

# '30 Rock' Star Katrina Bowden Gets Engaged Before SAG Awards



The SAG awards were all about stars and diamonds this year. *30 Rock* actress, Katrina Bowden, was surprised with an engagement the night before the big awards. Bowden's boyfriend, Ben Jorgensen, popped the big question in their suite at The Four Seasons Hotel. According to [People](#), the actress was shocked by the occasion. Talk about a weekend of celebrations!

**What are some special occasions with which to tie in your engagement?**

## **Cupid's Advice:**

Popping the big question takes a lot of planning and decision making. Whether or not the proposal will take place in

private or public and on what day can be overwhelming.

However, tying the big day in with a special occasion can keep your partner in the dark and your engagement anniversary a memorable one:

**1. Valentine's Day:** It may seem cliché, but there's no denying that proposals are romantic on Vday. It's the perfect time for Cupid to work his magic.

**2. Anniversary:** Do you celebrate your first date, or kiss? An engagement on the same day as an anniversary will mean less dates to remember and extra celebrating.

**3. Birthday:** There is no way you can forget an engagement date when it falls on your or your partner's birthday.

**Did you get engaged on a special occasion? Share your big moment with us below.**