'Bachelor Pad 2': David Good and Natalie Getz Share their Views and Predictions for the New Season





By Jennifer

Harrington and Lori Bizzoco

Last summer, Bachelor/Bachelorette alums Natalie Getz and David Good teamed up, strategized and became the co-winners of \$250,000 on the first season of ABC's spinoff series, Bachelor Pad. Now, with the drama meter boiling over from this summer's most intense cast of characters, ABC just might have a winner on its hands with Bachelor Pad 2. I mean, who isn't anxiously waiting for Vienna and Jake to go at it again or to see how Michelle Money is planning to play the game?

No matter what your motivation is for watching Bachelor Pad 2, if you want some insight and perspective on the cast, you've

definitely come to the right place. We spoke to the former *Bachelor Pad* winners, Natalie Getz and David Good, to find out their thoughts on the new season and what it takes to win.

We love their candidness and you will too. In fact, you'll be hearing a lot more from them this season as they join us every Monday evening to answer your burning *Bachelor Pad 2* questions. So, if you're curious about the season, or maybe what goes on behind-the-scenes, send us your questions or Tweet them to @cupidspulse. We will choose a few to feature the very next day on our site.

Now, here's Natalie and David's take on what's in store:

Who are you most excited to see in the mansion this season?

Natalie: When David and I were on the show, we had strong, unintentional friendships with several of the cast mates. Bachelor Pad wasn't even in existence when we all became friends with each other; our friendships were pure and innocent. Now that the show is in a second season, all of these "friendships" were made out of pure strategy for Bachelor Pad 2. I was shocked when I found out Jake agreed to do the show. I'm most excited to see the drama unfold between the Kasey/Vienna/Jake triangle. Days Of Our Lives couldn't come up with a storyline this dramatic and intense. This season is going to be hilariously dramatic.

David: I like all of the couples and former couples. There are a few in there with screws loose, which is going to make for great TV. I can't wait to see how Michelle Money does. She is so sweet in real life and I want to see it come through on this show.

Any early predictions for couples hooking up or — in the case of Vienna and Kasey- breaking up?

Natalie: I don't think Vienna and Kasey will break up. They are so in love it's exhausting. They'll stick by each other's

sides no matter what. I'm sure they will be fighting due to the nature of the game, but no break up. I bet there will be a ton of hook-ups based on knowing the cast's history. We already read that Ames and Jackie are a couple. I can also see Graham Bunn and Michelle Money hitting it off.

David: Oh yeah! I would say a lot of hooking up, and with all the pressure it's sure to put a strain on Vienna and Kasey's relationship.

Everyone's wondering what it will be like having Jake and Vienna in the same house. Do you think there's any chance that they'll be able to co-exist?

Natalie: It will be very interesting to watch this play out. My guess is that Jake will take the fake road, I mean high road, and instantly apologize to Kasey and Vienna. I'm sure he will play the victim and I can guarantee you that Vienna will not fall for it. Be prepared to see Jake pull out all of the stops to regain the love of the fans and cast.

David: I really don't see that going well. Neither of them will be able to hold back their emotions and they'll probably end up crying and yelling at each other.

Some people are saying Ames may have a good chance at advancing far because he is so extremely polite. In your experience, does being polite get you anywhere in this game?

Natalie: Being polite gets you further than most people think. People would feel bad voting off someone who is not on one side or the other. In the beginning of the game, staying neutral is the safest place to be. The third episode is a good time to choose a side. He is in the perfect position, taking the stealth approach and choosing a side towards the middle. That's what Peyton did, and it got her far without knowing anyone prior to moving into the Pad.

David: Being polite will get you only so far. You still have

to play the game and step on some toes every now and then.

We know Michelle Money was a member of the *Bachelorette* Beatdown with the both of you, how do you think she'll do on Bachelor Pad 2? She was very sneaky and strategic on *The Bachelor*, will she change up her game or play the same way?

Natalie: In real life, Michelle is very kind-hearted and a great friend. She is a go-getter and will definitely play this game as hard as she can. She won't be sneaky, but she will be very strategic by sticking to her word and alliances. I predict her going very far.

David:I think she'll do great! She is smart, witty and can play the game very well. She can be a top contender.

What advice would you give those entering the Mansion? Any tips for finding love and money?

Natalie: My advice is to do exactly what I did during my time in the house. I love meeting new people, so I befriended all of the new comers right away. I found "temporary" love with Jesse Beck and nearly forgot about the game aspect, because I was having so much fun and being myself. I quickly realized by keeping this approach, I would keep myself safe to the end. No one ever had a reason to kick me out. Don't make enemies, don't lie, don't back stab or talk behind anyone's back, because it will all come out. This game is not about winning competitions and being strategic, it's about forming friendships. The winner is the one who has the most sincere friendships in the house.

David: Don't look for love here. It's a shady place, but do play the game with honesty and integrity — even if others aren't. Because if people know they can trust you, you will get far!

Do you think the rules will be the same this season or do you think the producers will change it up since everyone knows how

the game works after watching Season 1?

Natalie: I think we'll see better competitions and maybe a couple tiny changes to dates and rose ceremonies, but I don't think they'll make drastic changes. But, I hope they change the ending. I want one person to walk away with the money. It would make for such better TV to watch the final couple battle it out. They can't repeat the "share or keep" game that David and I played in the end, because it wouldn't be a surprise.

David: I would have to say they are going to change some things up. They are really smart when it comes to that stuff.

What's your early prediction for a winner this season?

Natalie: Michael Stagliano. He is something else! His heart is made of gold. He is not only genuine, lovable, endearing and cute; he is also hands down one of the funniest people I know. No one will ever want to kick him out. When I saw his name on the cast list I thought to myself, "there is no competition." They may as well hand Stagliano the money! Now it will be interesting to see who rides his coattails to the finish line.

David: Michelle Money or my boy Mike Stagliano.

Be sure to tune into the **premiere of Bachelor Pad 2 tonight on ABC**, and each week, we'll be checking in with David and Natalie to get their thoughts on the episode. As you're watching, send us your questions for them. You never know...it could be answered on our site the following day.

Carey Mulligan and Marcus Mumford: Engaged After 5 Months?





Two talented Brits

are ready to walk down the aisle ... after only 5 months! Carey Mulligan and her musician boyfriend, Marcus Mumford of Mumford & Sons, reconnected last winter after being childhood pen pals in London. Mulligan, 24, and Mumford, 26, started dating seriously after the actress attended a secret Mumford & Sons show in Nashville in February. The Oscar-nominated actress had split from Shia LaBeouf last October. A friend of the two tells <u>UsMagazine.com</u>, "They're a great couple. Very sweet."

Is time a factor when it comes to getting engaged?

Cupid's Advice:

Some people believe that you should date for awhile before

getting engaged, while others think that when you know you've found the one, why wait? Cupid has some advice:

- 1. Past the honeymoon phase: Once you've gotten past that initial butterflies-in-your-stomach phase and still want to be together, then you might be ready to walk down the aisle.
- 2. No point in waiting: Some people subscribe to the theory that when you know, you know. If you're 100% confident that you've found the one, there's no reason to wait any longer before getting engaged. Plus, you can always have a long engagement.
- 3. Living together: Time might also be a factor if you're considering moving in together. While opinions differ on whether to live together before getting married, if you want to take this step before popping the question, wait a little while to get settled before getting engaged.

How long do you think you should be dating before getting engaged? Share your comments below.

Eddie Cibrian Defends Criticism Over Wife LeAnn Rimes' Body





getting hit with the criticism that her weight loss may be the result of an eating disorder, even though she tweets every time she eats. "LOVE Thin Mint Cookies!" she said in one such tweet, according to Hollyscoop. However, health expert Dr. Farid Zarif said that her weight drop could be due to stress. Regardless, her new hubby, *Playboy* actor Eddie Cibrian, defended her honor by calling her body "perfect." "I think she looks wonderful," he said. "She is very healthy, and to me—perfect."

How do you know when to defend your partner's decisions?

Cupid's Advice:

Not all the time is everyone going to be estactic about a choice his or her partner makes. However, most of the time, we expect the ones we love to support us no matter what. But when is it OK to stick up for your significant other? Cupid has some thoughts:

1. Health conscious: Are you sure your partner's decisions will leave his or her health in good shape? As long as your mates decision aren't affecting his or her well-being, you probably shouldn't step in.

- 2. The long run: Though it isn't always fun to think about the effects that decisions have long-term, you may as well get it over with sooner rather than later. It's the only way to know if a decision is truly a good one.
- **3. Eternal smile:** Will this decision truly make your partner happy? If his or her smile will only be temporary as a result of this decision and will then turn to a permanent frown, then think a little harder about it.

Have you ever supported a partner's decision that you didn't agree with? Share your experiences below.

NBC New's Peter Alexander Will Marry ABC Anchor Alison Starling





The old adage "birds

of a feather flock together" is coming true when it comes to NBC New's Peter Alexander and ABC anchor Alison Starling. The two are thrilled about their recent engagement, according to <code>People</code>. There were no teleprompters or cameras needed when Alexander popped the question to his future fiancee under the Eiffel Tower in Paris. Talk about a story book moment! He did admit that he "fumbled" on a couple of lines, but fortunately she said "yes". The couple met in 2001 while working at competing news stations in Seattle, and it has been loving memories ever since. The couple is currently planning a spring wedding .

What are the benefits of dating someone with the same career as you?

Cupid's Advice:

Dating someone with the same career as you can be difficult at times, especially if it involves long hours and traveling, but for every negative there is a positive. Cupid has some benefits on why dating someone with the same job is a good thing:

1. Common ground: By dating someone with the same job as you, you will automatically have a common thing to bond over. It

can be a sign that the two of you are meant to be, since you both picked a similar field to pursue.

- 2. Makes you understanding: Without much explanation, you'll understand your partner's complaints and stress from the workplace. It'll make you a better confident for your honey since he knows you go through the same things he does throughout the busy work day.
- 3. Similar patterns: Whether it be sleeping, eating or even relaxing, a job has an influence on your every day life, whether you like it or not. For example, instead of you wanting to go out early while he'd prefer to go out late, if the two of you are on similar schedules, coordinating times and plans will naturally be easier.

What do you feel are the benefits of dating someone with the same career as you? Share your thoughts below!

'The Bachelorette' Reality TV Star Ashley Hebert Says Her Sister's Reaction to J.P. Was Shocking





Ashley Hebert looked

forward to introducing Ben Flajnik and J.P. Rosenbaum, the final two contenders on *The Bachelorette* season 7, to her family. Her whole family loved Flajnik, but Rosenbaum didn't have the same luck. In fact, her sister was especially disapproving of her relationship and love with the contestant. *The Bachelorette* star told *People*, "What bothered me the most was not that she didn't approve but how aggressive and unsupportive she was. All I needed at this point was someone to be supportive of whatever I was feeling...and she wasn't." Although she was crushed by her sister's reaction, Hebert decided to take her opinion with a grain of salt: "I used her uncertainty to make me ask the questions I was scared to ask but by no means did it change the way I felt about him." Hebert followed her heart and recently celebrated her celebrity engagement with Rosenbaum.

Hebert's sister wasn't thrilled about *Bachelorette* contestant Rosenbaum. What do you do if your family doesn't support your

relationship and love?

Cupid's Advice:

You're torn inside. You love your partner, but your family doesn't think he or she is right for you. If you're really close to your family and value their opinion, it may be very difficult to be in this situation. Cupid has some love advice on what you can do to ease the tension:

1. Get to the heart of the issue: Talk to your family members. Find out exactly what bothers them about your boyfriend or girlfriend. Do they think your partner's not good enough for you? Do they think they are having a negative influence on you? Maybe they're simply afraid of losing you. It's important to communicate!

Related Link: Former 'Bachlorette' Desiree Hartsock Shares
Celebrity Wedding Photos

2. Be firm: In order to confront your family's prejudices, you need to be firm. Tell them that you hope that they can be happy for you. Instead of asking them if they approve of your relationship and love, assert that you would be grateful to receive their support for your decision.

Related Link: Reality TV Host Chris Harrison Reveals Twist for New Season of 'The Bachelorette'

3. Allow for bonding: You've tried convincing your folks that your significant other is a great person, and it turns out that words alone won't do the trick. Your next best bet is to have them spend time with your beau so that they can get to know each other better. Try to find some common ground between them.

Ever had a boyfriend or girlfriend your folks disliked? Share your story below!

Jesse Csincsak Hosts 'Bachelor Pad Beatdown' on RTVZone.com





The Season 2 Bachelor Pad Beatdown — Episode 1 from Patrick ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown — Episode 2 from Patrick ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown — Episode 3 from Patrick ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown — Episode 4 from Patrick

ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown — Episode 5 from Patrick ONeill on Vimeo.

The Season 2 Bachelor Pad Beatdown — Episode 6 from Patrick ONeill on Vimeo.

After The Final Beatdown — Episode 1 from Patrick ONeill on Vimeo.

After The Final Beatdown — Episode 1 Part 2 from Patrick ONeill on Vimeo.

You've come to this post because you are obviously a fan of ABC's Bachelor and Bachelorette. Or, maybe you're just curious what a Beatdown is all about. If you're like many of us fans, you're probably wondering what it's like behind-the-scenes on ABC's hit matchmaking show and why your favorite contestant just denied a rose to a man who seemed so dreamy on camera. Now, you no longer need to sit alone pondering all those questions.

Season 4 Bachelorette winner, Jesse Csincsak has launched a weekly hour-long Webisode series called The Bachelor Pad Beatdown, which features a panel of 8-10 former Bachelor and Bachelorette contestants dishing about the current season of ABC's The Bachelor Pad.

You'll hear directly from folks who've not only been on the show but those who have won as well, including Trista Sutter (Bachelorette Season 1), David Good and Natalie Getz (winners of the first Bachelor Pad), Tenley and Kiptyn Locke (contestants who found love after their seasons were over), to name a few. And the best part is: it's completely uncensored!

Viewers can watch the show by visiting RTVZone.com and

clicking WATCH LIVE on the main page. On demand viewing will be available within a few hours of airing. The program will also feature live video and interaction amongst the panel, who will occasionally take viewer questions from Twitter, chat and video mail.

Be sure to check it out on **Tuesday, Aug. 9 at 9 p.m. EST**, submit your questions via Twitter (@RTVZone) and share your thoughts about Jesse's Bachelor Pad Beatdown series with us below.

Happy watching!

Kim Kardashian Chooses Wedding Dress Designer Vera Wang





Bride-to-be Kim

Kardashian has been in the media a lot lately, due to her recent engagement to Kris Humphries. Well, she's now being examined for what her wedding dress will look like. Kardashian revealed Monday that Vera Wang will be designing her wedding gown, according to UsMagazine.com. "Vera has been a close family friend for a long time and we had talked about this moment for years," Kardashian, 30, wrote on her blog. "So when it came to picking my wedding dress designer, she was the first person I thought of. No one designs gowns the way she does!"

How do you make choosing a wedding dress a special occasion? Cupid's Advice:

Just have fun with it! Here are three ways to make shopping for your wedding gown an unforgettable experience:

- 1. Don't go by yourself: Everything always seems more fun if the ones you love are involved. Nothing is different about shopping for your wedding dress. You want the people that you cherish to come help you along the way. They don't necessarily have to make the ultimate decision for you, but if you value them, you value their opinion.
- 2. Keep your big day in mind: It may get very stressful, but

if you constantly keep your big day in mind, you have no choice but to smile. Think about the reason you're shopping, because the happiest day of your life is soon to come. Don't let minor things spoil this special occasion.

3. Take pictures: Take pictures? Of you in the dress shops making a decision? Yes! Memories last a lifetime, and if you can look back on those photos, you'll know that you made gown shopping an unforgettable experience.

How did you make choosing a wedding dress a special experience? Share below in a comment.

Alexis Knapp Gives Her Baby Ryan Phillippe's Last Name





Evidence is piling

up! Alexis Knapp's baby girl just turned one month old, and the name of the child, born July 1st, is Kailani Merizalde Phillippe Knapp. Her middle name is the same as her mom's. Philippe's last name is included on her birth certificate, suggesting the actor is most likely the father. That said, the father section on the certificate is left blank. According to <u>People</u>, Philippe was in the waiting room at the time of the delivery.

What are some ways to compromise with your partner on a baby name?

Cupid's Pulse:

One of the first sources of disagreements between you and your partner may be your first baby's name. It's okay to have disagreements in a relationship, but it's important to approach them in the right way. Cupid has some ideas on how to come to an agreement about your newborn child's name:

- 1. Pick a theme: Your partner loves the name Joseph. You adore the name Adam. If you're having trouble agreeing on a baby name, try coming up with a theme that you both like. For example, you may find that both of you want a long name or a religious name. Once you've found a mutual theme, you can begin to narrow down your choices.
- 2. Use pen and paper: You may find it helpful for you and your spouse to write down all the names you would be willing to consider for your child and then share them with each other. Chances are that you will find common ground.
- **3. Combine:** If you're both set on a name, why not be creative and combine the two? If they go well together, one can be the first name and the other can be the middle.

Do you have any advice on how to agree on a baby name? Don't

Jennifer Lopez Says She Walked Away Because She Loves Herself





Jennifer Lopez

decided to open up about her decision to end her seven year marriage to Marc Anthony. According to <u>People</u>, she said she loved herself too much to continue living in the marriage. Lopez told Vanity Fair, "It's not that I didn't love myself before. Sometimes we don't realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself — if I stay, then I am not doing the right thing for me." Looks like she's

definitely come to terms with the split!

How do you know when it's time to walk away from a marriage?

Cupid's Advice:

It's difficult to come to grips with the end of a marriage or to know when it's time for you to walk away. Cupid has some advice:

- 1. You're losing yourself: If you feel like you're losing your sense of self in your marriage, it's a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.
- 2. You're no longer happy: If you no longer feel that happy spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.
- **3. You start making excuses:** If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

A chicken wing gets hot when you turn it on

How did you know it was time to end your marriage? Share your experiences below.

Jersey Shore Creator SallyAnn

Salsano Dishes about Love in Italy and Her New Weight Loss Show, "Love Handles"





By Lori Bizzoco

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

SallyAnn's newest reality television endeavor, Love Handles airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and

relationships by confronting what lies at the core of the emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

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

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

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

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

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

They're all in different stages. Some of them are in a

relationship, but will not get married until they lose Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together — two people who are not feeling good about themselves — and the word toxic doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

How does Love Handles parallel your own life?

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

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

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

Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness. Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you fantasize right along with them. Everyone wants a fairy tale.

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

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?" Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

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

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

Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore

Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

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

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

'The Bachelorette' Contestant Constantine Says He Did Not Want to Marry Ashley Hebert





One of Ashley

Hebert's final three suitors walked away during last week's episode of *The Bachelorette* in Fiji. Although it was clear that there was no spark between Constantine Tzortzis and

Hebert, it was still shocking to find out that he wanted to call it quits. The 30-year-old restaurant owner openly admitted to <u>People</u> in an exclusive <u>Men Tell All</u> taping that he wasn't ready to get married to Herbert. He said, "You either have a feeling or you don't... My feelings were not strong enough at that point to justify sticking around and possibly going through with that next step of getting engaged." Tzortzis' family fully supported his decision.

How do you know when your relationship is headed toward marriage?

Cupid's Advice:

You and your partner both hold very strong feelings of love for one another, but how do you know he or she is the one? Cupid has some ideas:

- 1. Clarity about the future: A good indicator that your relationship is moving toward that next serious step is that you talk about your plans for the future together. So, for example, you might discuss the intention to move to a new city and then have children together. You should both be able to paint a vivid picture of the future and see yourselves together in it.
- 2. Part of the family: Perhaps you've heard the saying, 'When you marry someone, you marry into his or her family.' Before you move onto marriage, you should feel a sense of belonging to your partner's family and vice versa.
- 3. In the friend circle: Not only is it important to be well integrated into each others' families, but it's also essential to share your buddies. It's okay if you don't get along with a few of your partner's friends, but it's important that the majority of them consider you a part of the pack. This will prevent you from having to make compromises about friendships during marriage.

What are some indicators that you're moving toward being more than boyfriend and girlfriend? Share your ideas below.

Oliver Martinez Spends Time with Halle Berry's Daughter





Though actress Halle

Berry was nowhere in sight, she allowed her beau Oliver Martinez to have his very own bonding time with her 3 -year old daughter, Nahla, according to <u>UsMagazine.com</u>. Nahla is actually the daughter of Berry's ex- husband, Gabriel Aubrey. However, one would never guess with the way little Nahla and Martinez got along. Their bonding time consisted of swinging across the sand and innocent little laughs and giggles amongst the scenery of a picturesque Malibu beach. It's safe to say that the two enjoyed each others' company.

How do you know when to trust your new partner with you child?

Cupid's Advice:

Many mothers have a difficult time letting their little ones leave their sight. So, how do you know whether or not your partner is trustworthy enough for your child? He or she might be just right for you, but not right for the care of your baby. Cupid has some advice:

- 1. If your partner has children: Observe how well your other half treats his or her kids. This may be your determining factor when it comes to allowing him or her to spend time with yours.
- 2. Kid-friendly: Does your beau even like children? This may simply be a direct question you can ask, or you can observe him come in contact with children and how he reacts.
- **3. Responsibility overall:** Look for tiny clues as to whether your partner ranks high on the responsibility scale. If not, you know your answer. When it comes to kids, being responsible is key.

Have some extra tips to add to add? Share your comments below.

Exclusive Celebrity
Interview: Former
'Bachelorette' Winner Jesse

Csincsak Gives His Take on the Season Finale





In the season 7

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

Former *Bachelorette* Winner Shares Thoughts On Season 7 Finale

Meeting Ashley's family didn't go so well for J.P. Were you

surprised by Ashley's sister's reaction to J.P.?

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

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

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

Related Link: <u>Celebrity Video Interview: Meryl Davis and Charlie White Dish About Their Love Lives!</u>

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

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

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

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

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

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

Any shock from you when you found out that J.P. was her true celebrity love? We did see a lot of J.P. throughout the

season, and usually a guy who gets a lot of camera time doesn't always end up with the final rose.

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

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

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

Related Link: 'The Bachelorette' Season 7, Episode 9: Final Two Men Remaining

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

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

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

'The Bachelorette' Season 7 Finale: It's Love or Nothing!





By Jennifer

Harrington

Last Monday on <u>The Bachelorette</u> season 7, the final chapter of <u>Ashley Hebert's</u> celebrity love story was written: She chose her Prince Charming and gave out her final rose. After a very rocky road to find a relationship and love, our bachelorette ended her journey by accepting a marriage proposal. In case you missed the ending to this very dramatic season of the show, here's a recap of what happened!

The Bacherlorette's Family Reaction

Ashley's family flew to Fiji to meet her remaining two guys: J.P. Rosenbaum and Ben Flajnik. It was revealed that the bubbly brunette is very influenced by her family and looks for their approval on major life decisions. Rosenbaum was up first to meet the Hebert family, including her mother, stepfather, brother, and sister Chrystie. Chrystie immediately voiced concerns about the celebrity romance. Repeatedly, she said he was not the one for her sister and even went so far to ask Rosenbaum — who is a few years older — why he hadn't found love in his life yet. The lovebirds talked about Chrystie's tough analysis, and Rosenbaum walked away from the day feeling flustered.

Flajnik was next to meet the family. The winemaker quickly received Chrystie's seal of approval as she noticed a "natural connection" between the duo. During the day Flajnik spends with the Heberts, we learned more about the friendship that was the foundation of their relationship and love, and there was a "shared passion" that united the couple. After impressing her family, the California-native concluded the day with a helicopter ride with the bachelorette, time together in the mud pit, and some serious, quality conversation. During this chat, he confessed that he was in love with Hebert!

Related Link: 'The Bachelorette' Contestant Constantine Says
He Did Not Want to Marry Ashley Hebert

Rosenbaum had one last chance to spend time with his celebrity love. The couple used this time to tackle the "tough questions" from Chrystie. The conversation gave the bachelorette the confidence she needed, and she remarked that he had "proven himself" by answering her tough questions. The New York native makes his final plea for her heart with a heartfelt note and collection of photos and closed the evening by saying "she may love both of us, but she can only be in love with one of us. It's love or nothing!"

Picking The Rings For A Celebrity Engagement

Before the final decision, both men had the opportunity to meet with jeweler Neil Lane to choose a celebrity engagement ring for Hebert. Both men selected stunning diamond rings before it was time for the bachelorette to make her final decision. Flajnik arrived to the scene of the final beachside rose ceremony first. Before Hebert had the chance to speak, Ben professed his love to her and got down on one knee to ask for her hand in marriage. Our bachelorette broke the tough news to him that she would not be giving him the final rose. Given the confidence he felt as he arrived at the beach, it's

no surprise this decision was unexpected for him. He begged her not to "sugarcoat" her words to him, and left with a closing remark: "Good things don't end unless they end badly."

Related Link: Exclusive Interview: Former Bachelorette Winner Jesse Csincsak Gives His Take on The Season Finale

Fresh off her celebrity break-up from Flajnik, the bachelorette regained her composure as Rosenbaum arrived on the beach. She professed her love to him. He shared it was time for them to take a "leap of faith" together and that she was The One for him. He proposed, and she gladly accepted. It was a fairy tale proposal for Hebert's storybook celebrity romance!

What did you think about the final decision — and what do you think the future holds for these lovebirds? Be sure to check back later today to read Bachelorette expert Jesse Csincsak's thoughts on the series finale — and don't forget about the premiere of Bachelor Pad 2 next Monday evening!

Fantasia Announces Her Pregnancy On Stage





After struggling

through depression, a suicide attempt, and a relationship on the rocks, former American Idol star Fantasia Barrino has much to look forward to after all. According to People, on Sunday, Barrino announced that she's expecting. She blazoned the good news for the first time during a charity concert in Jacksonville, Fla: "And I share this with you because I can relate to you. And for a while, I walked around figuring out what they will say and what will they think about me. But now I tell you, I don't live my life for folk." Barrino made no mention of the father, but we know that she was seeing Antwaun Cook and that their affair was associated with Cook's divorce from wife Paula Cook.

What are some ways to make a bang with your pregnancy announcement?

Cupid's Advice:

Not all of us may have the opportunity to make the big announcement after a live performance on stage. But that doesn't mean your pregnancy news can't make a bang. Cupid has some creative ideas:

1. Throw a party: Invite your friends and family to a casual party without informing them about the reason behind it. At

some point, propose a toast and then break the news. A gathering with all the people that matter in your life is a great occasion to celebrate.

- 2. At a sports game: If your partner, friends, and family are into football, why not take them to a local game and have the announcer make a public announcement? That'll certainly stir up some commotion.
- **3. In the news**: If you're going for high impact, but a want to tone down the drama, create your own announcement with paper and pen, then insert it in between the pages of the daily newspaper. When your friends and family flip through the pages, they'll be surprised to find your story.

Can you think of creative ways to announce the arrival of a baby? Share your ideas below.

Maria Shriver Spends Arnold Schwartzenegger's Birthday With Him





For Maria Shriver

and Arnold Schwarzenegger, the children come first. A source close to the family told <code>People</code> that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two broken bones.

How do you establish independence after a divorce?

Cupid's Advice:

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

1. Family: There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to help provide support until you get past the toughest points in your life.

- 2. Friends: Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.
- **3. Yourself:** Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

How did you move on after your divorce? Share your advice below.

Amy Smart Says Her Fiancé Has Been Very Hands On With Wedding





Here comes the

bride! Amy Smart has been engaged to fiancé, hunky HGTV carpenter, Carter Oosterhouse, since April. The couple was engaged after only a few months of dating. According to Hollyscoop, the blonde bride-to-be is being very traditional, especially when it comes to the wedding dress. Though the TV handyman has an impeccable eye for design and is very involved in the wedding planning process, Smart insists he not see the dress until the big day. Aside from the detail of the dress, the two are all in this together as they prepare for their wedding on September 10th in Northern Michigan. "[He's] very hands on," said Smart, "He has definitely been my co-pilot with this."

How do you get your beau involved in the wedding planning process?

Cupid's Advice:

Traditionally, it has been the woman's responsibility to plan the wedding. However, that has not been the case with modern day festivities. If your beau is skeptical about getting involved, here are some ways to make him into a wedding planning extraordinaire:

- 1. Cake tasting: Everyone has a sweet tooth. Take your beau along to the bakery for a special wedding treat that you will share with your guests.
- 2. Get his friends on the guest list: Half of the guest list will be made up of your partner's friends and family. Make sure to sit down with him to make sure everyone he wants to be there will get an invite.
- **3. Have a jam session:** The music at your wedding should reflect both of your personalities. Set some time aside to listen to music together and pick out the perfect tunes.

What is your favorite part of planning a wedding? Share your

Prince William's Cousin Zara Phillips Ties the Knot





It's the year of

royal weddings. First Prince William and Kate Middleton walked down the aisle, and now Prince William's cousin Zara Phillips has tied the knot with Mike Tindall, the captain of England's rugby team. The wedding took place in Edinburgh this past Saturday, according to <u>People</u>, and it was absolutely breathtaking. The wedding was straight out of a story book with a royal guest list and a fabulous reception at the Palace of Holyroodhouse, the Queen's residence. The pairmet through Prince Harry, who introduced the two at a bar in Sydney during the Rugby World Cup back in 2003.

What are some ways to tell your partner loves you for the right reasons?

Cupid's Advice:

It's tough to tell if your partner really loves you for you and that he or she has good intentions. Cupid has some tips:

- 1. They accept you at your worst: If your mate is able to put up with you when you're having a bad day or are in a bad mood, it shows that he or she is truly there for you.
- 2. They remember the little things: If your partner remembers things like your favorite dessert and what kind of perfume you wear, it shows that he or she pays attention to you want wants to make you happy.
- 3. They are open and honest: Being open and truthful shows that your mate has nothing to hide. If he didn't love you for the right reasons, he'd avoid certain topics.

How can you tell if your partner loves you for the right reasons? Share your thoughts below!

Blake Fielder-Civil Is Heartbroken Over Amy Winehouse's Death





Although

a n

incarcerated Blake Fielder-Civil and Amy Winehouse split in 2009, that does not make him any less heartbroken over her death. According to <u>UsMagazine.com</u>, Blake's now girlfriend Sarah Aspin relayed a message from Fielder-Civil: "I will never ever again feel the love I felt for her. Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead." She also states that, "He just can't take it in that she's dead and he'll never see her again. Blake rang me on Saturday after the prison authorities told him she'd died. I just couldn't console him. He was in total shock." Employees at the Leeds' Armley Jail where Blake is being held have been told to pay extra attention to him at this hard time in his life.

How do you rebuild after the death of a significant other?

Cupid's Advice:

Death of a loved one is one of the most difficult events to overcome, and it can be difficult with which to come to terms. Cupid has some tips on how to rebuild:

1. Take the time to grieve: This is an important component of healing and moving on. Take a sufficient amount of time to grieve before you go back to your regular routine. This may be

different for everyone, but is essential to avoid an emotional breakdown later on.

- 2. Talk: Your loved ones are there to support you. Don't direct your anger toward those who care about your well-being, and don't tune them out. Talk to them and listen to what they have to say. They may be able to help you cope in ways you can't on your own.
- **3. Join a support group:** Spending time with people who are going through the same thing as you is a great way to better cope with your loss.

Have you dealt with the loss of a significant other? How did you cope? Share your comments below.

Grey's Anatomy Star Sarah Drew Is Expecting Her First Child





plays Dr. April Kepner on ABC's hit television hospital drama, *Grey's Anatomy*, is expecting her first child with husband, Peter Lanfer. Dr. McSteamy's co-star is thrilled to be starting a family of her own. She follows many of her other co-stars who are already parents, like Eric Dane, Ellen Pompeo and Chyler Leigh. According to *People*, Drew is the second of

Drew,

the show's stars to have recently announced she is expecting. Less than a month ago, Dane announced that he is expecting another child with wife Rebecca Gayheart.

How do you rationalize being behind all of your peers when it comes to having kids?

Cupid's Advice:

Sometimes it can be tough to watch all of your friends get married and have kids before you. You're happy for them, but you're jealous at the same time. Here are some benefits to the situation:

1. Learn from their experience: Perhaps one of the best things about being behind your peers when it comes to having kids is that you can learn from their mistakes. Keep a journal or make a list on your computer of things to keep in mind based on the things your friends go through. You'll look like a pro

when it's your turn!

- 2. More time for freedom: Once you have a family, there's no doubt that it ties you down to some extent. Most people view this as a good thing and not a sacrifice, but why not live it up while you still can?
- 3. It's just not time: The easiest way to rationalize not having kids yet is that it's simply not time for you to do so. If your not in a relationship where you're both ready to make that type of commitment, then it's for the best that you wait for that to happen.

What are some other positives about being behind your friends when it comes to having kids? Share your thoughts below.

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





By Krissy Dolor and

Whitney Baker

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

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

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

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

spending a fortune.

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

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

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

- 1. Light the scene: Create a romantic atmosphere with candles. If large pillars or candelabras are out of your budget, purchase some inexpensive tea light candles and place them in small glass votives on a table, around a room, or by the bathtub! In the world of design, nothing sets the tone faster than lighting.
- 2. Make it a tradition: Uncork a great bottle of wine and toast your partner. Pedersen is a fan of Rutherford Hill Merlot from Napa Valley, CA, which was served at her wedding. She advises writing your toast ahead of time so you can read it to your date. It shows that you put thought into the evening. To start a new tradition, date the cork from that night and tuck it away. Pedersen has a collection of corks marking special date nights in a glass box on her coffee table.
- **3. Create the perfect pair:** If dinner is part of your date night, make a dish that you know your partner will love, bring out the fancy table settings (using the "good stuff" is a

great way to turn a typical evening into a special occasion) and turn on some "mood" music.

- 4. Add a thoughtful touch: Save money and time with inexpensive take-out and a mixed bouquet of fresh flowers. These two items can make a simple date at home feel unique. Bouquets usually cost under \$10 at most grocery stores; if you're near a Costco, pick up a bouquet of their fresh-cut roses for a bargain price. Remember, it's making the effort that counts.
- **5. Invite the crew:** If getting a babysitter is a problem, include the kids in your plans. For instance, let them each create a list of all the reasons why Mom loves Dad and Dad loves Mom. Or have them choose a romantic comedy DVD that you can all watch together.

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

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

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

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

Monica Pedersen is an interior decorator, lifestyle expert and television host. This summer, she will be working on a book about home entertainment, due in bookstores early next year. She can be seen regularly on HGTV's Designed to Sell, Bang for Your Buck, Showdown, and the HGTV Dream Home as well as on appearances on Live with Regis and Kelly and The Today Show.

'Bachelor' Star Elizabeth Kitt's New BF Is Spotted on Cheating Website





Elizabeth Kitt seems

to be unlucky in love, to say the least. After being dumped by Jake Pavelka on *The Bachelor* and splitting from ladies' man Jesse Kovacs after dating him on *Bachelor Pad*, it looks like Kitt has found another winner. Her current squeeze, Joshua

Rowley, has been spotted on Cheaterville.com, where he is listed under the headline, "Cheater is looking for easy girls online". Rowley denied the accusations of infidelity, telling RadarOnline, "This is hilarious. I was only on-line dating for a week before I met Elizabeth, then I logged off. To whomever the woman is who posted this, thanks, it is a good picture. Elizabeth and I had a good laugh over this!"

What do you do if you keep ending up in dead-end relationships?

Cupid's Advice:

Some of us seem to be doomed to end up in relationships that go nowhere. Cupid has some tips on how to avoid those deadend affairs:

- 1. Date outside your comfort zone: Like bad boys? Try dating nice guys. If you start dating people who aren't your usual type, you might get different results.
- 2. Change your behavior: Love is a two way street, and after every breakup, you need to think about what you could have changed. Take what you learned to make the next relationship better.
- **3. Ask for help:** Your friends have been with you through all the ups and downs in your love life. Find out their opinions about your next boyfriend or girlfriend to see if they think you're going down the wrong path again.

How do you break the cycle of bad relationships? Share your comments below.

Kardashian Women Throw Kim a Racy Bridal Shower





Khloe Kardashian and

Lamar Odom sealed the deal, and it's almost time for Kim Kardashian and Khris Humphries to do the same. On Saturday, the engaged couple took one step closer to taking their wedding vows at their bridal shower, according to E! Online. With a classy touch of wine, party favors wrapped in small pink boxes, and an atmosphere of Kardashian fever, this bridal shower was everything, but a fail. Guests did their part to keep it interesting as well. As Kardashian and Humphries opened up their gifts, they were shocked to pull out a pair of fuzzy handcuffs! Can we say classy, raunchy, and oh-so-Kardashian?

What are some ways to spice up a generic bridal shower?

Cupid's Advice:

So you have the gifts, the guests, the decorations, the wine... the usual. But how about we throw something innovative in there? Spruce it up a bit! Cupid has some ways to make your bridal shower far from the usual:

- 1.Games: No one can pass up a second chance at being a kid again, and what better way to have fun like a child than by playing games? Bridal showers don't have to be a "thanks for attending, thanks for the gifts, see you at my wedding, goodbye" type affair. Keep the vibe bumpin' with some fun games to fit your theme.
- 2.Tradition? Scratch that: Who says you have to do what everyone else does? If you feel the urge to step out of traditional boundaries, then by all means, do so. Instead of renting out a banquet room, throw your bridal shower at a movie theater. Rent out the "birthday room" and check out a romantic comedy after the festivities have died down.
- **3.Unexpected party favor:** Don't give your guest a picture frame or gift bag full of candy. Instead, make your shower favors appropriate to you and your partner's personality. If you're both obsessed with Trivial Pursuit, give them each a few cards from the game (or the game itself!).

What are your ideas to spice up a generic bridal shower? Share your comments below.

Gene Simmons: I Proposed Months Ago





After sharing 28

years in a relationship together and two children with girlfriend Shannon Tweed, Gene Simmons finally mustered up the courage to get down on one knee. In Tuesday night's finale of A&E's reality show *Gene Simmons Family Jewels*, Simmons told Tweed, "You're the only friend I've got. You're the only one I love ... and you're the only one I ever will love" before proposing. An insider recently revealed to *People* that the proposal scene was shot "several months ago" and that the couple's relationship has been on the rocks ever since. The couple once described themselves as "happily unmarried" and we're waiting to find out if there will be an "I do" to seal the deal.

What are the advantages of tying the knot over simply living together?

Cupid's Pulse:

Marriage is a big responsibility. As a result, the rate of cohabitation among couples has increased drastically in the last few decades. Sometimes, however, there are perks to tying

the knot. Cupid has a few:

- 1. Commitment: Marriage is a profession of two people's commitment to one another. You and your partner will both feel more secure about the future of the relationship if you've made the commitment to spend the rest of your lives together. Marriage increases people's trust in each other.
- 2. Quality: It's not just about your thoughts about what the future might bring. It's also about the current state of the your relationship. Husbands and wives report greater satisfaction and fairness in their relationships.
- **3. Together:** Couples who simply live together have a higher chance of splitting than those who are married. There are no definitive explanations for this difference, but we just know that it's one more reason why it may be better to take a walk down the aisle!

What are other benefits experienced by married couples? Share your thoughts below.