

# Celebrity Baby News: Former 'Bachelorette' Ali Fedotowsky Reveals She Suffered Miscarriage



By Diana Iscenko

In the latest [celebrity news](#), [Bachelorette](#) Ali Fedotowsky opened up about her recent miscarriage on her Instagram. The [reality TV](#) star said she may never “fully talk about” the experience, but she wanted to support others who miscarried. Fedotowsky continued in her post: “I’m not sharing this because I feel sorry for myself or I want others to tell me they feel sorry for me. I don’t feel sorry for myself. I feel sad for what could’ve been.” The *Bachelorette* shares two

children, Molly, 4, and Riley, 2, with husband Kevin Manno.

## **In celebrity baby news, Ali Fedotowsky opened up about her recent miscarriage. How do you support your partner through a miscarriage?**

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

Miscarrying is painful, whether you were the pregnant parent or not. It's important to lean on your partner during this difficult time. If you're not sure how to support your partner through the loss of your pregnancy, Cupid has some advice for you.

**1. Let them know how you're feeling:** Make sure to let your partner know that you're grieving with them. To start healing from the loss of the child you never met, you need to let out your emotions. Even if your grief is different than your partner's, it's so important to work through this together.

**Related Link:** [Celebrity Baby: Ali Fedotowsky Says She Could Go Into Labor During Family Wedding](#)

**2. Remember it's no one's fault:** It's very common for those who lose pregnancies to think they're "broken" or that they're to blame for the miscarriage. If your partner was pregnant, make sure they know you love and support them, regardless of their ability to have kids. If you were pregnant, focus on the happiness you already have in your partner and family.

**Related Link:** [Celebrity Babies: Carrie Underwood Said She 'Considered Adoption' Following Multiple Miscarriages](#)

**3. Talk about your experience:** Once you and your partner feel

comfortable, talk to your close friends and family about what you went through. Miscarriages are common and you'll likely know others who went through the same thing. Knowing you aren't alone can help you heal.

**How do you support your partner through difficult times? Start a conversation in the comments below!**

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## **Celebrity Baby: Ali Fedotowsky Says She Could Go Into Labor During Family Wedding**





By [Jessica Gomez](#)

In [celebrity baby news](#), Ali Fedotowsky is nervous about the possibility of going into labor at her brother-in-law's wedding, according to [Usweekly.com](#). "My doctor keeps telling me that there's a chance because Molly was eight days early and with your second baby you tend to be even earlier than the first one. So she's like, 'Look, be prepared for that water to break. There's a chance that could happen,'" Fedotowsky said. The Bachelorette alumni is currently expecting her second child in May with her hubby Kevin Manno. The [celebrity couple](#) are planning their [celebrity wedding](#), which will be Fedotowsky's second time walking down the aisle.

**Even celebrity babies don't always enter the world in a convenient manner. What are some ways to plan for your child's entrance to the**

# world? Cupid has some baby advice:

## Cupid's Advice:

When nature says it's time, it's time and there's no fighting it. We can never be fully prepared to become a parent, but there are steps to take and to-do lists to complete that will make your life that much easier when your baby decides it's time. Read Cupid's [parenting tips](#) below:

**1. Create a birth plan:** Some people want to do a home birth, while others want to give birth in a hospital, some want a natural birth, some don't. Talk to your doctor about the best birth plan for you. It's good to have a plan and know what to expect.

**Related Link:** [Did Khloe Kardashian Just Accidentally Confirm Her Pregnancy?](#)

**2. Get the nursery ready at least two months before the due date:** You need to give yourself more than enough time to prepare before the baby arrives. And you want to take your time creating a great space for your little one. Look at ideas online, get inspired. Don't do things last minute and stress out; do things early and save yourself the hassle. You'll have time to change things if necessary.

**Related Link:** [Dwayne 'The Rock' Johnson & Girlfriend Lauren Hashian Expecting Second Child](#)

**3. Do your baby shopping:** Have your baby shower and shop for the rest. This is a very exciting moment because well, shopping is great, but you're stocking up on all baby necessities. Once you're home putting away all of the baby goods you'll have this feeling of accomplishment and a wave of ease because you are prepared.

**What are some steps you took before your due date? Comment**



below!

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



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).  
It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings

true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

## Celebrity Mom Ali Fedotowsky on How She Stays Fit

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

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

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

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in

ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

## **Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview**

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

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

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

## **Ali Fedotowsky Dishes On the Newest**



## Season of *The Bachelorette*

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

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

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

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**Celebrity Baby: Ali  
Fedotowsky Says She’s Ready  
to Be Pregnant Again**





By [Melissa Lee](#)

Former *Bachelorette* contestant [Ali Fedotowsky](#) recently spilled to [UsMagazine.com](#) that she and husband Kevin Manno are ready for [celebrity baby](#) number two! The [celebrity couple](#) tied the knot back in March, but are already parents to their one-year-old daughter, Molly. “I wouldn’t mind if I was pregnant right now,” Fedotowsky says. “We want another baby, and we want them to be close.”

**There may be another celebrity baby on the way soon! What are some ways to know you’re ready for a second child?**

**Cupid’s Advice:**

This celebrity couple is already preparing for their second child. Sometimes it can be tough deciding when you and your partner would like to bring another child into the world, but

Cupid has some advice:

**1. Things are under control:** Already having one baby in the house can be chaotic, so making sure you and your significant other are managing is super important. If the two of you feel that you are handling the stress with ease, then it may be time to prepare for a second child.

**Related Link:** [Relationship Advice: 5 Ways Therapy Can Help Your Relationship](#)

**2. Look at your financial situation:** What's more expensive than having one child? Having two children! Make sure you two are in a decent financial situation where you will be able to care for your entire family. If this is not the case, there's a possibility that it may not be the right time for another baby.

**Related Link:** [5 Most Romantic Celebrity Couples](#)

**3. Reflect on your relationship:** Will a second child bring your relationship happiness, or will it stress you two out even more? Babies can put a strain on relationships since there's so much going on, so if you and your partner are already experiencing troubles, maybe you should work on that before deciding to have another child.

**What are some ways you know you and your partner are ready for a second child? Leave your thoughts below.**

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**Celebrity**

**News :**

# 'Bachelorette' Alum Ali Fedotowsky Says Dating Roberto Was Her 'Most Successful Relationship'



By [Delaney Gilbride](#)

In [celebrity news](#), ABC's former *Bachelorette* Ali Fedotowsky reflects on her past relationship with Roberto Martinez, claiming it was "the most successful relationship" of her life. According to [UsMagazine.com](#), the 32 year-old *Bachelorette* alum talked about her time on the show's sixth season during her new relationship-TV talk show *Love Buzz*, that aired this past Valentine's Day. Martinez earned Fedotowsky's final rose back in 2010, but the [celebrity](#)

[relationship](#) did not last very long as the couple called off their engagement in November 2011. Now engaged to Kevin Manno, the father of her baby girl, Molly, Fedotowsky claimed her engagement to Martinez was the most successful relationship of her life because she learned so much about herself. On the premiere of *Love Buzz*, Fedotowsky said that “the real failure is, and the real sad thing, would be to stay with someone you’re not meant for.”

**In [latest celebrity news](#), Ali is reflecting on her past relationship with Roberto Martinez. What are some positive things that can come from dating and then breaking up with someone?**

#### **Cupid’s Advice:**

It seems that even after a [celebrity couple](#) splits, the two still manage to get back on their feet. No matter how devastating it may be for them (and us), how do they still manage to come out of the break-up strong? Cupid’s here to help you find the positives in a failed relationship:

**1. You’ll realize there was a reason *why* you broke-up in the first place:** During a break-up, your emotions may have been getting in the way of your logical thinking. While focusing on what could still work in the relationship, you most likely ignored what *wasn’t* working. Following your break-up you’ll realize why this person wasn’t truly meant to be and that there was a reason the relationship didn’t work.

**Related Link:** [Celebrity News: First Black ‘Bachelorette’ Rachel Lindsay Hopes People ‘Rally Behind’ Her](#)



**2. You'll feel free:** No happy relationship ends in a break-up. Once the relationship ends, you'll most likely feel a heavy burden lift off your shoulders. When you realize just how miserable you could be if you were still with that person, a sense of relief is bound to overcome you.

**Related Link:** [Celebrity News: Did 'Bachelor' Alum Amanda Stanton Just Call Out Ex Josh Murray on Twitter?](#)

**3. You'll learn what doesn't kill you *really* does makes you stronger:** Nobody said break-ups were easy; but time truly does heal all wounds. You'll come to realize that the failed relationship was a lesson learned and you'll now know what works for you and what doesn't. A break-up isn't the end for you, it's simply a new beginning.

**Did you just go through a tough break-up? Comment below with some positive outcomes from your past relationship!**

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## **Product Review: Listen To Your Baby's Heartbeat On Repeat With "My Baby's Heartbeat Bear"**





*This post is sponsored by "My Baby's Heartbeat Bear"*

By [Nicole Caico](#)

Hearing your baby's heartbeat on an ultrasound is one of the most precious sounds in the world. Most expectant moms would listen to their baby's heartbeat over and over again if it were possible. Well, now it is! Former *Bachelorette* star turned celebrity mom, Ali Fedotowsky gave us the [celebrity news](#) about a product called [My Baby's Heartbeat Bear](#) on her blog [AliLuvs.com](#).

## **Listen To Your Baby's Heartbeat Forever With 'My Baby's Heartbeat Bear'**

The former reality TV star is in her last month of pregnancy and mentioned the "My Baby's Heartbeat Bear" as a must-have item for her nursery. Here's how it works. Expectant moms can choose a Heartbeat Buddy in the shape of a giraffe, teddy

bear, hippo, elephant, monkey, lamb and much more. With all of the options offered, there is a Heartbeat Buddy to match every nursery. You can even coordinate the color of the stuffed animal for gender reveals.

Each stuffed animal comes with a heart shaped recorder that can be taken to an ultrasound appointment in order to record the sound of the baby's heartbeat. Once the sound is captured, the recorder is placed inside the stuffed animal, which is then tied and velcroed shut. From that point on, anytime Mom wants to hear the sound of her baby's heartbeat, she can squeeze her Heartbeat Buddy and feel the excitement all over again, and again, and again.

If you're expecting, now is the time to look into buying "My Baby's Heartbeat Bear".

**GIVEAWAY ALERT:** One lucky reader will now have the chance to win a My Baby's Heartbeat Bear by entering our giveaway! The bears are going fast. To enter, complete the form on our Contact Page. Pick "Giveaways" in the drop-down menu and include your name and address as well as "My Baby's Heartbeat Bear" in the message field. Our giveaway ends at 5 p.m. on August 8.

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**'Bachelorette' Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl**



By [Cortney Moore](#)

In exciting baby-related [celebrity news](#), season 6 *Bachelorette*, Ali Fedotowsky, and her longtime boyfriend Kevin Manno, welcomed their first [celebrity baby](#)! The [celebrity couple](#) confirmed their daughter's birth with [UsMagazine.com](#), who also reports the couple named their firstborn Molly Sullivan Manno. Fedotowsky went on to explain the meaning behind her daughter's name with *Us*, "Molly Sullivan is named after two very important women in our lives. My late grandmother, Molly Fedotowsky, and Kevin's late grandmother, Eva Sullivan, will both live on in our little girl." Surely this celebrity baby will be loved dearly!

**This celebrity baby's name has a**

# lot of meaning! What are some ways to honor your family members with your baby's name?

## Cupid's Advice:

Choosing your baby's name is absolutely crucial, your baby will have to live with the name you choose for the rest of their life after all! If you have a family member that you may want to honor, naming your child after them might be a good option. Let Cupid help you decide on how to honor your family members with your baby's name:

**1. Right in the middle:** You can always use a family member's name as your baby's middle name. This will allow you freedom to name your baby what you want and honor your family at the same time.

**Related Link:** [Celebrity Baby News: Louis Tomlinson Files for Shared Custody of Infant Son](#)

**2. Use a name blender:** If you're on the creative side, you can customize your baby's name by blending different names together. You can honor multiple family members this way and also give your baby a unique name!

**Related Link:** ['Dancing With the Stars' Celebrity Couple Maksim Chmerkovskiy & Peta Murgatroyd Are Expecting](#)

**3. Get inspired:** You also don't have to be too literal with your naming. You can still honor a family member by using their name as inspiration instead of re-using the same name. For example, you can name your baby Thea instead of Thelma.

**Have you ever named your baby after a family member? Share your stories in the comments below!**



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# Celebrity Baby Shower: Former 'Bachelorette' Ali Fedotowsky Wears Floral Dress to Baby Shower



By [Cortney Moore](#)

In exciting [celebrity baby news](#), Ali Fedotowsky from ABC's season 6 of *The Bachelorette*, celebrated her celebrity baby shower on April 3 at the Malibu Café in Malibu, California. Fedotowsky wore a white and pink floral MinkPink sundress to the event, and we have to say her choice of dress definitely

compliments her [celebrity pregnancy](#)! We just can't wait to see how she'll dress her [celebrity baby](#) girl.

## **This celebrity baby shower looks like it was beautiful! What are some ways to help your friend throw a unique baby shower?**

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

Planning a baby shower can get stressful, especially if you're trying to surprise or help your friend with a bun in the oven. Cupid has a few tips to help you throw an awesome baby shower that people will remember:

**1. Have meaning:** Picking a theme that means something to the parents will be more memorable than standard pink and blue decor. Re-creating the couple's first date with a twist could be an intimate setting that'll make the shower stand out.

**Related Link:** [Taylor Swift Throws Star-Studded Celebrity Baby Shower for Jaime King](#)

**2. Go down memory lane:** This is a great option if you have been friends for a long time. Incorporating elements from your friend's childhood such as photos and clothing could add a cute, sentimental touch.

**Related Link:** [Hilary Duff Throws a Celebrity Baby Shower for Sister Haylie Duff](#)

**3. Make it fun:** Nobody wants to attend a boring baby shower. Liven up the party with interactive games and entertainment that go along with your theme. Don't be afraid to be a little nontraditional or unique!

What are some ways you helped a friend throw a unique baby shower? Comment below!

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## Celebrity Photo Gallery: From 'The Bachelor' to Babies





Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, "WE ARE PREGNANT!!!" Photo courtesy of Instagram.

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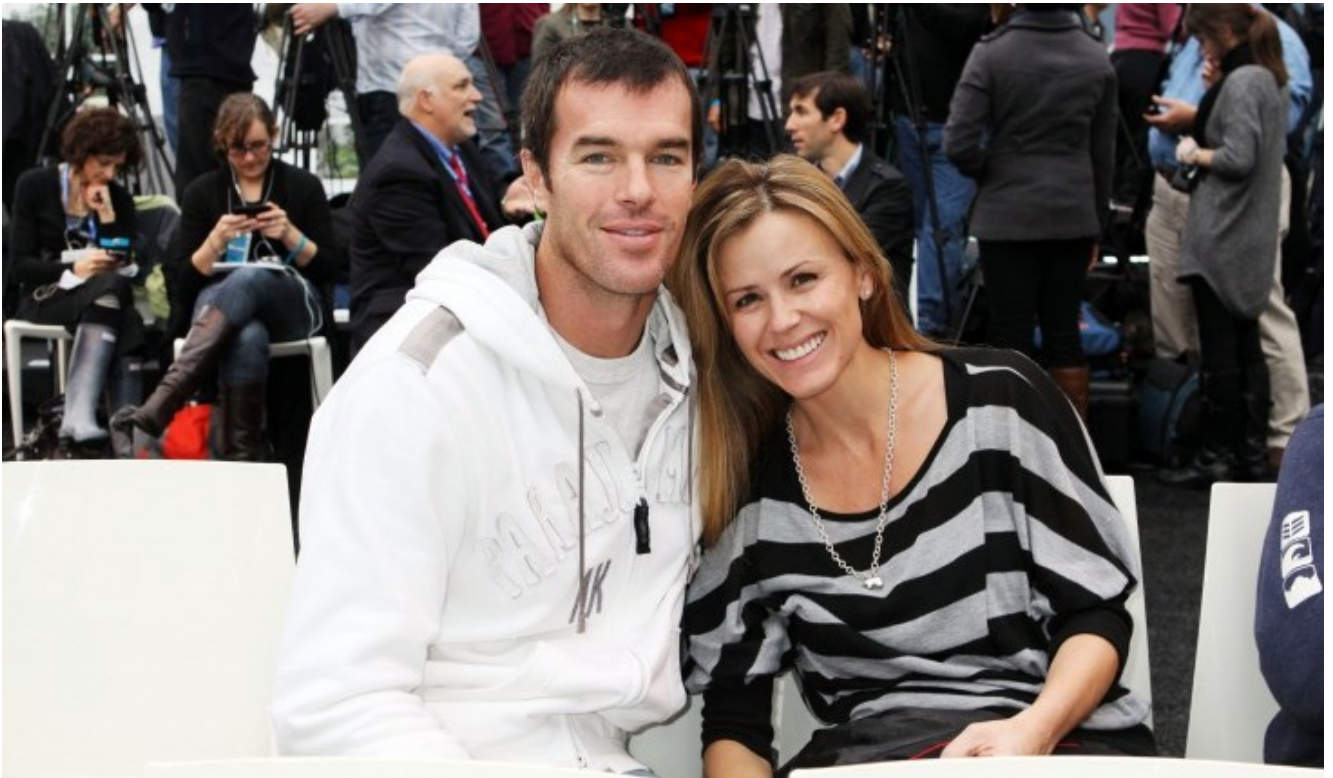
## Celebrity Photo Gallery: The History of 'The Bachelorette'







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Season 1: Ryan Sutter and Trista (Rehn) Sutter

Trista Rehn was the runner-up during season 1 of 'The Bachelor.' She went on to be the first 'Bachelorette' and



found love with firefighter Ryan Sutter. The celebrity couple were married in December 2003. They have two kids and live in Eagle County, Colorado. Photo: Diane Cohen/Fame Pictures

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## The Worst 'Bachelor' and 'Bachelorette' Breakups





Jake Pavelka and Vienna Girardi

Jake Pavelka thought Vienna Girardi would be his best chance at love when he knelt in front of her on 'The Bachelor' season 14 finale. But after a short engagement, the pilot decided it was over and broke the news to his fiancée over the phone! On a TV special, Pavelka accused her of cheating, while Girardi said he was obsessed with fame. Ouch! Photo: Bob Charlotte / PR Photos

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## Ali Fedotowsky Tells Us How to “Attract More Love and Happiness” Into Our Lives



By Kristin Mattern

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a



different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

**Related Link:** [Bachelorette 9, Episode 7: Confession in Madeira](#)

Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight's *Men Tell All* episode. "Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her," the television personality remarks. Wondering if they shared secrets about the end of this season? "When we hung out, I told her to please *not* tell me anything. I didn't want her to think I would try to pressure her for those details. I'm there as a friend, not to interrogate her!" However, Fedotowsky did tell us that she is rooting for Chris but that she "will be happy with whoever she [Desiree] picks because she's happy! She'll pick the guy she falls for; that's not for me to judge."

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martnez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she's thankful for her role as host of the travel show *1st Look*. "It was good timing for me since I was in a transitional period of my life." Of course, this adventure-filled opportunity doesn't come along for everyone. "Volunteer," she advises. "I've done that in the past, and it not only keeps you busy but makes you feel good."

**Related Link:** [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

It's no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they're not soaking up the sun south of the border, the twosome enjoys playing "darts or any sort of game, like Bingo or bowling."

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: "Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life."

*Be sure to tune in for tonight's Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](https://www.facebook.com/MissAliElaine) or Twitter [@AliFedotowsky](https://twitter.com/AliFedotowsky). You can also check out her blog for E! and her travel show, 1st Look.*

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## **Celebrity Couple: Ali Fedotowsky Is Dating Kevin Manno**







By Meghan Fitzgerald

According to [People](#), former *Bachelorette* star Ali Fedotowsky is in a new relationship with the host of *Abby's Ultimate Dance Competition*, Kevin Manno. The blonde bombshell split with ex-fiance Roberto Martinez in November 2011, but is now in bliss with Manno. [UsMagazine](#) reports that the couple hit things off right away when they met in Chicago.

**How do you know when it's time to move on from a past relationship?**

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

Knowing when to move on from a past relationship is a complicated and confusing process to work through. You may still have feelings for your ex, you may be lonely, or you may want them back. Whatever the circumstance, there comes a time when you need to move on with your life. Here are some tips:

**1. New relationship:** It is essential to move on from a past relationship if you are currently in a new relationship. Thinking, or obsessing over your ex, and ex-relationship is

not in any sense healthy. Nor will it positively affect the relationship you're currently in. Drop your ex if you now have a different significant other by your side.

**2. Health:** If your health has declined because of your past relationship, it is necessary to move on. It is not beneficial to stick around with your past relationship if you are physically and emotionally suffering from it. So pick your self up, and move on. Throw away their belongings, get rid of the haunting thoughts lingering in your mind, and create a better healthier life for yourself.

**3. Happiness:** Are you completely dissatisfied with your life because of your ex and your past relationship? Are you miserable inside? Do you constantly watch Netflix and have at least three gallons of ice cream in your freezer? You are unhappy. Move on from your relationship and focus on yourself. Get your life together, gather your thoughts, and focus on finding happiness.

**Have you known when it's time to move on from a past relationship? Share below.**

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## **Will Roberto Martinez Be the Next 'Bachelor'?**





Roberto Martinez won Ali Fedotowsky's heart on *The Bachelorette*, but after calling off their engagement in November 2011, the single stud is not just looking for love, he's looking for money, according to [UsMagazine.com](http://UsMagazine.com). Sources suspect that Martinez is going to be the next bachelor because "the network will give him pretty much anything." The former *Bachelorette* contestant may find himself back at the place he and his ex fell in love, which is something Fedotowsky is "terrified about."

**What are some ways to cope with your ex moving on?**

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

It can be painful to learn your ex has moved on to someone else, especially if you're still single. However, there are a few things you should think about before you let your ex's progress make you upset:

**1. Don't force yourself to do the same:** If your ex seems to be moving on faster than you expected, don't feel obligated to pursue the first person to feign interest in you if you're not

ready. Everyone moves at their own rate, so don't feel pressured to rush into things.

**2. Surround yourself with friends:** A lot of personal time is essential for healing after a breakup, but if your past lover is moving on, try to be around people that are going to pick you up and keep your mind off it.

**3. Take a trip:** Take some time off from work and go on a road trip. This will give you an opportunity to clear your head and leave room for new adventures and experiences.

**How do you handle an ex moving on? Tell us below.**

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## **'Bachelorette' Star Roberto Martinez Has No Interest in Being the 'Bachelor'**







Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. “That’s far from the truth!” a source confirms to [Us Weekly](#). “They are asking him to be the next bachelor, but he has no interest as of right now.” Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

**When is it time to put yourself out there after a difficult breakup?**

### **Cupid’s Advice:**

Breaking up after a serious relationship requires enough time to heal before getting out there again. Here are some ways to know when it’s time to give dating another shot:

**1. You feel confident in yourself:** Having someone break up with you can be a huge blow to your self-esteem. Don’t try to find another partner when you’re lying in bed all day eating ice cream. Get back into your normal routine, hang out

with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a more positive energy. That will help you feel more comfortable dating.

**2. You feel positive about the future:** After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

**3. You've left your ex alone:** Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

**How did you know when it was time to try dating again? Share your story below!**

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**Ali Fedotowsky Says Emily Maynard "Deserves to Find Love" on 'The Bachelorette'**





Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. “Emily is amazing! She’s such a sweetheart,” Fedotowsky told [UsMagazine.com](http://UsMagazine.com). “If anyone deserves to find love, it’s her.” Fans were first introduced to Maynard on Brad Womak’s season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. “Emily told me she likes guys with tattoos, so we’ll see what kind of guys she has on this season,” Fedotowsky said. “It should be interesting, I’m psyched.”

**When you have many suitors, how do you choose which one to date?**

### **Cupid’s Advice:**

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a

bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

**1. Personality:** This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.

**2. Meet the parents:** Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.

**3. Genuine only:** You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same when they're with you, you may have found "the one."

**How do you know how to choose the right person when you're dating? Share your comments below.**

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## **Ali Fedotowsky Explains Why She Left Roberto Martinez**







By now you've heard that another *Bachelorette* and her fiancé have called it quits. That couple, of course, is Ali Fedotowsky and Roberto Martinez. Although Fedotowsky was seemingly ready to wed right after the show aired, after an 18-month engagement and three postponements, it all finally ended on November 21. The former bride-to-be had this to say to [People](#): "I wouldn't be being truthful if I said this came out of nowhere, we definitely had been having problems. But I had always believed that we could work it out." The duo tried to make the relationship last, even throughout their arguments. "We both realized we were unhappy more than we were happy, and we both deserved more."

**How do you know when you're unhappy more than happy in a relationship?**

**Cupid's Advice:**

It doesn't take a scientist to tell us that relationships are hard work, but how do you know when the work and unhappiness outweigh the good times? Cupid has some tips:

**1. Bickering and fighting:** This is a tell tale sign that a relationship just isn't working. It's okay to have a few fights here and there (it can even be healthy), but if you're bickering over tiny things all the time, it's safe to assume something is wrong.

**2. Not spending time together:** When you're in a healthy, loving relationship you should be spending a fair amount of time together. If you routinely try to avoid one another, it may be time to re-evaluate.

**3. Your relationship is stagnant:** If it feels like you're at a stand still in your relationship, take a closer look. You may be dealing with thoughts that there's no point to your relationship or you can't deal with the constant arguing anymore. If you come to the conclusion that you both want more and that can't happen together, then it's time to call it quits.

**How do you know when unhappiness in a relationship outweighs happiness? Share your thoughts below.**

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## **Ali Fedotowsky and Roberto Martinez Call Off Wedding**





Sadly, Ali Fedotowsky and Roberto Martinez have called off their engagement. The couple, who met on *The Bachelorette* decided on a long engagement, which ultimately did not work out for the pair, according to [The Huffington Post](#). The duo was supposed to get married this year, but Fedotowsky was recovering from knee surgery and had to postpone the wedding. They ended up calling off the wedding three times before the relationship ended. In August, Fedotowsky told *People* magazine, "In my mind, Roberto is my husband. We live together; we do everything together; we plan for the future together; we fight just like a good old married couple." It looks like it's another case of love lost in *The Bachelor* community.

**How do you know when it's time to call off your engagement?**

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

Ending an engagement is one of the hardest things for a couple to do. Marriage is a big step, and it's not meant to be taken lightly. If you're feeling unsure about saying those vows, proceed with caution. Cupid has some tips:

**1. Take a step back:** A break from one another can give you a new perspective. You might end up appreciating each other much more, and realize that you are meant to be together. It could also go the other way, and you'll realize you are much better apart.

**2. Assess the situation:** If it feels like you're just not on the same page anymore and your partner is headed in one direction while you are going the other way, it may be time to call it quits. Unless you can somehow focus and anchor your relationship, there's no point in staying in it.

**3. Nothing is the same:** Maybe you and your partner have just outgrown one another. This happens frequently, and as heartbreaking as it may be, don't stay in a relationship that you know won't work anymore.

**How did you know when it was time to call off your engagement? Share your experiences below.**

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## **The Reason 'Bachelorette' Ali Fedotowsky Delayed Her Nuptials to Roberto Martinez**







Ali Fedotowsky is happy with her recent decision to delay her wedding to Roberto Martinez. According to [UsMagazine.com](https://www.usmagazine.com), the couple was engaged in May of 2010 and one of the main reasons for putting off the nuptials was that her knee surgery in July, which made Fedotowsky unable to hit the gym. She wants to get in some good gym time before the big day ... and she'd also like to walk (instead of hobble) down the aisle. Though the couple aren't in a rush to get married, there could perhaps be a wedding next summer.

**What are some good reasons to put off your wedding for the time being?**

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

In our society, people often feel pressured to get married quickly, but that isn't always the best course of action. Here are some good reasons to postpone your wedding:

**1. You're not ready:** If you're really having doubts that go beyond cold feet, it's okay to wait to get married. Being absolutely sure is the most important thing.

**2. The kids:** If you have young children that don't fully understand what is going on and what the changes in your life mean for them, you might want to wait a little longer.

**3. Money issues:** If you find that you can't afford your original plans, which is very common in this economy, take a step back and regroup.

What are some other reasons to put off a wedding? Share your thoughts below.

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## He Said/She Said: David Good and Natalie Getz Chat about the Season Premiere of Bachelor Pad 2





By Jennifer Harrington

On Monday night, we were treated to a three-hour season premiere of *Bachelor Pad 2*. As promised, we were reunited with some of the most controversial characters in franchise history, including Jake, Vienna, Rated R and Michelle Money. In case you missed the episode, read our recap to get caught up, and check out our inside scoop from the winners of the last season of *Bachelor Pad*, David Good and Natalie Getz. These two definitely know the game, so we were interested on their take on the first night of action in “the pad”!

**Did it surprise you to see Jake confront Kasey so honestly and directly on the first night? And along those same lines, were you shocked to hear that Jake had so many unresolved feelings regarding Vienna?**

**David:** That was all BS. Jake doesn't have feelings for her. If he really wanted to say those things, there are plenty of ways to get in touch with her besides doing it on national television. He only did that for more publicity. The same reason he said God sent him back to save Jillian from Wes.

It's so insincere it makes me sick watching it. The guy should have a shiny red nose on at all times because he is a clown. I do have to give him credit though because he knows how gullible America is and he's actually really good at what he does.

**Natalie:** I was completely shocked when Jake told Gia and Jackie that he still loves Vienna. What a joke! I don't buy it for one second. The only reason he pulled Kasey aside was so that he didn't get his ass kicked! Also, Jake wants to look like the good guy at any cost. Of course, he is playing the fans and trying to get back in their good graces by "being the bigger person." If we only knew what was going on in that guy's head ... I can bet all my money his actions are all a front. He won't last long in this house at all.

**Was it a brilliant or stupid move for Jake to give Vienna a rose to keep her safe?**

**David:** As far as the game goes it was really stupid. As far as a publicity stunt, genius! I don't care for the guy, but you have to give credit where credit is due. He works this show to his advantage for publicity better than anyone I have ever seen. It's really something to watch.

**Natalie:** Jake's only concern is getting back in the good graces of Bachelor fans. He has had so many opportunities to apologize to Vienna. He is always in L.A.! I would like to see a real side of Jake, but that isn't going to happen. He is so concerned with his image that he doesn't care about the game. I guarantee he went on just to clean up the mess he caused last year when their breakup aired. Saying he still loves Vienna? Really, Jake? As far as Vienna is concerned, she is playing the game very well. She isn't falling for his BS and she still wants him out of the house. She isn't being mean; she just knows Jake more than any of us and doesn't trust him at all.



**The chemistry between Ames and Jackie was apparent from the first night – but they chose not to partner up for the first challenge (“Hook Up”). Your thoughts about this strategy?**

**David:** That was funny. The first morning of the show, they are by the pool making out? I like them for each other though. I think they are both awesome. I thought it was a good move not partnering up this early on though. If you think about it, now you not only have each other’s backs, but you brought two more people into the equation that have your back as well.

**Natalie:** Ames and Jackie were brilliant for not partnering up for two reasons. 1.) They are trying to stay under the radar. They don’t want anyone thinking that they are a power couple right off the bat. 2.) If they separate themselves for competitions, that means they double their chances of winning. If Ames wins and Jackie doesn’t, he can give her the rose and vice versa. If they were a team, they only have 1 shot at keeping each other safe. Dave and I worked this strategy in our “Kissing” challenge last season.

**Last season and this season, it seems that Gia is always feeling vulnerable going into the rose ceremonies. Why do you think she is always on the verge of being eliminated, and do you think there is a chance she will advance far this season?**

**David:** Gia’s problem is she lies to herself and everyone around her. She plays the sweet card but is very vindictive. She did that on our season, too. She asks, “why can’t everyone be honest and just get along.” Then, she lies to everyone and makes up stories that aren’t even true. Wherever she is, drama is not far away, hence the reason she is back for this season. It’s kind of funny to watch because I really don’t know if she knows she is doing it and actually believes she is not. Jesse Kovacs and I used to laugh so hard listening to her on *Bachelor Pad 1*. It’s a terrible strategy and is the reason she is always on the verge of elimination. I like Gia as a person, but some of her bad

qualities come out in these situations.

**Natalie:** I don't think Gia will go very far this season, because she has a huge red flag on her back for already being a competitor last season. Also, Gia always forms a group with the outsiders, and this just doesn't work. The insider group is always the strongest group. They have strong bonds and connections and wouldn't play both sides like an outsider would, for example: Ali and Rated R. Gia should have partnered up with Graham. They were friends before the show and he would be a good partner. Instead she chose Jake who no one really cares for. I don't understand what she was thinking! I wanted her to go far. I love Gia!

**Thoughts on this week's eliminated contestants – Rated R and Ali. Why do you think the group chose to get rid of them so quickly? And, with them gone, who do you think is most vulnerable next week?**

**David:** Rated R and Ali got sent home because they were trying to play both sides of the fence and got caught. As in real life, if you do this you will eventually get caught and when you do, not only one side comes down on you but both will and boom – you're sent packing! It's a terrible strategy because people will talk to each other and find out. I think Jackie and Ames have to be careful here. I have not seen them take a side yet and are freelancing around, which can make them an easy target.

**Natalie:** On my season, Juan left the first night because we caught him making alliances with everyone. Literally everyone! He was trying to play both sides like Rated R. When you play both sides, you are absolutely going to get caught! Rated R should have done his homework. BTW most humiliating limo exit of all time! Made some great TV! Ali seems to be a little ditzy to me. How could she not realize she was on the chopping block when she too was playing both sides? She didn't even try very hard to clean up her mess

once she found out she was up for elimination. She isn't cut out for this game at all.

Be sure to tune in to ABC next **Monday night** for the next **installment of *Bachelor Pad 2***. While you're watching, send us your questions (via Facebook or Twitter) to ask David and Natalie – it's a great way to get an experts take on the romance, drama and strategy in the most popular house in America this summer!

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## Ali Fedotowsky Postpones Wedding Due to Femur Injury



One of the few successful couples from ABC's *Bachelor/Bachelorette* franchise have canceled their wedding – but fortunately, not for good. Former *Bachelorette* Ali Fedotowsky and the man she picked, Roberto Martinez, had to postpone saying “I do” because Fedotowsky is still recovering from a femur injury. “We had a date set, and that date has now passed,” the reality star, 26, told [People](#). “The decision to postpone [the wedding] was very difficult. I definitely shed some tears. ” Fedotowsky underwent surgery in July and said that they decided to defer walking down the aisle until she could actually, well, walk. “I don't want to limp down the aisle,” she said.

**What are some ways to decide when to have your wedding?**

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

It seems like setting a date for your wedding should be the easy part, but sometimes unexpected factors get in the way. Cupid has some tips on how to decide when to say “I do”:

- 1. Seasons:** Love the heat? Or are you a winter weather fan? Lots of couples want their wedding to be in a certain season, so deciding on having a spring wedding, for example, should help you narrow down the date.
- 2. Family:** If you really want your grandmother to be at your wedding, but she can only travel in the summer, you may want to plan your wedding around her (or other family or friends') availability.
- 3. Planning:** When you're planning a huge wedding, you may need up to a year to plan everything. Think about how much time you need to prepare and set the date accordingly.

**Are there any other factors to consider when setting the date?**

**Share your comments below.**



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# 'Bachelor Pad 2' Recap Episode 1: Jake Pavelka Gives Vienna Girardi a Rose



By [Lori Bizzoco](#)

Broken engagements, boyfriend stealing and love triangles galore. Welcome to this summer's most anticipated show, *Bachelor Pad 2*. ABC pulled out all the stops when collecting the current list of castoffs from seasons past. We watched like animals in heat tonight, glued to the television witnessing one of the most talked about and controversial casts this summer. Is it a coincidence that all the

references noted above point back to one person: Vienna Girardi? Hmm, it leaves us wondering if the show would even be worth the three hours it premiered if it wasn't for her and Jake Pavelka's drama-induced past.

For those of you who aren't familiar with Vienna and Jake, it's safe to say that they'll probably go down in *The Bachelor* history as the most remembered (not in a good way) contestants. She won the love and proposal of Bachelor, Jake Pavelka, Season 14 and broke his heart when she sold their break-up story for \$90,000, according to reports. Then, they trashed one another on Primetime television when the relationship ended, and it was so brutal that Vienna stormed out of the interview. They haven't talked since that fight took place a year ago. Now, they're both back in the house, under the same roof, competing for the \$250,000 grand prize.

Last night we witnessed the first challenge of the season which included each of the 18 contestants partnering up with someone in the house. The men were ousted into the air by harness with the women hanging on to them wherever and however they could. The prize for the couple who lasted longest was full immunity and a rose. With those stakes on the line, it's no surprise that the challenge came down to Jake and Vienna being the remaining two. Partnering up with Vienna was her new beau and "guard and protect" tattoo-man from Ali Fedotowsky's season, Kasey Kahl. While Jake partnered with understated Jackie Gordon from Brad Womack's season.

It came down to the final four and after thirty minutes, Kasey couldn't hold on to Vienna any longer. She begged him to hold on so that Jake wouldn't get immunity, but he couldn't. Jake and Jackie not only win a rose, but they also have a one-on-one date and get an additional rose to save one other person in the house. Guess who gets the rose and a free ride? Surprise, surprise! Jake convinces Jackie (although it looks like her idea) that he must give the rose to Vienna as a

truce; to put closure on his wound that obviously hasn't healed. Strategic or stupid? It's most likely stupid, as Vienna laughs about it behind-the-scenes.

One person who clearly states the stupidity of Jake's rose decision is Vienna's ex-best friend, and the only two-time *Bachelor Pad* contestant, Gia Allemand. Gia can't stand Vienna after finding out that she hooked up with her ex-boyfriend, Wes Hayden. Gia (also on Jake's season) is good friends with Jake and feels betrayed by his decision to give the rose to Vienna instead of protecting her. Worried that she may now be eliminated, she confronts Kasey in a one-on-one scheme and talks him into an alliance with her. As she's doing that, Blake is trying to get Jackie to vote off Kasey.

All of this makes for good television, but we can't forget the other contestants in the house who also have interesting stories:

First, there's Michael Stagliano and ex-fiancee, Holly Durst. We didn't see too much of their relationship drama tonight, which leads us to believe that producers are saving the best for last. We can't wait to watch how that plays out. We would love to see them back together, but Holly has admitted to being a commitment-phobe and from the first evening in the house she's had her eyes on last season's resident dentist, Blake Julian. It's a shame for Holly, because the promos clearly highlight that Blake is also caught hooking up in the house with former Brad Womack contestant, Melissa Schreibner. There will be tears.

It also looks like last season's boxing champ (joke) and nice boy, Ames Brown, has already formed an alliance (and possibly a relationship) with lonely heart, spider-hater (she called Michelle Money a spider), Jackie Gordon. Both Jackie and Ames are New Yorkers, and you can hear them mumbling on last night's episode about spending time together when they get back to the city. "We should go to Central Park," Jackie says

to Ames. Being the Ivy League-educated gent that Ames is, he's probably wondering why she couldn't have thought of anything more unique and original to do.

Then, there's one of our fan favorites, Utah hairstylist and accredited crazy lady, Michelle Money. For the record, we don't think Michelle is crazy. We think she's a witty, smartass, and we love it (yes, we're a bit biased). We also hear that southern philanthropist, Graham Belle hooks up with Money (that's Michelle Money, not the greenback kind, if you know what we mean).

Other contestants that haven't raised the drama meter too high yet are Erica Rose from Lorenzo Borghese's season who creates her own fanfare by wearing a tiara and claiming she's a princess. Kirk DeWindt from Ali Fedotowsky's season and the too-truthful comedian, William, from Ashley Hebert's season are both under the radar right now, as well.

Then there's Ella Nolan, the Tennessee mom who was dumped by Jake Pavelka. Talk about a back story- her own mother was murdered by her stepfather right in front of her when she was three-years old. She's doing this all for her son so that she can give him the life she never had when she was young. I feel like I am watching *Lifetime Television*.

Lastly, we have Justin "Rated R" Rego (should be 'ego'). He's the professional wrestler who appeared on Ali Fedotowsky's season and bragged to the men about having a girlfriend back home. Interestingly, he's like a G-rated version of what Bentley did to Ashley Hebert this past season. And last, but not least, we have apparel buyer, Alli Travis from Brad Womack's season.

In a nutshell, the rest of the night was based on forming alliances, with both Gia and Kasey coming to a close call on being eliminated. They'd probably be gone if Justin didn't betray his alliance by telling Alli that Graham is going to



“work on her,” meaning he is going to get her to come to their side. Alli confronted Graham, which made Justin look two-faced. No time to waste. He’s Gone.

Alli also seems to be playing two sides and not making a decision where her alliance is resting. The other contestants are in it to win it. Alli’s eliminated, too.

There you have it. Two down and 16 people to go. This should be an interesting summer.

**Our early predictions:** Michelle Money, Michael Stagliano, with close calls to Ella Nolan and Ames Brown.

Stay tune for next week’s recap. In the meantime, if you have questions about the *Bachelor Pad 2*, send them in. We will have former winners, Natalie Getz and David Good with us all season to answer them.

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## Bachelor Pad 2: Breakups, Makeups and Crazy People





By Kari Arneson

Hang on to your roses! The new season of *Bachelor Pad* is starting up this summer and we have all the juicy details and predictions for a season that's sure to be full of feuds, flirtations and lots of fun. Here's what you need to know before *Bachelor Pad 2* premieres on August 8:

**Jake and Vienna together again!** Jake Pavelka and Vienna Girardi, who got engaged at the end of *The Bachelor* season 14, broke up shortly afterwards – and it wasn't pretty. These two had a very public falling out, including a hard-to-watch interview on *The Bachelorette* season 6 that included plenty of crying, yelling and finger-pointing. Expect a lot more bickering and bawling as both bitter exes are confirmed to appear on *Bachelor Pad 2*. Add Kasey Kahl, Vienna's new boyfriend and the famous "tattoo guy" from Ali Fedotowsky's *Bachelorette* season, to make things even more awkward (if possible).

**Couple alert?** Holly Durst and Michael Stagliano are also confirmed to be on the show, although it remains to be seen

whether or not they will appear as a couple. Durst, from Matt Grant's season of *The Bachelor*, and Stagliano, from Jillian Harris' season of *The Bachelorette*, were once engaged and planning a double wedding with DeAnna Pappas and Stephen Stagliano. However, the couple broke up, then got back together, then broke up, then...who knows. The twosome's uncertain relationship status is yet another reason to tune in.

**Dun dun dun...** Some famous villains/crazy people from past seasons are back to cause more trouble. Justin "Rated R" Rego and Michelle Money can be counted on among the eccentrics. Justin tried to woo Ali Fedotowsky while promoting his professional wrestling career while Michelle earned the ire of the ladies on Brad's season just by being her odd self. Jackie Gordon, one of Michelle's biggest critics, will also compete on *Bachelor Pad 2*, so watch out for some more catfights!

Other contestants include Graham Bunn, Kirk DeWindt and Tanner Pope on the men's side and Gia Allemand, Ashleigh Hunt, Ella Nolan, Erica Rose, Melissa Schreiber and Alli Travis on the women's side. However, EW.com reports there will be not one, not two, but **three** mystery men from Ashley Hebert's season of *The Bachelorette*, so don't be surprised if super villain Bentley or Jeff "The Mask" show up to stir the pot.

Tune in to *Bachelor Pad 2* when it premieres on August 8 on ABC. And stay right here for all the latest on *The Bachelorette* and *Bachelor Pad 2*!

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# 'Bachelorette' Stars Ali Fedotowsky and Roberto Martinez Celebrate One Year Engaged



The fire is still burning for *The Bachelorette's* Ali Fedotowsky and fiancé Roberto Martinez. The couple spent their one year engagement anniversary last week reliving some of their special moments from the reality show that brought them together. They traveled to the island of Bora Bora, where Martinez proposed to Fedotowsky on the finale of *The Bachelorette*. Fedotowsky was thrilled with how they spent their one year engagement. "We made it to the one year mark!" she told [People](#). "The engagement took place last year on May

8th, and when Roberto proposed it was so beautiful. It was great to go back and reflect on the year because it was very special.”

**How do you make your first anniversary extra special?**

### **Cupid's Advice**

The first anniversary is one of the most important to get right. Cupid has some advice on how to make yours extra special:

**1. Re-live your honeymoon or proposal:** Why not take a cue from Ali and Roberto and revisit your honeymoon destination or even the place that he popped the question? It's romantic and brings back lovely memories.

**2. Plan a special vacation:** The perfect way to make your first anniversary special is to take a trip to a new place the two of you have been dying to go to and share in some new experiences.

**3. Have a romantic night:** If you don't feel like traveling for your one-year anniversary, indulge in a romantic dinner, come home and go through your home videos and photos from the year you've shared together and reminisce.

**How did you make your first anniversary extra special? Share your experiences below.**