

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



By Ashley DelBello

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

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

I've known the Armstrong's for about a year now. We met

through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

How long have you been a coach to Taylor?

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

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

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

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

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost

to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to do – they have to tell me what they want to do and my job then is to assist them in getting there.

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

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

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

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

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

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

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

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so

with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my clients to take control of their life, to get what they want by knowing what they don't want.

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

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

What other services do you offer?

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

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

Kailen Rosenberg Shares Expert Love Advice and Discusses Celebrity Relationships: “It’s Much More Than Matchmaking to Me”



By Deana Meccariello

[Kailen Rosenberg](#) is a nationally-respected matchmaker and relationship expert who has helped many stars establish celebrity relationships throughout the years. She has a gift for bringing you back to the person you really are deep-down inside and helping you to shed the hard-coated exterior that society has forced you to wear. Given her background, it’s no surprise that she’s best described as a “love architect.” So what is a *love architect*? It’s someone who comes into a person’s life, whether they are married or single, to help find cracks in their foundation (which is where the idea of an “architect” came from) that are in need of strengthening and

repair.

As Rosenberg explains, “Whether you look at it spiritually or psychologically, I’m helping to mend areas that need truth and awakening. I come in and find those areas that need work, and then I help my clients come to their own truth. They discover which parts haven’t been solid and built in a healthy way. Once that’s done, they can finally have the relationship and love that they’ve always wanted and deserve.”

Related Link: [Expert Dating Advice: 5 Signs He’s Mr. Now and Not Mr. Right](#)

Kailen Rosenberg Discusses Being a Dating Expert on Reality TV Show *The Bachelor*

As proven by the many romance-focused reality TV shows of today, singles are finding it harder than ever to find a partner. Rosenberg can attest to that, having served as a matchmaker and relationship expert on season three of *The Bachelor*. “I worked behind-the-scenes in regards to seeking out the right bachelorettes for the show. I actually interviewed Bob the Bachelor,” she reveals.

Reality TV or not, the dating expert can shine a light in the dark corners of an individual’s personality and help them truly find what – and who – they are looking for. She explains, “When most people come to me, they look pretty darn amazing in person and on paper. They believe that they like who they are, and in many ways, when we’re talking about the ego, they *do* like who they are.”

Rosenberg expands on this expert love advice and adds, “However, they come to me believing that the issue isn’t really about them but rather about finding the right person.

During my beginning assessment process, people begin to realize that they never knew who they were and that they became the person they were told to be or taught to be by society. Therefore, they're not only attracted to the wrong people, but they're also *attracting* the wrong people."

With this thought in mind, her first priority is to teach people who they truly are. "After I finally introduce and match my client with their true self, then we can get down to who this person should be dating. We've put over 200 marriages together and haven't had one divorce, which is just crazy and unheard of," she shares. "I think it's because these people are connecting on a genuine level that most people never have the opportunity to experience."

Related Link: [Top 10 Things to Know Before Hiring a Matchmaker](#)

Revealing how important her work is to her, Rosenberg gushes from the other end of the phone, "It's much more than matchmaking to me."

The relationship expert knows that, in order to find love, her client must be a healthy-minded person. They have to be in a place where they are self-aware and know that what they've been doing isn't working. This kind of acknowledgement tends to set the mind for positive experiences, whether they're an everyday person or a celebrity. For example, a radiant and successful woman with everything going for her, like Jennifer Aniston, will still have problems keeping a man if she doesn't have this mind set.

In fact, speaking of Aniston, Rosenberg says, "I do have clients that know her and say she's lovely. However, there is a very apparent trend in her love life. She is darling, and there is so much to like about her, but there is something going on with her, something that she needs to pay attention to. She needs to get down to the reality of what it is that she is doing. What is surfacing in her relationships after a

certain level of intimacy, and what unhealthy pattern she keeps accepting into her life? I really think that's what it comes down to for her."

The Highs and Lows of Celebrity Couple Clients

Celebrity relationships, media, and technology can be a dangerous mix. Rosenberg says that there are people, like Kim Kardashian, who are being followed around by a camera and dealing with sensationalism in every aspect of their love lives. Then on a real-world level, we have people using Facebook, Twitter and other social networking platforms to post every detail about their relationships – from happy pictures of the good times to angry rants detailing a harsh fight or break-up.

Related Link: [Use Your Five Senses for a More Fulfilled Love Life](#)

"The reality is that they're publicizing who they are as well as their personal relationships, and when you act this way, people are going to look at you and scrutinize you – the good *and* the bad," the dating expert explains. "As a couple, you need to be a team and understand that all that matters is what you and your partner know to be the truth."

Rosenberg then adds, "If there is something that is triggering a pain or disconnect from the outside based on what you read or see, that's something that you have to look within to understand. Couples need to be grounded in what love is really meant to be and not the attention it can bring."

Another fascinating component of the relationship expert business is what she refers to as a "life remodel." This particular piece caters to – but is not limited to – people in Maria Shriver's position. For people who have been

cheated on and are struggling with a messy divorce, Rosenberg can bring a person back from the ashes and help them move on. "In a case like Maria's, there are always signs. We always have life poking at us with the truth, and it is up to us whether or not we want to see it," she says.

However, this mindset is easier said than done. "Sadly, most times, we choose to turn a blind eye to things that are not good for us, and eventually, it comes crashing down. Then, we no longer have power or control," says Rosenberg. "I think someone in Maria's situation would have to ask, 'Were there signs? How far back? Why did I choose to ignore them?' It is important for Maria to forgive herself and, as hard as it may sound, to forgive Arnold. The most amazing thing is that sometimes, from the deepest trenches of pain, we can end up finding the most amazing love we've ever had."

It always goes back to your past. "You have to look at your view on relationships, including that of your mother and father. What was your vision of love, and what is it now?," Rosenberg asks. "Focus on what loving you means as well as what is still good and precious in your life. Surround yourself with people who are truthful."

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

Finding Mr. Right



By Ashley DelBello

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

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

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

what reaction he'll get," she explains.

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

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

A Harvard study on why we marry found that approximately two-thirds of women marry for status and stability and the other 33 percent marry for sensual and sexual pleasure. However, the study found the exact opposite for men – where two-thirds of men marry for the sensual and sexual. When these men come home after work, they want to come home to a sensual home – meaning they don't want to work or compete once they've walked in the door.

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

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

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

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

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

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

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

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

– **Flirt five times a day for five minutes:** Practice on guys that you're not interested in. Smile at a guy at Starbucks. Catch the eye of a guy in the grocery store. Wherever you go – practice. You may not be into them, but you're practicing flirting. Some of them will come up and want to talk to you, but that's more practice (just don't forget to be polite when

exiting the conversation). Eventually, you'll see a guy who you like and it won't be difficult because you've done it so many times.

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

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

– Get a verbal contract: "I'm not a moralist, but when you decide to sleep with a guy, it does make a difference." Mar says that having a verbal contract is important so that you both are clear about what you're doing. "I don't care what that contract is. I don't care if you have one that says this is a one night stand but you need one. "There's nothing worse than a woman having sex with a man and presuming that they're in a monogamous relationship. Just because a woman spends a month or two getting to know a guy doesn't mean he isn't dating other people. A verbal contract will let you know where you stand so that you're both clear on your expectations.

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

couples to negotiate often: every two months during the first year, every three months during the second year and every six months after that.

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

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

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

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

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

He Said/She Said: Natalie Getz and David Good Discuss Bachelor Pad 2’s Season

Finale



This dramatic season of Bachelor Pad 2 has finally come to an end. In this week's episode, the contenders performed with Cirque de Soleil's Ka, Blake proposed to Holly, the winners were declared and the next Bachelor was announced. We had a chance to chat with our Bachelor Pad 2 experts, David Good and Natalie Getz, to see what their thoughts were about the season finale.

Kasey and Vienna did quite well in the final challenge, but ultimately didn't get a chance to compete for the final prize. What are your closing thoughts on how they chose to play the game? Do you think they will remain together long-term?

He said: I think they played the game great! People can dislike them as a couple but they still controlled the whole show till the end. As far as a couple, I wish them the best but I don't see it working out from what we got to see of them on TV.

She said: They did a great job and really played off of each other's chemistry very well. I was super impressed! It was very close, so I think the judges could have gone either way. I was with them in San Diego for Jesse Kovac's wine bar/clothing boutique opening over the weekend, and they still

seem very much in love. They certainly have their fair share of fights just like a lot of other couples, but they love each other. Now that they live together, I really can't see these two separating.

If you had been Michael and Holly, would you have made the same choice they did when they decided to let Graham and Michelle head to the finals with them?

He said: Yes, I would have. It's about friendship and integrity that goes beyond the show.

She said: No, I would have actually chosen Kasey and Vienna. Graham and Michelle had less drama with the cast, so they would have been a tougher competition. Strategically, they would have received more votes. Turns out, they got all the votes anyway. Then again, had I been a part of season two and saw Michael hurting over the recent news of Holly's engagement to Blake, I would have voted Michael to win as well. At least he didn't walk away empty handed.

Michael didn't know about Holly and Blake's engagement before the finale. How do you think he handled the news on-camera? And were you surprised when he ultimately decided to "share" the money with Holly?

He said: I think he handled it with class. That goes to show what a good person he is and I would expect nothing less from him. I knew he would share the money with her. That's the kind of person he is. He deserves better than her anyway.

She said: I think he was in a state of shock that it actually happened and Holly didn't call to warn him. I was surprised she allowed them to film it to be honest with you. She could have said no and spared Michael's feelings. I wasn't surprised at all by Michael sharing the money. I know him well and he has the biggest heart and is sincerely kind and generous in everything he does. He is humble and logical. He once loved Holly and out of maturity, he still wouldn't want to screw her

over. He is almost too good of a person to his own fault.

Are you surprised Blake and Holly are engaged and moving in together so quickly? And what did you think about their on-camera engagement; do you think we will see a Bachelor Pad wedding in the near future? Any other couples from this season that you think may have a wedding in their future?

He said: I am surprised because I know Holly and expected more out of her. She is in love with the thought of falling in love and that is her weakness. I promise you she is very unsure about all this and it's moving way too fast. I don't see a wedding in their future but even after everything they did, I still think they deserve to be happy if that's what they want.

She said: I don't think we will see any other couple engaged anytime soon unless producers push for it. I was so shocked about the engagement. I didn't really know what to think when Holly showed me her ring at the wrap party. Of course I was happy for her; she is my friend. That being said, I voiced my concern to her that I was worried about her moving across the country for a 2 month long distant relationship. But like they say...when you know, you know. I'm happy she is happy.

Michael and Holly are the winners of Bachelor Pad 2 – do you agree Michael was the strongest competitor this season? And what exactly do you think Holly brought to the partnership?

He said: Holly was a good support system for Mike believe it or not. He got sympathy points from everyone because of her. I think he played as good or the best of anyone there.

She said: Michael hands down won that game and deserved it. He was by far the strongest competitor with his genuine personality and athletic/coordination skills.

If you'll miss all the rose action, be sure to catch the **premiere of The Bachelor in January**, Ben Flajnik has been officially announced as the next Bachelor. Until next time!

Video Exclusive: Jackie Collins Talks About New Book, Goddess of Vengeance



By Royal Young

In Jackie Collins' world, romance is sexier, Hollywood stars burn brighter and revenge runs deeper. The London born lurid legend looks at American culture through a savvy, satirist's eye, using iconic pop culture figures as her inspiration. In *Goddess of Vengeance* (St. Martin's Press) the author's famed femme fatale Lucky Santangelo is back, with a cast of sexy, wicked characters all clawing for positions of power. Fierce, funny with a sensual shot of fame, Collins teaches us how to claw to the top and stay there. We spoke with Collins about how far she would go for love, why vengeance is so attractive and the surprises she still has in store. To order a copy of her new book you can go to www.JackieCollins.com and follow her on Twitter at @jackiecollins.

Royal Young writes for Interview Magazine and just completed his debut memoir, FAME SHARK. Follow him at [Twitter.com/RoyalYoung](https://twitter.com/RoyalYoung)

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

Edward Bass on the Importance of Relationships – In the Movies and In Real Life



By [Whitney Baker](#) and [Lori Bizzoco](#)

The mind of a serial killer is something that is both intriguing, and at the same time, disturbing. With motives that are primarily based on psychological gratification, these types of killers usually have a method to their madness, one that drives their actions and limits their inhibitions. Belle Gunness, America's most prolific female serial killer, is no exception.

Director, writer, producer, and Golden Globe nominee, Edward Bass, is producing a film that captures Belle's story in the most deep, dark, and irresistible way. His past films have all been accepted into major film festivals and have included talents such as Sir Anthony Hopkins, Ashley Judd and Kevin Spacey. His extraordinary yet challenging life contributes to every project that he tackles, adding a complex and unique angle. His directional debut of *Belle* is sure to reflect his personal history, sharing the story of Belle Gunness and portraying the practice of serial killing more intimately than ever before.

The story came to life for Bass when his friend, actor, and directing coach, Bjorn Johnson, introduced him to novelist Eva Mayer, whose family bought the Gunness estate. "Eva had all this information about the family. She had been working on the story for twenty years. In fact, her great-great uncle was probably one of Belle's victims," he says. Bass spent three years speaking with both serial killers and forensic experts in an effort to try and understand the emotional profile of this character.

The captivating story of *Belle* examines the life of a woman who kills over 100 men, and eventually falls in love with one of her victims. Bass explains, "All the reasons for a deep, true love are there for her: she likes him because he's good-looking, not very powerful, and younger than her. She can dominate him." Belle's love interest soon realizes that she is a serial killer and obviously wants to leave and call the police. Instead, Belle locks him in her basement and continues to kill older, greedy men. "But, she can't kill him," Bass explains.

It is for this reason that Bass believes *Belle* is a relationship film. "It's a classic theme about a woman looking for love and never quite finding it," he says. "And when she finally does find love, it eludes her. As they say, you can't live with him, and you can't live without him," Bass

jokes, referencing a famous saying. Bass is still in the casting stage of production but hopes to begin shooting the film in early 2012. He has yet to determine who will play Belle, but he has a very clear idea of what type of actress it should be. "It needs to be a strong woman, a woman who can kill men," he explains.

Of course, one cannot help but wonder: Why did Belle do it? And Bass is quick to answer. "She was a nasty pig. She was greedy and killed for money. She got away with it. Maybe she enjoyed it, but it doesn't matter," he explains. "You can have all sorts of urges, but you have to control them."

Belle is a challenging character. She's a woman who kills men, women, and even her own children. Bass describes her as a one-woman crime wave, and the most prolific serial killer in American history. What makes Belle even more interesting is the fact that's she's virtually unknown. Despite her character flaws, he says the audience will feel empathy for her because of the multiple dimensions in which the story is told. As Bass says, "You won't really love her, but you will find her fascinating and hate yourself for it."

When asked if his past influences what he chooses to write and produce, Bass again focuses on the importance of relationships. "I have interesting relationships with people, and I bring them to each film," he says. "I think the most important thing in a relationship – which is the easiest thing to do – is honesty. Most men aren't honest, but you have so much power if you are."

Addressing his rumored dalliances with actresses in past films, he says in jest, "That's not true. Only Anthony Hopkins and I dated, and we were drunk." A little laughter and sarcasm are probably necessary given the darkness of the film. However, to defend the question on a more serious note, he adds, "It's not that I look to date actresses – I really don't. It's just that you spend every day on set, and you

become attached to the people that you work with. I think it is proximity and opportunity.”

When asked if he learned anything about women through Belle’s story, he ironically says, “Women are so much brighter than men in every way. There would be no war if women were in charge.”

Fashion’s Night Out with Lauren Conrad’s New Line, Paper Crown



By Ashley DelBello

Need a new date outfit? As cities around the world participated in Fashion’s Night Out on Thursday, September 8, we are reminded about the importance of picking the right outfit to wear when you’re dating. Finding something comfortable, yet sexy while allowing your personal style to show through can be a daunting task. In Los Angeles, Cupid’s Pulse stopped by Nordstrom at The Grove for the launch of

Lauren Conrad's new clothing line, Paper Crown. Conrad was busy signing autographs for her fans, but we were able to walk through the collection with her best friend and co-founder of Paper Crown, Maura McManus, to show us a few great options for a first date.



Pictured here is the Katherine pant in eclipse blue coupled with the Camilla sweater in dark grey – a great outfit for something more casual like a wine tasting, brunch or a simple walk in the park.



If you want something a bit more dressed up and sexy, then McManus says to go with the Lola dress – while flirty and

very flattering, the material is quite stretchy allowing you to maintain comfort and is knee-length so you're not exposing too much on that first date!



A fun option that would be great for dinner and drinks is the Piper top paired with the Sophie skirt. Still trendy, yet flowy and comfortable.

Speaking of comfortable, remember while looking fabulous is essential on a first date, what's even more important is that you're comfortable in whatever you wear and that it reflects your own style.

Visit Paper Crown's look book to get inspired for what to wear on your next first date. Paper Crown is available at Nordstrom, Ron Herman, Planet Blue, and several boutiques around the United States.

DJ Jessica Who Says Men Can Be Intimidated By Independent Women



By Mia Salituro

Miami born Celebrity DJ Jessica Who has been getting all the buzz lately. She recently began filming in Miami for the MTV Dove Fresh Spin project and she attended her first VMAS on Sunday. Now in the spotlight, Jessica's career is booming and she admits that it's tough to find a guy who can handle it. How do you balance a relationship when you're career is on fire? Cupid's Pulse caught up with Jessica after the VMAs to find out.

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

Love & Laughs: Comedian Eric Patrick Shares His Relationship Advice



Comedians are usually social anomalies, and that's why they're so respected. For anyone to stand in front of a gigantic crowd of people, living and dying purely on the words they say while at the same time trying to make a personal connection—takes a special type of person.

Eric Patrick is one of the hottest young comedians on the scene today—in more ways than one. His time on *The Real World: New Orleans* may have introduced him to a wider audience, but his good looks, charm, and captivating comedic style have kept his audience growing, from the NYC scene, all the way to far-off Johannesburg and London. Described by MTV.com as a “handsome ladies man,” and by Entertainment Weekly as “energetic and engaging,” Eric Patrick knows how to create and cultivate a relationship, as well as a crowd. Here are a few tips to help daters of either sex lighten up, straight from Patrick's experience:

Don't take rejection personally—it's a fact of life. “A woman can usually tell within the first 10-15 minutes whether she

likes a guy or not," says Patrick. "As you get older, you learn not to get hung up on it. If a girl's not into me, I just move on, because there are other ones out there."

Don't put too much emphasis on physical appearance. "Women just want to hear something cool. If you can be funny or interesting, she'll keep you around, regardless of what else you're working with."

Work in groups. It's easier to win over a group of four to five people than one person, so try and work with groups of people instead.

Go with what you know. Change the subject to something you're confident about if you want to feel comfortable in a conversation, rather than trying to seem knowledgeable about something you're not.

Look for a change of scenery. Go to a foreign country if you're having trouble meeting new people—the cultural difference gives both of you common ground. "I went to South Africa to perform, and they love Americans over there. From the minute they hear your accent, you have something to talk about. I've never been attracted to so many bald, black women in my life."

"Don't be afraid to put your best self forward." Fear of rejection will keep you from getting anywhere—and honestly, it's only the creepy, weird guys with three gold teeth who are completely unafraid of going for it. We need more normal people out there."

As for dealing with a relationship once you're in one, try to be more forgiving and look at things from a comedic point of view. "As a comic, I'm usually more abstract with my feelings than upset when something bad happens in a relationship," says Patrick, "because I'm always thinking about it in terms of potential material." The comedian type can also be needy

though, says Patrick, so be prepared.

Patrick's energetic stage presence certainly attracts attention, but it helps him stand out, in the right way.

Patrick describes it as being like an NFL quarterback: "the younger ones are the ones scrambling and running all over the place, and as they get older, they either stay in the pocket, or they get hit hard."

Right now, Patrick certainly isn't afraid to give his audience all that he has to offer. More than anything, Patrick exemplifies the idea of "putting your best self forward" and being unafraid to try new things. His time in the U.S. State Department gave him plenty of life experience to work with, as did his stint on *The Real World*, where his on-and-off again relationship with housemate, Sahar, gave him plenty of future material.

But, as he says himself, Eric Patrick is always on the move, always looking forward, not back, and his best tip for women involved with comics isn't sugar-coated: "If you're a woman dating a comic, be patient with him. We *can* be emotionally involved and patient, but our instinct is to be nomadic. I took this job because I didn't want to punch numbers every day. I wanted to get out and see the world."

Hopefully, the world will get to see a lot more of Eric Patrick. He's developing an animated television series called *Twenty Below*, as well as a digital rooftop talk show. And he's talking about returning to MTV to do another show for them. In the meantime, you can catch him on his website, www.ericpatrickcomedy.com, or follow him on Twitter at www.twitter.com/theericpatrick.

Celebrity Lighting Designer, Bentley Meeker Offers Advice for the Perfect Date



By Whitney Baker and Krissy Dolor

You spent hours preparing tonight's meal. You carefully selected the background music. You even pulled out the "special occasion" dishes. With your date set to arrive at any moment, you quickly – and without any real thought – set the lighting: you turn off the overhead lights and ignite a beautiful scented candle in the center of your table. You step back to admire your efforts; everything's perfect, right? Not quite. With help from lighting expert, Bentley Meeker, a little bit of tweaking can add just the right touch.

"If you're going to use candles, use them sparingly and keep them out of the direct line of you and your partner's vision," advises Meeker, event lighting extraordinaire and president of Bentley Meeker Lighting & Staging, Inc. "I do recommend using candles because of the quality of light and how flattering they can be, [but] a little thought needs to be put into the placement."

If you haven't heard of Meeker, no doubt you've heard of the places and events that he's touched. He's staged designs for a multitude of soirées, ranging from Chelsea Clinton's wedding, concerts for Kanye West and Elton John, runway shows for Victoria's Secret, birthday parties for celebrities like P. Diddy to events and dinners at The Plaza, and The White House. This man is one of the top, if not *the top*, lighting designers in the country. His new book, *Light X Design: 20 Years of Lighting*, is a compilation of all his work, in which he shares his inspirations and motives for the wonderful illuminations he produces.

It's no surprise, then, that he also knows just the right kind of effect to make your date a splendid success. "Lighting that is too bright and uncomfortable can kill the mood very easily and quickly. Even if it's the street light shining in through the window," he says.

If you're having trouble setting the room just right for that special date, you're not alone. It can take a little trial and error to figure out how to make things perfect. Meeker has had his own dating experiences where the lighting was just not right.

"I've been in situations where bad lighting kills the mood, and I've been in situations where great lighting just makes you feel so good that anything can happen."

Fortunately, Meeker has some suggestions for couples who want those sparks to fly. He recommends Blue Hill and Erminia, both in New York City. In his own words, Blue Hill "nailed it!" and Erminia "is an amazing Italian restaurant [in which the] lighting is so conducive to the environment, it actually makes the whole place and the experience romantic."

Lighting is more than just a switch flicked on and off. It's about creativity; it's about romance; and it's about achieving the mood that you desire. "You'll know when the lighting is

right,” Meeker says. “It just feels unbelievable, and there’s a feeling of resonance that you can’t find anywhere else!”

His Website beckons visitors to enter with a simple thought in mind: “Light is the energy of truth.” Meeker’s work truly embodies this idea, with his past projects ranging from The Museum of Modern Art to the ravishing wedding of Catherine Zeta-Jones and Michael Douglas. He is a creator of more than just romance, and his book will tell you so; he is a man of innovation.

To learn more about Meeker, you can check out his website at www.BentleyMeeker.com or purchase his illuminating book on Amazon.

Rebecca Friedman, Exclusive Hair Colorist to Kim Kardashian, Unveils Her Client’s “Big Day” Look – Will It Be Light or Dark?





By Whitney Baker

Before her big day, a bride-to-be has so many details to consider: location, music selection, flower arrangements, seating chart, menu choices, and, of course, her personal style. She needs to pick out a dress and jewelry, as well as decide how to do her make-up and hair. When it comes to her hair, she not only needs to choose a style – keeping in mind her choice of veil – but also a color.

That's where Rebecca Friedman can help. Co-owner of Goodform Salon in Hollywood, and a celebrity colorist expert, Friedman knows just how critical it is to achieve that perfect hair color – and most recently, as the exclusive colorist to Kim Kardashian, she's helped one bride-to-be do just that.

With Kardashian's wedding to New Jersey Nets' basketball star, Kris Humphries, only two days away, Friedman reveals, "I just saw her the other day. I took her lighter chocolate brown color back down to a dark, minky sable, closer to her natural hue."

In light of these upcoming Hollywood nuptials – a wedding that's expected to be as grand as the royal wedding – this celebrity hair colorist offers a bit of advice to future brides. "Unless it's in your personality to make bold decisions with your look, I wouldn't recommend a shocking change before your big day," she says. "You want to look at your pictures and feel timeless. I think most brides want to look like the most polished version of themselves."

Of course, other factors, like season and location, impact a bride's choice of hair color, as well. According to Friedman, "If you're getting married in the summer time, or on the beach, beautiful, hand-painted highlights on slightly deconstructed waves seems fitting. On the other hand, for a winter wedding in the city, you may want to opt for a deeper, richer shade styled into a more-textured low bun."

While a bride-to-be should stick with what she knows, single girls have the flexibility to be a bit more playful. "You are single and want to look your best – you never know who you will run into! Lightening up your color, or using multiple tones to add sparkle and dimension, is sure to make you feel flirty," she says.

But remember: you should never change your hair color for a man. Friedman regards this reasoning as a big no-no and says, "The attraction should be there regardless of your hair color."

A broken-hearted girl, however, should be a bit more cautious. "Wait until you're less emotional or start slowly by adding a few face framing highlights or a gloss," recommends Friedman. "You can always go more drastic later."

After all, "in the throes of a heart ache, what seems like a good idea, sometimes is not – like eating a whole container of ice cream!" Friedman cautions.

At the end of the day, whether you're a bride-to-be, a single girl ready to jump back into the dating world, or a girl with a broken heart, there is a "golden rule" when it comes to changing your hair color: "Honor your personal style."

Before making a color change, Friedman advises all girls to do their homework. "Find a very capable hair professional to [make the color change] for you. Be realistic about how achievable the target color is for your complexion and your hair," she says.

Since the right hair color is different for every girl, Friedman believes that you should “play up what you have,” offering this advice to girls of every shade: “If you’re a redhead, add a fiery, copper gloss. Blondes can try painted-on, surfer-girl highlights with a few random low-lights. As for brunettes, they can stay multi-tonal by adding some sparkly toffee and toasted-walnut strands around their hairline and tips.”

According to Friedman, regardless of your base color, there are six important questions to ask your stylist before making a major color change:

1. What is a realistic level of lightness for me to achieve given my current hair color?
2. Will previous chemical treatments on my hair affect how light I can go?
3. What tones will best suit my complexion?
4. Will the texture of my hair change after I lighten it?
5. How often will I have to come in for touch-ups?
6. Do styling products for color-treated hair really work?

While the answers to these questions will provide you with invaluable information before making the big decision, the most important question to ask yourself is: Will my color change make me feel like my *most* confident self? Friedman says, “Wearing your hair color with confidence, no matter what color it is, really is key.”

We couldn’t resist asking Friedman one last question – something everyone wants to know: Do blondes really have more fun? She shows off her own confidence and answers unabashedly, “Well, as a natural and currently very blonde girl, I must be biased and say yes!”

To make an appointment with Friedman at Goodform Salon, please call 323.658.8585.

Millionaire Matchmaker: Patti Stanger on Being Single, Celebrity Relationships and Love in NYC



By [Lori Bizzoco](#)

Can't get enough of Patti Stanger and her millionaires? Here at Cupid's Pulse, we can't either. That's why we were excited to talk to her about the upcoming premiere of The Millionaire Matchmaker.

This season, Patti and her team (Chief Operating Officer, Destin Pfaff, and his fiancée, Vice President of Matchmaking, Rachel Federoff), are back in her hometown of Los Angeles, ready to put their matchmaking skills to work to find love for those millionaires and one millionairess. Newly-single and

ready to step out into the dating world again, Patti not only is looking for love for her clients this season, but she is also on the prowl herself, looking for her very own “Mr. Right.”

That’s right! Patti is back and she’s skinnier, nicer and single as ever! Cupid’s Pulse participated in a recent media conference call where Patti offered some words of wisdom and insight on what we can expect to see this season:

This season, you’re going to be featured on dates. Can you tell us about your experience?

Yes. In the 13th episode, I actually date and do the mixer process. It was the scariest time of my life. When I’m dating, I am a totally different Patti. I’m soft, subdued, and submissive – completely different than business Patti. My ex used to ask, “Can we switch the business mode off and go back to sweet Patti?” My show-runner turned to me one day and said, “No one is going to believe you. They are going to think you are acting.” I’m very quiet when I date – that’s just how I am.

Related Link: [Find Out Why You’re Single](#)

Is there something now you realize about dating on-camera that you didn’t before?

Yes. I’ve realized that I usually tend to date down. I’ve never dated a rich guy. This guy I met on the show is probably one of the richest guys that I’ve dated, and he isn’t even that rich. I think I would like to date a millionaire, but I think it would be nice if I did it off-camera. I’d like to date someone who makes equal or more money than me and romances me that way, but I haven’t met anyone like that. I would still have to be sexually attracted to them. One question on my application is: “Would you rather have looks or money?” I’m a looks-person, whereas a money-person is someone

who doesn't care about that. The reason that I say that is, getting looks *and* money together is *really* hard to find. It is never easy, especially at my age.

What are your thoughts about having a baby?

I would not have a baby without a man. It's not that I couldn't, but I wouldn't feel comfortable. I am adopted, and my mom was married three times. I had a lot of issues with that. I've wanted a kid forever, and I've wanted to adopt, but I want to have a partner when I do it.

How did guest stars Jenny McCarthy, Tori Spelling, and Perez Hilton impact your show this season?

Jenny is one of my closest friends. Actually, she was one of my first famous friends. She comes on the show to help a guy who is kind of a nerd in Silicon Valley find his sex appeal and figure out what to say on a date.

Tori is on the second episode. We have a multi-millionaire who believes that when you're pregnant, you have to stop working and never work again. He doesn't think that you can do both at the same time. So I wanted to show him that Tori didn't live off her family's money. She built her own career, and she didn't marry rich. Tori proves that you can work and also have babies – and chickens too (she has an animal farm in her house)!

I really wanted Perez to date, but he didn't want to do it on camera, so we met at his house. He is adorable and lost all that weight, so he looks hot and happening. He actually interviewed me for his online show and asked a lot of personal questions. He really has an ear for music and has been my source of music inspiration. It is going to be really fun – he is a really good interviewer, and a different person these days. Since he lost the weight, he is nicer. I think that's what happened to both of us – we both lost weight, and now we are nicer. At least, that's what people tell me. You tell me

when you watch – do I still have the bitch in me?

Related Link: [Tori Spelling Calls Dean McDermott Her Soul Mate](#)

Last season, we interviewed Millionairess Beth Shak. She ended up surprising us all by bringing her “gay husband” on the date with her. What shockers can we expect to see this season?

We only have one millionairess this season. I wanted more, but Bravo didn't want it. They had a nightmare with the women last season. But, we do have one woman who is British and owns a stripping facility. She probably makes Shawna look sane. When you see this girl, you'll have to tell me what you think. I give her the most amazing guy, and she doesn't see it.

Are there any celebrities out there who you'd like to help find love?

Well, I probably would put George Clooney in boot camp with Tiger Woods, Jesse James, and Arnold Schwarzenegger. Although, I think George is a serial monogamous. He dates someone for two years, and then gives his woman a parting gift. He is like Simon Cowell – you get cash and a car. He is not as bad as Tiger, Jesse, and Arnold though. They are in a world of their own.

Other than that, I would probably want to help Sandra Bullock, because I feel so bad for her. I would set her up with someone outside of Hollywood.

In fact, there are a lot of girls in Hollywood that need to look for love off of the red carpet. J. Lo is going to be one of them. It's like I've said: no Hollywood husband is safe. She needs an entrepreneur, who lets her shine on the carpet; who has way more money than she does, like billionaire status; who gives her the world, but lets her walk the carpet alone. Because her life with Marc Anthony was like they were competing in the boardroom and in the bedroom. It's never

going to work. I knew it wouldn't work. I mean, she was literally unengaged to Ben Affleck for five minutes, and then went straight to Marc Anthony and married him a week later. It was ridiculous.

What are your thoughts on Jennifer Aniston?

We don't know what goes on behind closed doors. But, the guy she is with now is pretty good for her. He produces and writes major movies, and he acts. He is a triple-play for her, which is a good fit for her right now. I'm hoping that they work out. And I hope his [Ex](#) finds someone, but if not, she can give me a call.

What advice would you give to singles in New York City based on your experience last season?

The problem is that there are five women to one guy and the men in NYC know that they have the power, whereas in LA, it is much closer to 50/50. For women, it is a terrible thing to be in a city where you feel like you don't have power. Eventually, they get bitter. So one of the rules I would say to single girls in NYC is keep your appearances up – look good, hit the gym, put some lipstick on – and then be nice to the men. They might notice you more if you are sweet and not bitter towards them.

If you could share five tough dating rules that everyone should live by, what would they be?

- 1) TMI – too much information.
- 2) Two-drink maximum. Women tend to share too much information when they drink too much, and then the guy gets scared...and they are no longer dating.
- 3) Let the man lead, and if you are the man, lead!
- 4) No sex before monogamy is my fourth rule. Obviously, this one is a major rule. If you sleep with him too soon, you may feel like you are in love, even if he is a loser.
- 5) My last rule would probably be that if you're dating, but

nothing is working for you, don't fret. The right man or woman is probably just around the corner. It's usually those down times that you have to give in to. Once you give in to it, the phone will start ringing. I learned that lesson the hard way.

Or, if you're still in doubt, refer to what the matchmaker often says, "It's all in the kiss!"

Keep your eye out for the Season Premiere of BRAVO's **The Millionaire Matchmaker 5**, Monday 8/15 @ 9/8c

Hollywood Actress and Socialite Alexandra DiNovi Opens Up For the First Time About Her Virginity and Saving Herself for Love



By Vicky Sullivan of Aspiring

Socialite

It was only a few years ago when Hollywood actress and socialite, Alexandra DiNovi, was discovered in a restaurant in her hometown of Hinsdale, Illinois. Soon after, she was dancing with Vince Vaughn in the poker scene of *The Break-Up*.

Having been romantically linked to celebrities, such as Jack Osbourne, DiNovi has a lot to say on Hollywood dating.

However, despite the temptation and appeal of the glamorous red carpet life, she remembers to stay true to herself and her values when it comes to relationships.

In 2010, DiNovi took home Best Actress at the New York Film Festival for *Purity: A Dark Film*, a short film about virginity, sex, and emotion that she wrote, directed, and starred in. Seeing that art often imitates life, much of the film is based on real events in her life, including her virginity. For the first time ever, this rising star is opening up about her very personal decision to remain pure and save herself for love. As she explains it, "Love isn't about sex; it's about friendship and respect."

How much of your personal life was incorporated into the film *Purity*?

Most of it was completely true.

I heard you wear a purity ring. Can you tell us more about it?

I bought myself a purity ring the week before I moved to L.A. I had it shipped to myself because I wanted to remember to stay true to myself in L.A. I wanted a constant reminder of who I am and what I believe in. I was thinking I would be dating different types of guys, and I didn't want to lose my virginity or myself to some random hot guy.

Why is saving yourself for love so important to you?

I think that my soul mate will appreciate me giving my body and soul to him. He won't be sharing me with anyone else. When I do fall in love, I will love him unconditionally.

What advice would you give girls looking to save themselves for the right one?

What is the point of having sex without love? That doesn't even make sense to me. Sex is a special gift, and it's really supposed to be for marriage. It is something that soul mates share. I wouldn't have it any other way. I've been in love, so I understand how the rush feels. I won't settle for sex without love ever. Self-control is underrated in our society.

How would you describe true love?

I've been in love once in my life, and it's the best feeling in the whole world. Sometimes, you can't even eat. It's like an entire body high. Love is patient. True love is not about sex. It's about friendship. True love has to do with a genuine partnership where two people love unconditionally, forgive, and respect each other. It has to do with listening and being there for each other always.

Who is your celebrity crush?

I have a few crushes, and I'm actually already talking to them. The only other slight celebrity crush that I have is Ryan Phillippe. He's such a cool guy. I admire him. I also think he has a great work ethic, especially regarding health and fitness. Ironically, I like bad boys.

What do you look for in a guy?

I like a guy who is genuine, athletic, and fun to be around. He has to make me smile a lot. I love a playful guy who I can laugh with.

What do you do to get ready for date and where do you like to go?

I work out, head to the steam room, get a few new dresses, get my hair and nails done, and assemble the perfect outfit (preferably with one of my gay friends). I have two favorite “secret” spots where I like to go when I’m on a date in West Hollywood. One is a private hotel and the other is a low key Italian restaurant that has a great vibe.

How do you keep yourself from giving into temptation?

It’s sometimes a challenge when guys who I admire want to hook up, and there’s nothing behind it. I think that sex is empty without love. I used to date this actor and he always told me that. We’re still really close. He said, “From my many sexual experiences, sex without love is meaningless.” This is coming from an extremely attractive movie star. He encourages me to wait for my soul mate. Although, he often tells me he thinks we will end up together and that I am his ideal wife. Who knows? We might.

To learn more about Alexandra DiNovi, visit her website at www.AlexandraDiNovi.com. You can also follow her on Facebook and Twitter.

Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss

Show, “Love Handles”



By [Lori Bizzoco](#)

When it comes to the topic of love, ABC's *The Bachelor*, MTV's *Disaster Date*, and *Shot of Love with Tila Tequila* certainly have that in common. But, finding your amore isn't the only thing that bonds these shows together. They've also had the fortune of being produced by SallyAnn Salsano, a 37-year-old, fist-pumping dynamo, who is best known for creating the pop culture phenomenon, *Jersey Shore*.

SallyAnn's newest reality television endeavor, *Love Handles* airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and relationships by confronting what lies at the core of the emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

We had the chance to catch up with SallyAnn and she gave us the scoop on what we can expect to see this season:

What can you tell us about *Love Handles*? What makes the show different from other shows of its type?

It's about couples who feel like they're stuck, and we show their transformation. I mean, you have to go to work, raise your kids, go to the gym, cook for yourself, and deal with your life. That's the situation most people are in when they have to lose weight. Some people are granted the opportunity to shut down their life and dedicate themselves to losing weight, but in *Love Handles* people have to fend for themselves and just do it.

The other thing about *Love Handles* is that it's not just about losing the weight. It's a show about therapy, and what's really going on inside. It gives you a rare look at couples that are in complete, raw therapy sessions. For most of these people, they have never been to individual therapy, so forget about couple's therapy. For the first time, they talk about what's bothering them, not only about themselves, but about the person they love the most. So sometimes they're just like, "Well, I don't know if I love this guy. I don't know if I could see myself with him." You should see their partner's reactions; it looks like their eyeballs pop right out of their heads because it's the first time they've ever heard that.

What are the relationships like on the show? Is everyone married?

They're all in different stages. Some of them are in a relationship, but will not get married until they lose weight. Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're overweight. There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that

he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together – two people who are not feeling good about themselves – and the word toxic doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

How does *Love Handles* parallel your own life?

Well, I'm 37, in a relationship, and I'm really happy. But, I was in a previous relationship for seven years. We had a great time, a great house, and all the bullshit. He loved me, I loved him. But, I just wasn't happy. I was so overweight, and I think that I blamed my unhappiness on anything but that. It wasn't until I got my stuff together and lost the weight that I realized I had to move on. I threw out everything I owned and gutted my house. I did a drastic, crazy person clean out, and started over. I've never been happier. I won't say that the relationship was bad, because it wasn't bad at all. It was really me and that's kind of where *Love Handles* came from.

I think a lot of girls want to get married and have a family. And, they're looking for one guy who says yes. It doesn't even have to be the right person. For me, it's not the first person you find to say, "yes." It's the person you want to grow old with, rich or poor, the person you want next to you.

What is it about love that makes these shows so popular?

Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness.

Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you

fantasize right along with them. Everyone wants a fairy tale.

Before we go, we need to ask some Jersey Shore "LOVE" questions! First, will we see a good love story in Italy?

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?"

Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

What's the status of Sammi and Ronnie this season? Can you give us a little hint?

Well, the status depends on what episode (chuckle)! You're going to see a little bit of the Sammi and Ron you knew before, and then the Sammi and Ron who takes a turn. It's really interesting. I think they finally come into their own. Sometimes, I think you grow up when you're apart.

Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

And, don't forget to tune into Love Handles on Lifetime Television August 6th at 7pm and August 7th at 3PM & 4PM.

Cupid's Pulse sends a thankful fist-pump to Sally Ann for taking the time to talk with us.

Exclusive Interview: 'Bachelorette' Winner Jesse Csincsak Gives His Take on the Season Finale

Celebrity Former



In the season 7 finale of the reality TV show *The Bachelorette*, we saw [Ashley Hebert](#) choose between the remaining two bachelors, Ben Flajnik and [J.P. Rosenbaum](#), and watched as she celebrated her [celebrity engagement](#) with Rosenbaum. From the looks of things on the *After the Final Rose* special, our bachelorette is indeed blissfully in love and will be moving to New York City in the coming months to join her man! Following the episode, we checked in with our *Bachelorette* expert Jesse Csincsak to get his thoughts on the last chapter of this reality TV love story.

Former *Bachelorette* Winner Shares Thoughts On Season 7 Finale

Meeting Ashley's family didn't go so well for J.P. Were you surprised by Ashley's sister's reaction to J.P.?

I am still wondering how much of Ashley's sister's reaction was actually production talking.

We heard over and over again that family approval was very important to Ashley. Do you suspect Ashley and her sister were able to talk about her relationship and love before she decided to give the final rose to J.P.?

I think production had her sister say those things but behind closed doors – her sister told her, “Hey, it's not me; it's for TV.” Then, Ashley was just so pumped that her sister didn't feel that way anymore!

Related Link: [Celebrity Video Interview: Meryl Davis and Charlie White Dish About Their Love Lives!](#)

Should Ashley have let Ben know her decision before he got down on one knee?

All of those calls are made by production for good television; Ashley didn't want to do that.

What did you think about Ben's reaction when he found out he wasn't The One? Do you agree with his assessment that “good things don't end unless they end badly”?

I have mad respect for Ben after last night and agree with his actions and words 100 percent.

Ben and Ashley had a very strong friendship. Given their foundation as friends, did you expect his strong reaction to being dumped?

Yes, he got down on one knee in front of 15 million people before realizing production got the best of him!

Any shock from you when you found out that J.P. was her true celebrity love? We did see a lot of J.P. throughout the season, and usually a guy who gets a lot of camera time doesn't always end up with the final rose.

This is the first time the celebrity love story was in the edit from the beginning. But as long as they are happy, who are we to judge them!

As a viewer, what do you think makes J.P. and Ashley's relationship and love work?

Love is going to be the key factor. When the crap hits the fans, in the end, all you will have is love!

Related Link: ['The Bachelorette' Season 7, Episode 9: Final Two Men Remaining](#)

So, what do you think the future holds for J.P. and Ashley? Do you think there will be a celebrity wedding and many more chapters to their love story?

If they can stay out of Los Angeles and New York City, I think they will be just fine.

Still looking for more rose action? Be sure to set your DVR for next Monday night and the season premiere of Bachelor Pad 2!

Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen



By **Krissy Dolor** and **Whitney Baker**

In the summer, spending time with your partner may give you the desire to take a vacation or book a weekend at one of those posh beach houses, but, if you're on a budget or simply nervous about fluctuating gas prices, you'll need to find other ways to keep your relationship exciting without breaking the bank. A do-it-yourself (DIY) date night is the perfect solution.

Monica Pedersen, lifestyle expert and television co-host of *HGTV Dream Home Giveaway 2011*, recently dished with us about her own relationship with husband, Erik and five ways to plan a romantic evening that won't break the bank.

"Everything I do is under budget, real do-it-yourself," explained Pedersen, who taped *Bang for Your Buck* this summer, a show where she works with a realtor to evaluate newly-renovated houses and help people figure out how to redecorate their home on a smart budget.

This fashion-model-turned-design-student always had an interest in interior decorating, perhaps because of her parents: her father was a handyman, and her mother enjoyed to sew. But what caught HGTV's eye in hiring Pedersen was her ability to put together a room that would sell, without spending a fortune.

It's no surprise, then, that this TV personality enjoys the simpler pleasures in life when it comes to creating intimacy with her husband. "We've always had a chalkboard in our kitchen, and my husband writes me love notes on it, says Pedersen. It can be anything like, 'Welcome home,' or 'Good luck on your shoot.'" She even takes pictures so she can cherish the sweetest messages forever. "It's silly, but it's a romantic little thing that means a lot."

Writing a message to your partner doesn't cost a thing, and it can really increase the intimacy in a relationship. If you're tight on money, start thinking outside the box for ways to spice things up!

Here are five tips from Pedersen to make your very own at-home date night feel like a special occasion:

1. Light the scene: Create a romantic atmosphere with candles. If large pillars or candelabras are out of your budget, purchase some inexpensive tea light candles and place them in small glass votives on a table, around a room, or by the bathtub! In the world of design, nothing sets the tone faster than lighting.

2. Make it a tradition: Uncork a great bottle of wine and toast your partner. Pedersen is a fan of Rutherford Hill Merlot from Napa Valley, CA, which was served at her wedding. She advises writing your toast ahead of time so you can read it to your date. It shows that you put thought into the evening. To start a new tradition, date the cork from that night and tuck it away. Pedersen has a collection of corks

marking special date nights in a glass box on her coffee table.

3. Create the perfect pair: If dinner is part of your date night, make a dish that you know your partner will love, bring out the fancy table settings (using the “good stuff” is a great way to turn a typical evening into a special occasion) and turn on some “mood” music.

4. Add a thoughtful touch: Save money and time with inexpensive take-out and a mixed bouquet of fresh flowers. These two items can make a simple date at home feel unique. Bouquets usually cost under \$10 at most grocery stores; if you’re near a Costco, pick up a bouquet of their fresh-cut roses for a bargain price. Remember, it’s making the effort that counts.

5. Invite the crew: If getting a babysitter is a problem, include the kids in your plans. For instance, let them each create a list of all the reasons why Mom loves Dad and Dad loves Mom. Or have them choose a romantic comedy DVD that you can all watch together.

“Never apologize for having a small budget,” Pedersen emphasizes. “It pushes your creativity!”

Pedersen adds that her father gave her the most important piece of relationship advice. “He said, ‘You know kid, you need to find a hobby, something that you guys can do together.’” So what do the Pedersen’s do during their time off? Golf!

“When we got married, I said, ‘I want you to teach me to play golf.’ Now, it’s something we do together; we’ve traveled all over the world to different courses,” said Pedersen. The couple plays every Saturday afternoon and then enjoys takeout for dinner at the same place each week. “His friends always say, ‘You want to play golf with your wife?’ But it’s our thing that we do together – cell phones off, no Blackberries –

it's just him and I, spending time together in nature."

Pedersen recommends that all couples pick something that they can enjoy with their partner – whether it's fly-fishing, wine-tasting or simply grabbing take-out from your favorite restaurant – make a tradition out of it.

Monica Pedersen is an interior decorator, lifestyle expert and television host. This summer, she will be working on a book about home entertainment, due in bookstores early next year.

She can be seen regularly on HGTV's Designed to Sell, Bang for Your Buck, Showdown, and the HGTV Dream Home as well as on appearances on Live with Regis and Kelly and The Today Show.

Reality Stars Head to Catalina Island for 2nd Annual Reality Reunion Weekend



By Melissa Tierney

It's almost time again for the 2nd annual "Reality Reunion" on Catalina Island. If you haven't had your fill of drama and cat fighting during this year's reality television season, there's sure to be some juicy gossip at this summer's oversized party where contestants from the *Bachelor*, *Bachelorette*, *Survivor* and *The Amazing Race* are all set to travel to Catalina Island. There will be raffles, contests, partying and tons of fun.

A portion of the ticket proceeds will go to the "name a tent" fundraiser for the Catalina Experience- a non-profit organization whose mission is to create awareness of the local marine environment and of the critical habitat found on Catalina Island. All remaining funds from the weekend will go to Stand Up 2 Cancer.

Unfortunately for all you reality TV fans, the event is for reality stars only. However, four lucky fans can snag tickets to this year's Reality Reunion by heading to www.realityreunion.com and purchasing them for \$1,500 each. Who knows, you may come back with a rose or at the very least a tee-shirt that says you survived the 2nd annual Reality Reunion weekend!

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

Cupid Exclusive: Behind the Scenes Opinions from Jesse

Csincsak



If you watched season 7 of ABC's *The Bachelorette* last night and it left you feeling angry at Bentley, confused about William and sad about the show's intentions, we may have just the fix you need.

Each week, **CupidsPulse.com** will bring you an inside look behind the cameras as we gather opinions about the show from season 4 *Bachelorette* winner, professional snowboarder and our very own candid-commentator, Jesse Csincsak. Jesse will be with us exclusively each week to answer questions about the show. If you have a question for Jesse, you can send it straight to Cupid. Here are his thoughts from last night's dramatic episode:

1. Why don't the producers show Ashley footage of what Bentley said?

If the producers showed Ashley what was going on, that wouldn't make for good TV! Television shows are all about money. The cast is expendable. It's sad, but that's the truth.

2. Jesse, do you think Chris Harrison should have told Ashley the whole truth about Bentley during his pep talk?

Chris Harrison was playing the role of host. He was mentally escorting Ashley to her new relationship. Chris gets paid to be the host so he needs to do what he is being paid to do.

3. You said it was enough already with the mask when you spoke on the Bachelorette Beatdown. Do you think that Jeff revealing his face hurt his chances? Maybe the expectation was too high and it became a letdown?

Wearing the mask is playing a character. For instance, Wes Hayden played the musician and he backed it up by throwing his bachelorette a concert. Jeff wore the mask and kinda talked it up, but when the big reveal came, he seemed to be shooting duds. So yes, I think the mask got him sent home in the long run.

4. Why would the producers let Bentley go through with the game he played?

Wouldn't you say, the producers played Ashley just as much as Bentley?

The producers totally played her and it's sad that TV has come to this. This girl just wants to fall in love. If you couldn't see that after last night's episode, then you never will. I feel bad for her that she was put in that situation.

5. Why do you think Bentley used his daughter as an excuse to go home?

Given he was so honest with the cameras, were you at all surprised he didn't reveal his true colors to Ashley?

Guys like Bentley are HUGE SISSYS in real life. This guy obviously has never had a good ol' fashioned ass woopin' or he wouldn't be treating women like this!

6. Bentley's attitude has been horrible. Last night, he said, "This is fun and games to me," and his honesty made us question the competitive spirit of the show. How many

bachelors/bachelorette contestants do you think stay just to “win” and how many stay to “win love”?

For this question I will have to go to my panel on the Bachelorette Beatdown from last week. I think we all agreed that out of every season there are two people on each show that are there for the right reasons.

7. Did Ashley find out about Bentley prior to the show airing or does she see the episode basically at the same time as all of us?

I get to see the show one to two days early so I am sure Ashley does as well.

8. Given what happened in this episode (the drama of the group date, and Bentley’s decision to leave), do you think Ashley will be able to recover and find a husband this season?

I would venture to say all this drama will lead into a way bigger and better relationship. That’s part of the fun of watching!

You can catch Jesse tonight on RTVZone.com at 6 PM PST as he hosts the first ever *Bachelor/ette* video recap with Ashley Spivey, Marissa May, Natalie Getz, David Good, Wes Hayden, Jesse Kovacs and Eliza Orlins from *Survivor*. They will be discussing King Tool (Bentley) and Jeff, aka, The Mask. Tune in – you don’t want to miss it!

Cupid Exclusive: ‘Divorce

Court' Judge Lynn Toler Talks Divorce, Domestic Violence and Hollywood Couples



By [Lori Bizzoco](#)

The celebrity lens can make relationships look frivolous. Two year courtships disintegrate as easily as a pair of worn-out running shoes, and headlines of “Betrayed,” “Cheating,” and the big “D” – Divorce – along with paparazzi shots of miserable stars fill the newsstands daily. Divorce is an issue Cupid’s Pulse takes seriously, and who better to talk about it than Judge Lynn Toler from the popular TV series *Divorce Court*? As a celebrity divorce expert, she has more than enough experience to offer solid, real-world advice for our readers.

For the past five years, Judge Toler has been the host of television’s longest running court program. A Harvard graduate, she has written two books, including *My Mother’s Rules* – which not only shares the wisdom of her mother, but takes an honest look at her childhood as the daughter of a man who struggled with both mental illness and alcoholism. She has seen divorce firsthand countless times and has been part

of the messy situations that can arise when two people who took vows of love are now each other's worst enemies. We asked Judge Toler for her perspective on divorce, relationships and Hollywood couples. Take a look at what she had to say:

What's the number one reason people get divorced?

It's hard to say, but people who marry young have the most number of divorces. They don't know how to manage the marriage. You think if you get married the relationship will just handle itself. You need to decide how to argue, you need to make plans about the money, or that mother-in-law that you don't like. You need to manage your relationship, and I think most people don't end up doing that.

How can people who marry young sustain their relationship when divorce statistics are so high?

Marriage counseling before marriage. Don't wait until the boat is swamped. Get somebody who is older, who has been there and done that. You don't have to have any problems, but problems will arise. You have to be mature and in a position to respond appropriately. The first thing I would do is get marriage counseling.

Are there signs that suggest a relationship is heading for a breakup or divorce?

Yes, there are signs:

1. Withdrawal: When somebody is non-responsive, not engaging. When the fighting has stopped, and this person is like, "whatever." That's usually what they call one of The Four Horsemen of the Apocalypse.

2. Globalizing: When "You don't take the garbage out," becomes, "You never do anything I want you to do." You're adding pieces to the "I'm getting ready to go" pie.

You can tell when people make that shift. It's either everything or nothing bothers them. Of course, infidelity is always a big one too.

Are there red flags that women should be aware of before heading into marriage with the wrong man?

Yes, I think this is important for women who are attracted to controlling men. I call this the "Widdled Away Women" and I see them on *Divorce Court* a lot. These are the folks who really want to get married and tend to overlook stuff. Some of the things you cannot overlook:

1. Needs you too much too soon: If he met you on Tuesday and can't live without you on Friday. That's a possessive personality; it's not romance.

2. Gets angry easily: If he gets mad easily with other people, or about other things, it's only a matter of time before he's comfortable enough to get angry with you.

3. Always check out the family: How do the women in the family get treated? What is the script that he is reading off of? Is his pops mean to his mom?

These are some of the signs that this guy may not be the guy that you want. When speaking in general when you are talking non-gender, always remember that this is as good as it gets. Don't get married and think that your problems will be over. If it's not good now, imagine it half as good – and can you live that way? Remember: In the beginning, everyone is looking good and compromising. So if it's not good now, don't even bother.

Who would you say had the messiest Hollywood divorce?

I think the LA Dodgers McCourt divorce in my opinion right now is the messiest. Others would include Alec Baldwin because of the children, and of course, Britney Spears and Kevin

Federline.

Do you think that celebrity couples in some way contribute or play a factor in real-life relationships?

Yes, absolutely. The quintessential example of that is the royal wedding: "Some day your prince will come." It's the dream of all women to find their soul mate. Kate (Middleton) and Prince William are on every cover, and this news feeds the fairy tale that so many women want.

What are some lessons we can learn from reading about celebrity relationships?

Again, it's a fairy tale. Celebrities have a lot of problems with the fairy tale belief of love. They are used to getting what they need and want. They have the elaborate wedding, the vacation, and then they are off for six months making a movie and they don't see one another. Their partner is lonely and temptation sets in. Or, they wake up next to a spouse and the fantasy is over when they realize someone has to take out the garbage. They realize it's not the person they thought they married.

Which celebrity couple has surprised you most?

I would have to say Angelina Jolie and Brad Pitt really surprised me, even more so that they have stayed together. It was concerning when they started having all of these kids, but they are doing so well. Raising these kids is probably keeping them together.

So many single women feel at a loss because they haven't found someone. Is there a message that you can share with them?

Our primitive minds or emotions want us to hook up with a guy, because in the prehistoric times, your chances for survival increased dramatically when you were with a guy. Don't let that hereditary desire define how you feel about wherever your

life is; it's not as necessary as you may think it is, even if you might feel that way. Single is OK. If you just live fully, and not in anticipation and not looking for someone, you actually become more desirable, and half the time that's when you end up finding someone.

Judge Toler also raised the issue of domestic violence and how that issue weighs deep in her heart. It's something that she sees far too often, and even among the famous, she says love can blind you, as she noted with successful women like Marlee Matlin or Tina Turner. For more information on domestic violence, check out her appearance in Rock the Purple Campaign 2011's Public Service Announcement.

Cupid thanks Judge Toler for her time! For more information, you can visit her Facebook pages, Judge Lynn Toler of "Divorce Court" and Divorce Court, or follow her Twitter handles, @judgelynnntoler and @divorcecourt.

Cupid Exclusive: Jaimie Hilfiger on Old Hollywood Romance





Socialite

By **Vicky Sullivan** of **Aspiring**

Supermodel Jaimie Hilfiger, niece of famed fashion designer Tommy Hilfiger, has been seen around town wearing the latest in fashion – which includes old Hollywood styles. During L.A. Fashion Week, she wore a light pink cocktail dress complete with old world-inspired lace and Edwardian beadwork designed by Sue Wong to the designer's *My Fair Lady* Champagne Brunch/Fashion Show at The Cedars, the former historic Hollywood home of silent-screen icon Norma Talmadge, which was purchased by Wong in 2004. Hilfiger's most recent project is being the face of boyfriend Igal Dehan's jewelry line, Cuffs of Love, worn by celebrities like Kim Kardashian, the Hilton sisters, and Stevie Wonder.

Hilfiger took time to speak exclusively with **Cupid's Pulse** about love, dating and celebrity style. For hopeless romantics intent on experiencing the romance and chivalry of old Hollywood, this young model reveals how to glam up your love life simply by bringing back nostalgic designs and genuine class:

What do you like best about old Hollywood styles?

Old Hollywood has inspired so many recent styles, with high-collared fitted outfits and of course, hats. Kate Middleton has taken a lot of her style from old Hollywood and *My Fair Lady* inspirations. There is just so much one-of-a-kind craftsmanship that goes into these fashions.

How do you incorporate the romance of old Hollywood into your everyday life?

My boyfriend, Igal Dehen, is from Paris so it's always a romance movie in my house. At the height of old Hollywood, men had a lot of manners and courted women with the utmost respect.

Do you feel that wearing these soft, glamorous styles evoke old-school romance?

Yes, you're absolutely treated differently. When you present yourself with class, you're treated with class. People also tend to take you more seriously in classically beautiful styles.

How has being from a famous family affected your dating life?

You have to find someone who doesn't care either way and is there for you. They must be successful in their own right and aren't looking for a free ride.

Besides a man, what is your favorite accessory?

Diamonds are a girl's best friend.

What tips can you give our readers on how to get ready for a date?

The day of the date you should wake up early and go to the gym. Make time to talk to your girlfriends that day. Wear something hot, but not slutty. It is very important that you're comfortable in what you wear, or you won't be comfortable on the date. Don't be exactly on time, because chances are he won't be. But don't be any more than 10 minutes late, because otherwise you look like a diva.

How do you dress for a casual vs. formal date?

No matter if the date is casual or formal, you should always

be comfortable in what you're wearing. Always ask what you're doing first so you know what to wear. Even if you're wearing heels to a fancy dinner, you should bring along a pair of flats in your purse in the event that you take a walk on the beach after dinner.

What other dating tips and advice can you give us?

Don't text or be on your phone while on a date. Be polite and ladylike. Always say "please" and "thank you." Remember that 90 to 95 percent of the time he's more nervous than you are.

Cupid thanks Jaimie Hilfiger for her time! For more on Hilfiger, visit her website at www.JaimieHilfiger.com, Facebook page and follow her on Twitter: @JamieHilfiger.

Cupid Exclusive: 'Bachelor Pad' Winners Natalie Getz and David Good Dish on Love, Dating and Reality TV





By Krissy Dolor

If you want to know the key ingredient to winning (no Sheen pun intended), look no further than last summer's *Bachelor Pad* winners: Natalie Getz and David Good.

Even though these two former contestants didn't strike a love match on their respective *Bachelor*-franchise seasons, this dynamic duo made their mark as the first couple to win the ABC spin-off reality show, *Bachelor Pad*, where 19 past contestants competed for a grand prize of \$250,000.

Throughout the show's run, this couple focused on making their way to the finish line. If there's anything we can learn from watching Getz and Good, it's that three important traits are needed to keep any relationship moving forward: loyalty, trust and friendship, which they exemplified. While most romantic couples aren't competing for anything but each other's hearts, these elements can have you and your partner come out winning too – whether it's for love, marriage or happiness.

Cupid had the opportunity to speak with Natalie and David about love, dating and how their lives have changed since *Bachelor Pad* ended. Read on to see what they had to say:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Natalie: Yes. It has helped me further the exploration of my youth and single life, making me ready to move on and actually commit to someone. Instead of pushing away the nice guy, now

I'm ready so I will embrace him (wherever he is) with open arms and an accepting outlook towards a future.

David: Being on the show did not necessarily change my perception/expectations about dating. However, dating and meeting girls since the show has a little. You really have to have your guard up so to speak, because you never know if someone is just trying to be with you because you were on TV or if they are legitimately interested in you. It's weird that someone would be like that to me, but a lot of girls really get into these shows.

2. What has your dating experience been like since *The Bachelor/The Bachelor* and *The Bachelor Pad* ended?

Natalie: I've definitely dated my fair share of men, but now realize to be upfront right away if I don't see a future. I also am able to better identify who is right for me versus liking a guy for the wrong reasons.

David: It's been great! I travel all over the country on my book tour and get to meet a lot of people and a lot of beautiful girls. The negative about that is that I am not in a good place to start a new relationship being gone all the time, so it's like a double-edged sword. Waiting for "that one" to really catch my eye you know.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Natalie: I absolutely do. Before the show, I was a non-believer, but the casting department goes to extreme lengths to ensure the most compatible contestants to the bachelor/ette's personality. If they chose someone there for the right reasons, the end result will be a success. Jillian and I have a similar personality, which explains why I've had a bit of a dating history with her season, hahaha!

David: I do believe that love can be found on reality TV, 100 percent. It's funny, too, because before the show I did not

think so and now I really do. They pick some great people to be on these shows, and I think if you hit it off on there, that down the line you can make it work.

4. What piece of dating advice can you give to our single visitors?

Natalie: Don't look for it, let it come to you. If you have any hesitations, leave the situation. And if the right person enters your life when you aren't ready? Don't push them away, but take it slow. Start out with a friendship so that you don't ruin a great thing!

David: Start out all your relationships with brutal honesty. If you start out with that, then down the line you don't have to lie about things or dig yourself out of holes, and you are free to be yourself and love openly.

Cupid thanks Natalie and David for their time! For more on ABC's *Bachelor Pad*, visit ABC.com.

Don't forget to watch the season finale of season 15 of *The Bachelor* with Brad Womack tonight, **Monday, March 14 at 8 PM/7 PM Central!** And visit us tomorrow for our very last *Bachelor* recap! See you then!

Cupid Exclusive: 'Bachelor Pad' Couple Tenley Molzahn and Kiptyn Locke Talk Love

and Dating



By Erika Hymowitz Vujnovich

America fell in love with Tenley Molzahn and Kiptyn Locke when they each competed on *The Bachelor* (season 14) and *The Bachelorette* (Season 5). Their mission? To find a love of their own. However, it wasn't meant to be at the time, and both ended up runner-ups on their respective seasons, forced to jump back into the dating pool.

Fast forward to last August as they took another chance at love on *The Bachelor* spin-off, *Bachelor Pad*, where 19 unforgettable contestants from past seasons lived together under one roof to compete for a grand prize of \$250,000.

Despite losing the competition, Tenley and Kiptyn embraced their stint on the show and literally danced their way to the final four, finding themselves moving in a "Locke" step towards a true relationship – with each other.

Even before their appearance on *Bachelor Pad*, the two developed a solid friendship based on their tremendous respect for one another. They were there for each other during their days of public heartbreak, and that support set the stage for what ultimately came to be.

Cupid's Pulse had the wonderful opportunity of exclusively interviewing Tenley and Kiptyn, and asked them a handful of questions based on their dating experience on and off the show. The key lessons they learned in their quest to find love are here for Cupid's Pulse readers to embrace and take to heart:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Tenley: Being on *The Bachelor* really helped me regain confidence and trust in dating. I put myself in a very unique position dating a man that was dating several other women; I really had to let go and not think so much and just enjoy my time with him. Because of that, I really do believe that I'm different now in my relationship.

Kiptyn: Big picture – it really didn't change much. The one thing the ol' super speed-dating factor of *The Bachelor* did do was teach me to reflect, process and communicate things sooner.

2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?

Tenley: Well, I came out of *Bachelor Pad* with my special someone, so it's changed in the best way! I have someone in my life that I may have not met had I not been through the experience of the show. I also love that we have both been through very similar experiences. I think that is something that the two of us share that would be hard for anyone else dating either of us to understand.

Kiptyn: Since *Bachelor Pad* I've only dated one woman, Tenley. We went from being friends to romantic, to now a strong combination of the two, and it's all good. It's been an adventure and we've grown together a lot.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can

be found on reality TV?

Tenley: I believe it's possible. But my own relationship with Kiptyn was built on a friendship at first. Our relationship began because we were put in a setting where our chemistry couldn't be denied anymore, but I know that our friendship away from cameras gave us a great foundation.

Kiptyn: Answering honestly, I do think you can find love on TV, but it helps a ton to have a real world foundation in place first.

4. What piece of dating advice can you give to our single visitors?

Tenley: Be yourself when dating. Never try to mold yourself into someone else just for the person you're dating. I always think of *Runaway Bride* – know who you are; you want to be with someone who has fallen for you, because you are who you are!

Kiptyn: There's nothing wrong with being single and there's no rush to get into a relationship. When you look for someone, don't look for who is good "on paper"; look for who makes you feel the best – it's about compatibility.

There certainly is no rush. Take the time to understand yourself and what you're ultimately looking for in a relationship. There's nothing better to base a relationship on than friendship, and that friend of yours, who you never thought of in that special way, might be the one. Just like Tenley and Kiptyn, you may find love when you least expect it!

Visit us tomorrow for a preview of the season finale of ABC's The Bachelor!

Cupid Exclusive: Former 'Bachelor Pad' Exes Elizabeth Kitt and Jesse Kovacs Offer Advice on Dating and Love



By Kari Arneson

Elizabeth Kitt and Jesse Kovacs are no strangers to finding love on reality television, as they both competed on *The Bachelor* and *The Bachelorette* series respectively – Elizabeth on season 14 with Jake Pavelka and Jesse on season 5 with Jillian Harris. The two seemed to find love as they cozied up with one another during last summer's reality hit spin-off series *Bachelor Pad*, but like the majority of *The Bachelor* franchise unions, their relationship didn't last after the cameras stopped rolling.

Oftentimes, lack of communication in a relationship can lead partners down two totally different paths: Kovacs wanted something more casual while Kitt wanted to fall in love. Nevertheless, the couple's strong bond and competitive spirit led them into the final six, just a few steps away from winning the big pot of cash.

With another season of *Bachelor Pad* coming this summer, we asked Elizabeth and Jesse for their insight on dating, relationships and finding love on reality TV:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Elizabeth: I think watching myself on the *The Bachelor* and *The Bachelor Pad* really helped point out some areas I can improve upon in terms of my approach to dating. With Jake I could tell I was very guarded, and unable to open myself up to finding love with him. On the *Bachelor Pad*, I was too open with falling for Jesse Kovacs. I knew he didn't have the same feelings for me, but I chose to ignore that and I hoped it would change. I think the more I pushed for it, it pushed him away. (Had the roles been reversed, it would have pushed me away as well!)

Jesse: Yes, being on a reality dating show did change my perceptions and expectations about dating. You have to make the most of your time. If you're not feeling it, then call it like it is and shut it down. But if you like the person and see some potential, you have to let them know so it's not a waste of time for both parties.

2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?

Elizabeth: I think my dating experiences are a little different since the shows. I am definitely stronger in who I am, and what I'm looking for in a relationship. I keep my heart open, but I'm a little more cautious about who I give it away to. There is a balance. It's a bit more challenging as well, since I don't typically like to date guys who recognize me from the show. I can see why real celebrities have trouble dating. The fame aspect can be tricky.

Jesse: It's been strange. I found someone now that had no

clue I was ever on these shows, but before that I was going out with girls who already knew me and had their opinions.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Elizabeth: I think love can find us anywhere. A lot of people are skeptical about the *Bachelor* process, but I'm a believer. Does being on the show ultimately mean you're going to fall for the Bachelor? No. I didn't fall for Jake. But I think it CAN happen if it's meant to be. There are some relationships that have formed after the fact at our *Bachelor* reunion parties too, so you just never know. You have to have an open mind, and you can't be afraid to take a chance.

Jesse: Absolutely. There is no difference from meeting someone randomly at a Christmas party that you're not invited to, or on a TV show. Both are weird situations, but it could happen.

4. What piece of dating advice can you give to our single visitors?

Elizabeth: Keep an open mind when it comes to finding love. I think we decide at a young age what our life is going to look like, and sometimes it doesn't always turn out the way we thought. But if we keep an open mind and an open heart, it can turn out to be even better than we ever dreamed! Be optimistic. Learn from past relationships. Don't be in a rush. And most importantly, loves finds us, we don't find it. In the meantime, enjoy your single life!! Every day should be a new adventure, whether you're alone or with someone. Life is precious, and life is short...so live it up!!

Jesse: Stop having dating rules. "I only do this," or "I only date this kind of guy," is a bad way to start. Having an open mind and taking the pressure off finding the perfect guy on paper will allow some you to meet some really great people.

Stay tuned tomorrow as we hear from Bachelor Pad power couple, Tenley Molzahn and Kiptyn Locke.

For more information on *The Bachelor*, *The Bachelorette* and *Bachelor Pad*, visit ABC.com.

Former ‘Bachelor’ and ‘Bachelorettes’ Pick Chantal O’Brien Over Emily Maynard For Brad Womack



Cupid Exclusive!

With *The Bachelor* final rose ceremony less than a week away, single women are placing their bets on who they think ABC's two-time *Bachelor*, Brad Womack, will give that final rose to on March 14.

It's down to this season's two fan favorites: soft-spoken southern mother Emily Maynard and sassy, slaphappy divorcee

Chantal O'Brien. Based on Womack's infamous dumping of both DeAnna Papas and Jenni Croft in season 11, many fans wonder if he'll leave his final two picks heartbroken as well.

While everyone has an opinion, nobody can be sure what will happen. Even *Bachelor* reality TV spoiler sites like Reality Steve have reported different endings before next week's season finale. That's why Cupid's Pulse took this question to the experts: six rose-loving revelers from past seasons – David Good, Natalie Getz, Tenley Molzahn, Kiptyn Locke, Jesse Kovacs and Elizabeth Kitt.

After all, who better to ask than former *Bachelor* and *Bachelorette* contestants who appeared not once, but twice (just like Womack) on the *Bachelor* franchise? Each of them competed last summer for a chance to win \$250,000 on ABC's *Bachelor* spin-off show, *Bachelor Pad* – which Chris Harrison officially announced will return this year for a second season during last night's The Women Tell All episode.

The verdict: None of the former reality stars chose fan favorite Emily Maynard, who **83 percent*** of Cupid's Pulse readers picked as their favorite for Brad in this week's poll.

Here's who the former contestants chose and what they had to say about it:

1. Elizabeth Kitt (*The Bachelor*, season 14): Brad should choose Chantal O'Brien. They really seem to have a connection. Chantal seems really down to earth and open to falling in love. It looks like he feels natural and comfortable with her.

2. David Good (*The Bachelorette*, season 5): Chantal O'Brien has a great family and a beautiful mother. Her father seemed legit like someone I could hang out with and that's huge, so I go with her.

As we saw in the hometown episode, Brad met Chantal's dad,

Mike, and the two bonded over past issues with their own father's and the fact that they're both self-made men. Compatibility with your partner's family is a strong sign that your relationship has staying power. Given that Emily's daughter took a while to warm up to Brad, Chantal scores higher in this category.

However, Cupid believes the most important aspect in a relationship is the compatibility that you have with one another, which is what Kiptyn Locke and Tenley Molzahn found at the end of *Bachelor Pad*. In fact, they both agreed with Elizabeth and David and said Chantal would be a good pick for Brad.

3. Kiptyn Locke (*The Bachelorette*, season 5): Who Brad will choose is on him; it's all about compatibility. Judging by what I've seen on TV, I'm liking Chantal O'Brien for him.

4. Tenley Molzahn (*The Bachelor*, season 14): I adore Emily, like everyone. But I don't see Brad and Emily together. I see him with a more bold personality like Chantal O'Brien.

Tenley also mentioned that Shawntel N. could have been a possible choice.

5. The next person to pick Chantal was **Jesse Kovacs** (*The Bachelorette*, season 5), but Chantal wasn't Jesse's only pick; he also favored Michelle Money. "I seem to like the ones who are a little tilted. I just think that would be some entertaining TV," he said. This was definitely true while Michelle's reign on the show lasted, but Brad sent Ms. Money packing before hometown dates.

6. Only one person didn't mention Chantal at all: **Natalie Getz** (*The Bachelor*, season 13). She thought Shawntel N. would have been the right choice because she is so "sweet and simple." Unfortunately, Shawntel's hometown tour of her family's funeral parlor wasn't the type of romantic introduction Brad had in mind when he committed to meeting her family.

What's more interesting than who they chose is who they *didn't* – early front runner Emily! Elizabeth summed this up by saying, “Emily is beautiful and sweet, but she seems very guarded, and I think that scares Brad.”

While Cupid has made it no secret that we are also “Team Emily,” we tend to agree with the others – Chantal is Brad's best pick. From what we've seen on the show, it seems like Brad is never going to be himself with Emily – how can you be comfortable with someone who constantly makes you sweat and stutter?

However, during last night's Women Tell All episode, Michelle said that after watching this season, she thinks that Brad needs someone like Emily. “She's soft,” she said. “She's not me.”

So – is Michelle on the “Money” with this one? Did Brad propose to southern belle Emily in South Africa or did he choose sassy and confident Chantal? Be sure to watch ABC on **Monday, March 14 at 8PM/7PM Central Time** for season 15's finale of *The Bachelor* to find out!

Visit us daily for more in-depth interviews with these six former contestants as they dish about dating, relationships and love after reality TV! We'll have something Bachelor-related every day until the final rose ceremony!

*Percentage as of post publication on March 8, 2011**