

'American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships



By Jenna Bagcal

Conceptual, artistic, bold, and distinctive are all words that describe 21-year old Quentin Alexander. The New Orleans, Louisiana native was a contestant on season 14 of [American Idol](#) and made a name for himself during his time on the reality TV show. He blew audiences away with his performances each week, combining his emotion-filled vocals with stunning effects and clothing. The performer is self-assured in who he is, saying, “The type of artist I want to be is one that

touches on all of the senses. A concert of mine would be something that would be just as appealing visually as it is musically.” In this celebrity interview, Alexander opens up about his experience on the show and his plans for the upcoming year.

***American Idol* Contestant Shares How New Orleans Shaped Him As An Artist**

New Orleans is known as a cultural and musical epicenter of America and is a place that Alexander is lucky enough to call home. He cites his hometown as a major contributor to his artistry and personality overall. “Growing up there really played the biggest part in the way that I present my art and the way that I am,” he shares. “There are so many different musical and cultural influences, so many different ways of life all in one small bowl. It’s like a Gumbo pot, just a mixture of everything.” He adds that being from such a culturally-diverse city gives him a unique outlook and advantage in terms of his music and avant-garde fashion sense.

Related Link: [‘American Idol’ Star Joey Cook Opens Up About Her Celebrity Engagement: “He’s the Love of My Life!”](#)

In terms of relationships and love, Alexander reveals that having a partner who isn’t in the music industry makes for the best support system. “It’s always great to have that teammate supporting you from the outside, someone who isn’t really in the same kind of boat that you’re in,” he divulges. He also believes that the most important factor in a successful partnership is communication. “For anything to work, the best thing to do is to communicate and let each other know what’s going on,” he says.

Reality TV Star Discusses His Experience on the Show

Although he was eliminated from the reality TV show, Alexander has taken away many valuable experiences and pieces of advice from his time on *American Idol*. The most valuable tip came from [Jennifer Lopez](#), who told him to “hold on to your art – it’s the one thing that makes you *you*.” He adds, “It’s the truth. The one thing that separates me from everyone else is my art, my personal feelings, and how I go about doing things.” The singer says that the superstar’s comment assured him of his role in the competition and validated that he was going in the right artistic direction when he was questioning his choices. “Should I compromise my performances just to fit in this mold?,” he asks. “She confirmed for me that I shouldn’t. Just be yourself, and everything will work out like it’s supposed to.”

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

Now that his journey on *American Idol* is over, Alexander is excited to get home to New Orleans and attend the various festivals and events. “It’s the greatest time of year in New Orleans to have all the music come in and all the people coming in from different parts of the world,” he says.

In the future, aside from pursuing music, the performer plans on releasing some of his short films that include original music and fashion that he has designed. He also hopes to design an original clothing line within the next year. We can’t wait to see what he does next!

Catch up with Quentin on Twitter @QAlexanderXIV! American Idol is on FOX at 8/7c every Wednesday.

'The Bachelorette' Battle Begins as Season 11 Promo is Released!



By Emma L. Wells

The Bachelorette season 11 promo was released this week with the tagline “50 Shades of Cray,” and judging from the commercial, the hit reality TV show will certainly be exciting. According to the HollywoodReporter.com, there will be two *Bachelorettes* – Britt Nilsson and Kaitlyn Bristowe, both former contestants from The Bachelor season 19 – 25 contestants (one of which arrives wearing a giant cupcake

costume), and lots of drama. It now appears that, in the premiere episode, the men will have to vote on which *Bachelorette* remains for the season. The promo also shows Bristowe crying and saying, "I just don't feel like this is how I should have to do it." We can't wait to tune in on May 18th!

***The Bachelorette* season 11 contestants have to make a quick decision about their feelings for the two leading ladies. How can you make good split-second judgments when it comes to relationships and love?**

Cupid's Advice:

There's something to be said for following your heart. When it comes to big decisions about relationships and love, we can easily get wrapped up and make the choice more complicated than it needs to be. Cupid has some love advice on how to make these quick decisions easier:

1. Basic instincts: Our instincts are part of our biology and shouldn't be ignored. If you're on a blind date and have a bad feeling, then you should listen to it. Similarly, when you meet a great potential match, you should pay attention to your first instinct and go for it. Follow your heart and don't waste time second guessing yourself.

Related Link: ['The Bachelor' Season 19 Contestant Britt Faces Her Fear For Chris Soules](#)

2. Pros and cons: It's easy for our heads to get muddled in a

time crunch, making us fall into analysis paralysis. You might have to be a little brutal when scrutinizing your choices quickly. If you have to make a decision fast, then logically think about the pros and cons of your choices. Don't let the ticking clock trip you up!

Related Link: [Reality TV Host Chris Harrison Reveals Twist for Next Season of 'The Bachelorette](#)

3. Que sera, sera: Unless you have a crystal ball or a time machine, you won't be able to see into the future. This thought should actually take some of the pressure off your decision. Remember that you're making the best choice you can with the information you have and that nothing's permanent. Whatever will be, will be!

How do you make fast decisions when it comes to a relationship and love? Tell us below!

Reality TV Stars Kirk and Laura Knight Share Tragic News





By Kirk and Laura Knight

Kirk & Laura: This past episode was a very personal and sad time for us both. When documenting the entire first year of marriage, a couple is bound to have a series of up and down moments in their relationship and love. We were so overjoyed when becoming pregnant that the thought of anything going wrong didn't even cross our minds. Nothing prepared us for what we experienced with a miscarriage. What we learned was stunning – one out of five pregnancies ends in miscarriage. This is much more common than we had ever thought.

Related Link: [Reality TV Stars Kirk and Laura Knight Share Baby News](#)

Reality TV Stars Face Tragic News

L: Every woman who becomes pregnant will be told and will read that you aren't supposed to share your baby news with anyone until you have made it through the first trimester. This advice leaves many couples going through a miscarriage feeling alone and left to suffer in silence. I don't know what I would

have done without the much needed support of my closest family and friends.

If you are experiencing a miscarriage, know that you are not alone. Allowing yourself to grieve will help you in the long run – just know that you cannot time stamp the length it takes to heal from such tragedy. Grieving is a roller coaster of emotions, and it takes time to feel like yourself again. Taking steps forward and backwards is part of the process.

There were moments where I felt I was doing okay, only to have a breakdown. A few days after the D&C procedure, I wanted to get out of the house and do something “normal.” I learned that going to Target mid-morning was a terrible idea – there were new mamas and their babies everywhere! Another time, I was feeling like I was in a pretty good place emotionally and went to pick out Mother’s Day cards, only to end up sobbing in the middle of the store. These instances were only setbacks though. Accepting what is can be a daunting task; try looking toward the future in a positive light and never give up hope. I promise you will survive!

Related Link: [Kirk Knight of Bravo’s ‘Newlyweds’ Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

K & L: We are tremendously grateful for all of the love and support we have received. Although tragic and sad, we will not give up hope in our efforts to conceive. Tune in tonight to our reality TV show to see what we are doing to stay busy and how we are coping with the aftermath...

What’s up next for this [celebrity couple](#)? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Celebrity Couple Chris Soules and Whitney Bischoff Discuss Their Plans For a 'Bachelor' Baby



By Emma L. Wells

This celebrity couple is revealing their plans for the future, and it includes more than just the two of them. “Dancing, the move to Iowa, the wedding, and eventually a family,” *The Bachelor* winner Whitney Bischoff told *Us Weekly*. “[We] definitely [want kids], so one step at a time.” Since their celebrity engagement, she’s been by fiancé Chris Soules’ side during his run on *Dancing with the Stars*. So what’s next on Soules’ agenda? According to OkMagazine.com, he said, “We’re

just looking forward to getting into our normal lives. Then, we can talk about wedding planning.” But his celebrity love is way ahead of him: In a *Good Morning America* interview, Bischoff said she was ready for a [celebrity pregnancy](#) and admitted that she had frozen her eggs so she can have “multiple kids.”

There’s no doubt in Bischoff’s mind that parenthood is in the future for this celebrity couple. What are some ways to pick out a name for your baby?

Cupid’s Advice:

There are so many big decisions that come up after you get pregnant, but picking out a name for your little bundle of joy is perhaps the one with the longest impact. Your name says so much about you, and parents should put careful thought into it before settling on one. Cupid has some tips on how to make the best baby name choice:

1. Ignore the trends: Everything goes out of style eventually. Right now, it’s a fad among celebrity couples to use really unique names for their kids – think Apple Martin or North West. Instead of thinking way outside the box, consider looking into the past. Check out the social security website of popular baby names that goes back over 100 years. There are many names in the list that, although they aren’t common right now, are beautiful and timeless.

Related Link: [Justin Timberlake Gives Shout Out to Pregnant Celebrity Love Jessica Biel at iHeart Radio Awards](#)

2. Honor someone: It can be a great idea to name your baby

after someone you love. Not only is it a wonderful gift to give that person, but it provides a legacy your child will appreciate when they grow up. It always special to pick a name of a family member or friend. If you can't find one that you like, then consider the name of your favorite book character or a historical figure you admire.

Related Link: [Famous Couple Brandon and Leah Jenner Announce Celebrity Pregnancy with Cute Instagram Photo](#)

3. Try it out: Before you and your partner decide on a name, think about how your child will grow up with it. Ask yourselves these questions: Does it sound good with their last name? What will their nickname be? Is this a name that will be relatively easy for your kid to learn to spell? These questions should help you narrow down your list.

What are some other ways to find baby name inspiration? Tell us below!

'Newlyweds' Reality TV Stars Laura and Kirk Knight Dish Out Their Big Pregnancy News





By Kirk and Laura Knight

Kirk: Since Laura and I made the big decision to have a baby, we have been working hard at being healthy, including clean eating and workouts at the gym. Laura's workout regimen is frequent and very advanced. It's going to take everything I've got to keep up with her pace! Her motivation and drive encourages me to stay focused and incorporate some sort of physical activity every day.

Related Link: [Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day](#)

Laura: I understand that healthy living can lead to a healthy pregnancy – I'm trying my best to keep Kirk motivated at the gym in hopes that this will help us on our path while trying to conceive. Plus, when your body feels good, sex is more fun!

K: In preparation to get pregnant, Laura stopped taking birth control pills. Within a few weeks, my super sperm did not disappoint, and Laura surprised me with a positive pregnancy test. Although my confidence was extremely high, I did not expect her to get pregnant this quickly – my boys can swim!!!

We were so excited for this to have happened and couldn't wait to share this big news about our [relationship and love](#) with our family and friends. Everyone was thrilled for us.

L: One day, I was feeling unusually queasy, so I took a pregnancy test, and to my surprise, I was indeed pregnant! I wanted to tell Kirk the happy news in a sweet and clever way but couldn't come up with anything. He was in the living room, and there was no way that I could wait a day to put something together. I grabbed our video camera and called him into the bathroom, so I could capture his reaction – it was priceless! I was feeling two strong emotions at this point: First, it was complete and utter joy. And second, I only have nine months to learn everything I can about pregnancy and motherhood. So we went to the bookstore, and I bought the five best books I could find and began my research.

Related Link: [Robert Pattison's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

K & L: We were on cloud nine – feeling very happy and in a great place. We had decided to have a child, and we were blessed with a pregnancy. For the moment, everything seemed to be perfect. The morning of the sonogram, we were excited to see the heart beat and first images of our little bundle of joy. As the sonogram began, our excitement immediately turned into fear as the tech could only see the pregnancy sack and not the embryo. We were emotionally panicked and felt like our happiness and joy was instantly deflated – only left with fear and anxiety, wondering what this meant. What we discover puts us on an emotional roller coaster. Watch our reality TV show tonight and find out what happens and how we deal with it...

What's up next for this celebrity couple? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

New Celebrity Couple? Reality TV Stars Josh Murray and Ashley Iaconetti Party Together in NYC



By Emma L. Wells

Last Monday, [The Bachelorette](#) season 10 winner Josh Murray and [The Bachelor](#) season 19 contestant Ashley Iaconetti were seen with a large group partying in New York City, prompting rumors that these reality TV stars are a new celebrity couple. Murray posted a picture of the mostly gal group on his Instagram,

saying, “Had a great time, NYC, it’s always nice meeting new friends.” Only Iaconetti and one other woman were tagged in the shot of 13 party-goers. [People.com](#) reported that Murray was in New York working for fitness and nutrition brand AdvoCare. Despite sitting close and looking like a cute famous couple, both Murray and Iaconetti insist they aren’t dating.

These two reality TV stars have denied being a celebrity couple, but given their similar experiences, we think they’d be a good pair! Find out how a common background can help your relationship and love be a success.

Cupid’s Advice:

We’ve all heard that opposites attract. While a little disparity in a relationship *can* add some spice, being with someone who shares a similar history is a strong foundation for a new relationship and love. Cupid explains why below:

1. You have a better understanding: People are a product of their experiences. Understanding someone’s experiences firsthand will help you better understand them and their intentions. Being on a reality TV dating show is not something a lot of people can relate to, which is one reason why Murray and Iaconetti could potentially match well as a celebrity couple.

Related Link: [‘The Bachelorette’ Winner Josh Murray Says He Doesn’t Miss Celebrity Ex Andi Dorfman](#)

2. You share a common perspective: In most cases, having a similar background means that you will also have a similar perspective on certain issues. Whether it be politics, religion, finances, or family, when you share the same opinions, you'll be able to communicate better. These types of discussions can be difficult to have, but if you're of the same mind, you'll come to an agreement much easier.

Related Link: [‘The Bachelor’ Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. There's an easier learning curve: If you are from different ways of life (religiously, culturally, socio-economically, etc.), it doesn't mean your relationship and love won't succeed, but it *does* mean that you'll have to take more time and effort to learn about your beau's background. When you date someone who has shared experiences, you get to skip that step.

Do you think these two reality TV stars would make a good celebrity couple? Tell us below!

Former ‘Bachelor’ Chris Soules Regrets Making ‘DWTS’ Partner Witney Carson Cry





By Emma L. Wells

It was a tough week for reality TV star Chris Soules. While preparing for his quickstep routine, the leading man on [The Bachelor](#) season 19 injured not only his calf muscle but also his partner's feelings. During a difficult rehearsal, he lost his temper with professional dancer Witney Carson. Thankfully, the dancing duo were able to hug it out and move on. According to [People.com](#), Soules said, "It was a tough week. People don't really understand how hard we work. We have a close relationship. But we were just both getting on each other's nerves. I wasn't getting it down, and she was getting frustrated with me. That happens in any partnerships in life. I don't know any partnership where two people don't have a little bit of a disagreement. It only made us stronger."

As the former star of *The Bachelor* can attest, it's easy

to get annoyed with your partner. What are some ways to handle frustration in your relationship better?

Cupid's Advice:

No matter how much you click, when you spend a lot of time with someone, you're bound to butt heads occasionally – like this *Bachelor* star and Carson did this week. It's all too easy to let little annoyances build into big problems. Cupid has some love advice on how to deal with your frustration:

1. Talk it out: Don't like the way your partner loads the dishwasher or leaves their shoes by the front door? Tell them! Simply say, "It bothers me when you..." Remember to be careful with your tone. You don't want to start a fight, but you do want to make them aware of your feelings. Your significant other is not a mind reader; they can't fix the problem if they don't know it's there.

Related Link: [Celebs Turn to DWTS to Heal Heartbreak](#)

2. Get active: When both partners are frustrated, fighting comes easily. But nagging and getting angry won't solve the problem. You need to find a way to get rid of your pent-up energy so you can have a discussion, not a battle. Try embracing your combative energy and go paint balling or go-cart racing. It may sound silly, but a playful, regulated, competition will get out your frustration and leave you in a better mood.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Don't let it defeat you: No one mesh's with their partner

100 percent of the time. If you and your sweetheart agreed on everything, life would probably be a little boring! Your relationship and love won't be doomed just because you get a little irritated with each other. In fact, when you work through these moments of difficulty together, your partnership only gets stronger.

**How do you and your partner handle relationship frustration?
Tell us below!**

'American Idol' Star Joey Cook Opens Up About Her Celebrity Engagement: "He's the Love of My Life!"





By [Rebecca White](#)

Joey Cook will not only leave the reality TV show *American Idol* having gained experience and knowledge in the music industry, but she's also walking away with a [celebrity engagement](#)! Cook's longtime boyfriend Evan Higgins proposed a few weeks ago, and the now-famous couple shared the news on Twitter on Thursday, Mar. 26. In our celebrity interview, the performer opens up about the special moment, saying, "The proposal was really sweet. He's the love of my life!"

Behind the Scenes of Joey Cook's Celebrity Engagement

Even though *American Idol* keeps the contestants incredibly busy, Higgins whisked Cook away for ten minutes in between photo shoots to get down on one knee and put a ring on her finger. "There was this garden with a bench in the hotel we were staying at," the performer reveals. "He started out with all of this heartfelt stuff, and I thought he was going to break up with me! I was thinking, 'Wait until the show's

done!" Not only did Higgins find the perfect backdrop for a proposal, but he also made sure that the singer had her support system with her to make it even more special. "Evan called my family and made sure my mom was going to be there. My childhood best friend was there too," Cook adds.

Related Link: ['American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"](#)

The couple has carried out their relationship and love since 2009 and will celebrate their anniversary this summer – just in time for them to tie the knot. "I want to do the wedding soon because we've always wanted a summer wedding," the reality TV star gushes. "And it'll be six years this summer, so it's perfect!" Although we're sad to see her leave the competition, we're excited that she now has time to plan the perfect celebrity wedding with her beau.

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

Of course, Cook didn't just chat with us about her perfect celebrity engagement story. The eliminated contestant says that *American Idol* has provided her with so many resources for her future. "They've exposed me to millions of people," she shares. "I've never had vocal lessons before, and getting access to all of this information and being able to work with my vocal coach was amazing. I learned more about music in this last few months than I did in my whole life before now!"

The singer says she couldn't be more grateful for the life-changing experience, which taught her more about herself as well. "I wasn't confident as a vocalist before, and this show has shown me that, along with playing instruments and writing

music, I'm a singer, and that's what I do," she explains. "It's proven to me that I am good enough, and I am capable and deserving." We couldn't agree more!

Related Link: ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

After saying her goodbyes, Cook has a different vision of who she is as a performer. "Now that I've been soaked in the *American Idol* world, I see myself so much differently when it comes to what I can do with a show and a backdrop and little things like that," the singer says. "It made everything larger than life for me."

You can keep up with Joey on Twitter @IamJoeyCook!

Reality TV Star Lea Black Says, "Once You Find the Right Person, You've Really Got to be Committed to Having Equal Power"





By [Sarah Batcheller](#)

The ever-glamorous Lea Black has appeared on *The Real Housewives of Miami* since season 1. Her charm and sass – not to mention her whirlwind lifestyle among Florida’s elite – have drawn audiences in. With a steady celebrity marriage and beloved thirteen-year-old son, the reality TV star has also balanced a cherished domestic life with all the glitz. She hosts an annual charity gala to raise money for troubled teens and, in addition to her philanthropic efforts, is the president and CEO of The World of Lea Black, a multi-brand company that offers everything from jewelry and handbags to beauty products.

Now, in her upcoming novel *Red Carpets & White Lies*, Black has penned a fictional depiction of the scandalous, unpredictable lives of Miami’s top socialites. In this [exclusive celebrity interview](#), we had the chance to speak with the newly-minted author about her book, the *Housewives*, and her best love advice.

Reality TV Star Discusses Her Glamour-Filled Upcoming Novel

The spunky Texas native believes that the city of Miami is one of the best in the world, so it's no surprise that she wanted to capture its essence in her novel. "Miami is a very complex city, and it's very international – there's a very diverse crowd," she explains. "So I think it is one of the most exciting cities in the world because it really is a gateway to Central and South America. It's so multi-cultural; you get everything from the really serious intellectuals to the people who came here wanting to live the American Dream to the riff-raff who come and go and sort of reinvent who they are."

Related Link: [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

Of course, the best people to inspire the characters in Black's novel were none other than herself and her intriguing social circle. So we had to ask: Are her characters based off of real people? "They all are in a way," she confirms. "But they're compositions of people. I would take the personality traits of one person along with the character of another and kind of camouflage them."

Whether or not we'll see the *The Real Housewives of Miami* stars, whom readers may be able to identify in *Red Carpets & White Lies*, grace the small screen again is still up for debate. The reality TV star says, "Bravo continues to say they haven't made any decisions, and I think that's totally true. Our ratings were certainly close to some of the other shows that were renewed, so they *could* justify bringing the show back."

The network may be rethinking the cast too. "I think that some of the personalities on the show weren't as well-received by the audience as they would've hoped...and that may include me!"

she adds. Having formed friendships with other *Housewives*, including Lisa Vanderpump, whom she did business with in Los Angeles, and Kathy Wakile, it's safe to conclude that Black won't be falling off the radar anytime soon.

Related Link: [Top Ten Most Down-To-Earth Celebrity Wives](#)

Despite her busy career, her number one focus is always her family. Not only do the jewelry designer and her husband Roy love to have date nights when they travel, but they work to raise their son to be a respectable young man. "It's funny; I've sent my son twice now to etiquette and charm school! As for my husband, he does good and bad, so I point it out to my son when he does something that's not acceptable!" she reveals with a laugh. "I put a big effort into teaching my son manners. I think if you don't have an ounce of manners, then later in life, people will view you differently." As for their summer vacation plans, the family of three are planning to travel to Los Angeles, something they do each year.

Lea Black Shares Best Love Advice

The reality TV star's happy celebrity marriage can be attributed to her commitment to working at her relationship every day. She believes that communication is key. "You should communicate *before* things escalate, not after," she insists. "And you need to be on the same page in life. If you focus on the 'me' instead of 'we', then that relationship is not going in the right direction."

The beauty guru believes that, after you find the right person, you need balance. "Once you find the right person, you've really got to be committed to having equal power, an equal balance," she asserts. "That's why I'm so against guys who make girls sign prenups – because it situates the guy to have more power through money. You have to go in expecting both people to have an equal say."

Related Link: [Celebrity Couple Gabrielle Union and Dwayne Wade Signed a Prenup](#)

Black also thinks that, if you're facing disapproval from your friends and family, you need to make a decision about who's worth keeping in your life. "You have to tell your friends to support you unconditionally. If not, you can be friends with them at a distance and be amicable, but they can't be in your daily life," she believes. "If they're judging your relationship, then it'll just cause problems. If they're going to be in your life, they need to be supportive. They don't get to criticize your spouse unless it's something very serious that requires an intervention."

Keep up with Lea on Twitter [@leablackmiami](#) and [www.facebook.com/LeaBlackMiami](#). Don't forget to pick up a copy of Red Carpets & White Lies on May 5th!

Reality TV Stars Kirk and Laura Knight Share Baby News





By Kirk and Laura Knight

Kirk: I have really been putting a lot of thought into starting a family with Laura. I truly needed to make sure that I was ready to have a child and couldn't just succumb to any pressure. One of my fears was waiting too long and being in a situation similar to my father's, where he is spending his retirement years still tending to young children. I've loved being a young father and I want to be an active role model for our future children. Laura's going to be a great mom and she is already a great caretaker for me and our household.

Reality TV Stars Are Ready to Start a Family

Laura: Kirk and I have been talking about having a baby for years – agreeing that we wanted to have a child together, but not sure when exactly the “right time” would be for this next chapter in our lives . I've gotten to a point in our [relationship and love](#) where I am ready *now*. At 34 years old, my clock is ticking. I began to worry that Kirk was never going to be on the same page as me. Just as I was having my

doubts, my husband surprised me with his own revelation – he too was ready for a baby!!! Tears welled up in my eyes with joy at this happy news.

Related Link: [Reality TV Stars Kirk and Laura Knight Staying in Shape and the Possibility of Parenthood](#)

K: Now that its baby making time my confidence is extremely high and I know my super sperm will deliver. My excitement grows daily since I've made the decision to start a family, I am focused and can't wait for this to happen.

Celebrity Couple's Plans For Staying Healthy

L: We have a couple things to focus on in order to stay on track with our plan – eat healthy, exercise and make that baby!!!

Related Link: [Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day](#)

K: One evening I was working on the fish tank, Laura called me into our bathroom and gave me the shock of the year. Watch tonight's episode of the reality TV show *Newlyweds: The First Year* to see what happens next.

What's up next for this celebrity couple? Tune in to the realty TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

'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

Related Link: ['American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"](#)

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!

‘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/!

Reality TV Stars Kirk and Laura Knight Talk About Staying in Shape and the Possibility of Parenthood





By Kirk and Laura Knight

Kirk: Oh my gosh, what an awakening this week! After looking through our wedding photos, my wife so cleverly picked out a picture that happened to show me at my heaviest weight. This was her subtle hint to tell me about my weight gain -- and I'm glad she did. Since Laura and I began our [relationship and love](#), I have gained forty pounds. It seems like the traveling, eating out, and drinking have finally caught up with me. So I immediately needed to go into workout mode.

Celebrity Couple Kirk and Laura Knight Work on Getting Healthy

Laura: I am a certified pilates instructor and felt that Kirk would greatly benefit from taking my classes. He needed to get his body moving, and I was hopeful that he would embrace this type of exercise since I was coaching him through the sessions. Next on the agenda was getting him to start eating healthy. As you saw on this week's episode of the reality TV show *Newlyweds: The First Year*, I set up a "food intervention" with our good friend and personal trainer Biani. The goal is

to bring a little more awareness to what Kirk was eating and help him make some healthy alternative food choices.

Related Link: [Kirk and Laura Knight Prepare For Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'](#)

K: Being so out of shape really made it difficult to get through the pilates class. I'm even more out of shape than I thought – this is going to take a lot of work! During the intervention, I was trying to make light of the situation by stealing some candy and requesting that the girls cook with their shirts off. In order to get healthy, I think I'm going to have to take this more seriously!

Reality TV Stars Talk About Becoming Parents

K: On top of all the pressure I feel to lose weight and get into shape, Laura is really ready to start a family and have a baby. She brought up the “baby” discussion over dinner, and I just feel like I need a little more time. We have a very free life filled with traveling and having fun, and I know that a baby will change all of that. So I want to make sure that we are both on the same page. To add to the current pressure, we attended a family party where everybody in attendance had only one goal: to make sure that we are planning on having a baby.

Related Link: [Kirk Knight of Bravo's 'Newlyweds' Details His Hawaiian Honeymoon and Reveals Possible Baby Plans](#)

L: Kirk and I have spoken many times about starting a family, but it seems that we are a little off on our time frames. Hopefully, we can get on the same page soon because I want to be a mommy...

What's up next for this celebrity couple? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

Chris Soules and Whitney Bischoff Celebrate His 'DWTS' Performance



By Emma L. Wells

Reality TV star [Chris Soules](#), who announced his celebrity engagement on the season finale of [The Bachelor](#) season 19, and his *Dancing with the Stars* partner Whitney Carson received much better reviews on Monday night for their performance, and they went out to celebrate! [HollywoodLife.com](#) reported that, after

judge Julianne Hough dubbed him “the comeback king,” Soules enjoyed a dinner with Carson and his celebrity love Whitney Bischoff as well as the reigning *DWTS* winner Alfonso Ribeiro and his wife, Robin Stapler.

Bischoff is there to support her celebrity love both on the dance floor and off. What can you do to show your encouragement for your partner?

Cupid's Advice:

One way to show your partner you care about them is by caring about the things that are important to them. Whether it's their career or just a hobby, taking part and showing support will make your relationship and love even stronger. Consider this love advice:

1. Be there with them: Attend events, both big and small. Even if the moment doesn't seem that significant to you, if your partner asked you to come, then it's probably important to them. Being present for lets your sweetheart show off for you – and show you off too!

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. Be enthusiastic: Everyone likes to hear that they're doing well, especially when it comes from someone they care about, so channel your inner cheerleader and root them on. This means pumping them up after a victory, like Bischoff does for her celebrity love, or helping them stay positive after a loss. Whatever the situation, make sure they know you're on their team.

Related Link: [Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip](#)

3. Be honest: While a big part of encouragement is about being positive, it doesn't have to mean glossing over important issues. If your honey approaches you with a problem or concern, you need to be honest. You might be inclined to lie to make them feel better, but that instinct isn't helpful. Your relationship will be stronger and better off as a result of your truthfulness.

How do you show your support for your partner? Tell us below!

**'The Bachelorette' Winner
Josh Murray Says He Doesn't
Miss Celebrity Ex Andi
Dorfman**





By Maggie Manfredi

The past is in the past! According to UsMagazine.com, *The Bachelorette* winner Josh Murray is completely over his former bride-to-be. His celebrity ex, Andi Dorfman, chose him on season 10, and they seemed to be in love, but the relationship dissolved fast. Murray stated, “We’re friends and everything like that. But at the end of the day, when you’re very different from somebody else, it just doesn’t work out.” We’ve seen heartbreak many times from the contestants on this ABC series, but rumors continue that this salesman will potentially be the next bachelor on the show.

You won’t find anyone pining away in this celebrity ex duo! What are some ways to move on quickly after a break-up?

Cupid’s Advice:

Break-ups are a part of life if you are looking for a soul mate. You are going to have to navigate your way through potentials to find your partner. Cupid has some tips on moving on:

1. Invest in yourself: With the closing of this chapter, you open yourself up to independent growth and change. Don't be afraid to take time for you and make some personal plans for the future.

Related Link: ['Bachelorette' Andi Dorfman Quits Assistant District Attorney Job](#)

2. Understand what it is: A break up is an ending. It is usually as simple as that. You can find your self in a web of drama, unresolved feelings and chaos...try to stay clear of this mess. There are reasons the relationship didn't work, digest these and work through any issues you have with them. Moving forward is much easier if you internalize first.

Related Link: ['Bachelorette' Andi Dorfman's Promo Poster Mocks Juan Pablo](#)

3. Keep looking: You'll definitely need time to recover after a tough break-up, but don't sit and pine too long. There is a new relationship out there for the taking, and a wonderful new partner to share it with. Make sure to keep searching for your soul mate.

Would you like to see Josh Murray as the next bachelor? Share your thoughts below!

Josh Murray Has Moved On After Celebrity Break-Up from Former 'Bachelorette' Andi Dorfman



By Emma L. Wells

It's only been two months since his sudden celebrity break-up with [Andi Dorfman](#), but Josh Murray seems to be doing just fine. At the iHeartRadio Music Awards, [E! Online](#) asked him if he missed his celebrity ex, and he said no. "We're friends and everything like that," he responded. "But at the end of the day, when you're very different from somebody else, it just doesn't work out." He also said that, while eventually he wants a relationship and family, he's not dating right now.

When asked if he would consider returning to [The Bachelorette](#) to find that special someone, he replied, "It was a great experience, but I did that already, and I'm kind of moving on from that specific part of my life." Still, he hasn't ruled out the possibility of being the next *Bachelor* if asked.

The winner of *The Bachelorette* seems happy without his celebrity ex. What are some ways you can cope with a break-up and move on too?

Cupid's Advice:

Breaks-ups, no matter the circumstances or the length of the relationship, are tough on everyone. Following *The Bachelorette* winner's lead, Cupid has some dating and relationship advice to help you cope after a split:

1. Everything happens for a reason: Murray is more equipped to move on from his celebrity ex because he understands why their relationship and love didn't last. Knowing the cause behind your break-up will help you deal with it for many reasons. First, once you identify the issues, you can stop wondering what went wrong. And second, it will help you avoid similar situations or mistakes so you'll have more success in the future.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

2. Forgive and forget: It'll be hard to move on if you're still harboring negative feelings for your ex. This is easier said than done, but once you're able to let go of your hurt and stop placing blame, you'll be in a much healthier and happier place. You'll know you've truly dealt with your break-up when you can look at your ex and say that you only wish

them well.

Related Link: [‘The Bachelor’ Host Chris Harrison Says He “Had No Clue” Andi Dorfman & Josh Murray Would Break Up](#)

3. C’est la vie: While it’s upsetting and disappointing when a relationship ends, try to remember that, if it was truly meant to be, then it would have worked out. Spend more time thinking about the exciting opportunities of your future than you do worrying about the mistakes in your past.

What have you done to move on from a breakup? Tell us below!

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.

'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!

‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’





By [Jessica DeRubbo](#)

Former *The Bachelor* winner Courtney Robertson is single and ready to mingle! The contestant we used to love to hate has moved on since her celebrity break-up with Ben Flajnik on the reality TV show, and just recently got out of another relationship and love that stemmed from Tinder. According to [UsMagazine.com](#), Robertson met a “normal guy,” Adam, on Tinder and they started dating right after they met. Now, though, she says, “I’m single and I’m happy. I have love in my life, and I have great people in my life. And I’m not rushing that part of my life.” She also said, “Ummm, I don’t think I’ll be back on Tinder anytime soon. I’ll just put it that way!”

This former *Bachelor* star found love on Tinder. What are some drawbacks to using Tinder to get dates?

Cupid’s Advice:

Tinder and other dating apps are sometimes a good way to meet new people, but other times it's best to explore other avenues. Cupid has some things to be wary of when it comes to Tinder:

1. Unclear expectations: Tinder originally debuted as a hook-up app. It's since evolved into both a hook-up and dating app, but the line is grey and it can be hard to tell whether a person you're going to meet up with is looking for friendship, a date, or intimate relations.

Related Link: [New Celebrity Couple: Courtney Robertson is Dating New Tinder Boyfriend](#)

2. Fake profiles: Tinder especially has been known for harboring fake profiles. It's very easy to create one, and a lot of people think it's a funny thing to play with. By using the app, you're opening yourself up to possible deception.

Related Link: [Coffee Meets Bagel Dating App Co-Founder Talks About Being on 'Shark Tank'](#)

3. Lack of romance: There's no reason to let go of romantic notions and desires, and Tinder can sometimes strip that away. If you are traditional and want to be sought after, this type of app will not facilitate that.

What are some other reasons to avoid Tinder? Share your thoughts below.

'Bachelorette' Star Emily

Maynard Enjoys Her Celebrity Pregnancy While Taking a Boat Ride with Family



By Emma L. Wells

Lucky for fans, former *Bachelorette* Emily Maynard is keeping the world up-to-date about her [celebrity pregnancy](#) via Instagram. Last week, the blonde beauty posted a picture of herself with husband Tyler Johnson and daughter Ricki with the caption, “Spring break on a boat.” In it, the reality TV star is glowing, and her baby bump is growing! [UsMagazine.com](#) reported that she recently celebrated her celebrity baby shower and shared a sweet photo of the gender reveal cake. Unfortunately, Maynard didn’t let out any secrets about her celebrity pregnancy, writing, “The cutest

gender reveal cake I ever could've imagined...I'll let you all know once I tell all our family first ☐ Any guesses?"

This *Bachelorette* star is having fun during her celebrity pregnancy! What are some pre-baby activities you and your partner can do to make this time special?

Cupid's Advice:

Pregnancy is amazing and exciting for you and your significant other, but it can also be hectic and overwhelming. It's important for you to take some time to enjoy this moment! Cupid has some relationship advice to help you do so:

1. Plan a babymoon: Babymoons are quickly becoming more and more popular, and it's easy to see why. Like a honeymoon, you and your sweetheart can get out town for a few days and spend some quality time together. Even if you do a staycation, it can be beneficial for your relationship and love to just relax and enjoy each other's company before there's a new addition to your family.

Related Link: [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!](#)

2. Take lots of pictures: You're going to want to document this time in your relationship! It can go by fast, and you two will enjoy having pictures and video to look back on. They'll also be great to show your little bundle of joy when they're all grown up. You may even consider getting professional photos taken for you to frame and hang in the nursery.

Related Link: [Former 'Bachelorette' Emily Maynard Marries in](#)

[Secret Wedding](#)

3. Throw a party: Your pregnancy is a special moment to be shared with everyone you love. Though baby showers are fun, why not throw a party to celebrate you and your partner? Invite your friends and family over and have a great time reminiscing about the past and getting excited for the future. It's also a good opportunity to get some advice from other parents!

What are some pre-baby activities you and your partner have done together? Tell us below!

Kirk Knight of Bravo's 'Newlyweds' Details His Hawaii Honeymoon and Reveals Possible Baby Plans





By Kirk Knight

After spending an entire year planning a wedding, Laura and I were ready for some serious R&R on our honeymoon to Hawaii, our favorite tropical paradise! Our journey across the Pacific took us to Maui, Kauai, and the “big island.” Each island has its own distinct character, and we immersed ourselves in the Aloha culture as soon as we stepped foot off the plane. We are adventure-seekers and spent our days swimming with sea turtles, whale watching, surfing, hiking through bamboo forests, and touring the islands via helicopter. It was truly a fantasy vacation, and now, a little piece of our hearts will forever be in Hawaii.

Related Link: [Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip](#)

Kirk and Laura Knight’s Romantic Honeymoon Airs on Bravo

Coming back to the states from such a beautiful honeymoon is a

little shocking to the system, but we quickly rejoined our daily life. The holidays were upon us, and we had much to do. Laura had sent me out to run some errands for a party we were hosting, and wouldn't you know, that's when I get the call from my favorite fish store that a new order of tropical fish arrived. Trying to be as sneaky as possible, I stopped by to pick up a couple of fish before the party. Unfortunately, my wife knows me a little too well and busted me as soon as it happened. The party turned out great, though, so in the end, all was well in Bethesda, Maryland!

For the most part, Laura and I share the responsibilities we have in the relationship with the exception of house work; that's where Laura picks up (literally) everything. We do have a maid, so she doesn't do it all by herself, but I really don't do much. Okay, I do no housework! I guess we're still trying to figure out the balance of chores.

Reality TV Star Hints There May Be Celebrity Baby News in the Future

Related Link: [Famous Couple Brandon and Leah Jenner Announce Celebrity Pregnancy with Cute Instagram Photo](#)

Meanwhile, I have been test-driving Corvettes. I love sports cars, and since this brand new model came out, I have been dying to get one. So I met up with my father to drive one of these beauties. And guess what? I want one! Laura and I are having many discussions surrounding the purchase of the car. Being married means that we have to agree on the big decisions, and this is an area where I really don't want to compromise. As you'll see on *Newlyweds*, my beautiful wife has a different focus in mind: kids.

*Will there be a [celebrity baby](#) in this reality TV couple's future? Tune in to *Newlyweds: The First Year* on Tuesdays at 10/9c on Bravo to find out!*

Famous Couple Chris Soules and Whitney Bischoff Stay Strong Amid Celebrity Gossip



By Emma L. Wells

Like many *Bachelor* and *Bachelorette* couples that have come before them, famous couple [Chris Soules](#) and Whitney Bischoff are facing a spinning rumor mill following the announcement of their celebrity engagement. But this pretty pair is determined not to let the celebrity gossip ruin their happiness! Both [reality TV](#) stars have posted recent photos to Instagram to prove that their relationship and love is as strong as ever.

According to Wetpaint.com, this weekend, Soules shared a heartwarming photo from filming with the message, "She brings me happiness."

Bischoff also took to Instagram, posting a snap of the famous couple cuddling on the couch together. When recently asked about the celebrity break-up rumors and tabloid drama, she responded, "You can't read it. You really just can't. There's so much outside noise out there."

This famous couple clearly isn't letting celebrity gossip damage their relationship and love. What are some ways to stay strong despite rumors?

Cupid's Advice:

Just because you're not a celebrity couple doesn't mean you don't have to deal with rumors and gossip. Thanks to social media, news travels fast and people talk. But you can't let other people's opinions cause problems in your private relationship. Cupid has some tips on how to rise above the gossip:

1. Turn the other cheek: Ignoring what other people are saying about you is easier said than done. Sometimes, it can be downright impossible, and you'll start to wonder if there's any truth to what's being said. If you're feeling insecure, you need to approach your partner with your concerns in an honest and non-accusatory way.

Related Link: [Celebrity Engagement: Chris Soules Proposes to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

2. There's power in numbers: There are only two opinions in your relationship that matter. It'll be easier for you and your significant other to fend off rumors when you stick together and remember that the only voices you should listen to are each other's.

Related Link: [Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night](#)

3. Sticks and stones...: If your mother ever told you that words can't hurt, she lied. Words, especially negative ones, can carry weight and cause damage, and pretending that gossip doesn't bother you won't make things any easier. Once you recognize this truth, you need to remember that, while words can be painful, you can definitely be stronger than the people who run the rumor mill.

How have you and your beau handled negative rumors? Tell us in the comments below!

Celebrity Couple: Chris Soules Kisses 'Bachelor' Winner Whitney Bischoff on Romantic Date Night





By Jenna Bagcal

Date nights are great opportunities for you and your significant other to forget about the stresses of the week and just focus on each other. According to [People.com](https://www.people.com), celebrity couple Chris Soules and his fiancée Whitey Bischoff from [The Bachelor](https://www.fox.com) season 19 did just that. They were spotted engaging in some PDA on their recent date. On Instagram, Soules captioned a photo of the cute pair with “Lovely evening with my lady. #luckyman.”

Following *The Bachelor* season 19 finale last week, this celebrity couple is excited that they can finally be seen together in public. What are three unique date ideas for a romantic night out with your

partner?

Cupid's Advice:

Consider Cupid's dating advice and spice up your regular nights out to keep them from feeling monotonous. Take some inspiration from this celebrity couple, and use these three unique date ideas for a romantic night with your partner.

1. Take a romantic dinner cruise: Having dinner with your love might be on your regular repertoire of date nights, but why not take it to the next level? Attend a romantic dinner cruise and sail around the city with your partner. Order a bottle of your favorite wine, feel the sea breeze on your face, and watch the glow of the sun as it sets on the horizon.

Related Link: [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

2. Go on a hot air balloon ride: Take in the sights of your city from a different perspective. Go on a hot air balloon ride with your sweetheart and slowly sail across the sky in a sea of clouds. Call in advance in case of inclement weather. Private balloon rides for two are available, so make sure to bring your camera for plenty of scenic photos of you and your partner.

Related Link: [Celebrity Engagement: Chris Soules Proposed to Whitney Bischoff on 'The Bachelor' Season 19 Finale](#)

3. Attend a couples cooking class: Few things are as heartfelt and romantic as cooking for your significant other. So tie on your aprons and enjoy a cooking class together! There are often deals online on sites like Groupon. Take plenty of notes during the class so that you can recreate the delicious cuisines for an at-home date night with your partner.

What are some unique and fun date ideas? Share them with us in

the comments!

Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day



By Kirk Knight

Here we are, days before the wedding, and Laura and I can feel the stress levels rising. From the beginning, we wanted to be extremely hands-on in planning our big day. We chose not to hire a wedding planner and only hired a day-of coordinator

instead. We wanted to go through every detail and make it completely ours as we told the story of our [relationship and love](#). Laura and I work well as a team and share very similar tastes; however, we are still in disagreement about whether we keep the “Knight” or not... This is one of our first battles, and I really don't think I'm giving in on this one!

Reality TV Star Talks About His Wedding Day

It meant so much to me for my two teenage sons to be a part of our wedding. My boys were the first two people I told, and I was so proud to ask them to be a part of it. The boys have always loved Laura and knew she was The One for me. Over dinner, I told them I was proposing, and Trevor said, “Dad, this is the best decision you have ever made.” Aidan said, “I am really proud of you.” Yes, I cried at dinner in front of the entire restaurant – and fairly uncontrollably at that (they wouldn't be the last tears I shed.)

Related Link: [Kirk and Laura Knight Prepare for Tonight's Premiere of Bravo's Reality TV Show 'Newlyweds'](#)

As I mentioned in last week's blog, Laura tragically lost her brother shortly before we met. This was the darkest time of her life, and I could see the pain in her eyes everyday. She battled to come to terms with his death, and as most people can attest, it takes a long time. I felt very helpless but tried to comfort her and be a good friend. The friendship we formed from us sharing so many intimate details of our lives is the foundation and basis of our beautiful relationship and love.

Newlyweds: The First Year Couple

Celebrates Their Relationship and Love

On the big day, I was nervous and excited, and I hadn't seen Laura yet. As we had planned, I would first see her when she was walking down the aisle. Everything was in place, and it was time for the ceremony to start. The strings were playing, and everyone stood as Laura entered the room. When I saw her walking towards me, I thought two things: First, my boys were right; this is the best decision I have ever made. Second, hold back the tears and keep it together! As we began to say our vows, I tried as much as possible not to cry, but I knew that wasn't going to happen. What can I say? I'm an emotional guy.

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

This week, we are off to our honeymoon! But when we come back, the daily decisions that are a part of being a married couple start testing us.

Don't forget to tune in to Newlyweds: The First Year tonight at 10/9c on Bravo!