

# 'Bachelor in Paradise' Reality TV Star AshLee Frazier: "My Goal Was to Know Graham Bunn"



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

AshLee Frazier is the poised, pure-hearted beauty that viewers first met on season 17 of *The Bachelor* with Sean Lowe. Although she left the [reality TV](#) show as the second-runner up, not as the woman on his arm, she has since made a name for herself as a savvy style entrepreneur. Of course, the fashion blogger hasn't given up on her dream of finding a strong relationship and love, and with that thought in mind, she returns to the small screen Monday nights on the ABC spin-

off *Bachelor in Paradise*. Audiences everywhere (us included!) are crossing their fingers that this Texas girl will finally have her happy ending.

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## AshLee Frazier Talks About Looking for a Relationship and Love on Reality TV

We had the chance to chat with Frazier about her time on the show, one in which she describes as being less about competition and more about love. "It's a very romantic environment," she gushes of Tulum, Mexico.

It's been no secret that her sights were set on Graham Bunn before filming began. "My point of going on the show was actually to meet him – there was no ulterior motive," Frazier says in our exclusive celebrity interview. "My goal was to get to know him and see what could come out of that." Sources close to us say that, while she stays in paradise until the end, going home in love was not in the cards for the DIY guru.

Of course, fans know that Bunn had a serious celebrity relationship with *Bachelor* alum Michelle Money, who also appears on *Bachelor in Paradise*. Ever the lady, Frazier talked to Money before meeting face-to-face in Mexico, and she explained her interest in pursuing Bunn. "Michelle was very supportive of me going after Graham," the reality TV star tell us. Interestingly, the two ladies became good friends during the taping. "I was actually looking forward to meeting Michelle, and once I did, I *really* enjoyed my time with her. I know she had a hard time being there and looking for love, so I tried my best to be there for her."

**Related Link:** [‘Bachelor Pad 2’ Couple Michelle and Graham Are Still Talking Everyday](#)

## Dating Advice from *Bachelor in Paradise* Contestant

Frazier shares her best dating advice and says that, when you go after someone you like, it’s best to be prepared and know what you want in a partner. “I knew a little bit about Graham going into the show,” she says. “I knew Graham and I were compatible in quite a few areas, and I knew some personal interests we shared, one being on a spiritual level.”

As someone who’s looked for a relationship and love twice on reality TV, she says being vulnerable is the most important part of the process. “If you’re not open and honest about who you really are and what you need and want in life, then you’re setting yourself up to find people who aren’t necessarily right for you.” She admits that she wears her heart on her sleeve during the show – maybe “a little too hard,” as she says viewers will see on the premiere episode.

Last time we spoke with the Love it! Organized founder, she mentioned that she wanted to be more well-rounded before falling in love – and for her, appearing on *Bachelor in Paradise* was part of reaching that goal. “I think this experience has taught me a lot about myself and has opened my eyes to what I really need and want in someone – more so than it did on *The Bachelor*,” she candidly shares. “With every experience in life, you learn something new, and after the show, I can definitely say I’m a lot closer to figuring out what I want.”

**Related Link:** [AshLee Frazier Says, “I Want to Be Well-Rounded Before I Fall in Love”](#)

When it comes to other potential love interests, Marquel

Martin, from *The Bachelorette* season 10 would have been Frazier's pick had she not focused on Bunn. "I think Marquel's such a great guy. I love his energy and personality, and he's good looking, of course. But we're just friends, and when someone's in that friend zone, it's kind of hard to get them out."

The fierce side of Frazier we all know and love will show it's fangs again this summer. Audiences may remember her stone-faced exit from Lowe's season, and they'll apparently get to see the same this time around, as the veteran reveals that there's one moment she regrets in paradise. "There's a little quarrel that happens with me and another cast member. Unfortunately, I wish it didn't happen, but it did. I wish I could take that part back, for sure." It looks as though either a cat fight or a battle of the sexes is going down!

*You can keep up with AshLee (and Bachelor in Paradise fashion!) on her fashion blog and Twitter. Don't forget to catch her and the rest of the dynamic cast on Mondays at 8/7c on ABC!*

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## **Andi Dorfman Says Juan Pablo Needs to Propose to Nikki Ferrell**





By Laura Seaman

With *Bachelorette* Andi Dorfman accepting Josh Murray's proposal, talk of a wedding isn't far behind. "We have not really started making [plans]," says Dorfman. "I think I'm gonna enjoy being engaged for a little while..." According to [UsMagazine.com](http://UsMagazine.com), the newly engaged bachelorette was then asked if she would invite old flame Juan Pablo Galavis to the wedding. "Um, yeah—just gonna be a soft 'No' for now," she responded, later adding, "If he marries Nikki, he gets an invite." The newly engaged couple is talking about a spring wedding, but nothing is for sure quite yet!

**What are some reasons to tie the knot?**

**Cupid's Advice:**

Marriage is a huge step to take in a relationship. That's why a proposal is so important! Some couples date for years and never end up married, while others are engaged in a matter of weeks. How do you know when it's time to finally pop the question and take your relationship to the next level? Here is

some advice to help you figure it out:

**1. You've talked about the future in depth.** Marriage is a (hopefully) permanent future together, so all parties involved should know about future plans such as moving, career goals, or anything else that would affect your lives together. Don't leave anything hidden from your partner! Your future plans don't just involve you anymore.

**Related:** [Naya Rivera Secretly Marries Ryan Dorsey on Original Wedding Date to Big Sean](#)

**2. You're ready to join the family.** Maybe it's been easy to avoid your partner's family so far, but once you're married, you are officially part of the family whether you like it or not. Depending on your partner's family situation, this might mean going to visit them on holidays or joining them on vacations. Make sure you like this family before you become a part of it!

**Related:** [Snooki Prepares for Wedding Day with 'Great Gatsby' Themed Bridal Shower](#)

**3. You are prepared in every way.** This means emotionally, mentally, *and* financially. If you don't have the money to buy a house, pay for a wedding, or even get a ring, maybe you shouldn't be proposing. Yes, a marriage is a sign of never ending love, but it's also a very legally and financially binding agreement. Make sure you have this figured out before you dive in headfirst!

**How did you decide to take the next step and say 'I do'? Tell us in the comments!**

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# Andi Dorfman of 'The Bachelorette' Hands Out Final Rose and Confronts Runner-Up



By Laura Seaman

It's all over, folks! Andi Dorfman of *The Bachelorette* has made her final decision and is now engaged to... Josh Murray! The famous [celebrity couple](#) was cuddling and showing their love for one another on the live post-finale show, according to [UsMagazine.com](#). However, that's only one side of the story. Heartbroken and tossed aside, runner-up Nick Viall had a few things to say on the post-finale sit-down. "If you knew how in love with you I was, why did you make love with me?" he asked Dorfman. This was an awkward and shocking confession,

making the rest of the conversation extremely uncomfortable. Luckily things became all love and cuddles once Viall was backstage and Murray took his place with new fiancé Dorfman.

## **It's not only famous couples who find themselves with one too many dating options. What are some ways to chose between two people you're attracted to?**

### **Cupid's Advice:**

Having two people fight for your affections might sound nice at first (it's definitely an ego boost), but be prepared for the extremely stressful task of choosing only one. This means ending any relationship you might have had with one person and committing yourself fully to the other. What makes this a million times harder is when you honestly care for them both! Cupid has some relationship advice to help make the decision easier:

**1. Ask yourself which would make the better parent and spouse:** If you're looking for a serious commitment, this is a very important question. Maybe the person who's the most fun isn't the one who would make a good spouse. Maybe the one you're most physically attracted to wouldn't make a good parent. These are the things you need to plan for!

**Related Link:** ['The Bachelorette' Andi Dorfman Brings Two Men to Fantasy Suite](#)

**2. Think about the kind of feelings you have:** Your relationship with one person might be much more mature than the other, and you have to decide whether you want that mature relationship right now. One relationship might be more formal,



whereas the other might be more casual and playful. You need to decide what kind of relationship you want and which partner can give that to you.

**Related Link:** [Eric Hill's Death Casts a Shadow on 'The Bachelorette' Hometown Dates](#)

**3. Look back at your history with each of them.** Have you spent more time with one than the other? If both people were to ask you out and made plans for the same night, which one would you be more inclined to turn down? Chances are, you have a gut feeling telling you which one to choose, and it might be a good idea to follow it.

**Have you ever made the tough decision between two people like Andi did on *The Bachelorette*? How did it go? Let us know in the comments!**

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## **Snooki Prepares for Wedding Day with 'Great Gatsby' Themed Bridal Shower**





By Sanetra Richards

Baby number two on the way and a wedding is on its way, too for this reality star. Nicole "Snooki" Polizzi is putting her wedding plans into action. According to [People.com](https://www.people.com), the Jersey Shore alum celebrated the upcoming big day with a Great Gatsby themed bridal shower in her native, Poughkeepsie, New York, on Sunday. Amongst the 100 party guests were costars Jenni "JWoww" Farley, Sammi Giancola, and Deena Cortese. Polizzi's 18 bridesmaids were indeed festive in costumes to represent the roaring '20s. Set to wed in the fall, Snooki uploaded photos of the event on Instagram, including a picture of her seating card, reading "Bride to Be," followed by the caption, "That's me!" Although the room was filled with ladies, one guy made a special appearance: Her little one, Lorenzo. In another photo shared was her and her 22-month-old son: "With my prince," she captioned. She later Tweeted to fans, "Had such an amazing day with friends and family. Blessed to have genuine & beautiful people in my life."

**What are three unique themes for a bridal shower?**

## **Cupid's Advice:**

The big day is approaching and you are celebrating it to the fullest. In the midst of all the planning, you are putting together a bridal shower, but running low on ideas. Should it be themed? Should it be coordinated by a specific color? These may be just a couple of questions you have been asking yourself. Cupid has some suggestions to help:

**1. Pretty & Pamper:** What better way to treat yourself and the ladies than with a nice pampering session? Manicures, pedicures, facials, massages . . . complete bliss! Throw some food, drinks, and a few wedding games in the mix and stamp it as a bridal shower.

**Related:** [How Snooki Knew Jionni LaValle Was 'The One'](#)

**2. Gold Glamour:** Looking for something with lots of glam and glitter? Set up a themed shower that is the epitome of just that. Roll out the red carpet, feathered boas, sparkly jewelry, and cameras.

**Related:** [Snooki: Motherhood Made Me "Grow The Hell Up"](#)

**3. Pick a Decade:** If there is a period in time that you are nearly obsessed with, try to revolve your shower around it. Example: If you choose the 1960s, go with a 'mod' look. You will be sure to represent the decade well.

**Have any unique bridal shower ideas? Share below!**

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# **New Beginnings for Old Flames**

# on 'Bachelor in Paradise'



By Shannon Seibert

We've seen them fight for love, fall in love, and lose love. But the game has changed again! A number of beloved alumni from *The Bachelor* and *The Bachelorette* shows returning to reality television to give finding The One another shot. ABC is launching a new series called *Bachelor in Paradise* and sending a group of former contestants to Tulum, Mexico, to see if the romantic sparks fly as old flames are reunited and new couples are introduced.

**Related Link:** [AshLee Frazier Says, "I Want to be Well-Rounded Before I Fall in Love"](#)

On Monday, August 4th, the show will premiere with 14 previous *Bachelor* and *Bachelorette* contestants. On the first

episode, two of the women will fail to receive roses and be sent packing; the following week, the men will face the same elimination. This pattern of goodbyes will continue throughout the show. Of course, there's a twist: In addition to two people heading home each week, two more alum will join the cast.

Fan favorites, including Chris Bukowski, AshLee Frazier, Jesse Kovacs, and Michelle Money, will be heading to paradise. Additionally, three of the current *Bachelorette* Andi Dorfman's cast-off are returning to the small screen: Marcus Grodd, Dylan Petit, and Cody Sattler. Not only is the cast attractive, but there is bound to be fun, flirting, and tons of drama!

**Related Link:** [Former 'Bachelorette' Star Chris Bukowski Wants His "Fairytale Ending"](#)

During the show's seven-week run, we'll watch our favorite contestants face competition and avoid obstacles on their mission to find love. Be sure to tune in for the tantalizing moments, shocking surprises, and epic love stories, all unfolding in a tropical paradise!

**Do you have any predictions for the show? Share them with us in the comments below!**

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**'The Bachelorette' Andi  
Dorfman Eliminates Chris**

# Soules After Admitting Her Feelings Aren't as Strong



By Laura Seaman

In the latest celebrity relationship news, reality TV sensation Andi Dorfman has narrowed it down to two men on [The Bachelorette](#). [Chris Soules](#), a farm boy from Iowa, was eliminated after his date in the Dominican Republic. Soules told Dorfman that he loved her, but according to [UsMagazine.com](#), the reality TV star didn't feel the same way. "I don't think it's fair to make you sit here for days and wait for a rose ceremony," she said. "I just think I'd rather be honest with you and tell you that I'm trying and trying, but it's not there..."



# How can you manage your relationship and love when your feelings are different from your partner's?

## Cupid's Advice:

It can be extremely awkward when one person's feelings don't quite equal their partner's. If you don't think you're quite ready for the level of intensity that your partner is, don't worry. There are plenty of ways to handle this issue in relationships and love, and they don't involve running in the opposite direction:

**1. Be honest, and tell them to be patient:** Don't just let them continue thinking you're more into them than you really are. It's letting them believe in a lie, and it's no better than just outright lying! The further apart your feelings get, the further apart you will grow as a couple, and if you don't fix it soon, the distance may become too much.

**Related Link:** [Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates.](#)

**2. Ask them to double-check their feelings:** Some people might want love so desperately that they trick themselves into feeling it when it's not really there. Make sure you're not a recipient of these fake feelings, and ask your significant other to really think about what they're feeling. This could bring them back to your level and give the relationship a more solid foundation.

**Related Link:** [How Not To Scare a New Man Away](#)

**3. Take a step back and start from the beginning.** If you've just been going along with their strong feelings, maybe you're

taking steps you weren't really ready for. This might mean moving in together, talking about future plans, or just saying things you don't mean. Ask them to take a step back and start again a few steps back.

**How have you gotten on the same page as your partner in your relationship and love? Let us know in the comments below!**

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# Jenni 'JWoww' Farley Welcomes Daughter Meilani Alexandra Mathews



By Shannon Seibert

This past Sunday Jenni 'JWoww' Farley gave birth to her first born child and daughter Meilani Alexandra Mathews. Farley and fiancé Roger Mathews welcomed their happy and healthy baby girl into the world after many long months of waiting. Farley had recently posted her final picture of her baby bump, commenting on how excited she was to see her daughter. According to [UsMagazine.com](http://UsMagazine.com), the former *Jersey Shore* reality star initially didn't take well to pregnancy, but was overjoyed to meet her daughter.

**How do you support your partner through the final days of pregnancy?**

### **Cupid's Advice:**

Just as Roger Mathews supported his fiancé Jenni Farley, a man can help make his partner's pregnancy more comfortable during its' final days. With the end in sight, each day seems to drag on, delaying the delivery of your little miracle into the world. In this crucial time it is imperative that each partner reaches out to each other for support in order to be fully prepared to make this wonderful addition to your family.

**1. Have the birthing plan ready:** Though sometimes things don't go according to plan, it's always best to be ready for anything. Pack the hospital bag, make the necessary arrangements, and have your list of people to call at hand so you can be out the door at a moment's notice. This will be one more thing you can check off your to-do list, and it never hurts to pack things ahead of time.

**Related:** [Eva Mendes and Ryan Gosling are Having a Baby; Pregnancy Revealed](#)

**2. Get plenty of rest:** The best thing you can do for your partner is to be fully rested and functional for when the

special day comes. No one wants to be half-asleep or at 50% the day their child is born. This also limits the amount of stress you may be feeling with the approaching due-date. A minimum of eight hours a night may seem impossible, but for the sanity of you and your partner, and for the health of your baby, sleep is absolutely necessary.

**Related:** [LeBron James and Wife Savannah Are Having Their Third Child](#)

**3. Be there emotionally for each other:** The thought of bringing a baby into the world can be terrifying at times. You're about to be legally and morally responsible for another human being. Not only will you love and cherish your child, but you'll constantly be worried about whether or not you're doing what's best for them. In these last few days of pregnancy emotions are at an ultimate high, so be there to calm each other down and support one another as your due-date approaches.

**How did your partner help you through your pregnancy? Share your stories with us in the comments below!**

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## **Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates**





By Laura Seaman

On week eight of this season's *Bachelorette*, a tragedy stuns the reality stars just after their hometown dates. A former contestant, Eric Hill, died in a paragliding accident. According to [UsMagazine.com](https://www.usmagazine.com), the cast was told after returning from their hometown dates and given time to mourn the loss, though the cameras were still rolling. The rose ceremony was even more emotional than usual, with bachelorette Andi Dorfman saying, "Tonight was always gonna be tough, but I don't think anyone could've imagined that it would be like this."

**What are some ways to support your partner through a tragedy?**

### **Cupid's Advice:**

Nobody truly knows how to handle a tragedy; if they did, maybe it wouldn't be such a tragedy. However, if your partner is going through a very emotional time, you can try to handle the situation the best way you know how. Here are some tips for helping your partner through tough times:

**1. Give them any alone time they might need.** For some people,

piling on the attention and affection might seem like a good idea, but sometimes what your partner might really need is time alone to think, reflect, or just acknowledge their feelings. Respect their wishes and keep your distance.

**Related:** [Screwing the Rules Dating Tips: Communicating About Tough Topics](#)

**2. Be the help they need.** This could mean keeping your distance, or it would mean being the shoulder to cry on. There are many ways to support your partner, and you have to be willing to try all of them, even if they are out of your comfort zone. If your partner needs you to be there and listen, you need to be there and do just that. If you need to take a few days off work to make sure they're okay, do so.

**Related:** [How to Help Your Partner Through a Crisis](#)

**3. Don't tiptoe around it.** Tears and heavy emotions can be awkward and stressful, but you can't just avoid them. The last thing your partner needs is someone who ignores their pain or pretends like nothing is going on. Acknowledge their emotions and be there in the moment. This is a huge part of any relationship!

**Have you ever had to help your partner through a tragedy? How did you handle it? Tell us in the comments below!**

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**'The Bachelor' Winner  
Courtney Robertson Tells All**



# In New Book About Love: “I Really Didn’t Hold Back!”



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.  
Everyone knows that with every episode of [The Bachelor](#) comes plenty of heartbreak and drama. However, one name has stood out during recent seasons: Courtney Robertson. Even though she was known as one of the most notorious villains of the franchise, *Bachelor* Ben Flajnik proposed to her at the end of season 16. Unfortunately, after the finale aired, the drama didn't stop for Robertson. She and Flajnik split, and the celebrity dating rumors about the former contestant continued.

# Courtney Robertson Talks About New Book About Love

In her new book about love *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*, the reality TV star reveals the whole story, including intimate details about life before, during, and after her time on *The Bachelor*. "I wrote this book for fans of the show," she says in our [celebrity video interview](#). "I really didn't hold back. If it pertained to me finding a relationship and love and what led to me to go on the show, I put it in!"

**Related Link:** [Can You Really Find Love on 'The Bachelor'?](#)

After the roller coaster of drama, Robertson is now "happily single," focusing on her book, which she sees as her "labor of love," and her modeling career. Of course, *The Bachelor* will always be a part of her life. She remains friends with former contestants and is enjoying this season of *The Bachelorette* (she thinks Josh is "pretty cute!"). Fans can also catch her on a future episode of *Untold With Maria Menounos* where she'll spill even more behind-the-scenes reality TV secrets.

You can purchase *I Didn't Come Here to Make Friends* on Amazon or at your local bookstore.

*Update: The paperback version of I Didn't Come Here to Make Friends is available from Dey Street Books as of January 6, 2015 for \$15.99. Buy it now!*

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# 'Bachelorette' Andi Dorfman Quits Assistant District Attorney Job



By Shannon Seibert

After her memorable exit from Juan Pablo's season of *The Bachelor*, Andi Dorfman, attorney bachelorette, has proven to be a woman who goes after what she wants. It has been confirmed that the season 10 Bachelorette has quit her post as Assistant District Attorney in Fulton County, Georgia. Dorfman hasn't announced any plans for what comes next after *The Bachelorette*, but her direct attitude is helping her find love on national television, captivating the hearts of the lucky men as well as the hearts of America, according to

[UsMagazine.com](http://UsMagazine.com).

**How do you know when to put love before your career?**

**Cupid's Advice:**

How can you choose between the person you love and what you love doing? In matters of the heart nothing is ever simple. Take a step back from the situation and weigh out your options. Love involves taking risks so take into account these three points before making your decision:

**1. It all comes down to your happiness:** If your partner is asking you to blatantly choose between them or your career, you need to proceed with caution. If this person isn't who you want to spend the rest of your life with, and they're asking you to quit what you love doing, they probably aren't the best match for you. Ambitious women are a force to be reckoned with, so don't let any man stand in the way of you reaching your goals. But if you have asked your partner to make significant sacrifices with their career for you, it may be your turn to return the favor.

**Related:** [Screwing the Rules Video Dating Tips: George Clooney is Engaged! Why He Chose Her](#)

**2. Go with your gut:** As people, our intuition can be one of the most useful tools we have. With first impressions, job interviews, and when meeting new people our gut feeling about the person is generally accurate. When it comes down to making a difficult decision with your relationship and your career, flip a coin. When the coin is in the air, you'll realize what you're wishing for most, and that should be the choice you make. Going for what you want most and things not panning out is better than wonder "What if" for the rest of your life.

**Related:** [Leighton Meester and Adam Brody Walk First Post-Wedding Red Carpet](#)

**3. There is always other jobs, but there is only one of him:** Yes, leaving the security of a job can be scary, or even just putting it in the backseat can be terrifying. There are millions of organizations out there that would be a good match for you, but there are very few people in the 7-billion that are compatible with you. If you truly love him, then there should be no decision. He is your decision.

**Have you ever had to put love before your career? Or the other way around? Share with us in the comments below!**

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## **Former 'Bachelorette' Emily Maynard Marries in Secret Wedding**





By Shannon Seibert

America's sweetheart, Emily Maynard, was able to finally have her happy ending. On June 7th Maynard and fiancé Tyler Johnson joyously tied the knot at their secret wedding. The couple wed at Johnson's parents' farm in South Carolina, but originally told guests that it was only an engagement party, according to [UsMagazine.com](http://UsMagazine.com)

**What are some advantages to keeping your wedding under wraps?**

### **Cupid's Advice:**

Your wedding day is all about celebrating the love between you and your sweetheart, so wedding plans should reflect the choices you make and who you are as a couple. Now that you have found the Forever to your Always, take charge of your new beginning together and make it your own. Cupid has some advice:

**1. You have less people trying to put their two cents in:** The over-bearing mother-in-law is every bride's nightmare. When people hear "wedding" everyone comes running to you, expecting



an invite. Remember your best friend's cousin's boyfriend's aunt's friend? Yeah, we don't either but she is still expecting an invite. Avoid the external pressures of your loved ones and make this day your own. By keeping the details of the day discreet, you have all of the power.

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**2. You can keep things intimate:** A huge bonus of not giving all of your friends and family the secret in tell, it that you don't have to make your day a huge event. It's always awkward having to publicly exclude someone you care about by not inviting them to the wedding, so by keeping it small, people won't feel as left out when they see it's just family and the closest of friends. This also gives you the opportunity to b with the people who mean the most to you, who can give you the love and support you need for embarking on the adventure of marriage.

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**3. You save money:** You know what that means: More for the honeymoon! Weddings are drawn out events, and typically aren't just a one-day thing. People have engagement parties, bachelor and bachelorette parties, rehearsal dinners, more celebration parties, and that much partying can just be overwhelming. Minimize the stress and channel all of the celebrating into one joyous day with the love of your life. Then take that trip to Cabo you didn't think you could afford, and relish in each other's company while basking in the rays of the sun.

**What are some ways you kept your special day on the down-low? Share with us in the comments below!**

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# 'American Idol' Runner-Up Jena Irene On Prom With Winner Caleb Johnson: "I Still Don't Have a Dress!"



By Liz Kim

*American Idol* runner-up Jena Irene Asciutto almost didn't make it onto the show. The 17-year-old singer didn't have enough votes to make it to the Top 10, but the judges saved her, and she is the first wild card contestant since Clay Aiken to make it to the finale. Each week, she proved the decision to save her right and was in the bottom only once during her amazing run. She did admit that almost going home shook her up. "My

confidence wasn't that high in the beginning because America didn't vote me in, but that lit a fire under me to prove that I could do it."

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

Once she made it to the top 10, Asciutto's star quality was undeniable. Although still young, she's a seasoned performer. From the ages of 12 to 16, she was the front woman for the band Infinity Hour. "Being in a band had a huge impact on me," she says. "I played all around the metro Detroit area, and we played with other bands and kind of did different music depending on which venue we were playing. That definitely influenced me, and to be around all these local artists was fun because I saw what made them unique." Unfortunately, she had to quit the band a few months before her audition, but her bandmates have continued to support her from the sidelines.

Despite avoiding the bottom all but once, the runner-up says that she didn't realize just how far she had made it until the top five. "Once there were only five of us left, that's when it started to sink in that this was real." Every competitor had a distinct style, and she knew that it was anybody's game. "I just remember laying in bed one night wondering how I was there. I was just so excited."

Although she became friends with all of the finalists, Asciutto has become especially close with 23-year-old Caleb Johnson, who was announced the winner last night. She said she was grateful for his support during the show. "It was a positive effect," she shares of their friendship. "Even the production team who've been doing this for 12 years said they haven't seen as good of a connection as Caleb and I have. The stress was taken down a couple notches, and performing with my best friend made it better. You don't get to experience this with just anybody, so I'm glad we did it together."

**Related Link:** [‘American Idol’ Contestant Jess Meuse Says Show Affected her Relationship](#)

In fact, they are taking their BFF-ship to the next level, and Johnson will be Asciutto’s date for prom. Fans got to watch the footage of her “prom-posal,” and it was just as sweet as they imagined. “It started out as a joke a couple months ago, and as we got closer to the finale, I realized that I actually didn’t have a date to the prom,” she explains. “He was serious about going the whole time, so I decided why not? Our schedules were able to accommodate the prom date, so I’m really excited.”

And while they’re not as daunting as singing on national television, Asciutto has the typical concerns of any teenage girl going to prom. “I still don’t have a dress – I’m freaking out!”

Despite wowing the judges and America with her powerhouse vocals, the talented singer remains a humble. She still worries about her grades and has plans to go to a performing arts college. As for her future in music? “The fact that I got this far being so young and a wild card gives me hope,” she says. “I am a unique artist, and I’m still trying to figure out who I am. My music has been evolving for the past three years, and I can’t wait to see where I end up. I can’t say for sure what my album will sound like, but that’s the fun part!”

*American Idol may be over, but you can still catch Jena on the summer tour! Until then, keep up with her on Twitter @JenaAsciutto1. Check back tomorrow for our interview with winner Caleb Johnson!*

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# 'American Idol' Contestant Alex Preston Says His Girlfriend Kept Him Going



By Liz Kim

Even before making it to the top three on *American Idol*, 21-year-old Alex Preston had a pretty impressive background in music. He can play up to 12 instruments (none of which he took lessons for) and has opened for Of Monsters and Men, Gavin DeGraw, and the Backstreet Boys. Music must be in his blood because he's also cousins with country music star Jo Dee Messina, who he's even written songs for.

## **Related Link: 'American Idol' Contestant Jess Meuse Says Show Affected Her Relationship**

Week after week, the judges praised him for this artistry, and he managed to avoid being in the bottom up until the end. A common criticism *Idol* contestants hear is about making each performance seem like an original, but this musician never struggled with that. "When I hear a song, I think of how I would do it, and then I usually take an hour or so and run through the song and run through alternative chords and chordal structures," he says of his process. "I had the most fun arranging songs and making them my own."

This week, the singer broke out of his comfort zone, and during his performance of Bastille's "Pompeii," he played both the drums and the guitar. "This competition has really taken me out of my shell, and I've learned a lot of myself as a performer. I've become more confident."

Although covering popular songs can be a fun challenge, Preston truly enjoys performing his own music and believes allowing more original content will improve *American Idol*. "Playing original music on the show was definitely an amazing opportunity because it's in front of millions of people," he shares. "It's your own lyrics and composition, and playing your own music on a show like *Idol* pushes it to the next level because it shows artistry."

Preston was especially excited to show off his talents when he and his fellow competitors were welcomed back to their hometowns. He went home to Mount Vernon, New Hampshire and gave an "incredible" concert for over 6,000 fans. "I got to show people who I really am outside the show, and that was probably the coolest experience for me."

Despite all of his achievements, the rising star remains humble. "I was expecting to be eliminated this week because Jena and Caleb are so good and their performances are so big,"



he explains. "I knew deep down that it was going to be them in the finale, but I'm proud to have been in the top three." His strategy during the competition was to take it week by week. "But once I hit top three, I did start thinking about the months ahead, where I want to be, and long term goals outside of the show."

**Related Link:** [10 Ways to Make Long Distance Love Work](#)

Beyond improving his musical skills, *Idol* is also where Preston met his girlfriend Jillian Jensen, who fans might remember from season two of *The X Factor*. The couple met during Hollywood Week, and while being apart has been difficult, the couple are making it work. "It's tough because we live on opposite sides of the country, but it works out because we can always talk and Skype. She came to the shows a lot too," he shares. "It sucks because we can't see each other as much as we'd like to, but since we're both musicians, we understand each other's schedules."

Being a reality television veteran herself, Jensen was a great source of advice. "She always kept me positive. She was completely honest with me whether it was good or bad and told me what she thought. She helped me through a lot in that aspect and kept me going."

Preston's time on the *Idol* stage may be up, but he knows that this is just the beginning. "I'm already starting to try to figure out a way to plan my record. I have a couple co-writes lined up that I do want to get on the album as well," he says. "If I could release a single, that would be awesome. I want to release something as soon as I can and kind of take advantage of the wave of publicity that the show has given me."

*Want more of Preston? You can catch him on the American Idol summer tour, but until then, follow him on his Twitter [@RealAlexPreston!](#)*

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# 'American Idol' Contestant Jessica Meuse Says Show Affected Her Relationship



by Liz Kim

Jessica Meuse, 23, stood out on this season of *American Idol* – and not just because of her trademark pink hair. The singer from Slapout, Alabama, personified cool-rocker-chick, and her honest and easygoing attitude made her a favorite to both fans and judges. Many competitors get pigeonholed into a single genre, but she admits to being influenced by every genre of

music. Her singing style is a mix of gritty rock with metal and country notes.

The singer said her ultimate goal was to stay true to herself and bare her soul to the audience – especially when she sang her original song “Blue-Eyed Lie” this week. “I lived it; that happened to me, word for word. It’s like taking my diary and reading it on national television.”

**Related Link:** [‘American Idol’ Contestant Sam Woolf Talks Relationships](#)

In 2011, she self-released an album called “What’s So Hard About Bein’ a Man.” All of the songs were influenced by her own life experiences, and most of them focus on dark and serious subjects. Meuse has said this is because she wants her music to give hope to others in similar situations. “Writing my own songs about heartbreak and tough situations teaches me how to let go and just not worry about things you can’t control anymore.”

The contestant’s vocals were praised each week, but the judges repeatedly criticized her on her lack of stage presence and connection with the audience. Keith Urban even said she didn’t have enough “release.” Fans complained that she was picked on more than the other singers, but she chalks it up to part of the experience. “At times, I felt picked on, but it’s part of the game. I know I have bigger things ahead of me, and I’m going to make them happen,” she shares.

She does wish she could have sang more original material though. “I didn’t let not singing originals frustrate me because I do know a lot of cover songs from singing three to four hour gigs at home, but I really would’ve liked to do originals – at least one a week just because that’s who I am as an artist.”

Meuse also agrees that stage presence was most difficult for her – but she did improve during her time on stage. “I believe

that I have shown emotion, and I'm growing as an artist," she explains. "There's always stuff to work on, but I think I've grown a lot on the show. It's definitely different from singing in a bar where you're kind of just in the corner and only the bartender is looking at you."

It's no surprise that the scrutiny can be unnerving. "You're on national television, and everyone is looking at how your eye twitches. So it's definitely something you have to get used to," she says. "But I feel like I came into my own, and I figured myself out on the stage, so I'm very proud of that."

**Related Link:** [How to Get Over the Relationship Blues](#)

When you're in an environment like *Idol*, it's stressful to say the least. And when you're also in a relationship, being apart for that long can create a rift. Unfortunately, that's what happened to Meuse and her boyfriend, Steven Atkins. Although he came to support her during a few of the live shows, ultimately, they went their separate ways. "Being on the show did affect my relationship to the point where it didn't work anymore, and we've actually been apart for about a month now," she shares. "It's just not the right time, but he's a good guy. Sometimes, situations just bring out the worst in people."

But heartache and stress are nothing new for the talented musician, and she's determined to achieve all of her goals. "The limits that you have are only the ones you put on yourself. If you really want something, you just have to work for it. After all, I went from singing in a smoky bar with pneumonia to singing on national television."

*This isn't the last you'll see of Jess! You can catch her on the American Idol summer tour. Until then, keep up with her on Twitter @JessMeuse.*

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# 'RHOC' Reality TV Newbie Lizzie Rovsek on How the Show Helped Her Celebrity Marriage: "You've Got to Keep the Passion and the Fire Alive"



By Brittany Stubbs

Our favorite Bravo ladies are back in the *Real Housewives of Orange County*. You may have thought you met all the bombshells this season, but joining the reality TV cast on tonight's episode is the much-anticipated wife, mother, and former pageant star Lizzie Rovsek. As any *Housewives* fan knows, with new women, we can expect new drama. And Rovsek makes it clear her debut will be no exception to the rule.

**Related Link:** [‘RH0A’ Star Phaedra Parks Talks New Book and Marriage: “Remember What Made You Fall in Love”](#)

## **Celebrity Interview with *RH00C* Reality TV Star**

Not only does she fall down at her first filmed party, but she also has to defend herself from the very beginning. “Vicki and I definitely had a rocky start,” the newly-minted reality TV star admits. “I didn’t feel welcomed by her and felt like I was a burden because she doesn’t like new people. I don’t think she likes what I do for a living or even my name.”

As the only veteran OC housewife still remaining from the first season, Vicki Gunvalson has had issues with newbies in the past. But between Rovsek and Shannon Beador, the other rookie housewife joining the cast this season, Rovsek definitely believes she was in the firing line the most. While she was judged and picked on from the very beginning, Beador seems to have had an easier welcoming from the legendary veteran. “It might be because Shannon and Vicki have a lot more in common than Vicki and I do. They’re the same age, and they’ve been married for a long time.”

Despite her roller coaster of drama with Gunvalson, she still manages to make friends this season. “I was warned a little bit and told to be careful of Tamra, but she was actually very nice when I met her,” she candidly shares in our celebrity



interview. “She’s very fun, and we have that in common.”

**Related Link:** [Relationship Taglines for the Ladies of ‘The Real Housewives of New York’](#)

Besides Tamra Judge (formerly Tamra Barney), the mother of two also forms alliances with fellow brunette Heather Dubrow. “She is so classy, and I truly look up to her. Throughout the season, Heather is someone I find myself going to for advice, and she’s been my friend basically through the whole thing.”

With beauty queen and model on her resume, it’s no surprise people have a lot of misconceptions when it comes to Rovsek’s looks, brains, and personality. “There was an article that I had a nose job, but I’ve never had plastic surgery on my face,” she explains. Valedictorian in high school and graduating college Cum Laude, the housewife assures us that she has much more to offer than just her looks. “I’m actually a big science geek,” she says with a laugh. “I’m definitely not just a bimbo or pretty face.”

Despite some false judgements, she faces a lot of the same challenges as other working mothers. Between taking care of two young boys and a husband who loves home cooked meals and running a swimwear company, she’s just trying to juggle it all. On top of that, she still wants more children. “We’re definitely talking about having another baby and thinking that will happen by the end of this year or beginning of next year,” the celebrity mom says, making it clear that viewers can expect to see some of these discussions on the show.

**Related Link:** [Gary and Cassie Chapman from ‘Nashville Wives’ Talk Marriage and Adoption](#)

## **Lizzie Rovsek Talks About Her**

# Celebrity Marriage

While the *Housewives* franchise has shown the destruction of several [celebrity marriages](#) in the past, especially in the OC, this pageant queen feels like doing the show with her husband Christian has actually brought them closer. “This experience has made us stronger and made us take a closer look at our relationship and love life. Marriage is hard work! You’ve got to keep the passion and the fire alive, and it’s not always easy. We’re working at it all the time.”

For other parents of young children struggling to fit in romance, Rovsek encourages setting aside time to be alone together. “Go on a trip, even if it’s just a two-day drive somewhere. You need to spend time alone – away from your kids, away from your work – and really make time for each other.”

Besides strengthening her celebrity marriage and getting closer to her husband, she also hopes her appearance on the show will inspire viewers who look up to her. “I hope they get to see my loving nature, and I hope they learn that it’s okay to make mistakes. Sometimes, you learn the most valuable lessons by messing up,” she shares. “Life is a gift, and we’re all in this together.”

*To learn more about Rovsek and the Real Housewives of Orange County, tune into Bravo every Monday at 9/8c. You can keep up with Rovsek on Twitter @LizzieRovsek.*

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## ‘American Idol’ Contestant

# Sam Woolf: “A Sense of Humor is the Main Thing” in a Relationship



By Liz Kim

This week's *American Idol* elimination was not only disappointing for Sam Woolf but also for the legions of teen girls across America who've been screaming for him since his audition. The 17-year-old was coined this generation's Ricky Nelson by Harry Connick Jr., but the Bradenton, Florida teen is more than just a pretty face. He's been singing and performing ever since he can remember and was known to give concerts on his high school's courtyard. The singer also writes his own music and even got to perform one of his

original pieces on the *Idol* stage.

**Related Link:** ['American Idol' Contestant Dexter Roberts on Relationships: "Keep Pushing Each Other to Become Stronger"](#)

Before *Idol*, he was just another student at Braden River High, but he probably won't be able to quietly walk through the halls anymore. His hometown cheered for him loudly and held weekly viewing parties. "The support means so much," he shares. "I don't think I would've made it this far without it." Although he was far from home, Woolf didn't forget about his schooling. He continued his studies in Los Angeles with the help of a tutor. Unfortunately, he won't be able to make it to prom but hopes to still walk with his classmates during graduation.

Despite criticism about his stage presence, he was given generally positive reviews and managed to stay out of the bottom for most of the competition. However, after landing there twice, he received the least amount of votes during week six. For the first time since Jessica Sanchez in season 11, the judges decided to use the save and keep Woolf in the competition. That moment is still a blur, he says. "I had no idea they would save me. I just remember my name being called and being so nervous."

The close call was just the motivation he needed. "It definitely pumped me up, and I realized I had to give it my all," he explains. "I was a little scared that I'd be saved and then go home the next week, but luckily, I made it a few more weeks."

This week, the show surprised the singers with a shocking twist: They could either vote for one person to go home as usual or for nobody to go home this week but two singers to leave next week. The catch was that the votes had to be unanimous. "We huddled up as a group and initially decided to do the save, but as it came down to it, we realized that two

people had to go home,” he says. “So in the end, we decided to just vote however we wanted to.”

**Related Link:** ['American Idol' Contestant C.J. Harris Says Family's Support "Puts Me at Peace"](#)

Woolf takes his elimination in stride. “I wasn’t really surprised that the votes weren’t unanimous. I think we should’ve just stuck with the original format of one person leaving every week.” He even tweeted to his fans to not get angry at the contestants who voted yes to somebody going home this week.

With all that talent and an ever-growing fan base, you’d think that the heartthrob has a line of ladies waiting for him. But the ever-humble singer is still a little shy when it comes to dating. When asked if he thinks *Idol* will improve his dating life, he answered with uncertainty: “I think so... I don’t know! I guess? We’ll see.” Woolf, who loved to prank his fellow contestants, is ultimately looking for somebody who loves to laugh. “I think a sense of humor is the main thing for me.”

The label of teen hunk is completely foreign to Woolf. “I wouldn’t place myself under that category if I had the choice. I wasn’t uncomfortable with the title; it’s just not who I ever thought I was.” Although he might have had the boyish charm, Woolf struggled being more fluid in front of the audience. “I’m definitely lacking life experience.”

But he knows that practice makes perfect. “I’ve been trying to connect with the audience more and get better on stage. Each time I sing, I get more comfortable.”

*You can still catch Sam Woolf on the American Idol summer tour! Until then, keep up with him on Twitter @samwoolfmusic.*

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# 'American Idol' Contestant C.J. Harris Says Family's Support "Puts Me at Peace"



By Liz Kim

C.J. Harris, 23, is wise beyond his years. He resonated with *American Idol* fans because the honesty and emotion in his voice was so apparent. The singer traveled all the way to Salt Lake City, Utah to audition for the show, and while he had previously tried out for *The Voice* and *X-Factor*, the third time proved to be the charm.



It's no secret that the ousted contestant is all about his family, who came to support him on several occasions. "It puts me at peace, and it's kind of like singing for people on the couch at home," he shares. "It helps to have someone out there in the audience that, you know. It made me proud to have my mom and my sister there."

With that said, Harris cannot wait to go home to his biggest fan: his 2-year-old son, Jordan. "He motivated me so much. Having him in the audience was so much fun, and we'll have a lot of great memories."

**Related Link:** ['American Idol' Contestant Dexter Roberts on Relationships: "Keep Pushing Each Other to Become Stronger"](#)

He wasn't too far from home on the show, though, because both Jessica Meuse and Dexter Roberts are also from Alabama. In fact, Roberts and Harris were friends long before *Idol*. They met while on spring break in Panama City. "I remember Dexter walking up to me on the beach, and I was playing the acoustic guitar," he reminisces. "He asked if he could play with me, and there was just something about him that I really liked. We started playing there at the beach and then went back home and realized that we only live about 30 minutes from each other, so we played some places and became really good friends."

Roberts went home last week, but Harris can definitely see them working together in the future. "I'd love to do a duet with Dexter," he says. "Me and him have a bond. We've played together before, and it doesn't feel forced."

Given his big heart and charming voice, fans were disappointed to see the country singer get sent home this week. Despite being in the bottom several times, he never let it get him down. "I got a little frustrated, but it made me want to keep working harder," he explains. "I believe everything happens for a reason."

The judges' critiques are not only harsh at times but can also be confusing. Harris, however, was thankful for their honesty. "I never knew that I had pitch problems. I played for people I knew, so I never got the straight answer. I was glad that I got the criticism because now I know what I need to work on."

**Related Link:** [‘American Idol’ Contestant Malaya Watson Says, “I’m Not Afraid to Be Myself”](#)

And despite Harry Connick Jr. telling him to "stick to songs you can kill," the performer believes you shouldn't play it safe. "Always stick to who you are and prepare a lot of songs," he shares. "Don't stick to just one genre. And don't bring all your good songs out in the beginning. Save some good songs for later in the competition." He has no regrets and is looking forward to reuniting with his fellow contestants once more on the summer tour.

Still, adjusting to life after *Idol* will be tough. "My brain is still going 100 miles per hour, and I'm off a couple of hours of sleep. But I'm grateful and happy that I made it this far."

*You can catch C.J. Harris on the American Idol summer tour. Until then, you can keep up with him on [www.facebook.com/teamcjharris](http://www.facebook.com/teamcjharris).*

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**‘American Idol’ Contestant  
Dexter Roberts on**

# Relationships: “Keep Pushing Each Other to Become Stronger”



By Liz Kim

Dexter Roberts, 22, stood out on this season of *American Idol*, not just because of his smooth country crooning but because of his easygoing demeanor and always present smile. Nothing seemed to shake him, and even after landing in the bottom two this week, he took it all in stride. “I just don’t know what happened this week,” he shares. “I had a great time on the show, and I know I’ll have a great time on tour.”

**Related Link:** [‘American Idol’ Contestant Malaya Watson on Her](#)

## Ideal Boyfriend

For Wednesday night's performances, the contestants picked out each other's songs, and despite the preconceived notion that competition brings out the worst in people, all of the singers looked out for each other. "It was easy to pick songs for each other because we know what kind of artists we want to be and we didn't want to jeopardize each other." C.J. Harris picked "Muckalee Creek Water" by Luke Bryan for Roberts, and although he got generally positive reviews, he was ultimately eliminated.

The Fayette, Alabama native won fans over with his Southern twang, and despite getting some criticism about diction and pronunciation, the singer says that's just who he is – but he'll work on it. Ever the perfectionist, he actually wishes he had gotten tougher criticism. "I wanted the judges to be harsh on me because criticism helps you become a better artist," he says. "I told C.J. that I love criticism because it drives me more. It puts fuel onto my fire and makes me want to do better each week."

Roberts got particularly close to fellow contestants Caleb Johnson and Harris, but Harris and Roberts had already been friends for over five years before *Idol*. They met during spring break in Panama City and bonded over music. Neither friend told the other that he was auditioning for the show because both assumed the other would be there. Roberts made it through first, and after lending Harris his guitar, the good luck must have rubbed off because both friends went on to Hollywood. "It's just a great experience to get closer and to make it this far."

Being southern gentlemen, they never let competition get in the way of their friendship. "We've always had a great chemistry with each other; he's like a brother to me. We try to help each other out and fix each other's technique."

Not only did Roberts get to go on his *Idol* journey with a close friend, but he also met his girlfriend Savannah Coker at auditions. Coker, part of the country music band Sweet Tea Trio, didn't make it to Hollywood but showed her love by being in the audience with Roberts's mother. "She's been nothing but great support, and she's been behind me the whole way," he gushes. "Along with my family, her family has also supported me so much."

**Related Link:** ['American Idol' Contestant Ben Briley Sings For His Family's Future](#)

When two people in a relationship are chasing the same dream, jealousy and hurt feelings can get in the way, but this couple only wants the best for each other. "Any relationship takes work. Just go in and keep standing by each other and pushing each other to become stronger. Have fun and enjoy life!"

Although he may be done performing on the *Idol* stage this season, don't count Roberts out just yet. He has special plans for the *Idol* finale and the upcoming summer tour. "I'm gonna try to come out and do something different. I'm going to surprise you!"

*You can catch Dexter Roberts on the American Idol summer tour. Until then, you can keep up with him on [www.facebook.com/IdolDexterRoberts](http://www.facebook.com/IdolDexterRoberts).*

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## **'Bachelorette' Andi Dorfman's Promo Poster Mocks Juan Pablo**



By Sanetra Richards

More fish in the sea, right? Well, Andri Dorfman of *The Bachelor's* season 18 will definitely be testing out the waters in the upcoming round of *The Bachelorette*. In her first promo poster for the show's season 10, Dorfman lets it be known that Bachelor Juan Pablo Galavis is not on her good side, per se. The poster's caption reads, "She's looking for the right Juan." So where's the catch? Juan is marked out in red with the word "one" below instead. According to [UsMagazine.com](http://UsMagazine.com), the 26-year-old assistant district attorney described her overnight date with Galavis as a bit of a disaster: "Waking up this morning, I could not wait to get out of the Fantasy Suite," she said. "The Fantasy Suite turned into a nightmare. I saw a side to him that I didn't really like, and the whole night was just a disaster." Luckily, Dorfman is not letting that get in the way of her finding love through TV, and ABC is not either. The *Bachelorette* star went on to say, "I feel



mentally all in, emotionally all in, physically all in. I am in the place in my life where I am just so ready for this. I hate to say it because I don't want to jinx myself, and be like, 'I'm so all in and if this doesn't happen it's the end of the world.' But I am ready. I have never felt better in my life about this, and I'm just excited."

## **What are the best ways to move on from a bitter break-up?**

### **Cupid's Advice:**

Breakups are far from easy to get over, especially when things went terribly sour between you and your ex. It may come as an utter shock if your ex moves on quicker than you expected. However, do not think you cannot do the same. Cupid has a few suggestions to ease and direct the process:

**1. Breakaway:** Harsh words were exchanged, feelings were hurt along the way, and there is no way to mend – do not let this prevent you from cutting all ties. If it takes deleting their number from your phone to avoid the heart aching text messages and phone calls, do it. You want to take steps forward instead of backwards. This will gradually take time, but if you are committed to this and the next following steps, considering getting back with your ex will not be an option.

**Related:** [Juan Pablo Emphasizes Word 'Love' in New Photo of Nikki Ferrell](#)

**2. Have fun:** Make plans with your girlfriends to go out and enjoy a night on the town. Being around people who genuinely love you will help take away some of the stress and tension that was a result of the breakup. Mix and mingle a little bit to see what else is out there. Of course, this does not mean you should jump into another relationship until you are completely ready to take it on. Embrace the single life for the time being!

**Related:** [‘Bachelor’ Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling](#)

**3. Focus on something else:** Pick up a hobby or an entertaining distraction. Those constant thoughts of your ex will soon disappear from your mind. Avoid any hobbies that may trigger a memory that you and your ex shared (remember, you are moving on). Keep on pushing and remind yourself, the relationship ended for a good reason.

**What are some ways to get past a bitter break-up? Share your thoughts below.**

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## **JWoww Says Being Pregnant is a ‘Struggle’**





By April Littleton

Pregnant best friends JWoww and Snooki attended the MTV Movie Awards together. Farley is expecting a baby girl in July with fiancé Roger Mathews. Polizzi is expecting her second child some time in the fall. "I'm not a fan of pregnancy right now, with my thighs touching and my boobs changing, but I know it will be worth it, and hopefully I get back to that really quickly," JWoww told [UsMagazine.com](http://UsMagazine.com).

### **How do you prepare for your first pregnancy?**

#### **Cupid's Advice:**

Whether you're thinking about getting pregnant, or you're already well on your way to giving birth, there are a few things you should prepare for and consider before you raise a child on your own. Cupid is here to help:

**1. Eat the right foods:** Help your body prepare for its physical journey by eating all the right foods. No more caffeinated beverages, seafood, canned foods, etc. Stick to eating plenty of fresh fruits and vegetables. When it comes to

your source of protein, try to limit yourself to chicken and other lean meats.

**Related:** [JWoww and Fiance Roger Matthews Are Expecting First Child](#)

**2. Check your finances:** Are you financially ready to take care of a child? Take a look at your bank account. Can you afford to miss a few months of work, while you're pregnant? You have to be realistic about what you're capable of doing right now at this point in your life. You're not ready for a child if you're not 100 percent sure you can afford to take care of one.

**Related:** [Celebrity Couples Who Let Money Ruin Their Relationship](#)

**3. Talk to your partner:** You're ready for a baby, but your significant other might think otherwise. Have a conversation with your partner about you wanting to start a family, and make sure the two of you are on the same page.

**How did you prepare for your first pregnancy? Share your experience below.**

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**'The Bachelor' Juan Pablo Galavis Shows Affection to Nikki Ferrell in Instagram Photo**



By Sanetra Richards

Progress is being made! *The Bachelor* Juan Pablo Galavis posted an affectionate photo with girlfriend Nikki Ferrell earlier this week, where he made sure the word “love” was loud and clear in the caption. The 26-year-old pediatric nurse’s back is facing the camera, showing off a shirt that reads, “Pediatrics... our patients are cuter than your patients.” The caption said, “Mi Catira @nikki\_ferrell LOVES her JOB and thats ONE of the things I LOVE about her... #NikkiTheNurse.” According to [UsMagazine.com](http://UsMagazine.com), the post is just a few days after it was reported that 32-year-old Galavis finally voiced his love to Ferrell. An insider told *Us* that the reality TV star “has told her, ‘I love you,’” and that the two “Skype and text every day and are in constant contact.”

# ***The Bachelor* Juan Pablo Galavis flaunts his celebrity love on social media. What are some ways to show your love for your partner in public?**

## **Cupid's Advice:**

Professing your love is just the first step to showing your partner affection. So, what's the next? Doing it publicly! It may be challenging, but with Cupid's [love advice](#), you will be an affection expert in no time:

**1. Be physical:** Take a cue from Galavis and don't be afraid to show your significant other how much you love them. A simple kiss on the cheek or a hug will do. If you are walking or standing beside each other, hold their hand. Small gestures like these will not only let others know you are happily in love, but they'll also give reassurance to your partner.

**Related Link:** ['Bachelor' Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling](#)

**2. Make it Facebook official:** Nowadays, the easiest way to find out someone's relationship status is to go right to Facebook. Changing your status from single to in a relationship is another way to make it clear that you are off the market and glad to be with your love. If you want take it a step further, post a status in reference to your relationship and love or pay them a compliment.

**Related:** [Nikki Ferrell's Ex Says She 'Normally Wouldn't Take That' from a Guy](#)

**3. Introduce them to family and friends:** We all watched Galavis introduce his celebrity love to his family and



friends, which can be quite nerve-racking. They can be either critical or accepting. However, wanting to make that move shows just how much you care.

**How do you show your love for your partner publicly? Share your thoughts below.**

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## **‘American Idol’ Contestant Malaya Watson Says, “I’m Not Afraid to Be Myself”**



By Liz Kim

At only 16 years old, Malaya Watson is the youngest contestant ever to compete on *American Idol*. She dominated the competition from early on, and viewers quickly forgot how young she was after listening to her powerhouse vocals. Her positive attitude, confidence, and jokes garnered a lot of fans, so it was no surprise that the singer's elimination caused controversy with many who stated that the judges use of the save last week was a joke and that Watson deserved it more than Sam Woolf. Some have also said she deserved to win and that the votes were miscounted, while others announced that they would no longer watch the show.

**Related Link:** ['American Idol' Contestant Majesty Rose: "I Didn't Change Who I Am At All"](#)

Throughout it all, Watson remains upbeat. Although she didn't walk away the winner, she still gets a neat consolation prize. "It's weird being the youngest contestant, but it's cool because I can 'be in the books,'" she says. "It's pretty awesome." She admits, though, that being a teenager also has its downfalls. "At the same time, it was hard because I also have to focus on school. Managing time with school and my music and just trying to balance everything evenly and get everything done was tough."

The Southfield, Michigan native cites her father Ronald Watson and her two grandfathers as her musical influences. Her father is a professional guitar player, and the contestant shares, "If he didn't do music, I wouldn't have either because I wouldn't have been around it a lot. Growing up, I was always around music, and having him around always playing music really influenced me." Her childhood explains her love for old school R&B, blues, and soul music, and it makes sense that she can see her first album having a similar sound.

Watson may have an impressive set of pipes, but that's just the beginning. She can also play the tuba, the sousaphone, and

the piano. Although she can't divulge all of her secrets, she hinted at a tuba performance during the *Idol* summer tour and even planned on playing it next week had she stayed.

The performer also stood out because of her trademark glasses and braces. Although the music industry is notorious for unrealistic beauty standards, she says the best advice she received on the show was to always focus on the music. "Harry told me that I should focus more on my craft rather than my stardom," she says of judge Harry Connick Jr. "At first, I thought the music business was just all about how you look, but it's honestly all about how you sound."

**Related Link:** ['American Idol' Contestant MK Nobilette Talks About Being a Role Model](#)

With school and music, there's hardly any time to worry about boys and dating, but Watson still knows exactly what she wants. "He has to play football; he has to be taller than me (in heels); and he can't be stupid," she reveals. "He has to have a nice side and be loyal and honest, and he must be busy because my schedule is busy. He also has to understand what I'm going through – no whiners!"

Although she's still young, the singer has a good head on her shoulders. Her advice to teens wanting to audition for *American Idol* and pursue a career in music is to "focus on school but to follow what your heart wants you to do. If I didn't audition for *Idol*, then I wouldn't be here. If you really want to do something, do it while you still have the chance. There will come a time when you want to do something but don't do it, and you'll regret it later."

*You can catch Watson on the American Idol tour this summer. In the meantime, keep up with her on [www.facebook.com/IdolMalayaWatson](http://www.facebook.com/IdolMalayaWatson)*

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# 'American Idol' Contestant Majesty Rose: "I Didn't Change Who I Am At All"



By Liz Kim

Twenty-one year old Rochelle York – better known as Majesty Rose – was an early standout on *American Idol*. Her quirkiness charmed fans, and her diverse tastes in music always surprised the judges. “When I picked my songs, I wasn’t really thinking about what America likes; I was thinking about what I like,” she said. “Yes, America was voting for me, but it was really

my time to present myself, and so I thought about what made me most happy and most comfortable.”

**Related Link:** [‘American Idol’ Contestant MK Nobilette Talks About Being a Role Model](#)

The singer credits the support of her family for keeping her strong each week and says it was really hard to be away from them. While she formed close bonds with her fellow contestants, she shared, “It’s just hard to be around people you don’t really know that well, so it felt like I was alone. I really needed a heartfelt hug from my family, but I’d call them a lot, and we would pray together before shows.”

Before *Idol*, Rose was living in Goldsboro, North Carolina and working as a preschool teacher at the Goldsboro Family YMCA. She became the pride of her town, and every week, they held viewing parties to cheer for her.

It’s this community that the star is looking forward to most now that’s she done on the *Idol* stage. “I’m really excited to go back home and see my friends and family. I’m going to visit my kids, but I don’t know if I’m going to be a teacher – hopefully, they saved my spot!”

Rose has big plans for her future – but first, she’s ready for some R&R. “I’m glad I’ll have a little downtime to just rest. After the tour, I’d like to do so many things, like being a commercial model,” she explained. “I want to do a lot more music, and I’d also like to do some acting. People tell me that they could see me on Broadway, and I think that would be really fun.” Plus, she wants to continue to be a positive role model for younger girls and spread the message of self-acceptance.

True to her quirky personality, Rose has some unconventional ideas on how her future album will sound. “I think it would be a mix of the acoustic stuff; I really love Coldplay,” she

explained. “But there will also be happy music like Janelle Monae. I want it to be really inspiring – you’ll laugh one minute and cry the next because it’ll be a roller coaster.”

For now, though, she’s focused on the summer tour and is looking forward to reuniting with her *Idol* friends. Rose said, “I’m excited to get back with the contestants because I made a lot of close friendships, and we’re going to get even closer on the tour; we’re going to be like a family.” Of course, she didn’t forget her Rosebuddies. “I’m excited for my fans to be able to see me again. I’m just so grateful to have all the support from them, and I hope to make more fans.”

**Related Link:** [How to Listen to Your Heart](#)

While she may not have won the competition, Rose is very proud of how far she has come. “I learned so much about myself. I learned that I’m a much stronger person than I thought,” she said. “I persevered through so much. It’s easy for somebody from a small town to change, and that’s one thing I can say – I didn’t change who I am at all.”

Although Rose isn’t looking for a romantic relationship right now, she still has a pretty good idea of what she wants. “I would look for somebody who’s like me, somebody who’s level-headed. I’d like to be with somebody who knows where they are going in life.”

*You can catch Rose on the American Idol tour this summer. In the meantime, keep up with her on Twitter @PsMajestyRose.*

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# 'The Bachelor' Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling



By Sanetra Richards

It looks like *The Bachelor* stars Juan Pablo Galavis and Nikki Ferrell may be hitting some hard times. It's been just a few months since *The Bachelor* finished shooting, and the controversial [celebrity couple](#) have turned to Jim and Elizabeth Carroll, WE tv's *Marriage Boot Camp* counselors, for some relationship advice. The duo, who have worked with other reality TV stars including Jenni Farley and Roger Matthew, Trista and Ryan Sutter, and Gretchen Rossi and Slade Smiley,

spoke with Galavis and Ferrell earlier this week. According to [UsMagazine.com](http://UsMagazine.com), the Carrolls gave a brief synopsis of their talk with the famous couple, saying, "I think they have marriage on their minds, but I think what Juan did was a really – I mean, it wasn't a very romantic fairytale ending – but I think what he did was very wise in the fact that he said, 'You know, I want to go through conflicts with this girl. I want to do some problem solving. I want to see basically what the ugly side is before I jump out there and tell somebody I love them and just get married.'"

## **This celebrity couple are having some relationship issues. What are some ways to work on your troubled relationship and love?**

### **Cupid's Advice:**

Things may become hectic or confusing during your relationship and love. You may be close to calling it quits, but there are ways to work through it and make your partnership even stronger. Consider this relationship advice:

**1. Recognize the problems:** The most important step you can take is to acknowledge the issues at hand. Challenge yourself to find out what wrong paths you and your significant other took along the way. Examine your partner's behavior and mannerisms as well as your own.

**Related:** [Nikki Ferrell's Ex Says She 'Normally Wouldn't Take That' from a Guy](#)

**2. Ask for some alone time:** Alone time gives you the opportunity to think. There are little to no distractions, and your partner is not chiming in every five seconds. You can even make a pros and cons list. Hopefully, the good will

outweigh the bad!

**Related:** [‘Bachelor’ Star Juan Pablo Responds to Backlash By Posting Selfie with Nikki](#)

**3. Stop harboring bad feelings:** Just let it go! All of those hard feelings brought on by problems of the past have to fade away. You cannot possibly expect to move forward if you are constantly feeling sadness or rage every time you glance at your partner. Make it a goal to bury the hatchet.

**What are some other ways to save a troubled relationship and love? Share your thoughts below!**