful.”

“Baby Duke is so adorable, and we’re loving every minute of parenthood” the first-time mom adds. “Every ‘first’ he has is the greatest moment in the world.”

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. “It’s so important to stay connected to your spouse as a new parent,” Giuliana shares. “Having a strong marriage is the greatest example you can set for your child.”

Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.

Relationship Expert Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates





By [Whitney Baker Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

Related Link: [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into you're life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for the rest of your life," McMillan explains. "Now, there's a lot of confusion because people don't understand that you don't date the same as you do when you're 25 and 38."

Still, the author of *Why You're Not Married Yet: The Straight Talk You Need to Get The Relationship You Deserve* believes that it's "not necessarily harder to date." There's just more circumstances to consider when looking for love " which is where she can help.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. "I don't think anybody's ever seen a show get into the process of meeting someone, dating and falling in love. There's something very riveting about it. You'll laugh; you'll cry; and you'll say, "No, she didn't! " McMillan shares. "It's just not like anything else on television."

Be sure to watch McMillan on "[Ready for Love](#)," which premieres on NBC on Tuesday, April 9th at 9/8c after "The Voice." To purchase her book "Why You're Not Married"Yet," click [here](#). For more information about the matchmaker, check out her site tracymcmillan.com or follow her on [Facebook](#) or [Twitter](#).

Relationship Matchmaker Amber Kelleher-Andrews Chats 'Ready for Love'





By [Whitney Baker Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to

the criteria and perspective of both parties and goes into every detail of every date. "I learn the do's and don'ts of dating from every age range in most of the major cities of the United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities."

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That's where matchmakers can help. "When you're truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files."

"You're attracted to people based on your personality and what you want in life," the matchmaker adds. "I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA."

Related Link: [Ready for Love: Three Extraordinary Men](#)

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men's hearts. "We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of course not," she explains. "But we can at least bring a group of women to the stage that we feel are very compatible with them."

As for the men on *Ready for Love*, Kelleher-Andrews believes that "they already have the charm and charisma and success. They just need their person." Given the expertise of the three matchmakers, it sounds like picking out "the one" might not be so easy!

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c on NBC! For more information about

Kelleher-Andrews, click [here](#). You can also follow her on [Facebook](#) and [Twitter](#).

Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach



By Rachael Moore and [Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The

innovative series, with Executive Producer Eva Longoria and hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.

Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more direct approach than his female colleagues on the show, Amber Kelleher-Andrews and Tracy McMillan. "We all come from different places," he says. 'Amber is a matchmaker; Tracy is a writer; and I am a life coach.'

Related Link: [Ready for Love: Three Extraordinary Men](#)

Hussey grew up in England and claims that he was never good with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. 'I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.'

Related Link: [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. 'I was terrified,' he shares. 'I knew how to work with men, but I

didn't understand women. Then, it hit me: that was exactly how I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.'

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. 'I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life," he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

Related Link: [Why Amazing Confident Women Remain Single](#)

When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

Don't miss the two-hour series premiere of [Ready for Love](#) on Tuesday, April 9th at 9/8c NBC. To order a copy of Hussey's new book *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, click [here](#). For more information about the life coach, check out one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#).

Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'



By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he’s teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. “This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off,” he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you’re your best self.

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

Audrina Patridge Says A Guy Must Have “Loyalty, Integrity and Respect” To Get Her Attention





By [Whitney Baker Johnson](#)

Spring Break is going strong in Panama City Beach, Florida, and celebrating there again this year is former MTV reality star, Audrina Patridge. Model, actress and BFF to Lauren Conrad, Patridge is someone we all grew to know and love on *The Hills*. Leaving the Los Angeles sunshine behind, the starlet visited the panhandle yesterday to make a special guest appearance for Curve fragrances at Maxim Spring Break.

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake Dance Contest. “Just get up there and dance! Let loose and have a good time,” she offers to those who’ll be participating in the contest. “Last year, a guy won, so it’s not just for girls,” she adds. “Just because it’s a booty shaking contest doesn’t mean you have to have a booty.”

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

But it’s not all about booty shaking and spring break. After leaving *The Hills*, Patridge focused on a career in acting with

movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she'll appear in *Scary Movie 5*, in theaters on April 12th. "I had a little cameo. It's such a fun movie, and I loved being on set."

As if she wasn't busy enough, Patridge also serves as a Curve fragrances celebrity brand ambassador along with *Gossip Girl* actor Kevin Zegers. Whether she's getting ready for a night of dancing with the girls or dressing up for a first date, curve appeal for women is a fragrance that she consistently loves to wear. "It smells so good, and I always get so many compliments. It catches your attention and leaves a lasting impression," she shares. "Plus, it's very girly."

Related Link: [The Best Celebrity Fragrances of 2012](#)

Another perk of Curve fragrances is the tiny bottle. "It's very cute! It's even small enough to carry in your purse," she says. This choice sounds perfect for any woman who likes to primp while she's out and about.

Patridge also loves curve appeal for men, a fragrance described as incredibly sexy and effortlessly cool. "I think everyone should smell fabulous everyday, and curve appeal is definitely one of my favorite scents."

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what's on the inside than the outside. "If you feel confident and beautiful, it's really going to show," she says. "It all really comes from within." Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities in a guy are "loyalty, integrity and respect." As for how to tell if a crush has these traits, she believes it's "about how

he acts around his family, how he treats his mom. That's going to give you an idea of how he'll be with you."

Related Link: [5 Ways to Turn "Me" to "We"](#)

Just as she knows what she wants in a man, Patridge knows what she *doesn't* want in a relationship. "Dishonesty," she says without missing a beat. "My biggest pet peeve, though, would be not communicating well," she adds. "It's all about communication. If you're not on the same page, it's probably not going to work."

You can keep up with Patridge on [Twitter](#) and [Facebook](#).

Celebrity Mom: Holly Madison Discusses Baby Names – Right Before She Heads to the Hospital!





By Whitney Baker

Holly Madison first stole our hearts as Hugh Hefner's number one bunny on E!'s reality show *Girls Next Door*. Since the show ended in 2010, Madison has made quite a name for herself, appearing on the eighth season of *Dancing with the Stars*, headlining *Peepshow* at Planet Hollywood in Las Vegas and starring in her own television show, *Holly's World*. Of course, in recent months, her focus has shifted: in August 2012, she announced that she was expecting her first child with boyfriend Pasquale Rotella.

"I've finally met the man of my dreams and am ecstatic to be starting a family," Madison shared. "But I'm really grateful that I had several years of working hard as a single woman before diving into being a mom. I feel like I needed that for my identity."

The *Playboy* model and husband Rotella, a club promoter, have been prepping for their daughter's fast-approaching arrival, and the mom-to-be has been sharing her pregnancy experience with fans via her blog and Twitter. As open as she's been,

there's one thing that the couple is keeping under wraps: the baby's unique name. "We have a pretty unusual name picked out. So unusual that we aren't telling anyone what it is until the deed is done!"

Related Link: [Kim Kardashian and Kanye West Are Expecting a Baby Girl](#)

In the past few weeks, pregnancy has certainly slowed Madison down a bit. "I've started getting a little uncomfortable – it's hard to even reach my feet to tie my shoes!" she said. "I've kind of been in nesting and hibernating mode."

Still, she continues to make headlines. Just last week, Madison revealed that she plans to ingest her placenta after the birth of her little girl. When asked about her decision to do so, the reality star said, "A baby nurse I met with suggested I have my placenta made into pills because it can help prevent postpartum depression. I figured why not! It can't be bad for me."

As busy as they've been in anticipation of their baby's due date (tomorrow!), Madison and Rotella have still made time to focus on their relationship. "I feel like we're getting to know each other because we've only been together for a little over a year," the Vegas performer said. "We're learning so much about each other just from trying to agree on little things when it comes to renovating our new home, so I can only imagine what we will learn from raising our daughter."

Madison has already learned a thing or two from her pregnancy. "My only advice so far is to let yourself know that it's okay to not be quite as ambitious as you were before you were pregnant," she explained. "Creating a child is a huge responsibility, and you have to make time for that, maybe sacrifice some things that don't fit into your life anymore."

As for her relationship with Rotella, Madison thinks that communication is most important when it comes to keeping the

romance alive. “Sometimes, other people don’t understand how uncomfortable pregnancy can be, how occupied your mind can get and how you just don’t feel sexy. You don’t want your significant other to get the wrong idea and assume you aren’t attracted to him anymore.”

“Our relationship is great,” she adds.

So great, in fact, that Madison has started to plan their wedding. “I’m trying to secure a really unique and special venue and choose a date. I’m hoping for some time in August.”

Related Link: [QuickieChick’s Video Dating Tips: Are You the Marrying Kind?](#)

As excited as she is to become both wife and a mom, there’s one thing that Madison is still figuring out. How will she tell her baby about her life as a Playboy Playmate? “I’ll be really honest with her and let her know that it wasn’t all unicorns and rainbows like you see on television,” she shared. “You kind of have to be damaged and have low self-esteem to put yourself in a situation like that.”

So what’s next for the soon-to-be mom? “Besides learning how to be a mom and getting back into shape, I would love to return to the stage – but in a musical this time. I’ve been concentrating on my singing lessons during my pregnancy.” Given her impressive career, we’re confident that Madison will excel at whatever she does next – especially when it comes to raising her little girl.

You can keep up with Madison by visiting her [blog](#) or following her on [Twitter](#).

Celebrity Hair & Makeup Artist Predicts Anne Hathaway Will Steal The Red Carpet at The Oscars



By Whitney Baker and Nicole Cavanagh

Celebrity hair and makeup artist Julia Papworth finds her inspiration just about everywhere: from fashion magazines or local newspapers to sites like Pinterest and Vine, she's always looking for new looks to try. "It's important to find an image you love and then take it and make it your own," she said. By making a few small changes, you can create a unique style that will represent your particular personality and specific style.

Although Papworth focuses on hair and makeup, she often collaborates with stylists to ensure that, together, they're creating "a full package." Fashion and jewelry must align with hair and makeup to invent a character, whether it's for a red carpet, a work meeting or even a first date.

Speaking of red carpets, for the 2013 Academy Awards, Papworth hopes to see a lot of old school Hollywood glamour. To her, there is nothing better than a woman just being pretty. "No gimmicks or crazy blue eye shadow and insane hair. I just love beautiful looks and classy dresses. That's what the Oscars are all about!"

Related Link: [Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars](#)

Two great examples of this style from the 2012 Oscars are Emma Stone and Penelope Cruz. Stone took a risk by wearing red, a color that redheads often avoid. Her polished updo paired perfectly with the dramatic neck of the Giambattista Valli gown, making for a very sophisticated look on the young starlet. Cruz, on the other hand, opted for a romantic and flowing periwinkle dress by Armani Prive, which was both "stunning and super vintage."



So who will steal the show this year? Anne Hathaway, according to Papworth. “She has been on point all year long and has been more adventurous with her pixie cut,” the stylist shared. Many women with short hair think they can’t be stylish or feminine, but Hathaway is a prime example of how to do it right. She keeps her look fresh and varied, mainly by “playing with color.” Changing your lip color or even your nail color will give your style a bit more edge when you have a short and simple haircut.

Papworth is also excited to see what Jennifer Lawrence, Quvenzhané Wallis and Jessica Chastain will be wearing. For Lawrence, she hopes to see a pretty, polished updo. As for Wallis, she always likes to see how the younger stars manage to look beautiful while still being age-appropriate. Chastain should wear a color that complements her luscious red locks, such as emerald green or deep plum.

Related Link: [Get the Latest Fashion Style from ‘Hunger Games’ Star Jennifer Lawrence](#)

This classic style holds true for men and even couples too. Papworth is a big fan of the clean, classy look that Justin Timberlake has been rocking lately. In terms of couples, “it’s nice to have a picture where you look like you go together.” You and your man – famous or not – should complement one another and support each other’s style. In addition to predicting the looks for this Sunday’s big show, Papworth is also a go-to source for everyday style, something that comes in handy if you’re getting ready for a first date.

Take a look at her three tips below and keep them in mind as you’re primping and hoping to impress that new guy.

1. Be comfortable. “If your uncomfortable in anything you’re wearing or how you look, all your going to do is think about that. If you’re wearing uncomfortable shoes, you’re not going to be able to hear a word your date is saying because you’re

just going to think about how your toes hurt.”

2. Keep it simple. Simplicity is always best when it comes to date. You may be “super wound up and excited and want to make a big splash when meeting someone for the first time, but honestly, people want to see you and hear you and what you have to say.” Something simple, classy and chic is the best way to translate your personality to fashion and beauty.

3. Don't experiment. A first date isn't the time to try anything new. You always want to put your best face forward, so stick to something that works rather than something that *might* work. Don't test run a new hair color or makeup product. Of course, experimenting isn't always a bad thing. It's easy to get stuck in a style rut and do the same thing with your hair and makeup; Papworth has even fallen victim to this mistake.

Stepping out of your comfort zone may be challenging, but you have to give yourself some “tough love” and just do it. It's also helpful to turn to those around you for their opinions. “Confide in your girlfriends. They'll give you that extra push.” You should chat with your stylist too: he or she can help you find something new that you can recreate at home.

As Papworth says, “It's about finding that perfect marriage.”

You can catch Papworth's work on 'Legit,' an FX comedy on Thursdays at 10:30 p.m. EST.

'The Bachelor' Performer

Sarah Darling Feels at Home on New Tour with Scotty McCreery



By Whitney Baker

Sarah Darling is one lucky lady: she gets to appear on this season's *The Bachelor* not once but twice. Tonight, additional footage from her concert in Whitefish, Montana, will air on *The Bachelor: Sean Tells All* special. Plus, we'll get to see never-before-seen shots from Sean Lowe's one-on-one date with Lindsay Yenter. Sharing her personal excitement, Darling said, "Tonight's show is going to be amazing! I'm so excited to hear what Sean has to say about all of the ladies, especially Tierra."

Related Link: [Exclusive Interview: Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

Darling got a firsthand look at Lowe's connection with Yenter, so does the country star think the contestant has what it takes to get the final rose? "I'm a little surprised that she's in the final three – I guess the wedding dress was a good choice!," referring to Yenter shocking Lowe on night one by stepping out of the limo in a wedding dress.



Still, with Lesley gone – Darling's frontrunner when we last spoke to her – she has to pick a new top choice. "My favorite remaining lady is Lindsay, of course!"

Performing on *The Bachelor* proved to have bigger perks than just meeting the handsome Lowe. Sales of her single "Home to Me" increased by 220 percent following her first appearance. Of this impressive jump in numbers, Darling shared, "Being on the show definitely introduced my music to new fans, and I'm really thankful for that opportunity."

Related Link: [The Bachelor 17, Episode 8: Home Sweet Home](#)

She's also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine's Day. "This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we're having so much fun," Darling said of McCreery, whom she watched on *American Idol*. "The McCreerians have really welcomed me with open arms, and

I'm loving this tour already!"

For those of you lucky enough to attend one of their shows, be sure to watch closely. "We even have a special number that we perform together each night!"

Don't miss 'The Bachelor: Sean Tells All' on ABC tonight at 9 p.m./8 p.m. CT! You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery.

Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars





By Whitney Baker and Rachael Moore

For 27 years, Marc Friedland, also known as the “godfather of the invitation” and “stationer to the stars,” has perfected the design, elegance and timeliness of an invitation. Having developed wedding invites for everyone from Brad Pitt and Jennifer Aniston to Larry King to Timbaland, Friedland and his team understand the importance of using the personal style of the bride and groom to create a unique invitation.

“We look at all of our events as experiences and recognize them as great moments to be remembered. People sometimes forget about the food and the décor, but the invitation serves as a keepsake to bring back the memory of that time,” he shared. “It takes the personality of the couple and brings that to life. I try to capture their essence in everything I do.”

Before Friedland can develop the invitation, the bride-to-be has to decide how she wants to announce her upcoming wedding to her friends and family. The main issue is trying to fit the authenticity and individuality of her relationship onto a slip

of paper. “The invite is the first piece that commemorates the bride and groom together as a couple. Each wedding invitation should be unique and distinctive – just like every romance is unique and distinctive.”



Related Link: [How to Handle Wedding Season as a Single Gal](#)

Los Angeles-based Friedland, who is the founder and creative director of Marc Friedland Couture Communications, has done much more than establish nuptial memories. Given his talent and extensive background, it's no wonder that, in 2011, he was tapped to be the first designer and producer of the Academy Award's hand-crafted envelopes and announcement cards. "Prior to me coming up with this special design, it was just a standard-issue printed envelope, which was used for informational purposes only. What I proposed was elevating the winner's envelope into an iconic piece. Just as the Oscar statuette is iconic, we felt that the envelope also needed its own presence," Friedland shared.

Well, the final product certainly stands out in more ways than one. The four-ounce creations are made of a beautiful gold, iridescent and metallic material that "picks up the light in just the right way." In order to produce the 96 envelopes (24 for each category with 4 sets being made) and the 488 nominee cards (122 total nominees with 4 sets in total), Friedland has a team working for 252 hours. Ultimately, the envelopes are

only touched by 48 people – 24 presenters and 24 award winners – but they are seen by over a billion viewers worldwide.

Of the design, the stationer explains, “We wanted to make sure it captured some of the richness of the golden age of Hollywood but was also relevant to today.”

The only adjustments made to the envelopes since 2011 have been for structural reasons. “When I originally designed it, it wasn’t meant to be reinterpreted each year – just as the statuette isn’t changed each year. To make the card easier to open, we took out the seam a little bit; it’s almost dummy proof now.”

For this year’s show, which will air on ABC on Sunday, February 24 at 7 p.m. EST, Friedland also created the invitations for five Oscar-related events. With a total of 15,100 invitations being sent for the events, it took over 300 hours to produce them. Of course, Friedland put personal touches on each of the invites. He explains that his team “approached the task in a way similar to how a designer would approach a fashion collection.” First, he picked a color palette of very rich jewel tones and gave each event a signature color: black diamond for The Governors Awards; sapphire for The Nominees Luncheon; emerald for The Scientific and Technical Awards; amethyst for The Foreign Language Film reception; and ruby for The Oscars.

Related Link: [Taylor Swift and Jake Gyllenhaal Reunite at Oscars](#)

Additionally, as if this work isn’t remarkable enough, Friedland crafted an online collection of cards for Oscar viewers at home. With The Oscar Collection By Marc Friedland on Evite Postmark, audiences everywhere can throw their own parties using the signature Academy-sanctioned designs – free of charge! To make your viewing party even more fun and interactive, you can also download the designer’s Oscar Bingo

game to play as the stars glide across the red carpet and onto the stage.

Even though most of his work is already completed, Friedland still suffers from a bit of anxiety on the big night. Watching from his seat in the audience, he hopes that “there are no mishaps with people getting the winner’s cards out of the envelopes. It’s such a tense moment, and we want to make sure nothing goes wrong.”

As for Friedland’s picks for best actor and best actress, he thinks it’s going to be a tough call this year: “there are so many good contenders, and it’s going to be really close.” Be sure to tune into the 85th Academy Awards to see who walks away with the coveted awards – and don’t forget to check out Friedland’s beautiful designs.

For more information about [Marc Friedland](#), check him out on [Facebook](#), [Twitter](#) and [Pinterest](#).

‘Big Brother’ Couple Jeff Schroeder and Jordan Lloyd Discuss Living Together, Dieting and Watching ‘The Bachelor’





By Michelle Danzig and Rachael Moore

Jeff Schroeder and Jordan Lloyd instantly had chemistry when they met on the set of *Big Brother* in 2009. Building a strong friendship first, they formed an alliance on the show and became huge targets in the eyes of their competitors. "Being friends was our only option. We knew there were some romantic feelings, but we didn't express them because we wanted to win," said Schroeder.

But being just friends didn't last long. After Lloyd defeated the rest of her houseguests, walking away with the cash prize, and Schroeder was voted America's Favorite Houseguest, their relationship developed into something more intimate. This gradual shift from friends to lovers helped them with their communication skills. As she explained, "We are so open with each other and never hold anything back."

Two months later, CBS asked the pair to take part in *The Amazing Race*. Their diverse personalities were tested on the show and their relationship certainly felt the pressure. "We wanted to strangle each other," Lloyd shared. "We still needed

to get to know each other better since we were newly dating.”

Related Link: [Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on ‘The Amazing Race’](#)

After they were eliminated from the race, Schroeder and Lloyd returned to their separate homes in Chicago, Illinois and Charlotte, North Carolina respectively, pursuing a long-distance relationship. They tried to see each other two or three times a month and felt that, by putting forth an equal amount of effort, they could make their relationship work.

However, long-distance relationships are never easy, no matter how hard you try. Schroeder advises other couples to “be patient because everything happens for a reason.” Having a goal that you want to pursue with your significant other is also important. “We knew we were always going to move in together; we just didn’t know where because we are from two totally different places.”

“Having complete trust in one another made us worry less about where we were going and who we were seeing,” he added.

After dating and living apart for two and a half years, the couple moved in together in a small apartment in Los Angeles. By taking this next step, they discovered that they were complete opposites, not only competitively but also with food and television. “The way we eat is totally different. I like fried food, and Jeff likes seafood,” Lloyd said of her man.

As for their varying tastes in television, the DVR is a huge help. The adorable pair enjoys watching TV together, even though they like different shows. However, they do share CupidsPulse.com’s love of [The Bachelor](#) and have been hooked since the first episode. “Nobody ends up getting married, but we can’t stop watching,” she said.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

“We think Tierra is so dramatic and we just can’t wait to see what happens,” Schroeder added.

With their relationship going strong, the *Big Brother* couple will be celebrating Valentine’s Day in a really special way. They’re both participating in DietBet, a nationwide dieting challenge where they promised to shed pounds as their gift to each other. Over 367 players are a part of the program, which will end just before the romantic holiday, and vying to win a portion of the \$18,350 pot of prize money; together, the participants have already lost a collective 1,170 pounds. Whoever reaches the goal of dropping four percent of his or her weight will split the pot.

Schroeder and Lloyd believe that DietBet is a great motivator because, with so many people watching and supporting you, you can’t fail. To meet their goals, they often do yoga together. “I thought yoga was just stretching, but it’s totally different. I didn’t know it would help me so much,” he revealed. While he also goes to the gym to lose weight, he inspired his girlfriend to run along the beach to get fit.

To stay healthy, the pair also goes food shopping together. They buy a lot of fruit and like to try new recipes to encourage each other’s healthy eating habits. But if someone brings cheese in the house, all bets are off!

They’ve both found success with the program, losing around 10 pounds each. They are confident that they are going to win DietBet, and if they do, they will be giving their earnings to charity.

Next up for the active couple? Schroeder will be developing some projects for the summer, while Lloyd plans to return to school to get her cosmetology license. And, of course, they’ll be tuning in to see who wins Sean Lowe’s heart on *The Bachelor*!

Also follow them on Twitter: @jeffschroeder23 and

@BBJordanLloyd.

Exclusive Interview: Sarah Darling Talks 'The Bachelor', Country Music and Her Top Pick for Sean Lowe!



By Whitney Baker

Having been a longtime fan of [The Bachelor](#), rising star Sarah Darling loves when her fellow country music artists make

special appearances on the show. As many of you saw last night, Darling was that lucky singer on Monday's episode, performing a surprise concert in Whitefish, Montana, on Sean Lowe's one-on-one date with Lindsay Yenter.

"It was an awesome experience to be a part of such a big show, especially with me being a new artist," Darling said. "Sean is just like he comes across on television: super down-to-earth and sweet, like a Southern boy."

Related Link: [The Bachelor Season 17, Episode 4: Deception of Love](#)

And what about the bachelor's date with Yenter? "It was so romantic and gorgeous. They were slow dancing in a crowd of people and looked like they were having the time of their lives," she shared. "It was definitely a magical moment."



As for her song choice, 'Home to Me,' Darling's most recent single, is a great fit for *The Bachelor*, a show that takes the search for love to the most unexpected place: reality television. Describing the song, Darling says home "isn't necessarily a place but a feeling. A person can be home to you, no matter where you are – and even if the two of you are apart."

That notion rings particularly true for Darling, who is

currently in a long-distance relationship. With her boyfriend living in London, it's important for them to spend time together even when they're apart. "We like to have Skype cooking dates, which is really fun. And we make sure we always have something to look forward to."

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

Of course, being on *The Bachelor* wasn't this country music star's first experience with reality television. In 2003, shortly after moving to Nashville to pursue her music career, she traveled to Las Vegas to compete on *The Entertainer*, a show on E! hosted by Wayne Newton.

After landing in the top three, she returned to Nashville with a better idea of what was next for her. "It really taught me what I wanted to do and what I didn't want to do," Darling said. "For me, I decided that I needed to focus on songwriting, so that's what I did."

Of her songwriting process, Darling explains that she tries to focus on what's going on in her life at that particular time. "I never know when I'm going to get inspired, but when I do, it's usually a really fast process. I feel like the best songs are written very quickly and very true to the moment."

Country music fans are already looking forward to hearing more of Darling's songwriting on her upcoming album, which will be released this summer. "This album represents how I've always wanted my music to be portrayed," she shared. "My producer, Dan Huff, listened to me, and we worked together on making an album that was really 'me.'"

"It really lets me be an artist and be different, which is really, really good," she adds.

As Darling puts the finishing touches on her album and prepares for the Valentine's Day opening of her Weekend Road

Trip Tour with Scotty McCreery, she stills finds time to keep up *The Bachelor* and Lowe's search for love. So who is her favorite contestant this season? "I'm a big fan of Lesley M.!"

You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery. For more information, follow her on [Twitter](#) or visit www.sarahdarling.com.

'Deception' Star Katherine LaNasa Says New Husband Grant Show Surprises Her All the Time





By Nic Baird

The golden era of soap operas didn't really end in the nineties. When TNT revitalized *Dallas* last year, it gave fans hope for a new wave of the serial dramas. Genre loyalists might have felt threatened when NBC ended *Passions* in 2007, but they've responded with an interesting mid-season replacement this winter.

Katherine LaNasa stars as Sophia Bowers in *Deception*, which premieres tonight at 10/9c. This soap opera centers on the mystery of a famous dead socialite, Vivian Bowers, and her childhood best friend, Joanna Padget Locasto, a narcotics detective who returns to uncover the true story of her friend's death. LaNasa, who recently starred in the summer comedy *The Campaign* as a peppy and ambitious senator's wife, now plays the much more sombre and maleficent stepmother of the Bowers' family. She describes her character as dark, brooding, smart, alcoholic, tricky and slippery. "It's a fun role to play," she says.

It's the first time that LaNasa's been able to play a woman with this much weight, darkness and stillness. Underneath all

the poise of a cultured matriarch, there's a deep sort of power she unleashes to protect her family. LaNasa admits she doesn't exactly know what her character is scheming, but she definitely makes the detective's investigation even more challenging. "When Sophia yells, she's not screaming; she's roaring!"

LaNasa is eager to play someone who takes themselves so seriously, so Sophia is a nice change of pace from her recent roles. As a New Orleans native, she's often called upon to play southern belles; even so, her characters range in intensity from her upbeat portrayal in *The Campaign* as Will Ferrell's wife to the pious school teacher she portrays in the upcoming film *The Frozen Ground*. "I get a lot of really different parts."

Deception will, of course, feature all the romance, love triangles and twists that are known as soap opera staples. As for her own character, LaNasa hints that Sophia may not be as malicious as she seems. "I really think she just doesn't understand where the danger lies," she says. "It keeps coming up in these weird places."

Related Link: [Kristen Stewart Says She Understands That "Whole Love Triangle Thing"](#)

Besides her new series, LaNasa landed a new husband this summer. Fellow soap opera star Grant Show, best known for his role as Jack Hanson on Fox's *Melrose Place*, and LaNasa exchanged vows this summer. "He's a total sweetheart," she says. "And very loving."

While neither one was looking for another spouse, LaNasa says that she eventually wanted more from her man, and Show obliged. The two tied the knot in a romantic ceremony set in the scenic canyons of Topanga, California on August 18, 2012. Months later, she still gushes about her husband. "He's just so handsome," she says.

After two previous marriages, one to Dennis Hopper and another to French Stewart, the actress approached her most recent courtship with caution. "I was very careful getting to know Grant, and I didn't have any expectations of it," she shares. "I wasn't looking to get married again. It wasn't a goal or a destination for me."

Of her husband, she adds, "I'm just surprised by him all the time!"

Related Link: [Bachelorette Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot](#)

Despite her hesitation, LaNasa finds herself completely enamoured with Show. The newlyweds don't have any problem spending time together, and they often have simple dates where they can just enjoy each others' company. The pair find a lot of couples' activities to do, she says.

LaNasa also mentions high energy dates like bowling and karaoke as well as romantic evenings at a lighthouse and spaghetti dinners. The couple has plans to play at Susan Sarandon's new ping pong club SPiN Galactic in Manhattan too. "I have so much fun with him," she shares. "We're really in love!"

Currently, LaNasa lives in New York where she works on 'Deception,' which airs on January 7, 2013 at 10/9c on NBC. She can also be seen in the upcoming films 'Jayne Mansfield's Car,' directed by Billybob Thornton, and 'The Frozen Ground' opposite John Cusack.