

Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship



Interview by [Lori Bizzoco](#). Written by [Lauren Burczyk](#).

Mark Walberg (not to be confused with Mark Wahlberg) is an American actor, television personality and talk show host known for his time on Antiques Roadshow, Russian Roulette, The Moment of Truth, and both the original (Fox Network: 2001) and most recently rebooted (USA Network: 2019), Temptation Island. Walberg's role on Temptation Island is divided between being the host of the show and a relationship expert of sorts who guides confused couples through all types of relationship

struggles – stagnant relationships, trust issues, and ultimatums. In our exclusive [celebrity interview](#), Walberg offers our visitors valuable [dating advice](#) on how to make a relationship stand the test of time!

Celebrity Interview with Mark Walberg: Temptation Island – Dating Advice, and His Secret to a Long, Healthy Marriage.

Many of us remember Temptation Island from when it first aired on Fox in 2001. Controversial from the start, the show followed four couples who were struggling in their relationships and couldn't decide whether to stick together or call it quits. The premise of the show was to separate these couples on a beautiful island, and surround them by members of the opposite sex for a few weeks.

The first season of the show delivered solid ratings, but the next two seasons did not and unfortunately, Temptation Island was cancelled. Fast forward to 2019 and the current state of digital dating and instant gratification, and Temptation Island is back again, newly rebooted with Walberg as the host for a fourth season. "It feels great to do it [host Temptation Island] again," says the reality tv star and husband of 31 years. "I really had no hesitations. I was pretty sure the show would be relevant today and new audiences would enjoy it!" Walberg couldn't be more right, as Temptation Island was just renewed for a second season.

However, a lot has changed in the world since the show went off the air in 2003 and Walberg's personal life is no exception. "It's the same in that I was married then and married still so my perspective hasn't changed," he explains. "However, I'm more in the 'dad zone' now and I have some years

of experience to add.”



Mark Walberg and wife Robbi Morgan. Photo: Instagram/@markwalberg

Despite the potential for a more accepting audience, there are many skeptics of the show and its theme. Some feel that the four couples are willingly putting their relationships in danger by opening their hearts to temptation and dating other people. That being said, it's not out of the question for an experience like this to strengthen a couple's bond. Walberg elaborates, saying, "I wouldn't advise this experience for couples. It's extreme. And it's TV. That said, I am certain that these couples will find the truth about how they feel about one another through this experience. And that knowledge will either make them stronger as a couple or stronger as an individual."

Related Link: [Celebrity Interview: Ashley Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips](#)

The current couples on the 2019 reboot of Temptation Island are Karl Collins and Nicole Tutewohl from Chicago, IL, Evan Smith and Kaci Campbell from Los Angeles, CA, Javen Butler and Shari Ligons from San Francisco, CA, and John Thurmond and Kady Krambeer from Forth Worth, TX.

Mark gave us insight on a few of the couples on the show:

When it comes down to commitment, Evan and Kaci are at odds after being together for several years. "There's no rhyme or reason to why people fall for one another," says Walberg. "I call it the lightning strike. But, ultimatums for marriage are never the way to enter into that commitment."

Contestants John and Kady had their own issues coming into the show, not knowing if they were right for one another. On the show, Kady is tempted by a single man in the house who makes her feel desired and more like herself, Dr. Johnny Alexander. Are they a better couple than John and Kady? "I can't say who's a "better couple," says Walberg. "What matters is that each of them find partners that respect and love them. If that's not there, it's not going to work. If Kady feels safer and more supported with Dr. Johnny, then that's her path. It's actually better for everyone in the end."

Speaking of temptation, contestants Shari and Javen have been together since high school, but Shari has many insecurities because Javen cheated on her while he was in college. You'd think going on a show all about temptation might worsen those insecurities, but Walberg has a different perspective. "Maybe her insecurities will go away altogether," he says. "That's a couple to keep watching..."

Well, as Walberg says, we'll have to keep watching to see what will happen with each couple. "My hope is that they leave the island with the answers they're looking for in the end," he says. "Although, I warned them that their questions will change, there was a lot of personal growth among the cast."

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The reality is, not everyone has the opportunity to go on a television show like Temptation Island. So, what can everyday couples do to keep their relationships on track? Walberg, whose long, healthy relationship with his wife makes him the perfect host for Temptation Island, thinks the answer is, "Communicate, compromise, forgive. That's it. Oh...and love one another!" And, there's no one secret for a happy marriage, he says. "I could try to give advice all day, but really it comes down to one thing... my wife and I love each other! That's it!" And, resisting temptation is key as well, of course. "Social media has made it so tempting," Walberg says. "Temptation is at your fingertips. Like advertising! I don't know how to change that except to always remind yourself not to let 'better' be the evil of 'good.' Nothing's perfect, but if you love one another, you can work it out."

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

Celebrity Interview: Ashley Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips



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

Known for her tears on season 19 of *The Bachelor*, seasons two and three of *Bachelor In Paradise*, and season one of *Bachelor Winter Games*, Ashley Iaconetti never gave up hope for her happy ending. Jared Haibon was known for being on season 11 of *The Bachelorette*, and seasons two and three of *Bachelor in Paradise*. The two originally met on season two of *Bachelor in Paradise* back in 2015, and three years later are happily engaged.

In our exclusive [celebrity interview](#), we chat with Iaconetti and Haibon about their relationship, their partnership with NET10 Wireless, and what their future holds for their [celebrity wedding](#), kids, and careers.

Celebrity Interview with Ashley Iaconetti & Jared Haibon: Wedding Plans, NET10 Wireless, and Dating Advice

Iaconetti, star of the *Ben and Ashley I Almost Famous* podcast, is known for wearing her emotions on her sleeve; it's one of the many traits that makes her so lovable! When asked about her ability to share emotions so easily, Iaconetti confesses, "I have so much confidence that I don't care about being vulnerable and tearful. I embrace it." That confidence is what motivated her to pursue Haibon relentlessly. "The connection between us was super special, and I didn't think it was worth giving up on." Iaconetti says of Haibon's original rejection, "There were times I thought we were just going to be friends, but we had such a strong friendship that the relationship just came naturally."

Haibon, who was hesitant about pursuing a relationship with Iaconetti at first, shares that the couple were just friends after their brief stint in paradise; they didn't actually start dating until 2018. "I think that's the one thing that is misunderstood about Ashley and I," Haibon says. "We never dated before this year. People say to us that they are happy we got back together, but there was no getting back together. We were never together until now." When asked how he came to realize that he wanted a relationship with Iaconetti, Haibon says, "There was a reason why Ashley and I were best friends. We had this wonderful friendship that I was so unwilling to let go of." When asked, "Why now?" Haibon admits that when you lose something it sometimes makes you realize that you can't live without somebody, referring of course to Iaconetti's relationship with Kevin Wendt, her ex-boyfriend from *Bachelor Winter Games*.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

Before the two lovebirds dated, they kept in touch with the help of technology. "When Ashley and I were just friends, we kept the communication open. I know that I used a lot of data during this time," he laughs. It's a good thing, because Iaconetti was in L.A. and Haibon was in Rhode Island. Haibon reflects on the beginning of their relationship saying, "We talked almost every day and that was only because we have these phones at our disposal." That's why the [celebrity couple](#) partnered with NET10 Wireless this season to make digital-age dating easier in the hopes everyone will find love likes theirs. Iaconetti explains, "[NET10 Wireless is] now giving customers, for a limited time, double data and the unlimited plan is starting at \$35, which is great, especially if you're in a budding relationship that needs the help of face time or texting." Haibon adds, "The promotional deal is only running until the end of the year, so you have until December 31st."

Speaking of Rhode Island, we couldn't end the conversation without talking about this pair's upcoming wedding plans. "I got lucky when Ashley and I got engaged," Haibon notes. "[Ashley] didn't really have any sentimental feelings to anywhere in the world that she wanted to get married." So, it was an easy decision that the couple will be tying the knot in the state where Haibon grew up. "I'm from there, my family and friends are there, so we were able to go wedding venue shopping a couple of months ago." The couple confirmed that they found a venue. "I think it's safe to say that it will be in Newport," Ashley slips while Haibon says, "Or Westerly," trying not to give too much away.

Many fans from *Bachelor* Nation are curious to know whether the wedding will be televised, but the couple says it is highly unlikely. "We may share it with *Bachelor* Nation in our own way and our own control, but right now we aren't televising it."

Related Link: [Celebrity Interview: Reality TV Star Becca Tilley on 'The Bachelor' Finale: "Well, I Read the Spoilers!"](#)

Speaking of *Bachelor* Nation, we had to know if longtime fans Ashton Kutcher and Mila Kunis would be coming to the wedding. Haibon and Iaconetti previously met Kutcher and Kunis at a Dodgers Charity event this past summer, and Iaconetti said, "They are going to be invited," while Haibon chimed in, "Whether they come or not is out of our hands."

The pair is eager for their future together. We played a little game with them, asking how many kids they each want. They both answered simultaneously, "Two or three." It seems like we'll have another *Bachelor* family in our midst! The *Bachelor in Paradise* alumni also discussed how they're quite content in L.A. right now and will continue living there for their foreseeable future.

Jared and Ashley have such a great love story, and it is filled with hope for other singles. "There are a lot of guys out there like myself who have insecurities and doubts, and are afraid of commitment, but also afraid of disappointing the person they are with," Haibon says. "I think Ashley does give a lot of hope to women, but personally I think our story as a couple gives a lot of hope to not only women but men as well."

You can keep up with [Ashley Iaconetti](#) and [Jared Haibon](#) by following them on Instagram. You can also check out the [Ben and Ashley I Almost Famous](#) and [Help! I Suck At Dating](#) podcasts.

Celebrity Interview: Actress Haylie Duff Talks Thanksgiving Meals and Marriage



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

Between being a mom, an actress, and a blogger, Haylie Duff has her hands full. With the holidays fast approaching, she needs to find recipes and meals that are quick and delicious for her family.

In our exclusive [celebrity interview](#), we chat with Duff about her favorite Thanksgiving memories, while she gives us some

great advice for preparing easy meals during this time of the year.

Celebrity Interview with Haylie Duff: Thanksgiving Dinner Advice, Family Traditions, and Life with Two Kids

Duff loves spending Thanksgiving with her family, and when asked about her favorite memory, she didn't hesitate to share. "One [memory] that really comes to mind is we were thawing our big turkey, for the big day, out on our front porch when we lived in the hill country," she said. "Somehow our neighbor's two dogs got a hold of it while it was thawing out in the hot air of the South." Duff says that the disappearing turkey was a great mystery for her and her family that year. She recounts that she didn't really even care about the turkey; she was just happy to celebrate with loved ones.

While talking about Thanksgiving dishes, the mom of two tells us that she would rather do all of the prep work before the big holiday meal, so that she can spend more time with her family. That's part of the reason the actress partnered with Libby's during this busy time of year. "I really love using Libby's canned vegetables because they're pre-sliced and they're pre-chopped," she admits. Not to mention, "They are also celebrating their 6th annual getbacktothetable.com/cansgiving sweepstakes and I'm all about giving back and thinking about the things I'm thankful for," she said.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

After being the only one in her family who lacked cooking skills, Duff decided to start *The Real Girls Kitchen* blog. “It was time for me to learn how to cook for myself,” the blogger said. “I started posting things online that I did well on and that I made mistakes on.” She loved that her readers were learning along with her and that sometimes the mistakes turned out to be good surprises. She shares with us that her go-to side dish is baked sliced carrots and beets with maple syrup and seasonings, bringing a colorful, tasty addition to the table.

Related Link: [Celebrity Interview: ‘Fuller House’ Actress Lori Loughlin Talks About the Holidays & Her ‘Tight Knit Family’](#)

Before wrapping our celebrity interview, we had to know if marriage to Matt Rosenberg, Duff’s fiancé and father of her children, is expected in the future. “We talk about it all the time, but show me a free weekend,” she laughs. Being a mom of two kids along with a job, a clothing line, and a blog can make it very difficult for this [celebrity couple](#) to find time to settle down.

You can keep up with Haylie Duff by following her blog, [The Real Girls Kitchen](#), or The Real Girls Kitchen [Instagram](#) page. You can also follow Haylie’s personal [Instagram](#).

Celebrity Interview: TV Heartthrob Sterling Sulieman on New ABC Drama ‘Station 19’



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

One of the hottest actors on television right now is heartthrob Sterling Sulieman. Sulieman is one of the cast members of the new drama, *Station 19*, where he plays Grant. A spin-off of *Grey's Anatomy* and produced by no other than the brilliant Shonda Rhimes, the series centers around firefighters who put their lives and hearts on the line for others. And of course, Sulieman's character Grant is a firefighter.

In our exclusive [celebrity interview](#), we talk to Sulieman about his current role on *Station 19* and the path he took to get where he is today.

Celebrity Interview with Sterling

Suliman: Acting as a Career

When asked if he knew anything about firefighters, Suliman acknowledged that he didn't know too much or have any friends who fought fires when he was growing up. In fact, he says that stepping into this role helped him understand their day-to-day life much better. "It's so interesting, but most of us don't realize the ins and outs of what they [firefighters] do," the actor says. "They do so much more than we know and they risk their lives." He says that this role has been a very eye-opening experience for him.

While talking about his career, the 34-year-old explains that there are many ways an actor can connect to their character. He said when you're preparing for a part, you always look for similarities between you and the person you are playing. "It really makes you examine yourself," Suliman told us. "I do share some of the same qualities as Grant."

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However, *Station 19* was not Suliman's first encounter with the inspirational Shondaland TV production company. He also starred in their television series, *Still Star-Crossed* as the power-hungry Prince Escalus. When Cupid's Pulse asked Suliman what he's learned from working with the Rhimes productions he said, "I've learned a lot from exploring the characters they've given me because they are so three-dimensional," he confessed. "I really have to figure out where they are coming from, and what they do, and it makes me think about my life." After getting offered the role in *Station 19*, the *Still Star-Crossed* alum jumped at the opportunity to work with the renowned producer again.

Many people find their passion by experimenting with different hobbies and interests or they explore what they like and

eliminate aspects that aren't as fun or interesting. Sulieman chose acting after trying many different interests. He said that he's had a love for theater and performing arts since the age of seven. "I knew that I wanted to act at a very young age," the Oahu native explained. "I played sports and took art classes, but it eventually came back to acting."

Related Link: [Celebrity Interview: Dance Mom's Teen Star Ava Cota](#)

Sulieman has faced his share of challenges while being an actor. There is always the possibility of rejection or not being successful, but he says that hasn't stopped him from doing what he loves. His advice for people who are starting out in this career is to stay focused on why you love what you do. "Create opportunities for yourself, and it will fall into place," he says.

Before finishing our interview with Sulieman, we had to ask him about his dating life and whether or not he would date another actor. He shared, that he was "single as can be" and dating another actor was very complicated, but admitted, "You never know." Sulieman also explains that dating a non-actor presents difficulties too since non-actors have a hard time watching their significant other kissing someone else on the screen. Well, whatever the future holds in love or career, one thing is for sure, Sulieman is following his passion!

You can catch Sterling Sulieman in Station 19 or by following him on [Twitter](#)!

Celebrity Interview: Dance Mom's Teen Star Ava Cota



Interview by [Lori Bizzoco](#). Written by Gillian Lee

Who *hasn't* heard of *Dance Moms*? Virtually nobody. So you've most likely seen dancing legend Ava Cota, but did you know just how much this young starlet has accomplished? At just 16 years old, Cota is not only a professional dancer and reality star, but she recently added model and media influencer to her repertoire, with the goal of spreading positivity. Cota started dancing at a young age and was trained at a studio founded by her mother. She says that this inspired her to become the dancer she is today. Realizing she had a passion for dance, Cota wanted to dance professionally and has certainly succeeded in her dream. In our [celebrity interview](#),

we talk to Cota about her dancing life and what she dreams of next.

Celebrity Interview with Ava Cota: Spreading Positivity

While discussing competitive dancing, Cota explains that dance competitions aren't about who wins or comes in first. She says it is about being on stage and performing. "It's easy to get caught up in the competition aspect of it," Cota tells us but cautions that a little bit of rejection is not a bad thing. Cota says that she loves all forms of dance but if she had to choose a favorite, it would currently be contemporary.

Dancing wasn't always an easy journey for this six foot tall teenager. "It was a challenge," she explained. "But dancing through constant growth spurts helped me with my balance and coordination." Cota tells us that her growth made her develop extra muscles, giving her awareness and confidence of her body. "Dancing is very different for tall girls, so I had additional learning to do,"

Related Link: [Celebrity Interview: Chloe Lukasiak Talks 'Dance Moms': "I'm Kinda Doing My Own Thing Now"](#)

Dancing has had its advantages, this past fall Cota was in New York City for Fashion Week and had the opportunity to walk the runway, sporting looks from numerous designers. With long legs and a perfect posture, modeling could be a natural calling for this dancer turned model. Cota mentioned during our interview that she recently partnered with a designer to start her own clothing line. "My style has a casual feel, but with the ability to dress it up if you'd like," she said, "It has the vibe of Pretty Little Liars meets New York City."

With a busy schedule, she says that there is no time to be a normal teenager! Cupid's Pulse asked Cota how she finds ways

to relax with her friends and feel normal while juggling all of the demands of fame. She said, "I was never that kid that wanted the normal." She's never had a normal life and, at the moment, she isn't really looking to create one. When asked about the all-important love life teenagers typically chase, Cota said she doesn't have time for boyfriends. We can understand why!

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says, "I'm All Dance Before Romance"](#)

At only 16 years old, Cota has developed a network and presence of influence and she is passionate about using her platform to spread positivity. Her motto is, "Self love creates self happiness," and she shares this with those around her. This is such a powerful statement in a world built around technology; growing up with social media can be hard on those who don't have self confidence. But Cota is trying to break through that tough barrier and spread messages on body positivity and self happiness. The world needs more uplifting spirits like Cota.

Before we wrapped our interview, we had to ask Cota about her future goals. For someone so young, she has accomplished so much already. But the one thing she remains constant about is this: "I want to use my platform as an influencer to share my message and spread positivity."

You can keep up with Ava and her journey by following her Instagram @ava.michelle and her Twitter @avamichelle2002. Keep up with her daily life by following her on Snapchat at @avamichelle_02.

Celebrity Interview: Entrepreneur and Football Wife Candice Romo



Interview by [Lori Bizzoco](#). Written by [Haley Lerner](#).

Candice Romo is an entrepreneur, a mother of three, and a football wife. She grew up in Dallas, Texas with her mother, father and actor brother Chace Crawford. Candice won the title of Miss Missouri USA in 2008 and made the Top 10 for Miss USA 2008. She attended the University of Missouri and graduated with a degree in journalism and a minor in business. During college, Candice worked as a sports anchor and spent her summers interning for the Dallas Cowboys, which is how she met her husband, quarterback Tony Romo. Tony proposed on her 24th

birthday and the two were married in May 2011. Now, the couple has three young boys Hawkins, Rivers and Jones. In our exclusive [celebrity interview](#), we talk to Candice about her family life and she fills us in on what it's like to take a [celebrity vacation](#).

Celebrity interview with Candice Romo

In April 2017, Tony retired from the NFL after 14 seasons with the Dallas Cowboys and now has a broadcasting career working for CBS Sports for the NFL telecasts. Since his retirement, Candice said that she gets to enjoy more time with her hubby at home. When asked how she balances everything, Candice says, "It takes a village," mentioning that her parents live close by and they are active with the Romo children. "Now that Tony is not playing football anymore, he's home a lot. He's been really helpful and I surround myself with other mom friends and we can all help each other out with carpooling and things," she adds.

Related Link: [Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa](#)

Candice opens up that Tony no longer being in the NFL has made her life much less stressful. "Being in the NFL is kind of like being on a reality show every week. You're living and dying by these wins and losses, and then of course injuries come into play and you're stressed every game," Candice says. There was always the worry, Candice explains, that Tony would get hurt during a game and how that injury would affect his life at home. "When he was done playing [football]," Candice admits, "there was this underlying weight that I didn't even know was there that was totally lifted. Of course, we will miss being a part of the NFL family." Being a part of something larger is "so meaningful and special and we're

always going to miss those times.” However, the Romo couple seems to appreciate their new lifestyle. “Tony is an analyst and is enjoying his new job. I can watch football now like a fan and be entertained and not feel like the whole time I’m stressed out.”

Related Link: [Executive Director Dr. John Sessa Opens Up About Creating a Better World for Dogs Through The Vanderpump Dog Foundation & Rescue Center](#)

When asked what her family's favorite way to vacation is, Candice says that she and Tony love traveling in large groups and bringing their extended family along. As expected, it's challenging to find somewhere for the whole family to enjoy. "We love being able to go to a place like Kalahari Resorts where it's kind of like a cruise ship on land. It's an all-in-one location and for me, that is huge because I'm already packing for five people and I just want to get there and be there and not have to leave." Candice adds that she loves that there are activities for all family members at the Kalahari Resorts. "The kids can do the waterslides while our grandparents do the lazy river and I can go to the spa while Tony goes to the gym. Then we all reconvene back for dinner. Everyone can go do their own thing and then we can all come back together."

You can keep up with Candice and her full life by following her on [Instagram](#) and [Twitter](#)!

Restaurant Review: SUR

Restaurant & Lounge in LA Is a One-of-a-Kind Dining Experience



By Bre Gajewski

In West Hollywood, just a block off of Melrose Avenue lies SUR Restaurant & Lounge, a beautifully designed space with several unique rooms, a charming wait-staff and delicious food.

Restaurant **Review:** [**SUR**](#)
[**Restaurant**](#) is serving up delectable

Southern European cuisine, making you feel like you have traveled abroad without leaving LA.



An elegant dining area at SUR

SUR is owned by two couples: Guillermo Zapata (the original owner) and his wife Natalie alongside Lisa Vanderpump and Ken Todd, whom you may know from hit reality TV show *Real Housewives of Beverly Hills* and *Vanderpump Rules*. In fact, the latter show follows the employees at SUR as they build their futures.



The owners of SUR restaurant: Ken Todd, Lisa Vanderpump, Guillermo Zapata and Nathalie Zapata

Lori Bizzoco, Founder and Executive Editor of Cupid's Pulse, recently had the opportunity to not only meet Guillermo and the staff at SUR, but also to enjoy a meal when she was in Los Angeles last week. "What you see on the show does not depict the politeness and attentiveness of the staff," said Bizzoco. "We were definitely expecting to see some more drama but everyone we met were so sweet."



Lori Bizzoco, Guillermo Zapata and Tonia DeCosimo at SUR

It turns out that the ambiance at SUR truly stands up to its name: Sexy Unique Restaurant. Each smaller room in this large venue creates an intimate dining setting. Along with its indoor dining, SUR also has a romantic outdoor patio and a chic private-party room. "It was beautifully decorated with fresh flowers everywhere," Bizzoco mused. "It felt like I was in an old mansion or walking through a Victorian maze. There was room after room, each one more elegant than the last."



One of the many dining rooms at SUR

Outside of the ambiance, the food is what makes this restaurant stand out. Bizzoco had the opportunity to try out various items from the SUR menu. She started out with the Chicken Steamed Dumplings and Fried Goat Cheese appetizers, which were both delicious.

Bizzoco also tried the Shrimp Risotto, which she described as “incredible” in addition to the Jumbo Shrimp Fettuccine. “The shrimp melted in your mouth, and the fettuccine was so creamy and smooth,” she said.



Roasted Salmon Dish

That being said, Bizzoco's favorite dish was the Roasted Natural Salmon depicted above. "It was amazing," she said. "Beautifully seared on the outside and so moist on the inside that it melted right in my mouth."

With its beautiful ambiance, seasoned wait-staff, and delicious menu, SUR definitely stands up to its self-description as being on the "cutting-edge of style and cuisine." Dining at SUR (or even just stopping in for drinks) is an experience unlike any other.

Check out their [website](#) for more information and don't forget to follow them on [Facebook](#), [Twitter](#) and [Instagram](#) to fill your timeline with mouth-watering food.

Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa



Interview by [Lori Bizzoco](#). Written by [Carly Horowitz](#)

You may have seen fashion designer Matt Sarafa recently on *The Real Housewives of Beverly Hills* (RHOBH) alongside his godmother, Kyle Richards. However, Sarafa is no newcomer to reality television. He got his start by competing on Lifetime's *Project Runway Threads* and then went on to compete in *Project Runway Junior*. Sarafa is also one of the youngest designers to show at both New York and Paris Fashion Week. In our exclusive [celebrity interview](#), Sarafa opens up about the success of his clothing line, "FAKE" and what he has in store for the future.

Celebrity interview with fashion designer and beauty guru Matt Sarafa

Gaining notoriety on reality TV and then skyrocketing to success with a fashion line is no doubt a major accomplishment for a 20-year-old college student."It has been such a crazy, but amazing journey, and I am so grateful for it," Sarafa said.

Things changed for Sarafa's "FAKE" design line when his beautiful faux fur coats were featured on an episode of *The Real Housewives of Beverly Hills*. The combination of his high-end and ready-to-wear street fashion captured the public's attention so fast that the line sold out immediately. "I was so beyond shocked," said Sarafa. "I would never in a million years have expected the crazy amount of success after *Real Housewives* ... I wasn't expecting anything crazy, but within 24 hours after *The Real Housewives* episode, I had sold enough faux fur to put me through college for all four years." The red coat, which our staff completely loves and Kylie wore on the show, was his biggest seller. If you haven't seen this episode of *RHOBH* or don't get BravoTV, you could always go over to [BuyTVInternetPhone](#) and see if they have some cable television options that may work within your budget.

Related Link: [Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles](#)

For those who missed the episode, the question we really want to know is what inspired Sarafa's ingenious faux fur designs? He explained that he's on the red carpet all the time now that



he's in the limelight, and when he went shopping to find faux fur to wear to those events, he discovered that the options were all "so tacky and so cheap" looking. He thought, "I'm a fashion designer, so why don't I try to solve this problem?" And solve it he did. "I created these furs that look and feel real, and they give you that same super luxurious feeling of

real fur, but without any of the downside," he said. And, for those who think his designs may be a little over-the-top, Sarafa added, "That's just who I am as a person, so that's what I try to translate into my designs."

Over-the-top or not, Sarafa's "FAKE" designs are now worn by a diverse demographic. Prior to when his episode of *RHOBH* aired, the designer's primary customers were much younger, and many of them were his social media fans. Now, the demographic for Sarafa's coats includes people of any age, size, or location. "It's for the bad bitches of the world, who don't care about what other people think, who want to wear exactly what they want to wear, and who really are just true to themselves." As a result, he's excited to expand his line in the future with new colors, new styles, and new designs.



Related Link: [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

Speaking of the future, we got the inside scoop on Sarafa's upcoming plans. In addition to completing classes full-time at UCLA, he's working on a new runway show, which he hopes will be featured at either L.A. or New York Fashion Week next season. "I'm just trying to balance everything," he said. "It's very hectic, but I do my best." When asked how he can possibly do all that he does, he said, "The thing with me is that if I care about something enough, I will do everything in my power to get everything that I need to done. I'm a very hard worker, and I'm great at deciding what needs to get done at what time, so I've been powering through."



So, want to know what it takes to break into the fashion business like Sarafa did? The designer revealed a valuable tip, so listen up. He said, "If you are looking to get into this industry, the first thing you should know is that it's very cut-throat, and it's very difficult ... But, if you have a real genuine passion for fashion, that will get you pretty far." He added, "Just keep going, and don't let anybody tell you that you can't ... You just have to keep going no matter what gets in your way."

You can keep up with Matt and his journey by following him on Instagram [@mattsarafa](https://www.instagram.com/mattsarafa) and check out his makeup videos on [YouTube](https://www.youtube.com/mattsarafa). To purchase Matt's products, visit mattsarafa.com or Kyle Richards' boutique stores, Kyle by Alene Too, in Beverly Hills, New York City, Palm Beach, or Boca Raton!

Executive Director Dr. John

Sessa Opens Up About Creating a Better World for Dogs Through The Vanderpump Dog Foundation & Rescue Center



Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#).

Since its inception in 2016, The Vanderpump Dog Foundation has worked tirelessly on its founding mission to create a better and more humane world for dogs. After learning about the mass abuse of dogs at China's annual Lychee and Dog Meat Festival in Yulin, [celebrity couple](#) and reality TV stars Lisa Vanderpump and husband Ken Todd were inspired to create their organization, along with Executive Director Dr. John Sessa. More recently, the power duo hopes to continue spreading their

message to people worldwide with their new documentary, *The Road to Yulin and Beyond*, which is Dr. Sessa's directorial, writing, and producing debut.

In our exclusive [celebrity interview](#), we talk with Dr. Sessa about the award-winning documentary, how the Foundation has helped stop animal cruelty in Yulin, and how you can help out.

Exclusive Celebrity Interview: The Vanderpump Dog Foundation



Though the Dog Meat Festival in Yulin shows mass animal abuse and cruelty, it is just one “example of the torture that many dogs in Asia face,” Dr. Sessa explains. “The cruelty varies, and the methods of cruelty change as well, but the underlying torture for consumption is the same.” In fact, 30 percent of the Chinese population still consume dog meat, and unfortunately, the percentage is about the same throughout the rest of Asia.

Related Link: [Celebrity Interview with ‘Lucky Dog’ Host Brandon McMillan](#)

The Vanderpump Dog Foundation has played a direct role in saving many of the dogs who fall victim to the cruelty in Yulin. Last year, Dr. Sessa says they surrounded trucks that

were illegally carrying dogs to their slaughter. Since a harrowing 80 percent of the dog meat trade in China comes from stolen pets, the Foundation worked with local police to enact a law that requires origin certificates for every animal that is transported. Because the animals were stolen and no certificates were on hand, the animals were seized and passed into the care of trusty local medical triages. They then tried to reunite them with their owners or find new forever homes. "This is the only way we have found that does not perpetuate the trade," Dr. Sessa explains. "The dog traders are fined, and their inventory is taken away from them."

The Road to Yulin and Beyond documentary gives audiences an accessible look into the harsh realities of Yulin, highlighting the Foundation's travels to China, rescue missions, visits to slaughterhouses, and legislative lobbying. Ultimately, it gives an overarching review of what the Foundation has done to stop the dog meat trade. After its premiere at the L.A. Awareness Film Festival in 2017, the documentary snagged the Audience Choice Award. Dr. Sessa says that they hope to eventually host a showing for U.S. Congress and are discussing avenues of global distribution in order to make the most impact and reach the most people.



The Foundation is also gearing up for their third annual World

Dog Day fundraiser, coming up this June. “The summer date serves as a juxtaposition of the Yulin Dog Meat Festival,” adds John Blizzard, PR and Events Coordinator for the Foundation. “We try to have it during the same time period so we can show the world what a ‘real’ dog festival looks like.”

Locally, The Vanderpump Dog Foundation recently launched The Vanderpump Dog Rescue Center and hopes their mission will continue to make an impact in many dogs’ lives in California and beyond. In the first year of operation, the center adopted out nearly 500 dogs, and they’re hoping to increase this number in 2018.

Related Link: [Dating Advice: Picking Out a Pet Together](#)

Though The Vanderpump Dog Foundation has taken huge steps in creating a better world for dogs, they know their reach will have an even greater impact when people enact change on local levels. If others want to start their own fundraiser with friends and family, they can visit [The Vanderpump Dogs Classy Fundraising Page](#), where they can set up individual campaigns. They can also follow the Foundation on social media – @VanderpumpDogs on [Twitter](#) and [Instagram](#) – for the latest updates and ways to help take action.

No matter where in the world The Vanderpump Dog Foundation may be – whether in China, Los Angeles, or Washington D.C. – Dr. Sessa knows one thing to be true: “We will always continue our four spheres of advocacy: grassroots, education, awareness, and legislation.”

For more information about The Vanderpump Dog Foundation, check out their [website](#).

Celebrity Interview: Reality TV Producer SallyAnn Salsano Opens Up About New Show 'Hear Me, Love Me, See Me'



Interview by [Lori Bizzoco](#). Written by [Jessica Gomez](#).

If you're a fan of [reality TV](#), then you are probably a fan of [SallyAnn Salsano](#), the television producer behind popular series like *Jersey Shore*, *Party Down South*, and *Martha & Snoop's Potluck Dinner Party*. Lucky for you, we have the behind-the-scenes scoop on her latest show *Hear Me, Love Me, See Me*, straight from Salsano herself! In our exclusive [celebrity interview](#), Salsano opens up about the new TLC series, which premiered Saturday, March 3rd, and also reveals

why she believes [The Bachelor](#) franchise has such staying power.

Celebrity Interview with Reality TV Producer SallyAnn Salsano

The 495 Productions executive tells us that she loves the concept of *Hear Me, Love Me, See Me*, a unique dating show where women who are looking for love meet three different men and get to know them through live streaming. Think about it: “You date someone for a long time. Then, you meet their friends and family. Then, you learn about their job,” Salsano explains. “It takes so long to get to the bottom of all of that.” The idea behind the new TLC show is that people don’t need to spend months and years getting to know one another before they decide the person isn’t right for them.

Related Link: [Celebrity Interview: ‘Ex Isle’ Executive Producer SallyAnn Salsano Talks Reality TV](#)

On each episode of *Hear Me, Love Me, See Me*, a woman dates three different men *without* meeting them. Each guy wears a camera and shows off their daily life – you see their friends and family, their hobbies, and so much more. It’s interactive because the audience gets to play along as well. By the end of the episode, the woman often picks someone she usually wouldn’t have dated. Salsano says that the show concept received great feedback when she shopped it around to the networks.

With this type of dating process, from the very beginning, the women can see what their relationship will potentially look like. As our founder and executive editor, Lori Bizzoco explains, “Everyone has a checklist and a type – which is what makes this show work in a different way from others. Here, women are forced to look beyond their must-haves and truly

consider the man they're dating."

There are three episodes filmed so far with tentative plans for more, depending on the viewers' response. There is also a possibility to take the show outside of the United States and even reverse the roles with men looking for love. What a twist!

In addition, to *Hear Me, Love Me, See Me*, Salsano is working on *Jersey Shore: Family Vacation*, a reunion show that she first mentioned to us over a year ago. Fans can expect to see exactly what they've been missing: the entertaining dynamic of the cast, finally together again on television. Of course, until the premiere date – Thursday, April 5th on MTV – Salsano couldn't reveal much, but she guarantees it will be fun to watch. It's also "100 percent of what producers were looking for" – which says a lot!

Related Link: ['Martha & Snoop's Potluck Dinner Party' Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible 'Jersey Shore' Revival](#)

As if that's not enough, *Winter Break: Hunter Mountain* premieres on Friday, March 16th on MTV2. It's not a typical relationship show, the television producer explains. "It's like *Jersey Shore* on ice. The dating, the hook-ups, the sex, the make-ups – the drama on this show is ridiculous," she shares in our celebrity interview. "What goes on between that cast – the intermingling – I've never seen that before. It's such a fun, twisted turn of events." Thanks to that introduction, we can't wait to watch!

Salsano first got her start working on *The Bachelor*. With the dramatic finale of season 22, we had to ask for her thoughts on the popularity of the franchise. After so many seasons, she believes that the people on the show have become more normal, more real. "It's candy. Everyone can relate to it," she explains. "Everyone's been that girl; everyone's dated that

guy, and everyone's had their heart broken. It's like a version of Fantasy Football for women."

With a plethora of shows and ideas in her back pocket, we cannot wait to see what Salsano will be working on next!

Don't miss the next third installment of Hear Me, Love Me, See Me on TLC, airing on Saturday, March 17th at 10 p.m. EST.

Celebrity Interview: Reality TV Star Becca Tilley on 'The Bachelor' Finale: "Well, I Read the Spoilers!"





Interview by [Mallory McDonald](#). Written by [Whitney Johnson](#). Social media influencer Becca Tilley has built an impressive fanbase since she first appeared on seasons 19 and 20 of [The Bachelor](#), but she hasn't strayed far from her roots: She's close friends with many former *Bachelor* and *Bachelorette* contestants, including [JoJo Fletcher](#), Ashley Iaconetti, and Dean Unglert. In our exclusive [celebrity interview](#), she opens up about these relationships and says, "Being on *The Bachelor* or *The Bachelorette* is such a unique experience. There's absolutely nothing like it... It can form a bond instantly, whether it's romantically or just a friendship."

Celebrity Interview with Becca Tilley

Related Link: [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

And, of course, she's still a fan of the show. With next week's finale of season 22 of *The Bachelor*, we had to ask about her prediction for Arie Luyendyk Jr.'s final

rose. “Well, I read the spoilers!” she says with a laugh. “I kind of feel like I know what happens, but at the same time, I always think they’re going to throw me for a loop.”

For her latest project, Tilley is partnering with Lime-A-Rita to introduce The Ritas, three legendary women who are sharing their best life hacks, including dating and relationship advice. “Of my friends, I’m always the straight-shooter, tells-it-like-it-is, so it’s nice to have these three women to ask for advice. They give it to me straight, just like I would do for myself!” she shares.

If you go to any of the Lime-A-Rita social media sites and hashtag #RitaSays with a question, they’ll send you an answer. “I want everyone to tag me in their questions so I can see what kind of advice they’re getting from The Ritas,” she adds in our celebrity interview.

Related Link: [Celebrity Wedding: ‘The Bachelor Winter Games’ Couple Clare Crawley and Benoit Beauséjour-Savard Are Engaged](#)

As for what’s next, the reality TV star will continue recording her podcast *Scrubbing In with Becca Tilley* each week and sharing pictures from her swoon-worthy vacations, including an upcoming trip with Fletcher. “There’s just always something fun going on – and it’s all thanks to getting dumped on TV twice,” she says with a laugh. “It’s the silver lining, people!”

You can keep up with Becca on [Instagram](#) and [YouTube](#). You can also listen to her podcast [Scrubbing In with Becca Tilley](#).

Relationship Advice: Keys to Growing a Business When the Marriage is Over



By [Amy Osmond Cook, Ph.D](#)

Hollywood certainly has its share of dramatic endings – relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip*

or Flop, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

Related Link: [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

"I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while," says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

- 1. Be professional:** Part of their success derives from their

ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship?](#)

2. Focus on the ultimate goal: Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

3. Put kids first: Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

4. Don’t sweat the small stuff: When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. “Take time apart in all areas to better understand what you want,” says [Kate Taylor](#). “As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work.”

Christina quickly discovered that not everything is worth fighting about. “When you’re not with that person, you’re not entitled to have those disagreements anymore,” she shares.

“When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it.” When disagreements happen, her rule is: Don’t react, because that is the moment when you need to think more clearly.

Related Link: [Relationship Advice: Six Ways to Keep Work and Life Demands in Balance](#)

5. Keep it fun: Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. “We have a great crew,” says Christina. “We’ve been friends with all of them for a long time. Because of that, it makes everything much easier because it’s such a great workplace.”

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. “Business is what we’ve always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married,” she explains. “We make a great co-parenting team as well. There is nothing I would have done differently.”

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Celebrity Interview: ‘RHONJ’ Star Teresa Giudice Opens Up About New Book, ‘Standing

Strong'



Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#).
In our exclusive [celebrity interview](#), [Teresa Giudice](#) candidly discusses her new book, her four daughters, and her controversial past. *Standing Strong* is all about finding strength during tough times – something that the *Real Housewives of New Jersey* star knows the importance of from firsthand experience. Ultimately, she hopes to use her celebrity status as a platform to help women struggling with financial infidelity. Her words of advice to the masses? “Stand strong – nothing bad lasts forever,” she shares. “Even though you feel like you’re going through a rough time, you’re gonna get through it.”

As for the future, expect to see more from this bestselling author. “The sky’s the limit, and I’m all about empowering

women,” the [reality TV](#) star says in our celebrity interview. “So, you know, we’ll see what comes my way in the future.”

You can follow Teresa on Instagram at [@teresagiudice](#) and purchase her book on [Amazon](#).

Celebrity Interview: Drew D’Angelo of ‘Real Estate Wars’ Says, “Don’t Ever Settle for Second Best”



By [Rachel Sparks](#)

If you don't already know his name, you will soon: Drew D'Angelo is a coastal real estate agent on The McMonigle Team and one of the stars of Bravo's new reality TV show *Real Estate Wars*. At 21 years old, he joined his stepfather's land development business as an assistant and worked his way up to the top. With 17 years of experience, he is certainly one of the best. In our exclusive [celebrity interview](#), D'Angelo opens up about reality TV, his best [relationship advice](#), and his future goals.

Drew D'Angelo Talks Real Estate & Reality TV in Celebrity Interview

Real Estate Wars includes the biggest real estate moguls in the O.C. Filled with A-listers, celebrity drama, and multi-million dollar houses, it's our next binge-worthy show. Of the experience so far, D'Angelo says, "My life hasn't changed all that much, with the exception of being recognized on the street and in stores when I am with my family." While he's now in the spotlight more than before, his career path is still very much the same. He co-owns several businesses with his family, including his stepfather (and role model), and continues to sell houses.

Bravo's selling point for *Real Estate Wars* – besides the gorgeous coastal homes – is two rival teams. D'Angelo is part of John McMonigle's team, who was the number one real estate agent in the United States before the market crashed. Of course, there's a catch: McMonigle's old partner, Jojo Romero, is on the opposing side. Despite the drama, D'Angelo reveals, "John is a constant gentleman to her. One can hope that, one day, they will be friends again. I do think Jojo will be nice to John when she lets go of her deep-rooted resentments."

D'Angelo, though, thrives off of the competition. He never feels animosity towards any members of either team and considers some of them friends. In fact, he believes that the competition makes him better: "I look at my competition as an opportunity to collaborate and learn what makes them tick because it gives me the upper hand when I'm in negotiations with them."

Related Link: [Relationship Advice: Getting Over a Grudge](#)

Real Estate Wars focuses on extremely high-end homes, so it's no surprise that the reality TV star often works with celebrities. "I try not to get starstruck by anyone, but I definitely am in awe of the wealth these people have and the lives they live. It's really a different world for some of my clients," he shares. "I always try to make sure they know I am as comfortable as they are when doing business with celebrities. They seem to open up more when you are just being yourself and aren't nervous."

Of course, there is that one celebrity that he'd love to meet – and celebrity home that he'd love to sell: Kobe Bryant. Close runner-ups include Richard Branson, Irvine Co. owner Don Bren, and Bill Gates.

Related Link: [Kobe Bryant Relocates to a Resort Post-Split](#)

Reality TV Star Offers Relationship Advice

D'Angelo could never have so much success in his professional life without support from his family. When it comes to relationship advice, he believes the most important part of having a good home life is the partner you choose. "Don't look for someone who fits into your life. Look for someone who adds to you and makes you better in all aspects of your life," he explains in our celebrity interview. "A true partner is a

complement to who you are already – someone who challenges you in a positive way to be more, someone who makes you want to be more in your life, someone who respects your boundaries and has a set of morals and goals that again complement who you are.”

Currently married to his second wife, he adds, “Don’t ever settle for second best. This person, whomever it is, will make you feel your best and be the ying to your yang.”

Related Link: [Dating Advice: How to Go From Single to Married](#)

The father of three children, D’Angelo would love for his kids to follow in his footsteps and join the family business. He says, “It’d be great for them to continue our work, but most importantly, I want them to do what makes their hearts happiest.”

So what’s next for the real estate agent? He hopes to make great strides in the next five years. “I would like to have several million dollars sitting in the bank, a few apartment buildings that we own and manage, and a minimum of five different development deals going on,” he reveals. “Personally, I want to be able to provide more for my children and have plenty of money for any situation.”

As for *Real Estate Wars*, D’Angelo is hopeful that fans will want a second season. “It was such an amazing experience to be a part of something that is so big,” he shares. “I have no regrets.”

You can find out more about Drew D’Angelo on [Bravo.com](#). Follow him on [LinkedIn](#) and [Instagram](#).

Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles



By [Rachel Sparks](#)

With nearly thirty years of experience as a celebrity hair stylist, Michael Canale is best known for creating “The Rachel,” the hair style of [Jennifer Aniston’s](#) character on *Friends*. Seeing between 20 and 40 clients every day, he starts his mornings at 7 a.m. and spends anywhere from 15 to 30 minutes on each client. Adding to his already busy schedule, he has just released an ingenious new hair product line that lengthens the longevity of color and repairs damage

to hair. Of course, Canalé is a lot more than a stylist: He's also a family man to three kids and an avid traveller for work. In our exclusive [celebrity interview](#), he opens up about his new product line, the latest celebrity hair styles, the importance of family, and what's next for his booming career.

Michael Canalé Talks About New Product Line in Celebrity Interview

Related Link: [Beauty Trend: Holographic Hair Colors](#)

Canalé's new line of hair care products "is the first of its kind, focusing on getting hair ready for color and maintaining color between salon visits." The four-step process starts with a gentle shampoo that does not fade color. Following the shampoo, Nourish is a topical vitamin that helps strengthen and heal hair. The third step is the conditioner that "restores luster, softness and shine." The newest addition to his line is Replenish, "an ingestible vitamin with a vegan and all-natural approach that contains patented Targeted Cellular Technology for maximum absorption with critical ingredients that will help you achieve strong, healthy hair."



Photo: Michael Canalé
Product

It's easy to see why we trust the Canané product line as much as we trust the stylist to color and cut our hair. Canané has a strong knowledge base and uses the undertones of someone's skin and eyes in order to choose their best hair color. He suggests that you look at your wrist and note the color of your veins: "If they're blue, you have a cool undertone, and if they're green, you have a golden undertone." He also recommends looking at your eye color: If you have blue-toned eyes, cool-toned highlights will be a natural compliment. For instance, blue-toned eyes with specs are best complimented with baby-blonde highlights.

Making it even easier for hair color novices, he adds, "Another trick is to always use your natural hair color when creating a hair color – that's why I prefer highlights."

Having started the largest hair styling trend in decades with "The Rachel," we had to ask Canané's perspective on must-have celebrity hair styles. In terms of hair color, he believes that ombre and balayage are on their way out. Instead, he suggests his favorite technique and says, "The hottest color trend right now is using paper thin highlights to enhance a client's natural base and adding a finishing touch of a pop around the face to bring out a client's eye color, giving a subtle, glamorous look."

Related Link: [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

When it comes to hair cuts, he encourages his clients to consider their natural texture. "If you do a cut that embraces your natural waves, it'll require less styling with heat and tools," he shares.

Celebrity Hair Stylist Shares

Parenting Advice

Aiding in his success is help from both his wife and manager. “I will tell you, it’s not easy. My wife is very supportive and holds down the fort when I’m out on the road,” he explains. “I also have a great manager who makes sure I don’t miss a beat when it comes to my kids.”

Despite his long days, Canalé always prioritizes time with his family. When it comes to finding your own work-life balance, Canalé says, “My best [parenting advice](#) to your readers is to never let work allow you to miss the most memorable moments and to carve out family time. Creating memories with your loved ones is priceless!”

So what’s next for this celebrity stylist? For starters, he sees himself spending plenty of time in the salon. He began his career working with Leslie Ann Warren and Marsha Mason, and most recently, he’s worked with Carolyn Murphy, the face of Estée Lauder, and Stephanie Hollman from *The Real Housewives of Dallas*. “I want to still be behind the chair, coloring the hair of women all over the world. I work in eight cities as of today and am looking to expand into another,” he explains. “My goal is that the future of my business continues to help women feel beautiful as we create healthy and beautiful hair color.”

Related Link: [Celebrity Interview: RHOD Star Stephanie Hollman Talks, Fame, Family Life, and Spring Style](#)

Additionally, Canalé hopes that one of his children will join the family business someday. “I’ve built a career around brand-specific color techniques and would love to see it continue,” he says. Plus, he promises that “a couple of incredible products will be released in 2018.” So stay tuned!

Canalé saves his best piece of beauty advice for the end of our celebrity interview: “One last thing: Don’t overthink your

color. Your hair is your best accessory – stay colorful!”

You can follow along with Michael Canale on [his website](#) and [Facebook page](#).

Celebrity Interview: ‘Love Blows’ Creators SallyAnn Salsano & Patti Stanger Discuss Reality TV & Modern Dating





Interview by [Lori Bizzoco](#). Written by [Marissa Donovan](#).

Television producer [SallyAnn Salsano](#) and famous matchmaker Patti Stanger have teamed up to create a new [reality TV](#) show on WE tv called *Love Blows*, which follows the drama of a Chicago family's matchmaking business. In our exclusive [celebrity interview](#), Salsano and Stanger chat about their show, previous television projects, and today's dating world.

Read and listen to this celebrity interview from the masterminds behind the matchmaking reality TV show *Love Blows*!

<http://cupidspulse.com/wp-content/uploads/2017/08/Sally-Ann-Salsano-and-Patti-Stanger-Interview-for-Love-Blows.mp3>

SallyAnn, we last spoke about *Martha and Snoop's Potluck Dinner*, so I have to start off with saying congratulations because that's a tremendous success and your first Emmy

nomination! How does that make you feel?

Salsano: I'm super proud of that. They are such power houses, superstars, and household names worldwide. Working with them – there's almost nothing they won't do. They are super dedicated 24/7 and on set with you morning, noon, and night. And creatively, it's really fun. We really had a great time.

Related Link: ['Martha & Snoop's Potluck Dinner Party' Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible 'Jersey Shore' Revival](#)

You've said that there are a lot of commonalties between them, even though people may view them as so different. Do you think that played a role in the show's success?

Salsano: There's all this hullabaloo now in our world about different people and people being against each other. If the country was more like this show, we'd be in a better place. If you like someone, nothing brings you together more than a good meal and good conversation. Just get together and have a good time! It doesn't matter where you're from, where you're raised, or what you're like. At the end of the day, we all like to eat, laugh, and have fun. That's basically what this show's about.

Absolutely – great point. Patti, last month, you were on *Hollywood Medium* with Tyler Henry, and you shared that your adoptive mother was really good at giving you advice. What was that experience like?

Stanger: It's not so much what he says and how he says it. It's more like, when you're in the room, there's a strong energy. You *feel* the presence of your loved one. He's a guy that brings in the energy of your loved ones, and you feel loved. My mom died a really horrible death of lung cancer, and at the end, she was in a lot of pain. So knowing that she was okay was important to me. And then my biological mother showed up – that was all really nice. I never met her, but I felt

a presence. You can't tell that though the television though.

Related Link: [Celebrity Interview: 'Hollywood Medium' Star Tyler Henry on His New Memoir & Career: "This is Fundamentally What I'm Meant To Do"](#)

Now, let's talk about *Love Blows*. This is just an amazing collaboration. Who came up with the idea?

Salsano: Patti!

Stanger: I came up with the idea. I wanted SallyAnn involved because she did *Jersey Shore*, and I envisioned this show to be in the same style. I just thought she was the perfect powerhouse to go into Chicago and turn it upside down. Chicago didn't have it's own reality TV show, which was really important.

These are people I work with – I'm like the head affiliate for matchmakers around the world. I'm the one generating leads, giving them advice, and training them. So Lisa used to fix me up – we were like sisters. One day, she told me the story about her husband who cheated on her with her best friend – and she stills works with both of them! Their kids are now training to take over the business. I was like, "Oh my god, this is a reality TV show."

I originally sold the show in a different format to Bravo, but when I left Bravo, I took it back. SallyAnn reformatted it and came up with a better concept than what I had. It was just going to be a pilot at first, but of course, given the powerhouse that she is, she made it go straight to series. We're super excited. It's going to connect to viewers like *The Real Housewives of Beverly Hills* and *Vanderpump Rules*. It's a show you can keep watching for two hours straight.

So you knew Lisa before you started developing the show?

Stanger: She's someone I work with on a regular basis. All

matchmakers work with me; we all work with each other. What's great about this show is that you're going to see this unveiling of the industry. You're going to see behind the scenes of matchmaking, which is a real business that you cannot major in at college. The only place you can get certification is through my old assistant who owns the Matchmakers Institute in New York. You train with matchmakers. You shadow them, like other matchmakers have shadowed me. It's cool because it's always handed down generation after generation – the way Lisa plans on handing it down to her daughter Annie.

A lot of crazy things happen in these episodes, a lot of cliff-hanger drama. And I'm appearing in a lot of episodes, which is fun.

SallyAnn, you've produced a lot of shows about love and relationships. What do you think makes this one different?

Salsano: It's actually real. There's something about a family dynamic that you can't change. If you combine the young and beautiful people on *Vanderpump Rules* with the drama of *Flipping Out* and the family dynamic of *Cake Boss*, then you get *Love Blows* – this show has it all. And it's all coming from a place of helping other people find love.

Mixing Patti's star power and expertise with their family dynamic is a recipe for success. Still, there's a lot of disastrous moments behind the scenes too. It's the stuff that reality shows are made of – and it's completely authentic.

Related Link: [Celebrity Video Interview: 'Millionaire Matchmaker' Star Patti Stanger on How a Relationship and Love Changed Her: "I'm Much More Relaxed"](#)

Shifting gears, let's talk about digital matchmaking versus traditional matchmaking. Do you think singles are ready to get back to true matchmaking – where a matchmaker (instead of a

website or app) sets them up on a date?

Stanger: Personal attention will never be defeated by an app. Ever! With a matchmaker, you have someone selecting potential partners for you and talking to you on a daily basis...versus an app that has no information! You don't even know how tall they are, how many kids they have, if they're divorced. That's why matchmaking is older than prostitution – it's as old as time.

Do you think the show could help bring back the matchmaking industry?

Stanger: I wanted to make it a major in college – where you could actually major in it and open your own business. The industry is really going to change in the next 10 years. We've already passed the two billion dollar mark – internationally, not just in the United States.

We've never been able to use FaceTime matchmaking because people want to hide their looks, their voices, their age, their height, and their weight. So that's the next frontier: Will you FaceTime with somebody? Will you show them who you are in broad daylight without makeup on and your hair up?

That's brilliant! Getting back to the show, Patti, we'd love to know a bit more about your role on-camera.

Stanger: You see a little bit of a softer side of me. I come in to help Annie, and I have to shut Lisa down because Lisa's more of a screamer than I am in this particular season. On top of it, I go on three dates.

I'm still going to lose my cool because I'm Patti, but I'm not in charge, so it's a different side of me. It's hard because I'm used to calling the shots. I'm more like the therapist that comes in to fix the problems in the family.

Related Link: [Celebrity Interview: 'Ex Isle' Executive](#)

[Producer SallyAnn Salsano Talks Reality TV](#)

I have a couple additional questions for you, SallyAnn. The last time we spoke, I asked you if there would be a reunion for the *Jersey Shore* cast...and then *Reunion Road Trip* happened!

Salsano: That had nothing to do with me. Oh my god, I would kill to do one – with the entire cast and have them talk about the past.

As you probably know, Ronnie Ortiz-Magro and Pauly D have both been on the show *Famously Single*. Have you watched it?

Salsano: Of course. I watch this show and everything those cast members do. We have a group text going, and we always support each other. They're like my children. They call me "Mom." It makes me feel 900 years old, but it is what it is! There's something different when you know somebody before anyone else did. I think you just kind of have a different bond with them and different insight into who they are.

Any final words about *Love Blows*?

Salsano: Just watch it!

Stanger: You need to watch it live. We have this expression on WE tv: "Live or Die." You're going to get tips about what to do if you want to open your own business, if you're dating someone and it's not working out, if you want to get back in the game after a divorce. People date on Saturdays or Sundays, so they need to tune in on Friday night! They need to have these tips in their arsenal. We can basically be your dating coaches.

Check out the buzz for yourself by watching the premiere of Love Blows on WE tv TONIGHT at 10/9c!

Celebrity Interview: 'Famously Single' Dating Coach Dr. Darcy Sterling on Relationships, Communication & Her Own Marriage



Written By [Melissa Lee](#). Interview by [Lori Bizzoco](#).

Relationship expert and dating coach Dr. Darcy Sterling is no stranger to training individuals on their communication

skills. As the mentor on E!'s *Famously Single* and the co-owner of a group practice, Dr. Darcy has spent the past 21 years counseling those on their relationship skills. *Famously Single* is only a sneak peek into the type of work Dr. Darcy does on a daily basis as a dating coach. As a clinical social worker, Dr. Darcy strives to help individuals open up and communicate in order to receive the most fulfilling romantic relationships possible. In our recent [celebrity interview](#), Dr. Darcy revealed some of the drama that went down on this season, key relationship issues, and how her show has helped her own marriage.

Dr. Darcy Spills Some Drama on Season 2 of *Famously Single* in Celebrity Interview

Since the show essentially revolves around relationships, it's not a surprise that several co-stars ended up dating both during and after filming. Former *Jersey Shore* star Ronnie Ortiz-Magro and *DASH Dolls* alum Malika Haqq did not shy away from sharing details on their relationship on social media, but broke up shortly after filming ended. "I think they needed to learn how to have a fight. They had different communication styles, they needed to learn how to resolve conflict, and they needed to learn how to communicate effectively," Dr. Darcy says. She even confessed that her and wife Stephanie Koncicki offered to coach them after the show had ended, but Ronnie wasn't interested.

Related Link: [Celebrity Interview: "The Cycle" Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All](#)

Bachelorette contestant Chad Johnson soon ended up revealing his love with model Zoe Baron. When asked whether or not Dr. Darcy thinks Chad has learned much from the show, she informed

us that the couple had very recently broken up! “They broke up two nights ago, so you tell me,” she says.

And when it comes down to Calum Best, who was also on the show last season, Dr. Darcy explained that it was much easier to get deep down and solve his relationship conflicts. “The amazing thing with Calum is that I got to go so much deeper with him because I already had a relationship established with him, so I didn’t have to earn trust or build a foundation of a relationship,” Dr. Darcy says. “I’m a little rough on Calum this season.”

The Advice Dr. Darcy Gives Is As Real As It Gets

As a licensed psychologist, Dr. Darcy also has her own group practice in addition to an advice column. At times, it can be up for debate whether or not the advice she gives is the same she’d give to her private clients – but she quickly shuts that down. “You have to start with the basic skills – communication skills, conflict skills, how to have a fight. Those are the biggest issues.”

She explains that regardless of whether she’s counseling in private or in the public eye on television, it is of great importance that individuals are working on their communication and conflict resolution. “We need them with all of our relationships. I need them with my friends, family, even my clients.”

Related Link: [Celebrity Break-Up: ‘Famously Single’ Stars Ronnie Magro & Malika Haqq Have Split](#)

Dr. Darcy further emphasized the fact that feelings get hurt in relationships, and it’s somehow inevitable. “We need to know how to have a fight, and how to communicate when someone’s hurt our feelings because in relationships, we hurt

each other's feelings," she says. "Everyone does it."

***Famously Single* Improved Her Marriage**

Dr. Darcy married her partner, Stephanie, in 2009. She mentioned that Stephanie also does relationship counseling, but coaches couples together, whereas Dr. Darcy prefers one-on-one. "We teach relationship skills all the time. We're incredibly mindful of practicing what we preach, and it's really enhanced our relationship," Dr. Darcy disclosed.

The two even have an online course together called "Relationship Skills Bootcamp." The workshop is designed to teach participants to improve skills within their relationship, similarly to the way their face-to-face counseling is.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

It turns out that hosting *Famously Single* has actually been a huge positive influence on her marriage. "We're much better to each other, we're more careful, we're on our toes with each other," she says. "How many people say getting a television show actually enhanced the relationship?"

Tune into Famously Single on Sundays on E! to see what relationship advice Dr. Darcy is giving this week!

Celebrity Interview: 'The Cycle' Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All



By [Noelle Downey](#)

Aliya-Jasmine Sovani is one of the newest voices at NBC with the talk show she co-hosts, *The Cycle*, now airing digitally to reach a millennial audience. With her show, she strives to make the news more accessible to young people by creating a haven for a well-researched blend of political, pop culture, and sports news that so many viewers wish they could find with just a quick Google search on their phones. And now they can, thanks to *The Cycle*. When she's done at work, the co-host has

a life full of love, laughs, fashion, and friends to enjoy. In our recent [celebrity interview](#), Sovani opens about how she manages to have it all, from her dream job to true love.

Aliya-Jasmine Sovani Spills Details on Her New NBC Talk Show *The Cycle* in Celebrity Interview

While *The Cycle* may be hosted by NBC, one of the biggest networks around, Sovani insists that this new digital take on a talk show is bringing something brand new and accessible to younger viewers – and a lot of that has to do with the tone of the show. “Imagine Anderson Cooper doing the six o’clock news and then going home in the evening, and he throws a black v-neck T-shirt and cracks open a beer,” she explains with a laugh. “The way that he would explain his day to Andy Cohen at night over a drink is the way that we try to do the news every day.”

Related Link: [Celebrity News: Anderson Cooper Thanks Boyfriend Ben Maisani at GLADD Awards](#)

Of course, it’s not just the tone; it’s also the content, which the co-host says is chosen with younger viewers in mind. “We’ll do all the biggest headlines when it comes to world news and politics, but we also cover sports and pop culture,” she says, “so if Kendrick Lamar drops a new album, we’ll talk about that with the same kind of importance.”

In this new digital world, convenience is everything. Sovani believes it was important to make this show as easy to access on-the-go as possible to match the fast-paced life of most modern millenials. “Our show is completely made to watch on your phone, which I think is really cool and forward-thinking,” the co-host shares. “This is new: the idea of traditional news networks pushing out content to a millennial

audience using digital and social platforms. Being able to be part of that movement, as a storyteller and as a journalist, is really rad and incredibly fulfilling. Not only am I getting to tell stories that I care about, but I'm able to tell them on a platform that I also use to consume information."

***The Cycle* Co-Host Dishes on Her Favorite Date Night**

Of course, with a new show and such a busy work schedule, Sovani has to set some serious boundaries to make sure that she can find time to just relax. So what are her secrets for achieving that perfect work-life balance? "I live about three blocks from the ocean. I have a little rescue mutt, and I bring him to the ocean every single morning, and that's kind of my tranquility," she says in our celebrity interview. "I also have a rule at home: I don't have my phone in my bedroom at all. I won't even use it as an alarm. And I have a 'no weekends' policy. So the only time I'll check my email and my phone on the weekends is on Sunday night at 6 p.m., just to get ready for Monday."

During these social media and digital fasts, Sovani still has plenty to entertain her: "I just let my weekends be about me and my dog and my boyfriend," she enthuses. "We really like to go out for brunch, and we spend a lot of our weekends at the ocean. For me, that's everything."

Related Link: [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

Sovani isn't just making strides in her professional life; she's also taking big steps in her [celebrity relationship](#). She admits that this is the first time she's ever lived with a boyfriend, so she's concentrating on keeping things fresh and fun. "I think it's very easy to get into a routine where all you guys talk about is work when you get home," she explains,

“so we decided to try to go to more comedy shows! Instead of just doing a dinner [date night](#), we decided to start doing ‘dinner and comedy’ nights. We’ll see the show, and then we can go for dinner and talk about it and the world at large.”

So is laughter truly the best medicine? For Sovani and her special someone, it certainly is. “I think that it reminds you of why you were intellectually attracted to that person,” she reveals. “For both of us, that’s what we find really attractive about each other. So that’s been a great addition to our relationship.”

Aliya-Jasmine Sovani Reveals Her Go-To Fashion Item

Of course, whether in the office or on date night, Sovani is committed to looking fantastic. And there’s one item that she just can’t live without: “Sheath dresses are my new thing that I love in my 30’s,” she gushes. “I have these really great leather Oxford booties that I wear with my sleeveless sheath dresses and maybe a blazer thrown on top for work. Then, in the evening, all I have to do is replace those shoes with a cute pump and my briefcase with a nice little Chanel bag. That’s been my new date night trick.”

Related Link: [Fashion Advice: Choose the Perfect Date Night Dress](#)

With style tips as good as that, Sovani is clearly in-the-know when it comes to trends, and her knowledge of [celebrity news](#) is just as on point. Her favorite bits of celeb gossip right now are focused on two powerhouse ladies: [Kim Kardashian](#) and Serena Williams. “I read a headline about how Kim is being really open about getting a surrogate to have her next child. I know for many woman, that’s been a taboo topic,” she says. “So I think it’s really interesting that she’s being very open with it. It’s opening up a dialogue for women who

might not be able to have children and who have thought about that.”

And it turns out the journalist is also a huge fan of how Williams recently shared her pregnancy photos. “I think that’s really incredible because she has this iconic strong female body and all women are pressured into looking certain ways,” Sovani explains. “Female athletes especially spend so much time conditioning their bodies, so for her to flip the switch and watch her body transform publically is really brave.”

Tune into The Cycle and follow Aliya-Jasmine on Instagram [@AliyaJasmine](https://www.instagram.com/AliyaJasmine) for more from this up-and-coming millennial news superstar!

Celebrity Interview: Dr. Darcy Sterling Reveals Chad Johnson and Zoe Baron Split





By [Mallory McDonald](#)

Dr. Darcy Sterling, television personality and star of E! Network's hit show *Famously Single* hosted a Season Two viewing party at CRAVEN restaurant in New York City last night. Lori Bizzoco, the founder and executive editor of Cupidspulse.com, got an [exclusive interview](#) with Dr. Darcy onsite. When asked if the work former [Bachelorette](#) contestant Chad Johnson did on the show, led to the success of his relationship with model Zoe Baron, Dr. Darcy shocked us with the news that the [celebrity couple](#) broke up two days ago!

Related Link: [Celebrity Couple News: 'Bachelorette' Villain Chad Johnson Is Dating Zoe Baron](#)

Tune into to E! on Sunday nights at 10/9c to watch Dr. Darcy work with Chad Johnson on *Famously Single*!!

Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and

Rachel Lindsay's search for love so far!

Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

Related Link: [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious crunchy texture and great taste, are her lifesaver when it comes to eating healthy. “My girlfriends and I are all very conscious of what we put into our bodies,” she reveals, “so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares. They’re only 150 calories for all four!”

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. “We did a Facebook Live stream. It’s all about yoga and how you can do it at home and how good it can make you feel,” she explains in our celebrity interview. She hopes to show other new moms that they don’t have to be any kind of fitness guru to live their healthiest lives.

Related Link: [‘Bachelorette’ Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. “I love this season and Rachel,” she enthuses. “I think she’s

poised, fun, articulate, beautiful – everything a *Bachelorette* should be!”

Of Lindsay’s reality TV journey so far, Fedotowsky adds, “There are some guys who keep sneaking through the cracks. Like Lee is still there – that’s a questionable decision.” Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: “Rachel’s not stupid. She knows what she’s doing. I think she’s doing an incredible job opening up her heart!”

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Talks Fame, Family Life, and Spring Style





By [Delaney Gilbride](#)

After our recent [celebrity interview](#) with “wonder woman” Stephanie Hollman, we can certainly say this charitable philanthropist does it all. While *The Real Housewives of Dallas* (RHOD) has only recently finished filming its second season, the peacemaker of the show continues to juggle her work, home, and social life flawlessly. It begs the question: How is Hollman able to balance her busy life after her steady rise to fame? Thankfully, the reality TV star gives us all of the answers we crave and more.

Stephanie Hollman Talks *The Real Housewives of Dallas* in Our Exclusive Celebrity Interview

While fame is notorious for going to people’s heads, that’s nowhere near the case for Hollman. As for how the philanthropist felt after the release of season one of RHOD, she says that “you learn who your real friends are”

after you've made your claim to fame. "There's something really freeing about not being perfect and having everyone see that," Hollman continues.

Of the drama that arises during the filming of Bravo's hit show, Hollman explains that her mom's words are always in the back of her mind: "If you don't know what to do, do nothing." She urges people to think before they act in both friendships and romantic relationships – and this *especially* goes for women! When you act before you think, you have to deal with the consequences one way or another.

Related Link: [Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family](#)

As for upcoming episodes of the show, the reality TV star explains that she's "excited and nervous" for the season to air. "They really dug in deep, and everyone's vulnerable," she shares. Reality TV fanatics can't help but obsess over the bickering and drama that comes along with shows such as *RHOD*, and it seems like this season won't disappoint. Along with your typical petty drama that lives on reality television, Hollman explains that "real life issues" will also be taking place. As for a sneak peak, the star exclaims that the cast trip was "unforgettable." Guess we'll have to wait to see what's in store!

Reality TV Star Gives Family and Relationship Advice

Hollman and her family are known to be the ultimate charitable family in Dallas, and she and her husband take strides every day to shape their two sons into humble and caring young men. While they work tirelessly to make the world a better place for those who need it, they're also teaching their children to "give back in ways that they can understand." For instance, during the winter, they do all that they can to help those who

are struggling. Hollman and her children go out and buy children's jackets in every size to donate to kids who don't have a coat. They even give their own shoes to those who can't afford them. She teaches her children to "be kind" to others in the hopes that others will do the same.

Related Link: [Celebrity News: Katherine Heigl Gushes Over Marriage and Kids](#)

As for her celebrity relationship with her husband, Hollman says marriage is definitely hard work! "I work really hard on my marriage," she claims. "We fight, but we talk about it, and we have a very open dialogue." She and her husband go to therapy weekly in order to maintain such a strong relationship, whether they're having a rough time or not. As for her best [relationship advice](#), Hollman encourages you to remember that, "no matter what happens, your spouse will always love you."

Hollman Talks Keys to the Perfect Spring Style

Look no further for spring [beauty tips](#)! This mother of two has got you covered. When it comes to the warmer days ahead, the reality star says her number one tip is that you *have* to be "really cozy in the spring." The weather can range from easy breezy to intensely hot in a matter of hours, so to prepare for the changing temperatures, Hollman tells us that flowy clothes are the way to go. Her absolute favorite pieces for the spring time include maxi dresses, a flowy shirt, and a good pair of shorts. The fashionista also urges our readers to play with color and just have fun with their wardrobes.

Related Link: [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

When it comes to the one beauty product she just can't leave the house without, we were a bit surprised. Hollman reveals that she doesn't wear makeup unless she's going out on a [date night](#) with her husband and instead wears her favorite sunscreen, EltaMD, almost every day. "You will never look into anything else!" Hollman promises in our celebrity interview. "It's almost like foundation. It makes my skin look beautiful and feel amazing." The reasonably-priced sunscreen blocks out harmful UV rays, doesn't clog your pores, and gives your skin a beautiful finish. We know what will be on our shopping list this summer!

Catch Stephanie Hollman on the upcoming season of The Real Housewives of Dallas on Bravo. Check out her regularly updated [blog](#) today!

Celebrity Interview: Courtney Paige Talks About 'The Arrangement' and If It's Really About Tom Cruise and Katie Holmes





Interview by [Lori Bizzoco](#). Written by [Whitney Johnson](#) and [Miriana Rexrode](#).

If you're as hooked on E!'s hit scripted series *The Arrangement* as we are, then there's no doubt that Courtney Paige has made a lasting impression on you as the mysterious (and up-to-no-good) Annika. In our exclusive [celebrity interview](#) with the star, she opens up about her role on the show and what fans can expect in tomorrow night's finale. Plus, she talks to us about her film company Crazy Sunshine Films as well as her love life.

Celebrity Interview: Courtney Paige Talks About *The Arrangement*

As fans know, *The Arrangement* is a 10-episode series that follows the journey of up-and-coming actress Megan Morrison, who receives a lucrative offer to enter a staged marriage with movie star Kyle West. Paige's character Annika is working behind-the-scenes as hired help to ensure that their [celebrity relationship](#) lasts. Of playing the scandalous and manipulative

villain of the show, Paige says, “Annika is so different from anyone I’ve played before because she has so many layers. It’s quite a challenge for me.”

Related Link: [Celebrity Interview: ‘The Arrangement’ Star Lexa Doig Says Viewers Can ‘Expect a Bit of Everything’](#)

Of course, playing the bad girl can be fun. “It’s such a treat,” she adds. “You never know what she’s going to do next.”

We’ve read that Annika has a “big secret” to reveal in this season’s finale episode. When asked about what’s next for her character, the Canadian native reveals, “I think all of the characters on *The Arrangement* have some sort of big secret. The viewers are really left on the edge of their seats until the end. It’s really well written.”

It’s been rumored that the show’s storyline is based on a celebrity couple that we’re all familiar with: [Tom Cruise](#) and [Katie Holmes](#). Luckily, the actress clears up any suspicions and says, “I think arranged relationships have been going on since before our time – long before Tom and Katie. So if anyone thinks it’s deliberately about them, it’s really not.”

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

The actress is lucky to share the small screen with a number of famous faces, including Michael Vartan. “Michael is so lovely and so talented,” she shares in our celebrity interview. “It’s amazing how humble everyone is on set. Everyone is so nice to each other, and it’s a great cast to be apart of.” Thanks to the show’s addicting storyline and great cast, we were excited to learn that writers are already working on the second season.

Not only is Paige an actress, but she’s also an up-and-coming writer and film director. She started her own film

company called Crazy Sunshine Films and has a feature film in the works called *Neon Candy*, set to premiere in September. She, of course, shares her thoughts on the potential strike of the Writers Guild of America (WGA). Although she is not part of the WGA, she believes that if anyone is not feeling valued or being underpaid, then they should take a stand. We couldn't agree more!

Courtney Paige on Her Love Life

The Arrangement may be filled with romantic drama, but off-screen, Paige's love life is much more low-key. While she's not currently looking for a celebrity relationship, she's not opposed to finding someone special. "I'm still single, and I'm really focusing on my career, but if you know any single guys...", she says with a laugh.

When it comes to her dream date, she likes to keep things simple. "I'm a pretty big country girl. I love to get out of the city and do anything outdoorsy. Fishing, hiking, watching the stars, or something else in nature is right up my alley," she shares.

Related Link: [Date Idea: Get Close with Nature](#)

Every man's dream girl, right? Not according to Paige. "I'm a lot to handle," she adds. "Actresses are emotional, and they wear their hearts on their sleeve."

Of course, Paige's first love is acting, dating back to her early years in the theatre. To young girls watching *The Arrangement* and hoping to become actresses, she advises, "Make sure that you start in the theatre. I think it's important to not get caught up in all of the Hollywood glitz and fluffiness and to really stay true to your roots. Always remember what's important about the craft."

Catch Courtney Paige on the season finale of The Arrangement

on E! on Sunday, May 7th at 10 p.m. EST. You can follow her on [Twitter](#) and [Instagram](#).

‘Orange Is the New Black’ Actress Alysia Reiner Talks Cool Effect & Season 5 of Her Hit Netflix Show in Celebrity Interview



By [Delaney Gilbride](#)

We all know Alysia Reiner as ex-assistant warden Natalie “Fig” Figueroa from the smash hit Netflix show *Orange Is the New Black* (*OITNB*), but did you know she’s also a passionate environmental advocate? The actress is adamant about spreading knowledge and awareness concerning the damages done to our Earth day after day, which is why she joined Cool Effect, a non-profit environmental group that allows individuals to create a tangible impact on climate change through a digital platform. In our [celebrity interview](#) with the star, she shares her best Earth-saving tips and also opens up about what’s next on *OITNB*.

Celebrity Interview with Alysia Reiner

Talking about her passion for protecting our planet, Reiner believes that *right now* is a “very crucial time” when it comes to saving our only home – Earth. When the actress asked herself what she could do as only one person to save our environment, she decided to focus on taking small steps. She became a member of Community Supported Agriculture (CSA); she began using public transportation; and she started carrying her drinks around in travel mugs rather than plastic cups. She says that, on an individual level, it’s important to begin with the little things like buying your groceries locally, eating less meat, and being aware of the clothes you buy. “I’m wearing, right now, a piece of clothing that uses waste [and] scraps from other pieces of clothing,” she shares. “It’s called ‘Zero-Waste.’”

Related Link: [Top 5 Fashion Trends Blossoming for Spring](#)

Reiner states that “we have to become aware” that there are ways to cool down our environment. This, among many others, is one of the reasons why she teamed up with Cool Effect’s new

“Tons of Reasons” carbon-reducing projects campaign. This campaign is actively perusing new ways to eliminate the use of carbon, which is heating up our world at a steady rate.

The *OITNB* actress also talks about how Cool Effect is reaching its way to India, where individuals are turning their waste into clean, usable energy. “Take action in a way that gives [us] hope,” she encourages in our celebrity interview. Taking the simple step of joining organizations such as Cool Effect will help our planet in a huge way.

Related Link: [Date Idea: Embrace a Physical Activity](#)

Lucky for us, Reiner didn’t forget about the return of *OITNB* on Friday, June 9th (although that date may change given the recent hacker release of the first 10 episodes). “Yes, Fig is back,” she says, “and [the season] takes place in three days.” We can’t help but love Fig and her continual returns to Litchfield Penitentiary in order to twist the knife just a smidgen more to make life hell for those who have wronged her.

Reiner is also working on season 2 of the FX show *Better Things* with comedian Louis C.K. and actress Pamela Adlon.

To help make the world a better place, please visit [CoolEffect.org](#) and [TonOfReasons.org](#) now. You can follow Alysia on Twitter [@alysiareiner](#).

Celebrity Interview: Stylist Rachel Zoe Shares Her Tried

and True Tips for Organizing Your Life in the Most Fashionable Way



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

When you're constantly on-the-go, living your best and busiest life, it can be difficult to find the time to stay both organized and on trend. Designer, author, entrepreneur, and [celebrity mom](#) Rachel Zoe knows all about this concerning conundrum. Fortunately, she recently spoke to CupidsPulse.com in an exclusive [celebrity interview](#) about how to prioritize and keep life mess-free. Watch the video above for her best tips for a fashionable, focused, and clutter-free life!

Celebrity Interview with Fashion Stylist Rachel Zoe

Zoe is not only a fashion icon and successful professional; she's also the mother to two adorable boys: Skyler, 6, and Kaius, 3. When she's not being a super mom for them, she and her handsome hubby Rodger Bergman are taking the fashion world by storm with Zoe's designer label, online fashion periodical *The Zoe Report*, and her sensational style books. So what's her best advice for keeping things in order while still having it all? "Well, staying organized – it's hard. In my personal life, it's a lot of staying on top of ever-changing weather and keeping my go-to items in the forefront of my closet," she shares.

Related Link: [Fashion Advice: 'Wow' the Crowd with Color](#)

Not only does this make Zoe's getting ready process "easier," but she also gets a head start when it comes to refreshing and reorganizing. "I think it's just about cleaning – cleaning everything, from your beauty cabinet to your car – and staying organized because you'll actually feel better," she confides.

Of course it's not *just* about killing it when it comes to keeping things clean. The stylist also dishes about what to keep and what to part with when it comes to revamping your style. "Definitely get rid of the things that you have not worn in years. When there's nothing about you that relates to this thing anymore, it's time to get rid of it," she advises.

Celebrity Mom Rachel Zoe Talks Spring Cleaning

But what's her secret weapon for making sure her busy lifestyle and two kiddos don't get in the way of a pristinely

clean environment? “I’ve partnered with Lysol on talking about this incredible product,” she reveals. “It’s actually a Laundry Sanitizer. Especially since we have young children, we’re always washing their blankets and bedding and clothes, and adding this Laundry Sanitizer makes everything you wash virtually free of all harmful bacteria.”

She has also designed a limited edition blanket to show how the sanitizer works and keep your little ones stylishly cuddled and clean. These products are a lifesaver, perfect for busy moms who want to avoid the leftover bacteria that other cleaning methods might leave behind. “Knowing that I’m taking the germs out of what my kids wear every single day is a life-changing thing for me,” Zoe enthuses.

Related Link: [Celebrity Fashion Trend: Break Out the Floral Print](#)

Of course, getting organized is just the first step to looking fabulous. You also need to stay on-trend! Zoe let us in on some insider info for how to look stylish as the weather warms up. “I always have a lot of jackets,” she shares. “I love a lightweight jacket in a natural color, like camel, blush, or white. It looks really fresh for spring.” You heard it here first: Jackets are the must-have staple of your wardrobe for spring according to this famed fashionista!

From start to finish in this celebrity interview, the designer looked calm, confident, and, of course, effortlessly chic. This celebrity mom has certainly cracked the code to living an organized, successful, and stylish life – and now, thanks to her tips, so can you!

To learn more about Rachel Zoe, visit her website [The Zoe Report](#), or check out her [Instagram](#), [Twitter](#), or [Facebook](#).

Want to watch more videos from Cupid’s Pulse? Check out our [YouTube channel](#).