

# 'American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"



By [Rebecca White](#)

We haven't seen the last of Qaasim Middleton! The performer has been a busy actor and musician since his first appearance on television in 2007. With fame and fortune still to come his way, he keeps himself grounded with his faith and his girlfriend. This week, he was eliminated from the [reality TV](#) show *American Idol* after being in the bottom two with his performance of "Stronger" by Kelly Clarkson. But don't worry: In our celebrity interview, he says he has "so much in the

oven right now; it's just cooking!"

## **Qaasim Middleton Talks Relationships and Love**

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Middleton first got his start in the Nickelodeon show *The Naked Brothers Band* and is the guitarist of the real band of the same name. Still, his busy lifestyle hasn't stopped his relationship and love life from flourishing. He says that he's had a girlfriend for about a year and that she's been a "huge impact in my life!" He doesn't like to talk about his girlfriend very much because he wants to focus on his work instead. However, he does say that being with her has been "a great experience."

Middleton was in the bottom two based on his performance of the famous break-up song "Stronger" by Kelly Clarkson. During the performance, he wasn't thinking of a past relationship and love though. Instead, he was thinking about "my *Idol* save and how I came back strong from that." With the new fan save element introduced last week, he had to fight for his life on the show for the second time (as he received the judges save earlier in the competition). He sang the song "Hey Ya" by Outkast, which ultimately resulted in his elimination.

## **Post-American Idol Plans for Eliminated Contestant**

While most eliminated contestants discuss their album plans, Middleton is thinking even bigger. He has a video game in the works, likes to MC, is a producer, and, of course, will be writing more music. "Being a versatile artist helps with the

professionalism and the craft,” he explains. “I’m going to do some big stuff. The game is about to be completely changed.” He plans to be the “next big stadium artist” and is excited to start boosting his career.

**Related Link:** [Eliminated ‘American Idol’ Contestant Maddie Walker Talks to Her Fans: “I Was In It For Them”](#)

Although we’ve all come to know and love the energetic and lively performances from Middleton, he says that’s all new to him. “I’ve been singing and playing guitar since I was 10, and I just started doing the dancing thing in December,” he shares. “This is all new to me. I was experimenting with how good I can do and be, and I found out that I’m pretty good at singing and dancing.” It’s clear the 19-year-old is starting to find himself and his comfort zone. We can’t wait to see what new things he has to offer!

*You can keep up with Qaasim Middleton on Twitter @QaasimOfficial!*

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**‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”**





By Jenna Bagcal

We've all heard the phrase "love at first sight," but the [reality TV](#) show *Married at First Sight* takes this concept to a whole new level. During the first season of the show, viewers saw Jamie Otis and Doug Hehner say "I do" on their wedding day – which was also the first time that they met each other. The "social experiment" takes six singles and matches them up with their perfect partner with help from a team of experts, including a sexologist, a spiritualist, a psychologist, and a sociologist. In this exclusive celebrity interview, the married celebrity couple discusses their experiences on reality TV and give us the inside scoop on their first year of marriage.

## **Married Celebrity Couple Discuss Their Experience on *Married at First Sight***

The *Married at First Sight* alums recently celebrated their



one-year anniversary by renewing their vows in St. Thomas, where they honeymooned, for *Doug and Jamie's Wedding Special* on FYI. Still, they remember their first wedding as if it were yesterday. "I was so scared before I got *Married At First Sight*," says Otis. "I've never been the one to believe in love at first sight, but I was hoping to have chemistry and butterflies – which, looking back now, I realize is so unrealistic. He was a complete stranger! I was hoping to find my soul mate – and honestly, I believe I have."

**Related Link:** ['Bachelor' Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

Hehner adds, "I usually go into everything with an open mind, no expectations, and a positive energy. I was hoping to find my soul mate too."

Before they embarked on the marriage social experiment, they had to share their big plans with their loved ones. "When I first introduced the idea to my parents, they kind of brushed it off as another one of 'Doug's Ideas and Adventures' that would eventually play itself out. When I told my friends about it, they all had the same reaction," Hehner explains. "However, no matter how random or bizarre I get, my family and friends have always been super supportive, and they really do trust my judgment enough to just be there for me, no matter what."

Otis says that it was getting the approval of her siblings that mattered most to her. "They said I was crazy, but they'd support me if I believed in it," she reveals. "And then they instantly loved Doug – so much so that they encouraged me to give him a chance when I began to doubt it. I was shocked to hear them encouraging me!"

Otis is no stranger to the world of reality TV: Fans may recognize her from *The Bachelor* season 16 with Ben Flajnik and *Bachelor Pad* season 3, where she had a short-lived

relationship with Chris Bukowski. “If you saw *The Bachelor* and *Bachelor Pad*, then you know I am pretty miserable at dating,” she says with a laugh. “After *Bachelor Pad*, I had no intention of ever being vulnerable on TV again.” But despite her negative dating experiences on these shows, she was willing to give reality TV dating another try after she received a phone call that changed her mind: “When *The Love Experiment* called me (that was the original name of the show) and told me there were four experts who would help me along, it definitely caught my attention.”

**Related Link:** [‘The Bachelorette’ Contestant Chris Bukowski Wants His “Fairytale Ending”](#)

Hehner, who describes himself as “a leap of faith type of guy,” elaborates, “After meeting the experts and trusting that they were taking this experiment as seriously as if they were arranging a marriage for their own child, I had peace of mind knowing that, if they did match me with someone, it was going to be someone that I dreamed about. That is why I was very specific and honest about what I wanted in a mate!”

## **Reality TV Stars Jamie Otis and Doug Hehner Share Best Love Advice**

Their first year of marriage has been full of surprises, and it only makes sense that the celebrity couple says they “still feel like they’re dating.” Hehner shares, “I think that, with any relationship, a strong foundation is key. So building a solid friendship was first on our list, and then, we needed to quickly learn how to be great roommates.”

Otis adds, “Although it’s been an emotional roller coaster, it’s also so awesome to have a teammate in life. It’s amazing to have someone you can count on.”

The reality TV stars obviously know a thing or two about

maintaining a healthy and happy marriage, no matter the circumstances. “I attribute the success of our relationship to taking the time to learn about each other and also being open and honest about everything from day one,” says Hehner. “In my opinion, you should never stop dating your spouse. That’s what keeps your relationship and love for one another fresh and exciting.”

**Related Link:** [‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’](#)

The pair believes that “it definitely takes a special kind of person to get *Married At First Sight*,” and they have some valuable love advice to share with the three couples participating in the second season of the show. “There are a lot of variables. If you don’t tell them exactly what you’re about and who you want, then they can’t do their job right,” Otis explains. “After they pair you, it’s really up to you to be open to it. It’s easy to be scared and feel weird about it because it’s the most bizarre feeling, but you have to trust the experts and trust the process.”

So what’s next for the adorable celebrity couple? They hope to one day have children but share that they have some things to work on before that happens. “Doug has a ‘Before Becoming a Daddy’ bucket list, and I want to really focus on my relationship with my mom and learn to forgive and heal,” Otis divulges. “Also, I want to be patient for Doug. We won’t have babies until we’re *both* ready.”

*You can keep up with Jamie and Doug on Twitter @jamienotis and @DougHehner! Check out Married at First Sight: The First Year.*

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# 'Married at First Sight' Relationship Expert Dr. Joseph Cilona Says, "Each Day Is A New Learning Experience"



By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their



wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

## ***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important for each partner to really discover their needs and wants," Dr. Cilona shares. "Recognize that each day is a new learning experience to get to know your partner and get closer to each other."

**Related Link:** [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. "Their relationships and love will obviously be different from a traditional marriage, as they didn't meet until they said 'I do,'" Dr. Cilona explains. "They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other."

The relationship expert adds, "We're eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses."

**Dr. Joseph Cilona Opens Up**

# About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don't unanimously agree, then a match isn't made. “As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both,” Dr. Cilona reveals. “My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process.”

**Related Link:** [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. “The data yielded by my assessments of the finalists for season two was over 3,800 pages,” he says. “I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches.”

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. “It's important to remember that our job is to use scientific tools to try and find individuals who

have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

*You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.*

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## **'American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"**





By [Rebecca White](#)

After a rocky road on the reality TV show *American Idol*, Daniel Seavey was eliminated during Wednesday night's episode. Throughout his run, the judges and mentors pushed him to grow and improve, which is something that may just come with age. After all, the 15-year-old was the youngest contestant to compete in *American Idol* history. It's no surprise, then, that in our [celebrity interview](#), Seavey says that his next step is to "start writing and put music out there to show I'm not just a cute kid."

## ***American Idol* Contestant Talks About His Future Plans**

Now that his reality TV journey is over, the teenager has big plans for the future. "I want to hold on to these fans, and I want to be able to share my thoughts with them," he reveals. Even though the young singer received some hate for getting votes because of his age and looks, he adds, "I had fun with the experience, however I got it." Now, he's ready to

prove that he's a true artist.

**Related Link:** [‘American Idol’ Eliminated Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”](#)

This week, he had the pleasure of working with the original *American Idol*, Kelly Clarkson, who mentored him as he prepared to sing her hit song “Breakaway.” The Portland natives says that the pop star told him that he needs to be able “to breathe and get comfortable before a performance because, if you’re still here, that means people like you, and there’s no reason to be nervous.” Thanks to help from the judges and the other mentors, he also learned that “I really can do music for the rest of my life and that I have a lot of room to grow.”

## **Daniel Seavey Talks About the Reality TV Show’s New Fan Save**

During this week’s episode, a new element – the fan save – was introduced. Once the bottom two singers were revealed, the two hopefuls sang their song from this week, and fans had five minutes to vote via Twitter for their favorite performance. The person with the lowest votes was sent home in real time.

Of course, there may be some kinks to work out. Due to when the show airs, most of the votes come from the East Coast, leaving the West Coast without a chance to vote during the live show. That may have been a hindrance to Seavey, who is from Oregon. “I actually heard that the majority of voters were on the East Coast, but it is what it is,” the performer shares. “The only thing that threw me off was the age limit because you had to be 13 or older, and a lot of my fans might be younger than that.”

**Related Link:** [Eliminated ‘American Idol’ Contestant Maddie Walker Talks to Her Fans: “I Was In It For Them”](#)



While the fan save isn't without its issues, it *is* a great way to involve the fans in the show even more. "I think the fan save is a good idea because it gives the singers a second chance to prove themselves, and America gets to show who they like. It needs a little work, but it was a good start to it!"

While most contestants are upset when they're eliminated, Seavey is looking forward to going home, especially since today is his birthday! "Tonight, I'm going to see all my friends at the airport," he shares. "Apparently half my school is going to be there tonight." Other than seeing his friends, he's excited to "sleep and get my life back."

*You can keep up with Daniel Seavey on Twitter @SeaveyDaniel and [www.instagram.com/seaveydaniel/](http://www.instagram.com/seaveydaniel/)!*

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## **Katie Maloney of 'Vanderpump Rules' Opens Up About Her Relationship and Love Life: "I'm Confident Now That a Proposal is Coming"**





Interview by [Lori Bizzoco](#). Written by Emma L. Wells.

After an emotional ride on season three of the popular Bravo reality TV series *Vanderpump Rules*, [Katie Maloney](#) seems better than ever! She took some time to talk with CupidsPulse.com about the biggest moments of last season, her relationship with Tom Schwartz and what's next for them as a [celebrity couple](#).

## **Katie Maloney Discusses Her Relationship and Love Life and Reality TV Show**

There were many points during last season where the fate of Maloney's relationship and love life with Schwartz was unclear. Viewers had watched the reality star give her boyfriend a six-month proposal ultimatum on the show. "When that came about, I was fed up and really frustrated," the reality TV star explains. After the complete story of his infidelity finally came out, Maloney admits that she was

at the end of her rope: “I was like, ‘Okay, well, how many blows can I take and still be patient and understanding and work at this with you?’ There were all these bombs coming out of left field!”

**Related Link:** [‘Vanderpump Rules’ Reality TV Star Katie Maloney Confirms That She and Tom Schwartz Are Still Together!](#)

In January, the beauty guru wrote about her celebrity romance in her Bravo blog: “I had to completely turn my attention and priorities towards our relationship and assess everything. Rebuilding my relationship was the most important thing to me. So in order to move forward, both in head and heart, I had to forgive everyone. Not for them but for me... For me, I cannot move forward and grow and learn if I do not swallow my pride and forgive and accept. I did this for myself and for my relationship. Tom on his own was making moves to preserve our relationship, and this was my contribution to our growth.”

And while her deadline has come and gone without an engagement ring, she seems optimistic about her future with Schwartz. “I’m confident now that a proposal is coming,” she shares. “We’re in the best place that we’ve been in. We went through hell, and we decided that our relationship is important to us both. We’re committed equally to it, and I think we’re more in love than we have been.”

Fans of *Vanderpump Rules* know that the famous couple have, of course, talked about their eventual engagement. Maloney says that she is a sucker for watching the crazy flash mob proposals on YouTube, but she has a different idea for her own special day. “I want him to do something that’s representative of us and that he wants to do,” she admits.

When it comes to their wedding day, she’d like it to be “completely stress-free. We get married, and then we party!” The pair hasn’t completely ruled out getting married on

reality TV though. “We’ll see,” she cryptically responds when asked if her walk down the aisle will be seen on *Vanderpump Rules*.

She also reveals that they have talked about having a family. “I definitely want us to enjoy being married for a bit before we start having kids. And that’s why I want to get the ball moving – I’m young, but I’m not getting younger!” she says with a laugh.

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It’s no surprise that Maloney feels that the issues she faced last year, both in her romantic relationship and in her friendships, have allowed her to grow as a person. She cites the difficulties with Schwartz as the turning point and shares, “Instead of letting it destroy me or devastate me, I’d rather use it to empower me. I want to focus on my strength and happiness and really begin to let go of the petty drama. I realize now that life is short.”

That new mindset is one of the reasons why she decided to bury the hatchet with Scheana Marie and go to Miami, even though it ended her friendship with Stassi Schroeder. “At the end of the day, if it’s going to be something that dumb that causes Stassi to toss out an amazing friend, then you know what? Sorry I’m not sorry,” she comments.

## ***Vanderpump Rules* Star Katie Maloney Has Big Plans for the Future**

It’s not just Maloney’s romantic life that’s coming together. “I’m at a point right now where I’m thinking, ‘What are you going to do next?’” she shares of her career path. Outside of working at Sur, she’s still focusing on her beauty blog Pucker & Pout, which offers makeup and fashion advice and

might soon be broadening into health-conscious content like meditation, yoga, and exercise. “I’ve been brainstorming other ideas, little ventures I can do,” she adds. “It would be so much fun to do a line of cosmetics or hair care products, but it’s a huge undertaking.” While the blog is definitely her passion, she doesn’t know much about the business side of things. “I just like to put makeup on and be creative,” she confesses.

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Her work on Pucker & Pout is something that viewers of the show don’t really get to see. “That stuff would be fun to have on *Vanderpump Rules*, but there’s not a lot of drama in it,” she explains. “Sometimes, I wish we could show more of the personal endeavors and things outside of the show. I think it’s important because we all are people who are creative, talented, and smart and work at a restaurant to supplement our income.”

Speaking of the hit reality TV show, fans of *Vanderpump Rules* are dying to know if there will be another season. The most recent season received such high ratings and viewership that many would be surprised if it Bravo didn’t renew it. When asked if she’d sign on for season four, she enthusiastically responds, “Of course!”

Keep up with Katie on Twitter @MusicKillsKate, and don’t forget to check out her blog *Pucker & Pout*, [www.puckerandpout.com/!](http://www.puckerandpout.com/)

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# Eliminated 'American Idol' Contestant Maddie Walker Talks to Her Fans: "I Was In It For Them"



By Jenna Bagcal

From the tender age of three, Maddie Walker has been pursuing her passion for music. The 17-year-old singer from Ankeny, Iowa, first auditioned for *American Idol* in season 13 but was sent home during Hollywood Week. However, this minor setback didn't stop her from auditioning again, and she made it to the Top 11 on season 14 of the [reality TV](#) show. Last week, she sang "Let's Hear It For the Boy" from the film *Footloose*, which earned her a place in the bottom three. Unfortunately,

her journey ended on Wednesday when she was sent home in a double elimination along with fellow contestant Adanna Duru.

## Aspiring Country Artist Discusses Her Time on *American Idol*

**Related Link:** [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

As the last contestant on *American Idol* this season representing country music, Walker says, “I think that it’s sad that no one is representing country. It breaks my heart a little bit.” The aspiring star was lucky enough to work with mentor Scott Borchetta, who is known for discovering [Taylor Swift](#). “I really loved working with Scott. I couldn’t have asked for a better mentor because country really is in his wheelhouse,” she shares in our celebrity interview.

Last week, Walker suffered from a ruptured appendix, and there were questions as to whether or not she could perform. “They were saying, ‘Do you think you can sing? You have to put your health first. Don’t worry about the competition.’ The thing is, people voted me through, and I wanted to sing for them,” she explains.

She adds that, although she was in pain prior to and during the show, her fans helped her find the strength to perform. “There were people in the crowd with signs that had my name on it, and I was standing there thinking, ‘How can I say that I’m not going to sing for the people that have taken the time to make a sign and cheer for me?’,” she shares. “I wanted to prove to people that, no matter what happened, I was in it for them – not just for the competition itself but because they were supporting me.”

**Related Link:** [Adanna Duru Says ‘American Idol’ “Is Like Superstar College!”](#)

Despite her elimination, Walker maintains a positive outlook on her journey and time on the show. "I just need to keep working and moving forward because *American Idol* motivated me and taught me so much that I could've never learned anywhere else."

We haven't heard the last of this talented performer. "I'm definitely going to start writing and hopefully recording country music because that's my goal," she reveals. "That's what I want to do."

*Find out what Maddie is up to on Twitter @TheMaddieWalker! Tune in for American Idol on Wednesdays at 8/7c on FOX.*

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## **'American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"**





By [Rebecca White](#)

Being on the [reality TV](#) show *American Idol* is not all fun and games. When it comes down to it, the contestants are there to learn and improve so that they will be successful in the music industry. After the top 11 performances last week, the judges used the save on Qaasim Middleton, which meant that two of the hopefuls were sent home this week. Unfortunately, the journey ended for 18-year-old Adanna Duru. This came as a shock to the viewers and judges alike. In our celebrity interview, Duru says that she plans to “constantly stay active now because the fans look up to us and they want to see you doing things.”

## ***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

**Related Link:** [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

A previous contestant on the third season of *The Voice*, she is

no stranger to performing in front of large crowds. The eliminated contestant learned so much just by being on *American Idol* because of the professional atmosphere. “I’m all for self-improvement, and I’m always trying to figure out how to better myself,” she shares. “People get knocked down; that’s what life is about. You just have to seize the opportunities and go for it as hard as you can.”

It’s no surprise that judges Keith Urban, Jennifer Lopez, and Harry Connick Jr. taught her a few things too. “I learned that I can do a lot under pressure and with a lot of stress,” she explains. Big Machine Records founder Scott Borchetta also reminded her that she needed to be confident and that she could do anything that she puts her mind to. “*American Idol* is like superstar college,” she says with a laugh. “It’s like university. You’re preparing for the future, and you learn a lot.”

## **Adanna Duru on Being Eliminated From *American Idol***

Duru auditioned for *American Idol* in San Francisco. The California native made it past the first few rounds but was not voted into the top 10 by the fans. Instead, the judges chose her as the final wildcard and advanced her into the top 12, which she describes as the most surprising thing that happened to her all season. Once the show continued, the judges questioned her song choice at times. Even so, she sticks with her decisions: “If I did this entire experience over, I would still have sang all the songs I sang.”

**Related Link:** [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

She adds that she isn’t sad about being eliminated because “whatever happens is in God’s will. There are some things we don’t have control over, but the universe has a way of working



things out.”

*You can keep up with Adanna Duru on Twitter @adannaduru and [www.facebook.com/AdannaDuru](http://www.facebook.com/AdannaDuru)!*

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# **‘Game of Crowns’ Reality TV Star Lori-Ann Marchese Shares Love Advice: “You Can’t Expect One Person to Do Absolutely Everything”**



By Jenna Bagcal and [Whitney Johnson](#)

Thanks to the popular Bravo show *Game of Crowns*, fans have been introduced to feisty personal trainer [Lori-Ann Marchese](#). She believes in the concept of fitness by women, for women and proudly shows off the results of her hard work. As viewers know though, there may be a change to her fitness routine if the series is picked up for a second season: “We’re definitely trying to have a baby,” she confirms. “We’re just having fun with it and hoping to get pregnant very soon.” In our [exclusive celebrity interview](#), Marchese shares her fitness expertise and also opens up about her relationship with husband John.

## ***Game of Crowns* Star Shares Workout Tips in Exclusive Celebrity Interview**

Her personal experience and belief system is what led her to open up Body Construct LLC, a training facility that focuses on the specific health needs of women. “Before I started Body Construct, I actually was training with male trainers, and I just didn’t like how they were training me. They were training me as if they were training themselves,” she explains. “I wanted to share my experience with women because I understand a woman’s body. If you want to look good, you have to eat right. You shouldn’t be taking away carbohydrates from your diet; that’s just not a healthy way of living. You’ll still lose weight and gain muscle with good exercise and by eating your fruits and vegetables.”

**Related Link:** [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support from Their Partners Do Better Overall”](#)

When training her clients, Marchese believes in combining

cardiovascular efforts with weights. “With exercise, I usually tell my clients to train three times a week. That’s going to show results, and that’s going to burn the most calories,” she shares.

Of course, she knows that many women find it hard to go to the gym or find time to exercise while having a full-time job and a family, so she always keeps that in mind. “I give my clients an exercise program that’s going to help them burn fat and help them burn it fast,” she says in our exclusive celebrity interview. “You’re pretty much out of breath for that hour in the studio, but that’s all that you need!”

If you’re like many women and hoping to get fit for bikini season, the beauty pageant queen has three simple tips to consider. First, if you have a hard time focusing and motivating yourself, get into a group training program. Second, eat very clean and fresh. “Stay on the outside of the grocery store. Everything on the inside isn’t good for you because it’s packaged,” she advises.

And third, find something that motivates you. “Whether it’s a new swimsuit, some short shorts, or a tank top, buy it and hang it in the front of your closet,” she shares. “Try it on each week until it fits.”

**Related Link:** [Date Idea: Warm Up By Exercising This Winter](#)

## **Bravo Reality TV Star Lori-Ann Marchese Gives Love Advice**

Given her fast-paced life, it’s no surprise that Marchese finds it difficult to make time for her marriage, business, television show, *and* social life. Still, the reality TV star offers the following love advice: “You and your significant other have to find a middle somewhere. For me and John, I work a lot, and he works a lot, but whoever comes home first cooks

that night. You can't expect one person to do absolutely everything – that's impossible.”

Although both she and her husband are active, the fitness guru reveals that they don't usually work out together. “I think it can be motivating to work out with your partner, but for me, when I exercise with my husband, he distracts me. All I want to do is sit on his lap, poke him, or make fun of him!” she says with a laugh.

With that thought in mind, she believes that the best workout partner to have is someone who motivates you *without* being a distraction. “If you want to stay focused, you need to exercise with a partner who has the same goals,” she shares. “Try to go to the gym or on a run with a girlfriend. That way, you're both there to work out and do your thing.”

Although they may not head to the gym together, Marchese is incredibly thankful for her husband's support in other aspects of her life. “He's there for me every step of the way. He's my biggest fan, my everything,” she gushes. “He's the one who keeps me going.”

**Related Link:** [Exclusive Celebrity Interview: 'Revenge' Star James Tupper Opens Up About His Love Life and Playing David Clarke](#)

So what's next for the reality TV star? To help her fans achieve their fitness goals, Marchese recently came out with a line of meal replacement shakes. She is also developing a Body Construct workout video system. “It's going to include four workout DVDs and also have nutrition plans, grocery lists, and an evaluation. Somebody can buy the system, and they'll have everything they need,” she explains.

*You can keep up with Lori-Ann on Twitter @LoriAnnMarchese. Learn more at [bodyconstructfit.com](http://bodyconstructfit.com).*

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# Rumer Willis Opens Up About 'Dancing With The Stars' and Her Parent's Celebrity Divorce



By Meranda Yslas

Rumer Willis, actress and daughter of former famous couple Bruce Willis and Demi Moore, recently sat down and talked on [Larry King Now](#) about the current season of *Dancing with the Stars* and her parent's [celebrity divorce](#).



## Rumer Willis on Val Chmerkovskiy and *Dancing with the Stars*

According to Willis, season 20 of *Dancing with the Stars* is the season to watch her partner Val Chmerkovskiy. “I think it’s going to be his year,” she explains. “He’s so sweet and really cares about the dance.” Still, winning isn’t going to be an easy task, especially being partnered with such a determined dancer. The actress admits, “He’s definitely a strict teacher!”

**Related Link:** [Demi Moore and Bruce Willis Barely Interact at Rumer Willis’ Performance](#)

With such an intense practice schedule, it’s obvious that the dancing is important for the duo. “When you’re doing a show that’s a reality TV version of ballroom dancing, it can become more about the costumes or the performance, but what I really like about him is he really cares about the dancing and keeping the integrity of what you’re actually doing,” she reveals.

## Actress Talks About Her Parents’ Celebrity Divorce

Although Willis has her own career, she’s perhaps best known as the daughter of two A-list stars. Experiencing your parents’ divorce is never easy, especially if you’re the child of a Hollywood couple. As a 10-year-old, it was difficult for her to understand the role of the press and the tabloids in her everyday life. “I think one of the hardest parts was growing up with having your whole life kind of be on display and have people have an opinion about it before you learn how to get a tough skin and really just have confidence in who you are without letting other people’s opinions affect that,” she explains.

Fortunately, her parents' celebrity divorce was made a little bit easier to handle, thanks to the continual support from her mom and dad. "I am so thankful and grateful that my parents made such an effort at the time," she shares. "I never had to split up vacations or split up birthdays. They always made an effort to do all of the family events still together. They made such an effort to still have our family be one unit as opposed to two separate things."

**Related Link:** [Rumer Willis Moves On With New 'Glee' Beau](#)

Given her family's status in Tinseltown, the *Dancing with the Stars* contestant is subject to celebrity gossip. She tries to maintain a positive attitude about the rumors and be open to criticism. "If you want to judge me, I'm totally fine with that," she candidly says. "And if you don't like me but just take five minutes to get to know me and if after that your opinion stays the same and you *still* don't like me, then that's your prerogative."

Having a confident attitude while dealing with negativity from the press and general public isn't easy to pull off, but Willis has her mother to thank for her perspective: "She always says, 'Live in whatever your integrity is, and go out to the world and present yourself how you want to present yourself and how you want people to see you.'"

*For the rest of the interview, visit [www.ora.tv/larrykingnow/2015/3/16/ruer-willis-0\\_5jsq5lpkgb75](http://www.ora.tv/larrykingnow/2015/3/16/ruer-willis-0_5jsq5lpkgb75).*

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# Exclusive Celebrity Interview: Kailen Rosenberg Says, “There Is No Such Thing as a Failed Relationship”



By [Sarah Batcheller](#)

[Kailen Rosenberg](#) is one of the nation's most highly-acclaimed matchmakers. Known as “The Love Architect” and owning a company under the same name, the dating expert helps her clients discover the strong foundation within themselves so that they can then build a lasting relationship and love with their true soul mate. If you were to look at the world through her eyes, “love” would be more than just a four-letter word – it would be a way of life! After reading our [exclusive](#)

[celebrity interview](#) with Rosenberg, you're bound to feel empowered in your search for The One.

## Dating Expert Kailen Rosenberg Shares Relationship Advice

Rosenberg's matchmaking services are elite and one-of-a-kind. She gets to a person's core in order to find just the right person to ignite them. The mission of The Love Architects, who have clients ranging from your next-door neighbor to your favorite celebrity, is to help people authentically find love in whatever way, shape, or form they require. "We connect true soul mates who have been waiting forever to finally meet, and we help those who are married and struggling fall madly in love with each other either again – but in a healthier way or even for the very first time," Rosenberg explains. "Every potential client starts with a deep, spiritual, therapeutic, get-to-know-your-true-self assessment."

**Related Link:** [Relationship Expert Kailen Rosenberg Shares Dating Advice on Experiencing the Love We Deserve](#)

Those who participate in a "Love Design" session with the relationship expert are first asked to answer a few head-on questions. The matchmaker wants to know "who you are, who you believe you are, and why" before asking why you're ready for love and what kind of partner you desire. Rosenberg continues, "From there, we get to the truth about what has kept them stuck, away from the love that has been waiting for them their entire lives, and then, we go get it!"

Once their clients have completed the first portion of The Love Architect's process, it's time to look for someone special! "Next, a personal love and life blueprint is used as a custom map to build, heal, tear down, or do whatever is necessary to bring the most amazing experience of love into our clients' lives," the love guru divulges.

# Exclusive Celebrity Interview With “The Love Architect”

Before you find someone else to love though, the life coach urges you to love yourself. Sharing an important piece of relationship advice, she claims, “If we have no real clue who we are, we then spend our entire lives not really knowing our authentic selves and therefore ending up on a treadmill going nowhere but on a habitual track of unhappy, unsuccessful, unfulfilling relationships. That in turn changes our energy, which in turn affects the planet we live on.”

Of course, falling in love isn't always smiles and butterflies; it can lead to heartbreak too. To those who are trying to move on after a rough split, Rosenberg offers the following dating advice: “Realize that your break-up was one of the greatest gifts you could have ever received. It was raw and real. It tugged at your ego and your heart and gave you the chance to see something in yourself you perhaps have never seen or weren't ready to see until now.”

**Related Link:** [Dating Expert Kailen Rosenberg Constructs Celebrity Relationships From the Inside Out](#)

In our exclusive celebrity interview, she encourages you to take a look at your value and see what you have allowed into your world that shouldn't be there. “Life is here to love on you, to teach you, and to bring you love, and it won't allow you to be with the wrong person for too long,” she adds. “Your most recent break-up leaves you with a wonderful opening for the right person to finally come in.”

With the weather finally warming up, it's a popular time of year for “spring flings” – which are one way to get over a broken heart. You may be surprised that Rosenberg says to go for it! “There is no such thing as a failed relationship. Instead, look at it as an in-depth experience with yet another



'love teacher' who showed up to teach you about *you* and about love," she insists. "So be smart and be a great student of love. Seek to find what more there is to learn about yourself when it comes to love, where your 'blocks' still might be, and where you have clearly grown."

Real love comes in all shapes and sizes, which is why the celebrity matchmaker has partnered with Betsy Broyles Arnold to recognize Alzheimer's disease caregivers. "I am honored to have been given the opportunity to join forces on such an important and inspiring campaign. As you know, my entire life-work focuses on teaching and bringing genuine love to this world, and we all know that love is far more than hearts and chocolates, so it couldn't have been a better fit," she says of the Unconditional Love campaign. "We all want to understand love, and we all know that there will come a time in our lives when love is challenged. Those truly forgotten, unrecognized heroes – the caregivers of those with Alzheimer's – give every bit of themselves, and *that* is when love becomes unconditional."

**Related Link:** [Relationship Author Kailen Rosenberg Gives Dating Advice for Finding 'Real Love, Right Now'](#)

Honoring these caregivers can be as simple as sending a card to show that you appreciate their work or offering to clean their home or cook them dinner. As Rosenberg explains, "They know in their hearts they have no choice but to be strong for their loved ones, to be present, and to love unconditionally in ways they never thought possible. We need to recognize them for their efforts."

*You can keep up with Kailen on Twitter @kailenrosenberg and [www.facebook.com/kailenrosenberglovearchitect](http://www.facebook.com/kailenrosenberglovearchitect). Also, be sure to pick up a copy of her book about love, Real Love, Right Now: A Thirty-Day Blueprint for Finding Your Soul Mate – and So Much More!*

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# 'American Idol' Contestant Sarina-Joi Crowe on Being Eliminated: "It Motivates Me Even More"



By Jenna Bagcal

Perseverance and determination are two qualities that 19-year-old Sarina-Joi Crowe possess. The Columbia, Tennessee native has auditioned for reality TV show *American Idol* four times since 2011. This season, she made it to the Top 12, but her journey ended this past Thursday after she received the lowest

number of fan votes. She performed Demi Lovato's "Neon Lights" as her save song, but it wasn't enough for the judges to keep her from elimination. While this came as a shock to viewers and fans, the singer isn't done yet: "This is not the end of me. There's definitely more to come!" she assures us in our celebrity interview.

## ***American Idol* Contestant Talks About Elimination and Relationships and Love**

Crowe grew up in a small town in Tennessee and worked as a hostess at a restaurant. She learned to sing in church and credits her mother as the driving force behind her tenacity. "She's always been very big on following our hearts, doing what we want to do, and not letting anyone stop us," she shares. This attitude is one that Crowe has held on to throughout her life, and it's what has pushed her to pursue her goals.

**Related Link:** ['American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going](#)

While many contestants in the performer's position would feel disheartened, the veteran says that her elimination from the reality TV show "doesn't affect her determination" to pursue music as a career. "It actually motivates me even more. At the end of the day, I know everybody wants to go all the way on *Idol*, and that's ultimately the goal," she explains in our celebrity interview. "But if you can go from number 100 to 60 to 48 to 12, then it's a pretty good sign of what kind of career you're going to have. You're always gonna go a little farther; you're always gonna get a little better. I still have time to grow and do great things."

Of course, we had to ask Crowe about her relationship status!

When she performs romantic songs like “You Really Got a Hold On Me,” she’s not thinking of anyone in particular. “There’s nobody in mind because I’m so single, it should be illegal!” she says with a laugh.

Instead, she thinks of a personal experience or an experience of someone she knows and tries to channel that energy into the song and make the delivery of it convincing. “I try to use past relationships and love as an example, or I try to jump into the shoes of somebody that I think would feel that way,” she explains.

**Related Link:** [‘American Idol’ Contestant Majesty Rose: “I Didn’t Change Who I Am At All”](#)

The young singer has also learned a lot about the audition process during her long history with *American Idol* and has some advice to share for next season’s hopefuls. “You should never give up. That’s the one thing I want to make known across the nation,” she exclaims. “When somebody tells you ‘no,’ you can’t really take that. You have to figure out what to do next and try it again. It’s that one ‘yes’ that’s gonna make the difference.”

To her fans, Crowe says, “I just want to thank them so much. I love them dearly! I’ve been reading so many great things on Twitter and Facebook, and it’s just really awesome to see a group of people who are so dedicated and loyal. I owe them everything because I wouldn’t even be here if not for them.”

*You can keep up with Sarina-Joi on Twitter @SarinaJoi and [www.facebook.com/SarinJoiMusic?ref=br\\_tf!](http://www.facebook.com/SarinJoiMusic?ref=br_tf!)*

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# Celebrity Video Interview: Meryl Davis and Charlie White Dish About Their Love Lives!



Interview by [Lori Bizzoco](#). Written by Jenna Bagcal.  
From winning gold medals at the 2014 Winter Olympics to appearing on *Dancing With the Stars*, [Meryl Davis](#) and [Charlie White](#) know what it means to have a lasting and successful partnership. After such a phenomenal year, the duo is taking some time off from training to pursue other projects, including traveling across the country with the *Stars on Ice Tour* and returning to the University of Michigan to finish their degrees. Earlier this week, on Mar. 11, the athletes appeared at the airweave store opening in Soho as brand ambassadors for the company, and Executive Editor and Founder



Lori Bizzoco was there to chat with the duo in this [celebrity video interview](#).

## **Meryl Davis and Charlie White Discuss Their Partnership in Celebrity Video Interview**

Having trained together since 1997, Davis and White are currently the longest-lasting ice dancing team in the United States. They credit their partnership to a number of different factors. “I think that we want the same things,” Davis reveals. “But I think also having a set of parents and having families that instilled similar values and raised us in very similar ways – raised us to respect not only each other but other people – has really been the foundation to our relationship.”

**Related Link:** [Find Out What Olympic Swimmer Ryan Lochte Looks for In a Girl](#)

White adds that, despite their long partnership, they’re fortunate enough not to get into any huge disagreements. “We always knew that, even when we disagreed on something, we were trying to get to the same place,” he says. “The key for us was just keeping our eyes on the prize and knowing that, either way, it was going to be a win for us because we just cared so much.”

## **Celebrity Athletes Talk About Their Relationships and Love Lives**

Thanks to their compatibility and convincing performances on the ice, people often mistake Davis and White for a famous couple. However, White is currently engaged to former ice dancer Tanith Belbin. “She retired in 2010, and having her



# Rosenbaum Are Divided on Who Will Win Chris Soules's Heart!



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

The relationship between [J.P.](#) and [Ashley Rosenbaum](#) is a celebrity love story come true. This [famous couple](#) met on *The Bachelorette* season 7, and since then, they've gotten married and welcomed a new addition to their family, son Fordham (Ford) Rhys. The adorable pair, who recently moved to Miami, are getting the hang of being first-time parents and opened up about their experiences as a family of three in our exclusive celebrity interview. Plus, we found out they're a house divided when it comes to this season of *The Bachelor*!

# 'Bachelorette' Celebrity Couple Talks About Life as New Parents

Raising a baby – whether it's for the first time or the fifth time – is by no means easy, but for the celebrity couple, Ford has been a blessing. "He's a model angel baby," the proud dad shares. So far, there haven't been any big moments that the duo couldn't handle, but like any first-time parents, J.P. admits that they "just roll with the punches!"

**Related Link:** ['Bachelorette' Celebrity Couple Ashley and J.P. Rosenbaum Talk About Life with Newborn Son Fordham](#)

At just five months old, Ford is already making huge progress in his development. "He rolls over and sits up. Of course, we have to put pillows around him, but he can sit up for a pretty extended period of time," Ashley gushes. "He's grabbing at things; he's eating semi-solid foods right now; and he's taking the packaging, putting it into his mouth, and trying to feed himself. It's a pretty exciting time right now!"

The celebrity mom has a prediction for an upcoming milestone in her son's life too: She thinks Ford's first word will be "Boo." She elaborates, "That's our dog's name, and he's always hearing us say 'Boo,' so we're pretty sure that's what he's going to say first."

Like most dads, J.P. is excited for his son to follow in his footsteps and play sports someday. "I grew up playing basketball, soccer, lacrosse, and baseball, so we're going to let him try out everything," the former *Bachelorette* contestant shares. Noticing that Ford has been using his left hand more frequently, he adds, "We think he may be a lefty, so he may have an advantage as a pitcher. We're definitely going to get a baseball in his hand pretty early."

Now that Ford is a little bit older, the celebrity couple is feeling more comfortable with other people watching him so

that they can have some alone time. “Ashley is going back to work soon, and we just hired a nanny about two weeks ago. We’re easing into the ‘leaving him with somebody else’ phase so that we can go on date nights,” J.P. reveals. “We’re almost there!”

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

A few months before their son was born, the reality TV stars packed their bags and headed south. Fortunately, the move to Florida was a great choice for them. “I don’t see us going back to New York. We’ve only been down here for about eight months, but we love it,” J.P. shares.

Lucky for them, the winter in Miami hasn’t been too severe, but just in case it gets blustery, the famous couple partnered with Puffs to make sure they’re prepared. “We thought it was a cool partnership. We’re just promoting staying healthy and putting your best face forward throughout the winter, Ashley explains in our exclusive celebrity interview. “What we love about Puffs is that it’s a campaign to promote taking care of yourself and providing comfort to you during cold and flu season, especially with such a harsh one this year,”

Being that *The Bachelorette* season 7 stars have some experience under their belts, talk of another baby has come up. “I had so much fun. I had a great pregnancy. I really, really enjoyed just having a baby and him being born,” the new mom says. “So who knows! Maybe we’ll go for a third, but right now, we’re really thinking two.”

## **J.P. and Ashley Rosenbaum on Chris Soules and *The Bachelor* Season 19**

**Related Link:** [‘The Bachelor’ Chris Soules Prepares to Bring Winner Home to Arlington](#)



Given their celebrity love story, it's no surprise that they enjoy watching *The Bachelor* together. With the finale of Chris Soules's journey tonight, we had to ask their thoughts on the remaining two ladies. The former *Bachelorette* is Team Becca. "I love both Whitney and Becca, but personally, I think Becca would be better for Chris," she reveals. "I feel like she is more genuine. She hasn't had a lot of love in her life, and she moves a little bit slowly, but I feel like there can potentially be a more real relationship between them."

J.P. disagrees. "I'm on the other side. I think his relationship with Whitney has progressed so much more than his relationship with Becca. I think he would be leaning more towards Whitney," he shares.

When it comes to the next season of *The Bachelorette*, the famous couple agree that ousted contestant Kaitlyn Bristowe is the best pick. "We like Kaitlyn a lot," Ashley says. "She seems like a cool chick. She's got a little edge to her, so we like that."

J.P. adds, "She's funny too. I think she'd make a good *Bachelorette*."

*You can keep up with the cute couple on Twitter @ashhebert and @JP\_Rosenbaum. Be sure to tune in for The Bachelor season 19 finale tonight on ABC at 8/7c!*

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**Exclusive** **Celebrity**  
**Interview: 'Revenge' Star**

# James Tupper Opens Up About His Love Life and Playing David Clarke



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

[James Tupper](#) is famously known for his roles on shows like the ABC series *Men in Trees* and the NBC medical drama *Mercy*. Most recently, he has played David Clarke on ABC's *Revenge*. After a month-long hiatus, season four is coming back on Sunday, Mar. 8, so buckle your seat belts for some unexpected twists and turns! In our [exclusive celebrity interview](#), Tupper opens up about his relationship and love with *Dig* star, Anne Heche, his family life, and his role on *Revenge*.

# James Tupper Shares His Celebrity Love Story and Gives Relationship Advice

It was love at first sight for Tupper and his longtime partner Heche. The celebrity couple met when they worked together on *Men in Trees*, but it wasn't as easy as you may think. Both stars were married at the time, and although he says that their marriages were dysfunctional, they didn't act on their attraction for each other. "Being married made it a lot worse because, for eight months, we didn't come together," the actor reveals. "But we had this incredible abiding friendship and, out of that loyalty, grew love."

The famous couple isn't married yet, but they do remain eternally engaged. "One of the really fun things we do is every year I ask Anne to marry me. She always says yes, and then we just never pick a date," he says with a laugh.

The Hollywood couple have been happily together for almost eight years and have son Atlas together as well as Heche's son Homer from her previous marriage to cameraman Coleman "Coley" Laffoon. They plan to celebrate Atlas's sixth birthday and Homer's thirteenth birthday this weekend in Beverly Hills with close family and friends. "We're renting a hotel room in Los Angeles and an adjacent hotel room," the actor shares. "Homer is going to have his best buds come, and then Atlas and his best friend's family are renting a room beside us. Our cousins and nephews are all going to come, and we're going to hang out by the pool and celebrate."

**Related Link:** [‘Revenge’ Star Josh Bowman Says People Shouldn’t Care About His Personal Life](#)

You may be wondering how the duo juggles their busy careers with a grounded family life, and you wouldn't be alone. Tupper reveals that it's essential to go after your

passions. "Follow your dreams. Just do something little every day that makes you feel full," the star advises. "Anne and I are both people that do that, and when we come home at the end of the day, there's a feeling of fullness, and it makes our partnership stronger."

Doing something that you love and really care about is some of the best dating and relationship advice you can receive. This is especially true when you're in a celebrity relationship with a lot of pressure and scrutiny. "People who are pursuing what they love are providing nourishment for their relationship," the actor adds.

## **James Tupper Talks Behind-the-Scenes of *Revenge* in Exclusive Celebrity Interview**

Although Tupper couldn't give us any information on the upcoming episodes during our exclusive celebrity interview (no spoiler alerts here!), he did share a behind-the-scenes secret for fans of the show. As you may know, costars Emily VanCamp, who plays Emily Thorne, and Joshua Bowman, who played Daniel Grayson, are a real life celebrity couple. Although Bowman's character was tragically killed off earlier this season, he still visits the set to see his girlfriend and provide laughs for the cast and crew. "Just the other day, he came to set," Tupper divulges. "Me, Emily and Nolan Ross were having a scene, and behind us was this large yard. During the scene, he wandered through it, and everybody started busting up laughing. He was like, 'I'm still alive!'"

**Related Link:** [Rumor: Are 'Revenge' Co-Stars Emily VanCamp and Josh Bowman Dating?](#)

Obviously, the cast and crew enjoy their time together, but as avid viewers of the series know, the show is not always fun

and games. Tupper's character was actually presumed to be dead for the first few seasons. The drama only recently revealed that he was alive, providing one of the biggest shockers of the entire series. "Revenge is the only show I've ever worked on where, as soon as I get the script, I go right to the last two pages to see if my character is still talking," he says with a laugh.

You may have been surprised to find out that David was still alive, but the writers have actually been planning that since the beginning of the show; they just didn't know when it was going to happen. "In the history of television, it's the longest introduction to any character," the actor shares. "I would turn the show on during the second or third season, and in every scene, they'd be saying, 'David Clarke wouldn't have wanted that.' I was like, 'That's crazy – this power that's built around his memory.'"

Tupper says the cast and crew hope to continue for many more seasons. When asked how they keep coming up with story lines for these characters, he says he's wondered the same thing! The writers have assured him that they aren't done yet and have much more up their sleeves. It sounds like season five is just around the corner – stay tuned!

*You can keep up with James on Twitter @MrJamesTupper. Tune in for Revenge this Sunday, Mar. 8 at 10/9c on ABC!*

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**Exclusive** **Celebrity**  
**Interview:** **Soon-to-Be Mom**



# Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!



By [Rebecca White](#)

Terri Seymour is famously known for dating Simon Cowell for six years before their [celebrity break-up](#) in 2008. However, the *Extra* correspondent has moved on since then: She announced her celebrity pregnancy with boyfriend Clark Mallon in September and is excited to welcome their daughter into the world later this week. In our exclusive celebrity interview, the TV host opens up about her relationship with her ex and her celebrity baby news.

# Terri Seymour Talks About Celebrity Ex Simon Cowell

As fate would have it, Seymour is due around the same time that Cowell celebrates his son Eric's first birthday. The celebrity exes have remained close friends since their split, and the actress is even Eric's godmother. Of course, the possibility of these two celebrity kids falling in love has been discussed among their closest friends. "Simon's joked about that. He's told me they will date, so we'll see what happens," she says with a laugh. "Eric is the most adorable, well-behaved little baby, so I'm sure he'll grow up to be a lovely young man."

It's no surprise that she often wonders how Cowell ended up with such a sweet baby. "I've said to Simon before, 'I can't believe he's your child!' because he's been so good since he was born," the star gushes. For her daughter's sake, she adds that they'll "just have to make sure he doesn't get on the naughty side!"

**Related Link:** [Simon Cowell Shares Photo and Gushes About Newborn Son](#)

Clearly, the celebrity exes have maintained a close friendship, despite their relationship and love life not working out so many years ago. "I think sometimes, when you're in a relationship with somebody and you become such good friends, if you don't have a terrible break-up, it makes it easier to remain friends," Seymour shares in our celebrity interview. "If you have a terrible split, then that's probably not going to happen."

Cowell has even said that he will be the godfather of Seymour's baby girl, although the TV host has yet to confirm.

# TV Host Reveals Difficulties During Her Celebrity Pregnancy

A pregnancy can be hard on anyone, even more so if you have systemic lupus like Seymour does. “I had a lot of sickness in the first seven months – I felt sick the whole time basically,” she divulges. “Now, I’m just feeling very tired and getting ready for the big day.”

While her lupus had nothing to do with the sickness she felt, her doctors are still monitoring her and the baby closely. “They won’t let me go past my due date because of it,” the actress says. “They’re talking about maybe inducing me a little bit early.”

While preparing for a baby is a great bonding experience for a couple, it can also test their partnership. “Pregnancy is really hard on a relationship and love. I think it can be very stressful,” Seymour explains. “It can be hard for the guy, I think, when his wife, partner, girlfriend, whoever, is going crazy with all these hormone changes. We can be quite testy on them, like I’ve been for the last couple months! Towards the end, though, it just brings you even closer together.”

**Related Link:** [Simon Cowell Is Having a Baby with Socialite Lauren Silverman](#)

Now that they’re in the homestretch, the famous couple is focusing on getting their daughter’s bedroom ready. “The nursery is really cute with a little bit of pink,” the celebrity mom-to-be says. “It’s got this very light-colored and fluffy cloud-like rug. We’re just doing the accessories now, like pillows, baskets, and toys. We’re trying to make it all cozy.”

It’s easy to see that the *Extra* correspondent and her celebrity love can’t wait to become parents. “I’m definitely most excited about meeting our daughter for the first time,”

she reveals. “By the time you come to the end of your pregnancy, it feels like it’s been going on forever, so you just want to meet your healthy, beautiful, new baby. I’m excited about becoming a mom. It’s going to be life-changing.”

Still, the host isn’t going to let parenthood slow her down. In fact, she’s already got a new project in the works: “I’m designing a diaper bag because I’ve had terrible trouble finding a beautiful, cool bag,” she explains. “I’m really excited about that. I’m hoping it’s going to be ready when I have the baby because I still don’t have one!”

*You can keep up with Terri on Twitter @terriseymour and [www.instagram.com/officialterriseymour/](http://www.instagram.com/officialterriseymour/).*

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## **Carmen Milian Talks Reality TV Show and Dating Advice in Exclusive Celebrity Interview: “Love Can Conquer All”**





By [Sarah Batcheller](#)

The encouraging, protective, all-powerful role of momager is becoming ever more prominent in the most glamorous celebrity families, and Carmen Milian is no exception to the population of fabulous moms taking over the entertainment industry. Mother to singer and actress Christina, hairstylist Danielle (who just announced that her third [celebrity baby](#) is on the way!), and chef Lizzy, the family matriarch has a lot of fame on her plate, as seen on the hit reality TV show *Christina Milian Turned Up*. Milian is not only a successful businesswomen; she happily raised her three equally-successful daughters following her divorce. In this exclusive celebrity interview, the celebrity mom describes life and love under her roof.

## **Exclusive Celebrity Interview with Reality TV Star Carmen Milian**

Milian reveals that filming their reality TV show was a good experience for her family. "It actually brought us closer,"



she explains. “We worked out some underlying issues throughout filming that we were able to resolve, and I think we came out better in the end by finally dealing with them.”

The mother of three also had a lot of favorite moments, but unfortunately, many of them won't be seen by audiences. “There were a lot of beautiful scenes that we shot that they didn't use. The footage showed us joking around and being silly or even a lot more lovable. I wish people could have seen that,” she says. “We also filmed an episode for Viva Diva Wines, which Christina and I own along with our partner Robyn Santiago. It was a charity event that we supported, and our wines were such a great hit!”

**Related Link:** [Christina Milian Talks New Reality TV Show, Viva Diva Wines and the Status of Her Love Life](#)

In regard to her high-profile business venture with her daughter, Milian makes it sound like a match made in heaven. “I love being Christina's partner!” she gushes. “I feel like we understand and respect each other's roles now better than ever. We work better side-by-side than when I work *for* her.” She then adds, “Our relationship has remained pretty much the same. The partnership is based on the same work ethic and trust that we've always had.”

The entrepreneur likes to add a familial aspect to everything she does. Even while working, her children and grandchildren are at the forefront of her mind. Making it sound easy, she divulges her secret to balancing it all: “My grandkids are team players. They know that sometimes they have to be quiet while I'm on a business call, but they don't mind because those calls usually come while I'm in Toys “R” Us, at the park, or at Chuck E. Cheese. I spoil them plenty, so they are fine with me working while we play. I try not to text or email during my time with them though because I don't want them to feel ignored. “

# Celebrity Mom Shares Dating and Relationship Advice

Milian is looking forward to this year, as she intends to make it a noteworthy one in terms of her relationship and love life. She believes that this is her time, saying, "The truth is that I used to date back in the day after my divorce, but it's been a while. Dating is the one thing I wish I would've taken more time for in the past, but it's never too late, and that is my intention in 2015."

**Related Link:** [Reality TV Star Christina Milian Talks About Her New Partnership and Being a Celebrity Mom](#)

She also has some dating and relationship advice for other single mothers looking for someone special. "Be open to it," she insists in our exclusive celebrity interview. "Date as many frogs as you like, but only introduce your kids to a few princes. Hopefully, one of them will turn out to be your king!"

When it comes to the season finale of *Christina Milian Turned Up*, which airs this Sunday, Mar. 1, viewers have a lot to look forward to. "They are definitely going to see our worst sides at the beginning of the episode. They'll see that my family is in no way perfect," she candidly shares. "But at the end, everyone will see how we work through our issues and that love can conquer all."

The reality TV star reassures fans that the closing of the first season of *Christina Milian Turned Up* doesn't bring a halt to the family's success. Christina will be dropping a hit single next week and is appearing in the Hulu series titled *East Los High*; Danielle is an avid blogger for *Latina Magazine* and has a line of hair extensions in the works; and Lizzy is a private chef and has just begun writing for *Latin Kitchen*.

*Catch Carmen on the exciting season finale of Christina Milian Turned Up on E! this Sunday, Mar. 1 at 10/9c!*

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# Exclusive Celebrity Interview: Karina Smirnoff and Lindsay Rielly Share Dating Advice In 'We're Just Not That Into You'



Interview by [Sarah Batcheller](#). Written by Jenna Bagcal

We've all been on dates that have flopped miserably. Maybe they've even made us think, "What did I do wrong?" or "Why wasn't he into me?" In this exclusive celebrity interview, *Dancing with the Stars* (DWTS) professional dancer [Karina Smirnoff](#) and her best friend and manager Lindsay Rielly remind readers that these dating disasters happen to the best of us. In their new book *We're Just Not That Into You: Dating Disasters From the Trenches*, which came out on Feb. 10, these ladies, along with some of their famous friends, share their perspective about relationships and love and prove that what seems like a bad date now may turn into a hilarious story that you'll learn from later on.

## Karina Smirnoff and Lindsay Rielly Share Dating Advice and Disasters

Sure, Smirnoff is well-known for her moves on the dance floor, but even winning the mirror ball trophy doesn't make you immune to heartbreak – which is why she decided to share the good, the bad, and the ugly in her new book. According to Rielly, the title of the book is a tongue-in-cheek reminder to women that "it's not that *he's* not into us. It's a mutual thing!" Their main goal was to remind people that "dating is ultimately fun, not something that you have to dread because of your previous experiences."

**Related Link:** [Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine's Day](#)

Embodying this mindset, these two women have not let dating flops get in the way of their positive outlook on relationships and love. Smirnoff's best piece of dating advice is simple: "Open your mind and your heart. Instead of thinking, 'Oh my god, I gotta go on another date,' go with good energy. Great things might come out of it! And the least

you're gonna do is enjoy yourself."

The best friends ultimately describe the writing process as "fun" with intense and challenging moments at times. "To be honest, I loved every second of it! It was a lot of work though," Smirnoff says in our exclusive celebrity interview. "Once we started remembering the dates and the details, we looked like Bruce Almighty. Remember when he was God and he was answering emails to everyone? At the end, I just wanted to say yes to all! But writing a book is very liberating and empowering too – I didn't expect to feel that way."

In addition to dating stories from Smirnoff and Rielly, *We're Just Not That Into You* includes contributions from their girlfriends and other celebrities, including *DWTS* contestants Leah Thompson, Maria Menounos, and Ralph Macchio as well as fellow professional dancer Cheryl Burke.

## Why Men Will Enjoy This Book About Relationships and Love

While the book is geared towards women, Smirnoff and Rielly share that men may also enjoy reading it. "Our publishers read the book, not expecting to love it, and said that neither of them could put it down. It's the type of book that, if their wives had it, they would steal and read in private," they explain.

**Related Link:** [How to Keep the Spark in Your Relationship After Valentine's Day](#)

No need to worry, guys: You're not to blame for every dating disaster. "There are stories where we laugh at our own behavior," Smirnoff says. "There were definite situations where we were the catalyst of our own downfall. But that's the whole point: It's not like all guys are bad and all girls are good. We're all good, and we're all bad...sometimes at the same



time.”

Of course, the authors have their fingers crossed that some of their exes check out their new book about love. “I’m personally hoping that at least one specific person reads it. I think that he might learn something about his love life by reading his story,” says Rielly.

“I just hope someone picks it up and asks, ‘Why were you talking about me?’” Smirnoff adds with a laugh.

## **Professional Dancer Shares What’s Next for Her in Exclusive Celebrity Interview**

With her new book being released and other secret projects in the works, Smirnoff will not be returning for the next season of *DWTS*. After being on the show for “an incredible decade of her life,” the dancer says that she felt it was time to move on and explore new opportunities. “There are a lot of exciting things coming up!” she shares.

**Related Link:** [Dating Advice: How to Date and Get the Best Results](#)

Some of her favorite memories from the show are the relationships that she formed with other professional dancers and her celebrity partners. “I developed real friendships – friendships where you call each other, where you see each other whenever you’re in town,” she reveals. “I still have that relationship with a lot of my partners, including Ralph Macchio, Jacoby Jones, and J.R. Martinez.”

Speaking of Martinez, one of her favorite seasons was season 13 when she was partnered with the former U.S. Army soldier and actor. She explains, “I love the military. Being partnered with J.R. was very powerful for me because I got to experience some of his world firsthand. I got to experience his story – what he went through and how he came out of it. That was a very important season for me personally.”

*You can keep up with Karina on Twitter @Karina\_Smirnoff. Check out We're Just Not That Into You on Amazon!*

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# Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine's Day



By [Rebecca White](#)

Do you ever wonder what married celebrity couples do for Valentine's Day, especially if they're apart due to work obligations? Well, we got the inside scoop from one of our favorite stars! In an exclusive celebrity interview, Antonio Sabato Jr. shares that his relationship and love life is better than ever and discusses what he'll do for his wife this weekend.

## Antonio Sabato Jr. Talks Valentine's Day Plans in Exclusive Celebrity Interview

In honor of the romantic holiday, the former *Dancing with the Stars* contestant learned how to cook for his wife Cheryl Moana Marie Nunes on *Flip My Food* with Chef Jeff Henderson. Although the actor won't be home for the special day, he plans to use the skills he acquired on the show when he returns and has "some surprises going to the house for her."

**Related Link:** [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

When the reality TV star learned what Chef Jeff wanted to make for the famous couple, he couldn't resist the invitation to go on his show. "Everything was delicious, and the dessert was incredible," Sabato raves. "He makes everything taste amazing. I don't ever eat salmon, and the way he made it was amazing. I love his food, his recipes, and his show."

The actor not only learned how to cook the perfect meal for his wife, but he also took home some new cooking skills that he didn't have before. The *Fix It & Finish It* host shares that you need to "take your time; be careful not to overcook your ingredients; and put passion behind your food."

# Reality TV Star Shares His Best Relationship and Love Advice

If you are still unsure of how to spend your Valentine's Day and what to give your significant other, consider this dating advice to save your relationship and love life. "Knowing what your significant other likes and what is special to her is the way to have a great Valentine's Day," the former model says. "Know her favorite restaurant, her favorite food, her favorite flower, or her favorite movie. Then, surprise her and be a gentleman about it."

**Related Link:** ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special For Us Both"](#)

Or you can impress your partner on the dance floor this weekend. The actor may even showcase his dancing skills. "I get to dance with my wife all the time and have had many dances with her since the end of *DWTS*," he reveals in our exclusive celebrity interview. "I always take my time with her to heart."

If you're still in a bind, use this celebrity couple's favorite date night as your inspiration. Sabato divulges that they like to go to a theater where "you can order food and drinks during the movie in reclined seating and just have an amazing time." Sounds like a good date to us!

You can keep up with Antonio Sabato Jr. on Twitter @antoniosabatojr and his website, [www.antoniosabatojronline.com/](http://www.antoniosabatojronline.com/)

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# Celebrity Interview: Model CariDee English Is “Off the Market Officially!”



Interview by [Whitney Johnson](#). Written by [Rebecca White](#).

You may recognize CariDee English as the season 7 winner of *America's Next Top Model*, but she has come a long way in her career since 2006. In our [celebrity interview](#), the former reality TV star opens up about her current boyfriend, her struggle with Psoriasis and how it has affected her relationships and love life, and the upcoming music video that she stars in. Plus, she shares her best fashion and beauty tips for your next date night.



# CariDee English Opens Up About Her Relationship and Love Life

Sorry, guys: This beautiful blonde is “off the market officially.” She’s been dating musician Ilan Rubin since they ran into each other at a Halloween party, but she admits that she “stalked him on Instagram for a couple of years” first. Given their shared passion for music, particularly drumming, she says, “I love the way he worked. First and foremost, I was in love with the artist in him.”

For women trying to find the courage to make the first move, take a cue from English: After she realized Rubin was flirting with her, she took the reins. “I definitely approached him. I picked him up 100 percent,” she shares. The couple has been together ever since!

**Related Link:** [Bobbie Thomas on Date Night Fashion: “If You’re Looking to Have a Good Time, Don’t Be Uncomfortable!”](#)

Since both of them travel often for work, they have to take advantage of date nights when they can. The model says her perfect time with her man is when she doesn’t have to share him with anyone else. She elaborates, “With work, we’re constantly out with other people, so it’s just nice to get all of his attention.”

When it comes to her three must-haves in a partner, English knows exactly what she wants: He needs a job; he needs to share some of her passions and interests; and most importantly, he needs to be loyal. “I can’t stress it enough: You can have the hottest guy with the best job, but if he’s not loyal, you’re gonna feel like shit,” she says in our celebrity interview.

# Former Reality TV Star Shares Dating Advice in Celebrity Interview

Many fans now know English from the often-played Stelara commercials. Given her role as spokesperson for the medicine, it's no surprise that she's very candid when discussing her Psoriasis, which she's had since she was five years old. "It really impacted my dating life. It's the biggest reason why I'm so cool and half the reason why it took so long to lose my virginity," she says with a laugh. "It's something that you can't cover up, and it's something that you can feel to the touch."

While not all of us struggle with something like Psoriasis, the North Dakota native recognizes that, "as women, we are always going to be uncomfortable about something." She encourages you to "embrace whatever it is that's less than perfect. The best way to find confidence is just to put time into yourself." Something as simple as taking a walk two times a week can help you feel more in tune with yourself. "That automatically makes you feel more comfortable when it comes time to reveal your body in front of a partner," she adds.

**Related Link:** ['Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

English also believes that it's important to share your insecurities with your partner once you are comfortable with them, even though the fear of rejection is so high. "They're only going to love you more. I guarantee that," she shares.

Of course, as much as you work on inner confidence, you're outer appearance also affects how you ultimately feel. "Confidence comes from within, but it will show on the outside," the model says. "Whenever I'm not feeling all that sure of myself, I'll wear a bright lip or a powerful

color like red and throw in a little extra time on my hair.” Whatever you do, don’t give into your self-doubt and decide not to go out. “Don’t let your insecurity win. Beat it with a punch – a punch of color,” she says.

If all else fails, English recommends wearing something black. “It’ll make you feel slinky and smooth and slender. It kind of makes you feel like a bad ass,” the star divulges. “A great leather jacket will go a long way to improve your mood too.”

To add a little pizzazz to your dating life, try something new when it comes to your beauty routine. It can be as simple as putting on a new lipstick or as drastic as changing your hair color. Whatever you decide to do, English says, “Just commit to it. Go for it 100 percent and wear it with no apologies.”

**Related Link:** [Dating Advice: 5 Tips for Awesome Lips for Your First Kiss](#)

On a first date, though, you may want to keep your look simple. “The more you put on, the more upkeep you have to do,” she reminds us. “Make sure you bring everything needed for touch-ups!”

When she’s not modeling, English loves doing anything related to music. She’s currently working on a music video for the band Mini Mansions, which is Michael Shuman’s band, who is the bassist for Queens of the Stone Age. “I’m excited because I get to do my art, my modeling, but I get to do it in a live action way,” she says.

*You can keep up with CariDee on Twitter @CariDeeEnglish and Instagram.*

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# Exclusive Celebrity Interview: Former Reality TV Star Brie Bythewood Shares Love For New Baby Girl



By Emma L. Wells

Congratulations to Brie Bythewood, who recently joined the ranks of celebrity moms! The former cast member of Bravo's reality TV show *Blood, Sweat & Heels* welcomed her first child, a baby girl named Arya Dien, on Jan. 23 in New York City. "I've never felt so complete," she shares in our exclusive celebrity interview. "My daughter is my everything."

**Related Link:** ['Blood, Sweat & Heels' Star Brie Bythewood](#)

[Shares Her Baby Announcement](#)

## **Brie Bythewood Opens Up About Daughter in Exclusive Celebrity Interview**

Bythewood posted an adorable snap of her little one, who arrived at 3:45 a.m. and weighed 7 lbs. 8 oz., on Twitter. The photo was captioned, "Love of my life." The reality TV star expands on this feeling, saying, "It was love at first sight. Just when I thought I knew everything about true love, my daughter entered the world, and my heart became hers instantly and unconditionally."

When it came to naming their firstborn, the new celebrity mom explains that Arya (pronounced Aria) was their top choice. "Our goal with her name was to find one that exudes beauty and strength," she reveals in our exclusive celebrity interview. "And then she shares my middle name, Dien."

**Related Link:** [Brie Bythewood on Departure from Reality TV and Celebrity Pregnancy](#)

## **Reality TV Star on Being a New Celebrity Mom**

"It's the best feeling in the world," Bythewood says of parenthood, "and it's a role that will last forever! I couldn't feel happier or more blessed."

*To keep up with Brie's journey as a celebrity mom, follow her on Twitter @BrieBythewood.*

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# Actress Joely Fisher on Her Celebrity Marriage: “It’s Work, But I Don’t Feel Like It Doesn’t Have Its Rewards”



By [Katie Gray](#)

Joely Fisher is perhaps best known for playing Paige Clark on the television series *Ellen* and Joy Stark on *'Til Death*. She's also been on Broadway in *Grease* and *Cabaret* and had a recurring role on the popular ABC show *Desperate Housewives*. Acting isn't her only passion though: She serves as an ambassador for the International Fund for Animal Welfare (IFAW), which recently debuted the PROTECT PSA campaign that was conceived, directed, and edited by the talented

star herself. It features notable Hollywood personalities – including Amber Valletta, Melissa Rivers, Denise Richards, Brian Austin Green and Joshua Bowman – discussing the pressing issues facing animals around the world and are calling upon the public to take action for animals. “I’m an animal lover,” she says.

**Related Link:** [Jennie Garth Says Farm Animals Help Her Cope with Divorce](#)

## **Joely Fisher Talks PROTECT PSA Campaign in Exclusive Celebrity Interview**

The actress, who currently has a recurring role on Tim Allen’s show *Last Man Standing*, describes her initial encounter with IFAW as “love at first lecture. I fell in love with these people and their commitment.” One of the primary goals of the organization, which was founded in 1969, is to inform the world about the realities of endangered exotic species. “A lot of people don’t realize that piano keys, chess pieces, and billiard balls are historically ivory,” she explains in our exclusive celebrity interview. “And they’re not aware that you can’t have ivory unless an elephant is dead.”

The video footage in her PROTECT PSA campaign shows the relationship that animals like elephants have with each other, allowing viewers to see them as living, breathing creatures. “It’s so important that people know that they have feelings and emotions and reverence for their ancestors like humans do,” she passionately shares. “Our campaign sheds light on the struggles of these animals without being graphic. It’s in a positive way.”

She adds, “We’re not asking anybody to give any money; we’re

not asking for a donation. We're asking people to protect these animals and to have them in their consciousness. I feel like everyone is loving it."

**Related Link:** [Celebrity Mom Tia Mowry Says, "There's No Such Thing as Balance!"](#)

## Actress Opens Up About Being a Celebrity Mom

Beyond acting and working with the IFAW campaign, Fisher also has a busy home life: She's a devoted wife and celebrity mom of five, with kids ranging in age from six to twenty-nine. "Mothering is a job. It's our greatest gift and also our biggest career," she candidly says. "We are built for speed; we are built to multitask. We have to schedule ourselves so that we are present in our children's life and also fulfilled in our careers and partnership."

With this thought in mind, the star believes that it's important to show her kids what it means to be a working mother. "They get to see me love my career and also have enough time for them," Fisher shares. "They will be better humans for that!"

In order to find that balance between your professional and personal life, you have to surround yourself with people who appreciate all of your hard work and enjoy every moment. "We're all running at full speed, so don't forget to have a giggle with your kids when you can and then hit the ground running with work," she reveals. "I think it's possible." And that is from a woman who has never had help from a nanny!

**Related Link:** [Ben Affleck Says Jennifer Garner's Love Has Helped Him Become a Hollywood Star](#)

# Hollywood Star on Her Celebrity Marriage

When it comes to her celebrity marriage, Fisher knows the importance of making your spouse feel loved and appreciated. “We celebrate each other and like to raise each other up. That’s sexy,” she says. “It’s sexy to see your partner doing what they love. It’s also sexy to me to see what a great father he is – that’s impressive.”

She adds with a laugh, “More than, you know, romance in the bedroom – but you do have to fit that in too!”

For date night, the famous couple enjoys going to sushi bars and eating good food. Recently, they went and saw Brad Garrett, Fisher’s costar in *‘Til Death*, in a comedy show. When it comes to family time, they have game nights and movie nights, frequent the beach, and go bowling. “Our house is very open. We love having Sundays here, and I cook for everybody,” she reveals. “We’re all really close. I don’t go a day without seeing my family.”

People are in awe of her 18-year celebrity marriage because it’s rare these days – especially in the entertainment industry. “It’s work, but I don’t feel like it doesn’t have its rewards,” she divulges. “So the work is the same thing as when you work really hard and you earn your paycheck and you get to see the fruits of your labor.” When talking to the star, it’s evident that her family is her proudest accomplishment.

Visit [www.ifaw.org/united-states/our-work/political-advocacy/protect-campaign](http://www.ifaw.org/united-states/our-work/political-advocacy/protect-campaign) to watch the PROTECT PSA campaign.

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# Celebrity Video Interview: Actress Tia Mowry Says, “There’s No Such Thing as Balance!”



Interview by [Lori Bizzoco](#). Written by Shannon Seibert. Perhaps fans best recognize Tia Mowry from the 1990s television series *Sister, Sister*, but she's come a long way since then! Currently playing Stephanie Phillips on the popular Nickelodeon show *Instant Mom*, she channels her real life experiences as a wife and mother for the role: She married actor Cory Hardrict in 2008, and they welcomed their son Cree Taylor into their family in 2011. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the



actress about marriage, motherhood, and her busy career, including her current partnership with the National Center for Missing & Exploited Children (NCMEC) and Honeywell.

**Related Link:** [‘Sister, Sister’ Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting](#)

## **Tia Mowry on Being a Celebrity Mom**

Finding balance can be seemingly impossible when you’re a working parent – but Mowry has figured it out. “Be honest with yourself. In my opinion, there’s no such thing as balance!” the celebrity mom says with a laugh. “Some days, you’re going to be a better mom than other days.” She candidly adds, “I have a three-and-a-half year old at home, but I still consider myself a new mom. I’m still learning new things.”

Of course, there are some days where you just can’t do it all. In those situations, she encourages other working parents to lean on their partners. “My husband is extremely considerate,” she shares in our celebrity video interview. “That’s better than receiving flowers on Valentine’s Day!”

## **Actress Shares Relationship Advice in Celebrity Video Interview**

Despite her busy schedule, the star still makes time for her favorite date nights with her man – relationship advice that she says is important for keeping the passion alive in a marriage. “It’s when we both get dressed up and get sexy for ourselves, for each other. I put on my really nice, sexy dress and red lipstick, and my husband puts on a really nice suit,” she explains. “Then, we go to our favorite restaurant...and really have a great meal and have a great glass of wine.”

**Related Link:** [Date Idea: Spend an Intimate Night Indoors](#)

Mowry also talks with us about her work with the NCMEC and Honeywell and the KidSmartz “Safety Dance” contest. For her, this partnership was a no-brainer. “As soon as you become a mother, you’re constantly worrying. My child’s safety is my number one priority,” the celebrity mom reveals. For more information about KidSmartz and the current contest, check out their website.

*You can keep up with Tia on Twitter @TiaMowry and [www.facebook.com/TiaMowry](http://www.facebook.com/TiaMowry).*

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

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## **Celebrity Interview: Event Producer Cheryl Cecchetto Says, “Nothing is Traditional Anymore” at Weddings**





By [Katie Gray](#)

Cheryl Cecchetto, the famed celebrity event producer and owner of Sequoia Productions, has planned the most extravagant star-studded events in the entertainment industry, including the Academy Awards® for 25 consecutive years, the Emmys® for 17 consecutive years and People's Choice Awards, just to name a few. She even did an event for the cast of *Friends* (lucky lady!). In our recent [celebrity interview](#), the Canadian native teaches us the key to balancing work and family life, as she is also a wife and mother on top of being a successful businesswoman. Plus, she discusses her new autobiography *Passion to Create* and shares her best wedding planning tips.

## Celebrity Interview with Hollywood Event Producer

Cecchetto got her start as the personal assistant for Oscar-winning actress Shelley Winters. From there, she opened up her own event planning company, and it took off, transforming into the successful business she runs today. Of course, with such a

busy professional life, she has to find time for her personal life as well. “We already know that we have to shift our attention between our very efficient iPhones and people and find balance in our lives,” she reveals.

The most important tip she has for dealing with this struggle is to take time to relax and recharge. “I think it’s really important that you organize your time to get out of the craziness, get off the grid, and get off the computers. Keep a regiment and a discipline in your life that will help you be focused.” The celebrity event planner does yoga, enjoys tea, and puts away her phone when she’s with her husband and children.

**Related Link:** [“I Want My Clients to Have Fun With It,” Says Wedding Planner and Reality Star Sandy Malone](#)

When it comes to planning a Hollywood party, Cecchetto and her team at Sequoia Productions follow three steps: engage all five senses, exceed client objectives, and surpass guest expectations. She attributes much of her success to this system. “I really try to make sure that my guests have the unexpected and that it’s beyond their expectations,” she divulges. She doesn’t create just an event; she creates memories and an experience, which is what life is really all about.

## **Cheryl Cecchetto Opens Up About New Book ‘Passion to Create’**

As if planning parties doesn’t keep her busy enough, she recently wrote her first book. On what inspired her to write *Passion to Create*, she explains, “I wanted to put down in writing some of the incredible experiences I’ve had thus far. So I felt like a book would create something that lasts with beautiful photos, great memories, and great recipes.” Some anecdotes include: the coy fish jumping out of the

arrangements after the Oscars before the guests were going to walk in, the trials and tribulations of throwing a wedding in her hometown, a Cinderella story, the process of mounting a chandelier that has 100,000 pendants, and how she wrapped her clients favorite beer under the table for him and was subsequently interrogated by the bomb squad for 45 minutes because they discovered it and thought she was going to blow the place up. She sums up these stories by saying, "They are very amusing."

Given her event-planning past, we had to ask the newly-minted author about her best tips when it comes to weddings. There is a chapter in the book titled Wedding Bells that even includes a timeline of the twelve months leading up to a bride's special day. "One thing I find fantastic about weddings is that nothing is traditional anymore. Guests want the event to be much more natural and effortless, more organic," she explains in our celebrity interview. The key to a successful wedding, she says, "is organization and planning." She has noticed that lounge furniture is super trendy at these special events right now. Everything is more social, and there is a lot more mingling occurring.

**Related Link:** [Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home](#)

Her advice for calming the star of the hour's nerves is simple: Play the bride's favorite music and have someone by her side at all times so she knows that someone is there to get everything done. "Keep her eye on the prize. It's not the perfect linen; it's not the perfect anything. It's the perfect guy," she shares.

Of course, the mother of two hasn't slowed down when it comes to her day job. Her lavish recent and upcoming events include 87<sup>th</sup> Academy Awards® Governors Ball, G'DAY USA Gala Featuring the AACTA International Awards, and the UCSF Medical Center at Mission Bay Champions Gala. Stay tuned for the announcement of



the Oscars theme, which will be made public at the press conference in early February!

*For more party-planning tips and humorous stories, you can purchase Passion to Create. You can also find out more about Sequoia Productions on <http://www.sequoiaprod.com/>.*

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## Coffee Meets Bagel Dating App Co-Founder Talks About Being on 'Shark Tank'



Interview by [Lori Bizzoco](#). Written by Lori Bizzoco and Emma

Wells.

Looking for a unique way to find love on your mobile device? Well, one of the biggest names in [dating and relationship](#) apps is about to get some air time on television tonight (and no, it's not Tinder). Coffee Meets Bagel co-founders and sisters, Dawoon, Arum, and Soo Kang, are heading to ABC's *Shark Tank* for the season premiere to seek funding for an Android app expansion that launched two days ago to compliment their growing business.

## What is the Coffee Meets Bagel Dating and Relationship App?

Coffee Meets Bagel was started by the Kang sisters in April 2012 in New York. As smart, attractive, young, and busy professionals who weren't having much success with dating, they wanted to make finding love easier and more fun for singles by creating a unique dating and relationship app. According to their website, Coffee Meets Bagel operates under three guiding principles: Firstly, your dating life should be as private as you want it to be; secondly, meeting people through friends is safe and easy; and finally, it shouldn't be hard, uncomfortable, or tricky to meet good potential partners.

**Related Link:** [New Dating Apps to Manage Your Love Life](#)

Coffee Meets Bagel sets itself apart from other dating and relationship apps by providing users with only one potential match – or “Bagel” – per day at noon. Users then have 24 hours to either “like” or “pass” on their match. If you select “like” and your match does too, you get connected via SMS messages and can schedule a date. Additionally, Coffee Meets Bagel only provides matches it finds through your Facebook friend network. Perhaps this is why it has been so successful: They claim one million matches/introductions since

they launched!

## Their Experiences on Shark Tank

Executive Editor Lori Bizzoco had the chance to meet Dawoon a few years back at the New York launch party, and she spoke to her again this week. She wouldn't disclose too much information about what happens on *Shark Tank* or about the company's user numbers. "We don't give out our numbers," she reveals. Well, that's going to make for an interesting segment tonight considering *Shark Tank* investors are ALL about the numbers! When asked if we'll find out more about this on the show, she replies, "You'll have to wait and see!"

Interestingly, Mashable reported that the sisters were attacked by the sharks for being coy about their users.

It's not that the sisters don't know the premise of the show. In fact, Dawoon said that they are big fans. However, she does tell us that they didn't seek out the opportunity to be on *Shark Tank*, explaining that ABC actually contacted them directly. "I never considered going on *Shark Tank* before because we are a bigger company than the entrepreneurs they typically have on the show," referring to her company's 11 person team and their recent funding. The company received their first round of funding in September 2012 for 600,000 dollars from LightBank Venture Capital and the co-founder of Match.com, Peng T. Ong. They received a second round of venture capital – 2.8 million dollars – from an unknown source in May 2014. Speculation is that this came from one of the sharks, but Dawoon confirms it did not. "The investment happened before the announcement was made and before *Shark Tank*," she says.

**Related Link:** [‘Shark Tank’s’ Barbara Corcoran Talks Business, Relationships, and ‘Shark Tales’](#)

But when the opportunity presented itself, they knew it was too good to turn down. "We thought it would be amazing to have

one of the sharks involved because they are so smart and experienced,” she shares. “So we decided to go for it. It was very nerve-racking, but it was a lot of fun!”

When asked if there was a particular shark they would want as an investor, she points to Mark Cuban. “If I were to pick one shark [to work with], I would probably love to have him involved because he’s just so tech savvy. All the sharks are very straightforward and sharp, but I find Mark to be particularly so. I can totally see him adding a lot of value to Coffee Meets Bagel. We are very excited at the prospect of getting any of the sharks involved though.”

Like any good reality television show, there is always the possibility of some drama. We’ll just have to wait and see if Coffee Meets Bagel will be a match on the premiere episode of *Shark Tank*!

*Tune in for Shark Tank tonight on ABC at 9/8c!*