

Celebrity Relationship Coach Lee Wilson Talks Negative Effects Reality TV Has on Relationships

Interview:



Interview by Carly Silva. Written by Carly Silva.

Guilty pleasure reality TV shows are a great way to pass the time, especially during the COVID-19 pandemic, but according to relationship coach Lee Wilson, they may have a negative effect on our relationships. Coach Lee, who is the founder of [My Ex Back](#) and specializes in helping men and women save their dwindling relationships, sits down with us to shed some light

on the psychology behind romance-focused reality TV shows.

In our celebrity interview with relationship expert, Coach Lee Wilson, we get some insight on the potential effects that romance reality TV shows have on real-life relationships.

As a Verified Expert on [Marriage.com](https://www.marriage.com) and as someone with numerous certifications, Coach Lee talks to us about the psychology of reality TV dating shows, such as the *Bachelor* Franchise, *90-Day Fiance*, and *Love is Blind*. He points to why these shows are so popular, not only because they are versed in “stirring up drama,” but also because they provide a “romantic sport,” and viewers love to root for who will win the prize of love. But, can these shows have a negative effect on our real-life dating behavior? Coach Lee, who has over 20 years of experience as a relationship coach, believes so.

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Although he does admit that the relationships formed on these shows can sometimes lead to lasting and successful true love, he notes that many contestants are often “put in a situation to rush their feelings completely in artificial and unrealistic ways” in order to compete and ultimately win the show. He not only acknowledges that this path to love can be unhealthy, but also says that this method is “not how it is best for two people to develop a relationship.” He advises viewers to recognize the misconceptions that are promoted in the “artificial world” created in these shows, even if they

are undeniably entertaining.

While we all love to admire and root for our favorite contestants to find love on these TV shows, Coach Lee cautions that the romance portrayed in reality TV shows often promotes unrealistic expectations and can give viewers the “idea that dating is this competition with a prize, rather than having a healthy mentality” about getting to know somebody. He also mentions that these dating shows can present viewers with a false idea of how love is developed, and they can display misconceptions where people are left to assume that they can find love by “being artificial, rushing themselves and rushing the other person.” Coach Lee notes that emulating this fantasy world in real life can result in people comparing their relationships to the “magical romantic times” that are presented in reality TV shows, and that viewers comparing this “Hollywood level” romance to their real-life relationships can make them believe that something is wrong with their own relationships.

Related Link: [Celebrity Interview: ‘High School Musical: The Musical: The Series’ Star Frankie Rodriguez Talks Love and Reboot](#)

The question is, why are the relationships cultivated on reality TV shows so unrealistically romantic? Well, according to Coach Lee, it’s because of a phenomenon called [“limerence.”](#) He defines “limerence” as a “chemical addiction or chemical dependence on dopamine, and serotonin changes in the mind,” which explains the addiction some people have to the “fireworks” of a new relationship or the “new high” that occurs when a relationship is just starting out. He says that shows, such as *The Bachelor*, “romanticize limerence and almost make it into the idea of what true love should be.” Because reality TV shows idealize this “limerence level of obsession,” Coach Lee explains that this makes viewers think that their relationships, especially older relationships where limerence has faded, should be more like the ones we see on TV, which is

“unrealistic.”

So, what about those of us who love watching these romance-focused reality TV shows? How can we continue to watch these shows now that we're aware of the toxic nature they promote? Luckily, Coach Lee also gives us some tips on how to navigate our guilty pleasure TV habits without falling victim to the unrealistic standards these shows set. He tells us that his personal trick is to “approach it with a good sense of humor, and be able to be vocal and express that this is not real life.” He recommends viewing these types of shows as pure entertainment, or even playing a fun drinking game with friends, and reminding yourself along the way that “this is a game show.”

For more expert advice from Coach Lee Wilson, you can follow him on [Instagram](#) or check out all the latest videos on his [YouTube](#) channel!

Coach Wilson has lectured at several universities, and has assisted with multiple Ph.D research projects on relationships. He is a Verified Expert on Marriage.com, and has received Family Dynamics certifications and His Needs/Her Needs Certifications. He is the founder of [My Ex Back](#), where he developed the Emergency Breakup Kit, along with the Emergency Marriage Kit.

Celebrity Interview: ‘High School Musical: The Musical:

The Series' Star Frankie Rodriguez Talks Love and Reboot



Interview by Lori Bizzoco. Written by Ellie Rice.

Frankie Rodriguez is a young, rising actor known for his work on the *High School Musical* reboot, *High School Musical: The Musical: The Series*, and his guest appearance as Eduardo, on ABC's *Modern Family*. His groundbreaking role as Carlos on *HSMTMTS*, as an openly gay choreographer, has led him to center stage and into the hearts of many. A California native, Rodriguez has always had a love for the entertainment industry and a passion for acting. When not on screen, he loves collecting sneakers and interior decorating! In our exclusive [celebrity interview](#), Rodriguez chats about the show and gives

our readers some dating advice for those looking to make the first move.

In our [celebrity interview](#) with *High School Musical: The Musical: The Series* star Frankie Rodriguez, we get a glimpse into the world of young Hollywood, some dating tips, and insights on the *HSMTMS* series!

HSMTMS follows the students of the East High drama club as they are set to put on the school's first production of "High School Musical". Episodes feature musical numbers unique to the reboot, and some of the beloved melodies from the original. Relationships are formed as the students of East High embark on their high school journey.

Related Link: [Celebrity Interview: The Biggest Loser's Erica Lugo Talks Weight Loss and New Season](#)

As a member of such a beloved franchise and one that has been of constant relevance to popular culture, we asked Rodriguez how it felt to be a Wildcat. "I still pinch myself every morning. Getting to be a part of this franchise has been a literal dream come true." Citing Zac Efron and Ashley Tisdale as the only two original cast members he has yet to meet, he claims to be crossing all fingers and toes in hopes for an interaction with the pair!

We asked Rodriguez how he knew that a career in the film industry was where he should be. He explained, "I always loved singing and dancing, so I think a career in entertainment was always in the cards. I remember watching the sunset on my first night living in Los Angeles and thinking this is exactly

where I'm supposed to be."

Related Link: [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

And, with moving to a new city comes new relationships. Viewers watched as Rodriguez' character on the show, Carlos, found love this season after taking that leap of faith, and hopefully inspiring others to do the same. We asked Rodriguez if he had a special someone in his life to which he joked, "Does a cardboard cutout of Zac Efron count? Haha, KIDDING! Yes, there is someone very special. :)"

Diving into a new relationship can be scary, especially if you are unsure of the other person's feelings towards you. But as Rodriguez told us, "Take the chance! If they say 'yes,' AMAZING! But if it doesn't turn out your way, that's okay too! Have your BFF ready with your favorite ice cream and romcom". We think this is some pretty sound advice, as nothing heals a wounded heart quite like your friends and some Ben & Jerry's. Anything can happen, and you won't know until you take that chance, so be brave and bold!

After coming out to his friends and family at fifteen, Rodriguez has been very open about his sexuality. We asked him if he had any advice for teens ready to come out and express their own sexuality. He shared, "Even though coming out can be a little scary, it's so worth it! After coming out, I was able to put aside the fear of what other people would think, and I was able to live for myself. Life is way too short. Be YOU!"

The courage it takes to fully express yourself and be who you truly are is incredibly inspiring. Rodriguez explained that a standout moment during filming for him was the dance scene in the "Homecoming" episode, where he is able to be himself with the boy he likes. "It was such a moment for Carlos and Seb's relationship and history making for Disney. I'm so proud of that episode and to be a part of it". This show serves as a

huge step in the direction of inclusion for Disney, as featuring teens from all aspects of life is so important for viewers to see.

So what can we expect from Frankie Rodriguez in the future? With *HSMTMTS* back for a second season, Carlos and the Wildcats will be tearing up our screens once again. Beyond that, we hope to see this self-described Broadway nerd taking the stage one day! As Rodriguez shared with us, “I’m very inspired by nice people who work incredibly hard. I’ve had so many co-workers (including the cast of *HSM*) who inspire me to go above and beyond”. An inspiration to so many himself, we can’t wait to see where the future takes him.

Want to keep up with Frankie? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: The Biggest Loser’s Erica Lugo Talks Weight Loss and New Season





Interview by Lori Bizzoco. Written by Ellie Rice

The Biggest Loser's Erica Lugo is a bona-fide weight loss inspiration as she joins the team as the show's newest trainer. After reaching a peak weight of over 300 pounds, she made a decision to change her life once and for all and lost an incredible 160 pounds in two years. The motivation behind her extraordinary lifestyle change was her son Connor. As a dedicated mother, thyroid cancer survivor, and fitness studio owner, Lugo is a triple threat of perseverance and success.

In our exclusive [celebrity interview](#), Erica talks about the new season, her personal weight loss, and some advice for those looking to change their lifestyle.

How does it feel to be a part of a show that has made such a positive impact in so many people's lives?

I'm so grateful. I knew it would be impactful, but I didn't realize how close I'd become to everyone on the show.

What can viewers expect when they tune into the premiere on the 28th?

Viewers will hopefully be inspired by the contestants – their stories and their commitment to changing their lives.

Related Link: ['The Biggest Loser' Alum Lisa Rambo Talks Marriage and Weight: "We've Lost Over 180 Pounds Together!"](#)

What are you bringing to the table that no other trainer has brought before?

I lost over 150 lbs in the last 6 years so I know how hard the road is. Plus, I'm a recent cancer survivor. Hopefully my story will encourage and inspire people that anything is possible.

You gave really powerful encouragement to an audience member on the Kelly Clarkson show who was currently on her own weight loss journey. What advice can you give to all the men and women out there looking to lose weight, but not lose themselves in the process?

Love yourself and be proud of who you were, who you are and who you're becoming because it's all the same person.

I saw that you are recently engaged, congratulations! Can you tell us a little bit about that?

Thanks! Daniel and I have been together for 2 years and are planning our wedding for April. It's really exciting to be trying on wedding dresses and making all the plans.

Related Link: ['The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"](#)

As you may know our site focuses on love and relationships,

what advice do you have for our readers looking to balance a career and romance?

Self-care includes making time for yourself and your love so take each day as it comes and do your best to find a balance as you go. Some days will be easier than others.

Staying mentally and physically healthy is an important element to any partnership. Do you have any tips for how to mix fitness into a relationship?

Having the love and support of loved ones is so important. Keep trying activities until you find what works best and is most fun for you and your partner.

Not only are you a trainer on the show, but you also have your own fitness company providing members with training exercises and meal plans. Can you tell us about Erica Fit Love and the Fit Love Squad?

We aim to provide fitness and nutrition programs to people at every stage of their fitness journey.

You have openly spoken about your battle with thyroid cancer. Your strength and confidence is incredibly admirable. What advice do you have for those going through a challenging time?

Work to find strength in yourself and from loved ones.

You've talked about the inspiration behind your weight loss, your son Connor. How does he feel about your role on the show?

I hope I can help contestants because I've been through what they're going through. I know how miserable burpees are and how much determination is required to make a life change to get healthy.

Aside from health and fitness, who is Erica Lugo?

I'm a mom, a fiancée and hopefully a good friend and source of inspiration

Where can we expect to see you in the future?

Hopefully on more seasons of The Biggest Loser because I'm just getting started!

Tune in to USA on Tuesdays at 8/9c to watch this season of The Biggest Loser. Want to keep up with Erica? You can follow her on [Instagram](#) or join the Fit Love Squad [here!](#)

Celebrity Interview: Temptation Island's Gavin Rocker Speaks Out About What Ultimately Ended His Relationship





Written by Altina Kamara.

Before arriving to the set of *Temptation Island*, Gavin Rocker was in 1+ year relationship with then-girlfriend, Esonica Veira. The way they met was like a scene out of a rom-com. However, their love took a turn as “temptation” ultimately took over with his now-ex. Though he doesn’t regret his time on the show, he wouldn’t recommend it to others.

In our exclusive celebrity interview, we chat with Gavin about his hesitation in relationships, past television appearances and what he learned from being on *Temptation Island*.

Check out our celebrity interview with Gavin Rocker to hear his thoughts on relationships and *Temptation Island*:

1. How did you two meet and was there an initial attraction?

We met doing background work for show Love Is (how ironic). I saw Esonica standing near me and she was just so beautiful, so I asked "Hey, what do you do?" She said she was a model. We kept talking and I asked for her number. I didn't have my phone, so I said, "Tell me your number. I'll remember it." She then said, "If you remember my number, I'll go out with you." Lol. I remembered her number, called the next day and the rest is history.

2. You two were together for just over a year when you decided to join Temptation Island. Do you think you had enough time together before putting your relationship to the test?

I think we had enough time. Anything longer than that would be a waste to me. I feel like it doesn't take long to know how you feel about a relationship. Temptation Island was great way to decide whether or not we should move forward or not.

3. What were your first thoughts upon arriving to the set of the show?

My first thought was, "Wow, these single girls are really here for love and they're serious too." I didn't know how to take it at first. It was such a weird experience, so I had to adjust on the fly. No one ever goes through something like that (unless you were part of season 1).

4. Both of you started making connections with two other members of the show pretty quickly. Did you go into this knowing you wanted to find other relationships?

I did not. I wasn't planning on falling in love with anyone. I wanted to show Esonica my loyalty to her and see if she was the right one for me. Being with Esonica was my end goal the entire time.

5. Do you think social media may have had a negative effect on your relationship?

I think so. Not in a big way, but the smallest comment can lead to the biggest argument. Esonica looks deeper into social media than I do. She always knows who I'm talking to. I don't really get into it that much.

6. You have admitted in the past that you are nervous about taking that next step towards marriage. Why do you think you're so hesitant?

I'm hesitant because marriage is a huge step. In society today, marriage is so casual. People kind of just do it because "it's the right thing to do" or "you're at that age." I don't believe in that. I feel like marriage should happen when you're sure about your partner and to me, a year and a half isn't enough time to make that decision.

7. Fans discovered that Temptation Island wasn't your first television appearance. Do you have aspirations of becoming an actor? What else have you been on, if anything?

Temptation Island was my first television appearance, aside from being an extra on TV shows/movies. I'm a former college athlete, so I'm always cast for football movies/commercials. If fans count that, then sure, I've been in other things, but you can't even see my face in stuff like that. If I was a big-time actor, people would see me in the box office.

8. Have you maintained the friendships with anyone on the show? If so, who do you still speak with and how often? (This includes the guys and girls)

All the guys and girls still talk from the guys' villa. We're all cool. We even have a group chat. Lol! That big group chat gets used every now and then, but the rest of the guys and I talk often. Almost daily. We love each other. One big happy family.

9. What have you learned overall from being on the show? Do you think it's something you would ever do again?

I learned that people cope with things differently. It's tough being cut off from the world for 4 weeks and surrounded by strangers. Most people wouldn't find that easy. It showed me how mentally tough I was and how everyone deals with controlled isolation.

I wouldn't do it again, but I'm thankful I did it once.

10. Are you [and Esconica] both still a couple now that the show is over? If not, who are you with? Why did it eventually end?

No, we're not together. I'm not with anyone at the moment. Things ended because, to put it bluntly, Esonica and I aren't compatible. We tried making things work after the show, but that was difficult, and when I found out she slept with Kareem at the reunion after telling me she didn't, I was done. She wanted to be with me still, but I can't go back with someone after lying like that.

11. Would you recommend going on the show to others who are in a relationship that they are not sure about?

I wouldn't recommend it. It's Temptation Island, not "Fall in love" Island. Things are tempting, but none of it really has substance. Granted, people face temptation every day, but doing it on romantic dates in Hawaii is a different story. I'd only recommend it to those couples with trust issues, but usually the person with those issues is the first one to cheat, as we saw with almost every woman this season, so does that really help anything? Be careful.

12. What are the next steps for you now?

The next step for me is just to enjoy my life and focus on me again. I've been working on some music that I plan to release soon, so I'm excited about that. I'm also happy about the new friends I've made from Temptation Island. I love all of those people. We're bonded for life. Hate it or love it, we can't

change that!

Want to keep up with Gavin? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: Temptation Island's Esconica Veira Shares How She's Moved On With Her Life After The Show





Written by Altina Kamara.

Esconica Veira, a former pageant model, joined the cast of *Temptation Island* with her boyfriend, Gavin Rocker, and had doubts from the very beginning. As the show progressed, Esconica began to discover herself more and formed a bond with fellow cast member, Kareem Thomas. Her relationship with Gavin ultimately ended and she shares why it's okay.

In our exclusive [celebrity interview](#), Esconica speaks out about her relationship with Gavin and how it changed her, as well as what's next for her now that temptation is no longer knocking at her door.

Check out our celebrity interview with Esconica Veira to hear about her experience on Temptation Island and the relationship she had with

ex, Gavin Rucker.

1. How did you two meet and was there an initial attraction? You two were together for just over a year when you decided to join *Temptation Island*.

Gavin and I met on set doing background work on the show called *Love Is*. I thought that was pretty coincidental, and yes, we did have attraction when we first met.

2. Do you think you had enough time together before putting your relationship to the test?

Being in a relationship for just over a year, things should be good. It should be like the honeymoon stage. Looking back at it now, it may have not been enough time for us to put the relationship to the test.

3. What were your first thoughts upon arriving to the set of the show?

My first thought upon arriving to the set of the show was, "What the hell did I get myself into?"

4. Both of you started making connections with two other members of the show pretty quickly. Did you go into this knowing you wanted to find other relationships?

I don't think I found a connection pretty quickly. I was taking my time and honestly doing whatever I could to not make a connection.

5. In an interview with *PopCulture.com*, you said that your bond with Kareem helped to open you up more.

I did not initially go on the show to find another relationship. In the interview with *PopCulture.com*, I said Kareem helped me open up more, meaning on *Temptation Island*, he allowed me to be myself by listening to me and

understanding my unique situation.

6. Do you feel that your relationship with Gavin has hindered you? In what ways have you opened up?

I don't necessarily think that the relationship I had with Gavin hindered me, but I do feel like there were some parts of myself I was never really able to explore. I have opened up more by just knowing now what I should accept in a relationship.

7. Do you think social media may have had a negative effect on your relationship?

I do believe that social media can have a negative impact in relationships because everything is in the palm of your hand. It can make everything a bit harder when connecting with your partner and that can cause some disconnect in a relationship. Social media can make things seem very easy to find when in real life, it's not that easy.

8. You're the CEO of your own cosmetics line named Forever Royal Cosmetics. Can you tell us how you got into the beauty industry and what sparked your interest?

I am the CEO of my own cosmetic line named forever Royal Cosmetics. I got into the beauty industry because of pageantry. I've participated in pageantry for my entire life, actually since I was nine years old. What sparked my interest was my platform, which was promoting self-esteem in women. I've always felt like I wanted to be what I never had when I was younger and that was a positive role model that would show me how to accept myself for who I am – Someone to show me how to groom myself into a better version of who I am and to make the best of who I am.

9. Have you maintained the friendships with anyone on the show, and if so, who do you still speak with and how often? (This includes the guys and girls)

I have maintained many relationships with pretty much everyone on the show. I think we speak often enough and that includes the guys and the girls. All of us have been through a once-in-a-lifetime experience and because of that, we will always be connected.

6. What have you learned overall from being on the show? Do you think it's something you would ever do again?

What I've learned overall from being on the show is that it's okay to be me – whatever that is. Is the show something I would ever do again? I've learned to never say never, but right about now, I may have had enough of Temptation Island.

7. Are you [and Gavin] both still a couple now that the show is over? If not, who are you with? Why did it eventually end?

We are no longer a couple now that the show is over. At this time, I am with no one. It eventually ended because we came to a quick realization that both of us wanted two different things and sometimes, that's okay.

8. Would you recommend going on the show to others who are in a relationship that they are not sure about?

I would recommend going on the show to others who are in a relationship and they are not sure about it because it's a fast way to know if this person is the one or isn't, and if you're like me, you don't have much more time to waste.

9. What are the next steps for you now?

The next steps for me now would be to focus on becoming the woman that I want to be. That means excelling in my business, career, love life and the pursuit of my own happiness.

Want to keep up with Esconica? You can follow her on [Instagram](#).

Celebrity Interview: Temptation Island's Ben Knobloch Says He Knows What Women Want In Relationships



Written by Altina Kamara.

Ben Knobloch, a veteran and California-native, decided to take a chance on a unique opportunity to find love on the hit USA Network show, *Temptation Island*. Though he wasn't originally looking for love, his connection with fellow cast member, Ashley Howland, left fans wanting more.

In our exclusive [celebrity interview](#), Knobloch opens up about his past, his relationship with Ashley after the show, and what he's looking forward to in the future.

Check out our celebrity interview with Ben Knobloch as he spills the tea about his fellow cast members on *Temptation Island*:

1. What made you go on a reality show to find love?

I wasn't really looking for love. I wasn't looking for anything, really. It was a super unique opportunity that they reached out to me. I was just posting silly Instagram videos and somebody reached out asking about the tv show and I'd never heard of it and it seemed like a really unique thing that no one that I know has ever been on a tv show, so yeah, I decided to go for it and honestly, I didn't even know the premise of the show. I had to do some background research and at least go into it with an open mind, that no matter what happened, whether I was voted off the first night or made it all the way through or found someone to be with, I wouldn't be upset or heartbroken.

2. I read that you have three sisters. Can you tell us, in your own words, how that has affected you or helped you, or maybe even hindered you?

The three sisters, obviously growing up the only guy, was absolute hell. I remember there were times where they would tie me to chairs and put makeup on me. It was so bad, but the silver lining is I learned what not to do as a boyfriend. I'd see them coming home from dates crying and venting to my parents about what this guy did and what he didn't do, so slowly in the back of my head, I guess I was taking notes.

That led me to be who I am today, so I appreciate it but obviously there's still some PTSD from wearing makeup when I was 10 years old.

3. You do say that with the three sisters that you know what women want. Can you give us an example of what you think women want?

I think women want a strong partner, whether that's physically or emotionally strong, if they had to, someone they can rely on if they ever felt short or weak because nobody wants to date, male or female, someone who's weak. That is the biggest turn-off. It's not going to last long and if it is going to last long, it's going to be pretty toxic. Imbalance leads to bad things, so you want to balance a strong relationship with someone you can rely on.

4. Knowing what you know, what do think the difference is between you and Casey?

I think Casey is emotionally immature and it's very evident, seeing a few episodes back, where he...and obviously I had a preconceived notion about what I thought he was based on what Ashley told me but I knew that was just one side of the story. I was really looking forward to getting to know his side of the story and who he is as a person. Unfortunately, he never showed up to the reunion, so I never got to really meet the guy. I think Casey just has a lot of growing up to do. He's never really experienced life, he's never traveled outside of the country, Ashley told me he's never been in a massive heartbreak before. I'm a firm believer that you have to have your heart broken at least three times before you find who you want to end up with forever.

5. What's the longest relationship you've been in, to date?

My longest relationship was a year and a half.

6. Can you tell us about you and Ashley and where you are now?

I thought we were on good terms and then every once in a while, I'll get a drunk text or phone call, but I guess there's some drama updates. I was out of cell service for 4 or 5 days backpacking. I come back to my phone and there are missed calls and FaceTimes from different cast members and apparently, after these little *Temptation Island* get-togethers on the east coast and the west coast, mainly LA and New York, there's bad s**t going on. Girls are getting drunk and talking s**t to each other: singles, relationship couples...I'm trying to reach out to the other guys like "What the hell is going on?" And none of the guys have any idea, just the girls, so I'm not entirely sure what's going on. I think Ash and I are okay right now, but we are not dating...maybe friends, but the last couple of days, she has been not happy with me, for some reason, and I don't know why.

7. Did you [and Ashley] date after the show?

We hung out after the show a good amount. She flew out a few times to see me and it was fun, but we did have a hard part, like "Hey, you know, you want to go to LA, I'm staying here in Arizona." I have two years of school left. She has a lot going on with her clothing line, so we figured it was best to separate and still maintain a good, positive relationship without actually being together.

8. Are you dating anybody right now?

I'm not dating anybody right now, no.

9. What qualities do you look for in a woman?

I'm looking for someone who has goals. Someone who aspires to be something in this life, because life is short, and someone who...Someone who's goal-oriented and driven, someone who works out and takes care of themselves because I take care of my body and then how do I expect them to rely on themselves and take care of me if they can't take care of themselves, so that's kind of big in my book. Smart. I like to hold an

intellectual conversation, something other than a pretty face. Funny.

10. Do you think you'll do reality tv or television in general ever again? Do you like the business?

Yes, so that was one of the parts that was most exciting for me with getting on a tv show. Everybody has these rumors on what they think reality tv is or how tv works, but it is completely different, like all the moving parts and the pieces and I thought it was such a unique and awesome experience, so I would definitely be down to do another reality tv show, for sure.

11. You made a post on Twitter and it said something like, "It's amazing how many snakes come slithering out of the grass as soon as you get on a tv show." Who are you referring to? Are you referring to people in your life or other people?

I'm referring to every woman who's ever curved me before I was on tv. They didn't give me the time of day before I made something of myself. Now that I got on *Temptation Island*, they're like "Ooh, I guess he's doing well for himself. Let's hit him back up," but too late. You get one shot.

12. How do you weed through all of that?

I mean, I get it. People change over time, but if they weren't giving me the time of day before I was on tv, then I just say, "no thanks," or ignore them completely. Keep them on "read." That's the best policy.

13. What did you family think of you going on the show and what do they think now that the show has been on the air?

My mom, she was excited. She's a huge fan of reality tv, especially *Temptation Island*. She loves Mark Wahlberg, so that was kind of cool. But my dad was like, "What's the show called?" And I told him "*Temptation Island*" and he's like, "I

don't like the sound of that show," so there's kind of both sides playing the field, but they were supportive and they were saying "Have fun, good luck," and I went on the show and then my mom said it was kind of hard having me not talk to her for 30 days, because we talk regularly, at least weekly. So I get back and let her know how it went and they're loving it! My family is eating up the show. Every Thursday, I get a phone call from uncles and aunts and cousins like "Aww we saw you, we saw this, did this really happen? Can you talk about that?" So, it's fun.

14. You're in Scottsdale? Is that where you grew up and were raised?

No, so I'm actually from Northern California. I was up there until I was 18 and then I spent five years on the east coast following high school and the military and then I got out and was like, "I want to go to school and be a real human again," so I decided to move somewhere new where I didn't know anybody and start fresh in Arizona and here I am.

15. On your Instagram bio, it states that you're a "jack of all trades." Can you give us some examples of the types of things you do?

Yeah, so I've gotten multiple questions about that and it's kind of funny to explain. "Jack of all trades, master of none," is actually something an old, wise delta force guy told me a couple years ago, but they're saying you never want to stick to one thing. You want to diversify your portfolio, in a sense, so any given weekend, I can be found skydiving, scuba diving, hunting, fishing, off-roading, going to the clubs, in a library, just doing whatever I want. I don't have one single hobby. I kind of do everything and I think that's a good way to live because it's never boring and there's always something to do.

16. How do you think your dating life is going to change now

that the show is over?

The show was definitely life-changing, but I'm excited to see what happens after because of it, so I would really love to get into acting, but I refuse to move to Hollywood, so that's kind of the predicament. I'm excited for the future. I'm just going to keep doing what I do and see what happens.

Want to keep up with Ben? You can follow him on [Twitter](#) and [Instagram](#).

Celebrity Interview: Applebee's Master Chef Stephen Bulgarelli





Interview by [Lori Bizzoco](#). Written by [Meghan Khameraj](#).

Applebee's Master Chef Stephen Bulgarelli has had an extensive and impressive culinary history, working for Chili's and TGI Friday's before taking on the role of Master Chef at Applebee's. Since he joined the Applebee's team in 2017, Bulgarelli has curated several dishes for eager patrons. His passion for culinary arts extends past crafting means. He works with Applebee's to give back to the community by providing veterans and active military with free meals on Veterans Day. Bulgarelli also shared why Applebee's is the ideal date night spot, especially for those in a relationship with veterans or active military.

In our celebrity interview, Chef Stephen Bulgarelli showcases his culinary talent while also sharing

insight on Applebee's project to honor veterans

In a recent [celebrity interview](#) with [CupidsPulse.com](#), Chef Bulgarelli shared the latest philanthropic initiative and some date night tips for those in relationship with a veteran. He even demonstrates how to prepare one of Applebee's most notable dishes.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

Chef Bulgarelli is an expert when it comes to pleasing the masses. He has worked for Chili's, TGI Friday's, and is currently Applebee's Master Chef. His passion for cooking is clear to anyone who takes a moment to listen to him describe his food. From warm pasta dishes to hearty steaks, Bulgarelli has a meal on his menu for various types of eaters out there.

While Chef Bulgarelli's extensive experience is an achievement to be proud of, he is "super proud and honored," to be a part of Applebee's initiative to honor veterans and active military. On Veteran's Day, Applebee's is offering any veteran or active military personnel a free meal. There are seven entrees to choose from: Classic Bacon Cheeseburger, 6 oz. USDA Select Top Sirloin, Chicken Tenders Platter, Double Crunch Shrimp, Fiesta Lime Chicken, Oriental Chicken Salad, and Three-Cheese Chicken Penne.

The program to honor veterans has been happening annually for the past 11 years and has served 9.8 million meals to veterans across the country. Veterans should head to their local Applebee's to receive their free full-sized entree.

Related Link: [Celebrity Interview: Leanne Ford Talks Interior Design Advice and Upcoming Projects](#)

Along with their wonderful program for veterans, Applebee's is a hidden gem of date night spots. Chef Bulgarelli mentions about 20-25% of customers go to Applebee's for dates. Bulgarelli's menu includes various different options so anyone who dines at Applebee's is bound to find a meal they enjoy, "we have something for everyone on dates including amazing desserts," Chef Bulgarelli reveals.

If you're in a relationship with someone in the military or a veteran, or if you're in the military or a veteran yourself, Applebee's is an amazing date night option. With their diverse food options and free meals on Veteran's Day, you can't go wrong with their delicious menu. Enjoy a welcoming atmosphere while dining on amazing dishes curated by Chef Bulgarelli.

Chef Bulgarelli has more than just food on his plate, but that won't slow him down. While he masterminds new wonderful culinary creations, his patrons can enjoy his already innovative menu at their local Applebee's location.

You can find Chef Bulgarelli on [LinkedIn](#).

Celebrity Interview: Leanne Ford Talks Interior Design Advice and Upcoming Projects





Interview by [Lori Bizzoco](#). Written by [Meghan Khameraj](#).

Leanne Ford took the interior design world by storm and made a name for herself with a now-famous 1907 schoolhouse renovation in Pittsburgh, her hometown. The home which is referred to as The Schoolhouse Project was featured in *Country Living Magazine*, and helped cement her career. Since then, Ford, whose designs are best described as modern, yet lived-in, continues to build a following with her signature “white on white” aesthetic. She leads design projects in Pennsylvania, New York, and Los Angeles and is a published author and HGTV staple on top of it all.

In our celebrity interview, Leanne Ford gives us valuable interior design advice and insight into her upcoming projects.

In a recent [celebrity interview](#) with [CupidsPulse.com](#), Ford

gives interior design advice and discusses her busy schedule full of new projects. She even gets personal and reveals some design details in her child's nursery.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

The house and specifically the bathroom, that solidified Leanne Ford's reputation was The Schoolhouse Project. This project recognized her white and minimalist aesthetic, as the walls of the main living area were painted white, but the floor was left black for the perfect contrasting touch. In the bathroom, she knocked out the crawl space to create room for the bathtub. Though Ford's style was unique and grabbed the attention of the design world, when asked about the biggest risk she's ever taken, this was not one she would count in that category. "Honestly, everything is a risk in some form," the designer says. "If you're not making yourself nervous, you aren't doing anything special."

In addition to the time she spends on interior design projects, Ford and her brother Steve can be seen renovating old homes on their HGTV hit show, *Restored By The Fords* which is slated to come back for Season 3 early next year. She also recently appeared on *A Very Brady Renovation* and the new competition show, *Rock The Block*.

On *A Very Brady Renovation*, which premiered September 9th, the six surviving members of *The Brady Bunch* cast came together with current HGTV stars to renovate the San Fernando Valley house used in exterior shots on the series. Ford says, "We just knew we had to get it right...we were not accepting anything less than perfect on that place." As for *Rock The Block*, which premieres on October 21st, four of HGTV's brightest stars, including Leanne Ford, square off in a home renovation showdown. Ironically, Ford admits that she's "the least competitive person, probably, like ever." However, she did mention that there is a healthy competition among the

other women on the show.

Related Link: [Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating](#)

Although she is kept extremely busy on professional projects, Ford and her husband are focused on their family. In March they welcomed their first daughter, Ever Allen Ford. When asked if there was anything special about the baby's nursery design, Ford says that she didn't have a pre-determined vision. However, she tells us that the baby has a "Love Wall," going on to explain that this is a wall of "love letters and sweet things" that she and her husband have given to each other over the years.

Design ideas like sentimental additions to her daughter's nursery seem to come naturally for the HGTV reality star. However, to some couples, a redesign could destroy a marriage or relationship. When it comes to working through how your home will look when you are a couple, Ford gives us some healthy [relationship advice](#), explaining how two people can come to an agreement on differing design opinions and the risks of making a big change in your home. She says compromise is the best way to keep the peace at home. It sounds like picking your battle is important. To reduce nerves when it comes to a big home renovation she says, "It doesn't mean that everything has to go away...if you want to do it, you're going to love it!"

A busy schedule won't stop Leanne Ford! On top of her numerous design gigs and being a mother, Ford has no plans to slow down anytime soon. Check out Leanne Ford on *Rock the Block*, premiering October 21st on HGTV.

Keep up with Leanne on Twitter [@HeyLeanneFord](#) and [Instagram](#).

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

Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating



Interview by [Lori Bizzoco](#). Written by [Ashley Johnson](#).

Lara Merriken and her all natural energy bar, LÄRABAR, have been making an impact in the health food and fitness community for the past 16 years. The kosher bars are an affordable healthy treat and loved among students as well. All 30 of its

flavors are made from whole food and contain no more than nine ingredients. This deliciously wholesome snack only continues to expand and can be found on grocery shelves all over the country today, including Wegmans, Whole Foods, and Walmart.

Celebrity Chef Interview: Lara Merriken Talks Healthy Eating & Date Night Options

In a recent [celebrity interview](#) with *CupidsPulse.com*, Merriken gives [food advice](#) and talks about how healthy eating improves mental and physical [health](#). Of course, she also reveals how she came up with the idea for her self-titled brand.

Related Link: [Celebrity Chef Interview: Chef Byron Talbott Talks Lunch Food & Date Night Desserts](#)

In addition to being the LÄRABAR creator, Merriken is also a mother, culinary lover, and adventurous traveler. It was on a hiking trip in the Colorado Mountains where the ingenious idea for this healthy snack first crossed her mind. She was eating trail mix and thought, “Why hasn’t someone made a bar that tastes indulgent and delicious, but is made of real food, fruits, nuts, and spices?” For the next 3 years, she leaned on her friends for support in making her brand. Her friends were her first taste-testers and the first people who wanted to buy her product.

The LÄRABAR_ launched in 2003. Although it was never the plan to name the bar after herself, she decided to do so at the last minuter after much encouragement from her friends.

Merriken made the bars gluten free and used minimal, pure ingredients. They contain no added sugar. The sweetness strictly comes from the fruits that are in them. The LÄRABAR is meant to energize you in the most natural way possible.

“When you eat food that tastes good, feels good, and sustains you, it just makes life better all the way around,” she says.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

As a mother of a 10-year-old son, Merriken is concerned with making sure that there are healthy snack options available for children. “When you’re a parent you really want your children to eat the best they can,” says the entrepreneur. That’s why LÄRABAR is available in over 30 different flavors so that there is something for everyone. Flavors include apple pie, lemon bar, and peanut butter chocolate chip to name a few. Additionally, Merriken has a line specifically tailored toward children called LÄRABAR Kids, along with a new product for everyone to try, LÄRABAR Protein.

As a culinary lover, we asked Merriken about cooking the perfect dish for [date night](#) at home. One of her favorite meals at the moment is paella, but she says that she constantly likes to try new cuisines with her family. She keeps it fresh and experiments with different salads and foods she knows everyone is going to like. “It’s important to connect with the people in your family about what their preferences are and then try to make meals around that,” she explains.

In terms of what’s next for this growing entrepreneur, she is working on the promotion for the brand new protein bar and is always working on new ideas for her million dollar-brand.

Keep up with Lara on Twitter [@LaraMerriken](#) and [Instagram](#).

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

Celebrity Interview: Samantha Michelle, More Than Your Average DJ



By [Ashley Johnson](#)

Samantha Michelle is a Canadian disc jockey (DJ) most recently known for being the opening act for Mark Ronson. Earlier this year, she opened up for him at a star-studded celebrity event during the Cannes Film Festival.

However, this former NYU student has proven to be much more than your average DJ. Although she has spun for New York Fashion Week, GQ, SOHO House, & AMEX, the multi-talented performer has impressive acting and directing credits as well. Some of her credits include, *The Captive* (2014), *Lost Girl*

(2015), and *The Strain* (2015) and *The Dark Side of the Sun* (2016).

In our exclusive [celebrity interview](#), we chat with the worldly creative about her greatest passions, the importance of personal growth, and the key to maintaining a successful relationship.

Celebrity Interview with Samantha Michelle: Traveling the World While Exploring Relationships & Creativity

When the Canadian creative is not making music, collaborating with other artists, or acting and directing, she spends her time as an activist. She has worked with Artists for Peace and Justice, which is a nonprofit organization that addresses issues of poverty in communities around the world. Currently, she is the creative director of a non-profit female film festival called Female Voices Rock. The festival is designed to showcase various short films created by women to celebrate female filmmakers in the industry. "It's nice to be working in partnership with other amazing, strong, and inspiring women," she said during our chat.



Samantha Michelle. Photo: Tom Belton

When asked what has inspired her about these women she says that they have helped her to realize “the power of saying no.” The musician says she struggles with saying “no” and admits that she has always been a person who needs to please others. Being part of Female Voices Rock, she has learned that through other strong women that saying “yes” all the time can be exhausting. Michelle now realizes she is not obligated to give up any part of herself unless she feels like it will improve her life in some way. The same philosophy holds true for her love life. “When it comes to dating and relationships, you need to ensure that you’re giving your time to somebody who is going to enrich your life and bring you joy and new adventures,” she says.

Related Link: [Celebrity Interview: Rafi Anteby, The Man Behind the Gifting Lounge](#)

When Michelle is not working on her personal growth, she is traveling around the globe sharing her musical talent with the

others. The Canadian DJ reveals to us that she been on over two dozen flights this summer and has more travel booked for later this year. But she's not complaining, she counts her blessings and knows that there are still so many places she would like to visit. "I really want to go to Tibet and Kenya," she says. "I'm hoping to move beyond the western world this year."

Traveling the world has created an ever-expanding network for the artist, and it has allowed her to meet new people. She is a believer that everybody comes into your life for a reason. "[Everybody] has something to teach or show you, so I think it's important to live in a way where you're open to that," she expresses. She tells us that she gets her greatest ideas for her artistic work through interpersonal interactions. "I'm a friendly person and I will talk to anyone and everyone," she says. Traveling and meeting new people has helped her to view the world differently.

However, when it comes to forming romantic relationships, that can be a bit tricky for this upcoming superstar. "When you've had the summer I've had, it can be tricky to make lasting relationships," she admits.

Related Link: [Celebrity Interview: 'Harry and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity, & Relationships](#)

Be on the watch for this talented musician. She will be a DJ at several upcoming events this year and could be in a city right near you!

You can follow Samantha Michelle on [Instagram](#). You can also listen to her music here on [SoundCloud](#).

Exclusive Celebrity Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses



Interview by [Lori Bizzoco](#). Written by [Rachel Sparks](#).

Brad Goreski, a prominent L.A. [celebrity fashion stylist](#), has worked with the likes of [Jessica Alba](#), [Demi Moore](#), and Rashida Jones. Currently the Exclusive Brand Stylist for Kate Spade New York, Goreski spares some time for an [exclusive celebrity interview](#) with Cupid's Pulse just in time for National Sunglasses Day. In our Exclusive Celebrity Interview Goreski

shares his secrets for finding the perfect pair of sunglasses for your face shape and your style.

Celebrity Interview with Brad Goreski: National Sunglasses Day and Relationship Advice

Goreski loves sunglasses. They're important in protecting our eyes from UVB and UVA rays and are an important part of our summer wardrobe. "They are a great way to express where our style is at for the season," said the fashion guru. Goreski is a huge advocate for wearing sunglasses as an accessory to dress up an outfit, but he is also a strong believer that they should be worn to protect your eyes.

Related Link: [Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars](#)

Styles have become so diverse that there is a sunglass style for everyone. Goreski's stylist experience takes us through the trends he sees. With the resurgence of the eighties' style, neon has made a comeback. If you don't like bold-colored frames, have fun with the colors of the lenses. For example, you can try a metallic or mirror finish, a smokey grey, or tinted lens. A simple outfit, like jeans and a T-shirt, can be dressed up with a stellar pair of sunglasses too. "Accessories like sunglasses help you look like you put the effort in," said Goreski.

In addition to colors, Goreski says that frame shapes are becoming more diverse. "My favorite trend right now is the cat eye," he says. "It's a little futuristic." If you're wary of trying a bold new look, check out the discounted aisles. "Try cheaper sunglasses so you can try trends before committing to expensive glasses," he advises.

Related Link: [Brad Goreski Shares Breakup Drama Details After Split with Rachel Zoe](#)

Goreski has four tips for finding the perfect pair of sunglasses and he says that opposites attract. "If you have a round face, go for square frames," he offers as a tip to our followers. And when it comes to style, if you lean towards a more classic look then go for an aviator. And if you are bold and futuristic try micro-glasses.

What interview is complete without some [relationship advice](#)? Goreski shares the secret that has held him and Gary Janetti together for eighteen years. "Always dress up for each other. Take pride on the inside and the outside. Putting in the effort after so many years together makes for a whole different experience." For your next [date night](#), dress in a way that "makes you feel beautiful and excited. That energy attracts people."

What's coming up next for this stylist? Award season! While waiting for the summer lull to end, Goreski is excited for National Sunglasses Day, June 27th, and encourages everyone to take a selfie in their favorite pair of sunglasses.

Interested in following Brad Goreski? Check out his website, [MrBradGoreski.com](#) or follow him on [Twitter](#)!

Celebrity Interview: Rafi Anteby, The Man Behind the

Gifting Lounge



Interview by [Lori Bizzoco](#) Written by [Courtney Shapiro](#) and Amanda Sanders

From hosting one-of-a-kind gifting suites for celebrities (e.g., Emmy's, Oscars, Billboard Music Awards, BET Awards) to creating and promoting his iconic jewelry line, Rafi Anteby's Rolodex of clients reads like an award celebration itself (Rihanna, Beyonce, Jamie Foxx). But for Anteby, it is not as much about living the lavish lifestyle as it is about finding opportunities to raise awareness and funds for philanthropic causes around the world.

In our exclusive [celebrity interview](#), we chat with Anteby on the inspiration behind his coveted gifting lounges, his spiritual and philanthropic journey and the meaning behind his jewelry line, *Bullets4Peace*.

Celebrity Interview with Rafi Anteby: Traveling Inspiration, Life Experiences and Future Endeavors

While today Anteby is considered just as iconic, influential, and successful as the celebrities that he works with, making a name for himself was a process. "I think the way it happened has to do with consistency and legitimacy. Hollywood is very straightforward and it takes people time to really trust somebody in their own circle." Anteby discusses how he used balance and truth to build his reputation. "Celebrities seek a lifestyle that really brings them back to a normal life," he says. "They want to touch the Earth, they want to touch the real, so I show them places and I show them products and I show them a lot of things that speak to this lifestyle – my lifestyle." This is the magic of his journey and these real moments are what inspired him to start his own jewelry line, *Bullets4Peace*.

If we look back at his story, it began in Israel, where he served in the Israeli army and lost his entire platoon fighting in the war with Lebanon. Following that, he had the very unfortunate experience of losing his best friend, David Perry from a gunshot wound. "I'm very familiar with the bullet, what it can do and the negative impact that it has not only for the victim but for their family and friends also," the jewelry creator says.

Anteby says that the gifting lounges didn't happen right away. First, he spent time really getting to know himself. "I was a consultant on counter-terrorism, I traveled a lot and did free wildlife photography, and I studied with monks in Tibet and Nepal." It was while staying at a monastery in China, that Anteby came back with the idea to rebrand the imagery of a bullet. For the past 10 years, his mission has been to take

bullets and turn them into a peace symbol by recycling used bullet casings and re-purposing them into the wonderful handcrafted pieces which several celebrities have been seen wearing.

Related Link: [Oscars 2019: Celebrities Line Up for Rafi's Gifting Lounge at the Waldorf Astoria Beverly Hills](#)

Anteby started his gifting lounges at the 2017 Oscars and has hosted close to 10 lounges since then. Because of his travels and eye for artistry, he is able to offer exotic trips and products to celebrity clientele at his gifting lounges. All of the products seen at his events support various causes. "I will tell you that there's a message behind every event I do," Anteby elaborates. "I truly believe in receiving for the sake of giving. So for every event I do, a certain amount of the money goes to charity." Taking a chance in this industry is hard work. "I didn't expect such a warm welcome and it still takes time," Anteby says. But he wants his gifting lounges to inspire on a much deeper and bigger level.

Related Link: [Celebrity Interview: 'Harry and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity & Relationships](#)

While it may seem that women would flock to someone living such a lavish lifestyle, Anteby confesses that he is still single. "People come to LA because they want to succeed, therefore, everything else becomes a minor issue." He explains that relationships seem to take a back seat. The philanthropist does believe that everybody has someone out there for them but with his constant traveling, he identifies himself as a "lonely wolf," and thinks it's tough to find a woman who can match his exploratory lifestyle.

When asked what's next for him, he shares that he would like to open up a media group that will help to have a social impact." this man is certainly an individual to keep on your

radar.

You can follow Rafi Anteby on [Instagram](#). You can also see and buy his jewelry on the Bullets4peace [website](#).

Celebrity Interview: 'Harry and Meghan: Becoming Royal' Actor Noah Huntley Talks Career, Charity & Relationships





Interview by [Courtney Shapiro](#). Written by [Courtney Shapiro](#)

Notorious for his roles in dramas and fantastical films, including *The Royals*, *The Chronicles of Narnia*, and *Snow White and the Huntsman*, it is no surprise that London native Noah Huntley was cast in the new and exciting TV movie, *Harry and Meghan: Becoming Royal*.

In our exclusive [celebrity interview](#), we chat with Huntley about how his childhood helped shape his career path, what he really thinks about the Royals, as well as his charity work and the projects he's excited to take on in the future.

Celebrity Interview with Noah Huntley: Early Career Path, Real Thoughts on the Royals, and Future Endeavors

Huntley came from humble beginnings, as he grew up with seven siblings and had to carve out individual opportunities for

himself. "It was slightly by happenstance because my parents had three sets of twins. You kind of thought to make your own rules," explains Huntley. He and his siblings went through a mix of private schools, home education, and state schools, until age 11 when the Sussex native attended a less expensive stage school for a year and a half to save his parents money. "I didn't really think I was cut out for such an overtly theatrical life; I wasn't going to be a tap dancer," he explains. But, that didn't stop him from finding a passion in acting while there. From that point on, he was hooked. "I got an agent and I kept working basically until I was 19 or 20, and I did a series in England called *Emmerdale* for two years, and that got me started."

Before landing some of his larger roles, the actor also spent time in the fashion world as a model. Expanding upon how he got into it, Huntley says, "My mother was doing a degree in textiles, so that was always there in the background. I came out of a soap and very much focused on film and theater for the next 10 years really. Then, I was in LA and I was broke, probably about 10 years ago, and did a little bit of modeling just to earn some money, and I thought nobody would see it, but it went really well." Huntley partnered with big names like Annie Leibovitz and L'Oreal, and his time modeling allowed him to put money in the bank as he continued to pursue his passion in acting.

Related Link: [Celebrity Baby News: Duchess Meghan Has Been 'Very Emotional' Since Welcoming Baby Boy](#)

Over the years, Huntley has played many different types of characters. To prepare for various roles, he says "it's usually about finding something in your own life or in your own character or personality that you can apply to a character that you're playing." Huntley also adds that certain character's voices immediately get in your head. "It suddenly clicks and you go, oh, that's the voice that the tone comes to me. Directors maybe see a different version of it, but to me,

it's the voice, and when you get that voice, then it sort of embodies a lot of the character and very often that's key to unlocking the character you're playing."

Speaking of characters, Huntley's most recent role is that of Caspian in the new Lifetime TV movie, *Harry and Meghan: Becoming Royal*. In the movie, Caspian is one of the co-hosts on the fictional broadcast program, *Good Day U. K.*, who often describes his disdain for Meghan and her romance with the Prince. The actor admits, "It's a really fun character to play. It's kind of the voice of the public in terms of media and how easily that partly represents the questions of the public, but it's also very invasive, and to some extent has an agenda on getting the sensational scoop for a story." On the other hand, his co-star, Louise Bond, who plays the other host on the broadcast, is the voice of reason and passion. "I'm really the yang to her yin in that respect," Huntley explains.

Related Link: [Celebrity News: Royal Drama Has 'Put Pressure' on Prince Harry & Meghan Markle's Relationship](#)

However, Huntley's real life views on the royal [celebrity couple](#) don't align with his character Caspian's. "There is an element of celebrity that goes along with being part of the royal family. It talks about the political demands and expectations of the royals and then the other side of it, which is there should be no political agenda," the actor elaborates. "So, I think that's a fascinating argument. My character Caspian is kind of exploring the underside of that rather than getting caught up on the fashion and the glossy cozy fairy tale that is the royal family."

The fact is, Prince Harry and Duchess Meghan are mostly portrayed in the media as having a fairy tale romance. In contrast, Huntley's love life is far from that. When asked about what he looks for in a significant other, Huntley jokingly confesses, "Oh God, don't ask me! I seem to just fail

at it miserably, and I think three years was my longest relationship.” However, the *Harry and Meghan: Becoming Royal* star does point to selflessness as one of the keys to a successful relationship. He adds, “I think that fairy tale in terms of love, is almost transcendental. It’s something that’s bigger than the sum of its parts.”

Huntley may not be fulfilling selflessness in a current relationship, but he certainly applies it in his philanthropic endeavors. During the filming of *The Chronicles of Narnia*, Huntley was cast, but told he wouldn’t be receiving payment for the role. He would only be earning residuals from the film, so he decided, “I’ll do it for free, and you can donate more money to my my nominated charity and that’s the way I prefer it to be rather than take any any money for it.” Huntley supports Greenpeace, Bloodwise and The Actors Benevolent Fund, among other charitable organizations.

Aside from filming *Harry and Meghan: Becoming Royal*, and taking a passionate step into charity, Huntley is currently working on a new show called *Pandora* that will air on the CW coming out this July. The actor confesses, “I’ve wanted to do sci-fi for a long time.” In the show, Huntley plays the head of a military training academy, who he admits “is potentially a bully.” Huntley is greatly looking forward to this project, which is unlike anything he’s starred in previously.

You can watch Noah Huntley as Caspian in ‘*Harry and Meghan: Becoming Royal*’ on Lifetime, premiering May 27th. You can also follow Noah on [Instagram](#) and [Twitter](#).

Celebrity Interview: Engaged! 'Temptation Island' Reality Star, Evan Smith Gushes Over Finding His 'Soul Mate' Morgan Lolar



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

When we last spoke to Evan Smith, he had given us some insight into his time as a cast member on the first season of *Temptation Island* as well as his strong connection with Morgan Lolar, one of the singles on the show. What we couldn't tell you then is that we spoke to both [Evan](#) and [Morgan](#), and they spilled the beans to us about their surprise engagement!

Find out everything Evan couldn't say and more in our follow-up [celebrity interview](#) below. We got the scoop from Evan on his life after the show, his proposal to Morgan, and what their future wedding and living plans look like.

Check out our celebrity interview with Evan Smith as he opens up about his exciting engagement and future with Morgan Lolar:

1. You can finally share the news that you and Morgan are engaged! What does that feel like?

Yes! I am so happy that I can talk freely about it. I am so pumped. I am so happy I get to be out in the open with all of it.

2. Can you walk me through the show ending?

After the show wrapped, we stayed together in Hawaii for three or four extra days with no cameras. We wanted to enjoy the island, and be together and be ourselves. We then flew to L.A. and spent about three to four days in L.A., too. Then, I went to my apartment, I grabbed my stuff, and then flew to Arlington and Morgan and I have been together every day since.

3. Tell us about Kaci. What happened there? How did you break the news to her?

So on the finale, we were given the choice to stay with the person we came with, leave single, or leave with another person. Kaci made the decision that she wanted to leave with me, and my decision was that there was no way that I was ever going to leave that island without Morgan. So, the news was broke to her there, and then when I got back to L.A., Morgan and I spent a few days together and then she jetted to

Arlington and the next day I caught my flight to Virginia as well. Kaci and I had a conversation in our apartment. We talked about her side of the island, my side of the island, what went down editing wise. I told her that I really love Morgan and I have fallen hard for her. I told her that I wish nothing but the best for her.

4. The way you feel about Morgan, did you feel like that about Kaci in the beginning?

I have learned a lot about myself on this island. I learned that there is a difference between being in love and being comfortable with someone you have known so long. It is a huge difference and I finally figured out the difference. You need someone in this life to balance you out. I am passionate and emotional and Morgan is more serious. We balance each other well and I needed that so badly in my life. She truly is my other half that I've been looking for.

5. Clearly, there are other families involved when you're in a relationship for a long time. Did you speak to Kaci's family at all?

It was tough. When you've been together for so long, families are involved. To be completely frank, I was never that close with Kaci's family even though they lived so close. We maybe hung out 15 times in the past five years being together. In contrast, I am with Morgan's mom and dad twice a week no matter what. Whether it's watching a basketball game, or going to get some beers on Taco Tuesday or playing Dominoes. So, its very different. I have had no conversations with Kaci's family. I think we are both grown. We are approaching 30. I love family, but I think with a break-up like that, I think it is better for it just to be between the significant others.

6. Can you tell us about Morgan's family?

I love this family. It is my family now too. I wish that you got to see that. I don't have any father figures both my

grandfather's are dead and I lost my dad the way I did. Morgan brought me to tears on the island because she looked me dead in the eye and told me, "I will share my dad with you." I broke down. It is just a testament to show you what kind of girl Morgan is. She is a twin. She has shared her whole life and it is in her nature and her heart.

7. Can you walk us through the proposal and how that happened?

Yes! I would love to do that. You are the first one that I can talk to about it!

Morgan and I had spoken about getting married. To be completely honest, we talked about it, and I told her it would be around her birthday on May 2nd. When you know you know, and I never understood that phrase when I would hear it from people who had been married for 50 years. But, I know exactly what they are talking about and it is lightening in a bottle, [just like Mark said.](#) I've felt like this for so long, ever since we got back from the island. I had been having dreams of Morgan in a white dress, walking down the aisle, and I just thought I don't want to wait any longer. I want to make this happen. I just had to do it. So, we were getting ready for the six month home packages that they were about to film and I talked to production and basically told them that I was in love with this girl and there was no way I was spending any more of my days without her. So, I would love to propose to her on the comebacks.

Production loved the idea. So, I was trying the whole week to get away from Morgan because we spend all of our time together, and I was trying to shake her, so I could talk to her dad for his blessing. The night before I proposed, I finally shook her, and I drove to her father Dave and sat down and told him 'I want to have a conversation with you. 'I can't imagine life without Morgan. I love her with all of my heart and soul, and I promise to take care of her, and I need your blessing to marry her. He's a very loving man, even though he

doesn't show it that much, and he looked me in the eye, and said he loved me and that I am part of this family now and it was amazing (You could hear Evan crying in the background).

The whole day was magical. We did a shoot at the National Mall and then we sat down at the dinner and I was so nervous but so happy and excited. It was amazing. I told her that I spoke to her father and in this conversation I had with him, he gave me his blessing to marry her and she just started ugly crying. So, I got down on one knee and told her, 'I can't imagine not spending every single day with you forever and always. Will you make me the luckiest man alive and marry me?' She said yes, and it's been amazing every day.

8. So, Kaci knows you're engaged now. Did she have any reaction to this?

I don't know. I have had zero communication with Kaci. I think it is better that way. I know that she has been saying things on social media. I have just been quiet on my end. I am happy. I am living in the now and cannot wait to just move forward.

9. Are you and Morgan planning on making D.C./Arlington your home?

We talked about it. This is my first winter out here on the East Coast. It was very different walking Ghost (Evan's dog) in the snow versus my 77 degree weather in L.A.. We are going to spend the summer here in D.C and after we will probably be moving to the West Coast. She has ties to Arizona because she grew up there, and I'm an L.A. boy, born and raised. So, we are probably going to make the push out to L.A. in the fall, but we have to figure out a few things before that.

9. Do you have any dates or locations in mind for your wedding?

We've been pretty loose about the dates, but my family and I have 20 acres of land in Hawaii, so maybe there. We might do

it in L.A., we're still trying to iron all of that out. I gotta marry this girl though. I want to be married, I want to start our life together. We've talked about it, and we're thinking tentatively spring of 2020, the latest being next summer. We're trying to make it happen

10. Are you guys thinking about starting a family right away?

We have definitely talked about it. We both want children. We don't want them in the far off future. We want them kinda soon, but it would never be before we are married or anything like that, but we want to start a family. I can't imagine a better partner. There's nobody better than Morgan and I'm just so lucky and so blessed to have her in my life.

11. So, this is really it for you? There are no doubts? It is not a rebound? Sounds like you found it.

Yes, I found it. It's so funny because I talked about why I haven't been able to get down on one knee for Kaci, and there was always something in the back of my head saying it's just not right. It is not it. The reason why it wasn't it was because I was still waiting for my soul mate. All those trials and tribulations I was going through in that relationship, brought me to that island and the stars had to align for both of us to be on that island at the same time. It's so magical, and I understand how blessed I am. I wake up every morning and count my blessings with her. It's incredible, and everyday with this girl is incredible. I know it sounds so sappy, but it is real.

When you know, you know, and I've never been so happy in my entire life.

Want to keep up with Evan and Morgan? You can follow Evan on [Twitter](#) and [Instagram](#). You can also follow Morgan on [Twitter](#) and [Instagram](#).

Celebrity Interview: Temptation Island Star, Evan Smith Says, “Ultimatums are Cruel When Dealing with Matters of the Heart.”



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Evan Smith joined his longtime girlfriend Kaci Campbell along with three other couples and 24 eligible men and women on the first season of the rebooted reality show, *Temptation Island*,

which began airing in January. Going into filming, Smith and Campbell, who had been together for 10 years total and five years exclusively, seemed to want different things out of their relationship, and they were hopeful that they would get answers to their questions during their time on the island.

In our exclusive [celebrity interview](#), we talk with Evan about why ultimatums can be problematic, his connection with single cast member Morgan Lolar, and what life is like for him after *Temptation Island*.

Check out our celebrity interview with *Temptation Island* star, Evan Smith to hear more about life on the island, his relationship with Kaci and how hard he fell for single cast member, Morgan:

1. How does it feel now that you are a famous reality star?

I think I'm just south of famous (laughing). I never thought I'd be a part of it [reality TV]. It is wild seeing yourself every week on Tuesday nights, but life's still the same for me.

2. How did your family and friends react to you being on the show?

My family and friends were so supportive. I have two younger brothers that actually work for in reality TV for MTV, but they're behind the camera not in front of it. I got the talks from them telling me how it is. You know it's reality TV, so it's how they want to tell your story and see what's going to be the most fun to watch and the most sensationalized, so I

came into it knowing full well that was going to be the case.

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

3. Do you feel like you were your authentic self on the show?

It's funny you say that. I definitely was my authentic self. It was just that I feel like the viewers only got to see one side of me. Obviously, Morgan and I just had lightning between us and it was so much fun. Morgan and I had such amazing conversations and that led to the connection that everyone got to see.

4. It must be hard with the cameras always on you. But, you didn't seem to care. You were able to just be in the moment with Morgan. Can you tell us more about that?

It was definitely weird. I'm not gonna lie, I was pretty shook when we started, but the producers told us, 'You're going to just forget that the cameras are there, and just look at whoever you're talking to.' when you speak. I look everyone in the eye when I talk to them, so I just tunnel visioned it. I was there to find answers, I was there to explore connections, so that's what I wanted to do.

5. You were in a long term relationship while being cast on 'Temptation Island.' What were your expectations going into this show? Were you hoping that Kaci would change or slow down about wanting a commitment?

Going into it, we both knew that we were at a crossroads. It was make it or break it time. Kaci was very adamant about me proposing and taking that next step in our relationship. For whatever reason, before we left the island, I had my reservations about it. I respect marriage so much, and I know that I'm going to be the guy that asks one time, and it's going to be with one person for the rest of my life. I just want to be 100% sure. I was hoping that going to Temptation

Island would help open my eyes to what I have with my old connections and new connections. I just wanted to find answers.

Related Link: [Celebrity Interview: 'Temptation Island' Star Dr. Johnny Alexander Dishes On What It's Like Being a Reality TV Star](#)

6. We spoke with the show's host Mark Walberg previously and he said, "It never works when you give an ultimatum." How do you feel about that statement?

Ultimatums are cruel, especially when dealing with matters of the heart. To be frank, Kaci telling me I needed to propose by a certain date takes the love and passion out of what that amazing day is supposed to be. I remember being a kid and thinking about the day I would propose to somebody. It's going to be special, and you're going to be nervous, but so excited, and wanting to do it, not being told you have to do it by a certain date.

7. Do you think having an ultimatum from Kaci led to you building those stronger feelings for Morgan?

I think Kaci and I both went into this knowing we weren't in the best place. I knew what I was getting myself into, and I originally didn't want to do the show, but I did. Going into it with those ultimatums and where we were in our relationship, it was tough, but I knew I needed to be there. It was one of the best decisions I ever made in my life.

8. On a scale of 1-10, how strong were your feelings for Morgan?

While we were filming, up until the point of the bonfire, I'm there, I'm at a 10. Morgan and I were talking about how I would have to face Kaci. It was a very high stress moment and we were both just a little shook.

9. The viewers got to see your incredible chemistry. Sometimes, when it's a 10, it's hard to think logically, so did you feel like that?

That's the thing about *Temptation Island*, and what was so incredible about the experience. We were completely unplugged from the real world. It was no cell phones and no television, so when we're there we're just with each other. Spending time on the island is real time together. Morgan and I talked about everything, where we grew up, what our siblings are like, funny stories, we were cracking up laughing at each other through the entire show. There was so much more being said, and I was thinking 100% clearly.

10. Is there any particular scene that was edited off or didn't make it onto the show, but you wish it did?

Here's the thing about the editing; they have so many stories to tell. There are 13 singles on our side of the island alone, so I know it's not out of malicious intent that they don't show certain things. I just wish they showed the stories about Morgan growing up. She and I had so many discussions, and she told me about growing up in Arizona, and then moving to the south in Alabama. We had very serious and profound conversations that I wish made the cut. There were also just some silly things that I guess weren't entertaining enough.

11. You and Morgan definitely follow each other on social media. Are you guys still talking?

A little banter back and forth on social media is always healthy.

12. Where are you living, and what do your plans for the future look like?

I'm a personal trainer, and L.A. is my home. My clients are here, my best friends are here, so L.A. is definitely the place for me. As for moving forward, I definitely want to

explore more reality TV, maybe try MTV or something. I just want to be happy, and I'm just excited for this *Temptation Island* ride to be over

13. Is there anything else you want to leave us with?

I hope you guys understand that all of us put our hearts on the line, all my cast mates, including the singles, we all put ourselves out there, and I hope everyone comes out on this other end better or at least learned something from this.

Want to keep up with Evan? You can follow him on [Twitter](#) and [Instagram](#). Tune into tonight's finale of 'Temptation Island' premiering at 10/9c on USA Network to see if Evan chooses to stay with long-time girlfriend Kaci, or he leaves the island with Morgan.

Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience





Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Kady Krambeer, a model, an artist, and entrepreneur joined the cast of 'Temptation Island' this season to see if her current relationship was end game or if there would be another tempting man in her future. Krambeer started the season off with long-term boyfriend John Thurmond, but as the show progressed, she realized he might not be the one.

In our exclusive [celebrity interview](#), we chat with Krambeer about why she decided to be a part of a reality TV show, what it was like being on 'Temptation Island' as well as advice for other couples faced with the same challenge.

Check out our celebrity interview with Kady Krambeer to hear all about her time on Temptation Island, the latest reality

sensation:

1. We know the background about your relationship with John, but what inspired you to do the show and bring it public?

The opportunity came about and we were thinking for a while if we were the one for each other, So, we thought 1. this would be really fun and 2. this will help us find out.

2. Before the show, did you ever have any counseling or did you have any process that you went through to determine if your relationship should end or continue?

No, not any counseling. It was one of those things where we decided we would do it and then life got in the way. But, we were praying about the relationship, talking to friends about it but really we were kind of going through the mundane day to day life and putting it on the back burner.

3. In terms of the show, did you think you were going to find somebody on the show, or were you thinking it would make your relationship stronger with John?

Honestly, I didn't think that I would find anyone that I had strong connection with. In fact, the days leading up to us [John and I] going to the island, and then the first few days of filming, John and I felt like we had actually gotten a lot closer and stronger and we kept making jokes to one another, questioning what we were even doing there. It was like okay, we got our answers we can leave. We are good. We felt really solid and probably more in love than ever. Then at that point it was too late to back out.

Then we were separated and a lot can happen when you are separated. Even if you are not putting other singles into the mix, it a time to self evaluate and reflect. So it takes the comfort out of your normal life. There were no cell phones, and no distractions. It really opens your mind. It was like

relationship therapy, especially with the producers asking the tough questions.

4. Tell us how you've personally grown through this experience.

I feel like I'm a completely different person coming off of the island, than when I started the whole experience. I feel like I grew so much. My horizons have been broadened. I was in a bubble and I was really quick to judge people I realized and really quick to make assumptions. It really opened up my eyes to a lot of different possibilities and lifestyles, cultures, and people that really bring perspective. It was really enlightening and it changed me. And then coming to be close with these people and establishing life long friendships makes me forever changed.

Then of course there is the growth that has come just since the show has aired. The fans that have positive and negative things to say. That is really hard to anticipate just how hard it is going to be and how it is going to effect you. That has helped me grow and made me realize that I am stronger than I ever thought I would be.

5. How has the reaction been and how have you handled it?

I mean, it is mixed. I obviously have a lot of haters, but people are only getting a short little sliver and snippets of what is actually going on and there is so much more content that they are not seeing. So, they are making assumptions based off of what they are seeing regarding what type of person I am. Everyone there at the house knows my personality, but the viewers just think that I am awful. So, it has been tough. I try to ignore it, but there is only so much you can ignore and turn the other cheek and wear on your shoulders before that weight gets to you. It has been challenging. I try to rise above it and these people don't know me. It is really what my friends and family think about me that is really all

that matters.

6. Is there anything that you said or did that you regret?

Well, there are obviously cringe worthy things that I say. It is so embarrassing. But I think that I was very true to myself. I followed my heart.. to a fault. I was very open to the experience and everything that I was feeling. That is all that I ever wanted, was to stay true to myself. So, no. I don't really have any regrets.

7. I know in one of the episodes you question John's masculinity, and then you met Dr. Johnny, who you described as an alpha guy. What attracted you to Dr. Johnny and what makes him different than John?

Johnny is so charismatic, and he is loud and outgoing. He is so super confident and super assertive. He was kind of like the dad of the household, and he just took care of everyone. You would just walk in the house and feel heard. He would just come in and start making food and be the provider for everyone. He was always making sure that I had something to drink and that I had something to eat. He is really a caretaker and I didn't need to hold his hand and coddle him and tell him how to do stuff. I just loved his assertiveness and take charge attitude and confidence. That is what drew me to him.

8. Can you talk about your relationship with John or Dr. Johnny?

I just know that some big realizations came about on the island. Even after I came to these realizations, some old thoughts came creeping back up and so that is something that I struggle with for the rest of the season. I am kind of going back and forth. I was pretty confident in my decision but I was just back and forth. I kept second guessing myself and the rest of the season is a reflection of that and it shows the journey that I went through.

9. Do you have any guilt from the show?

Yes, I have guilt. I have guilt in respect to my relationship. Regardless of the relationship that was developing with Johnny, I was still ultimately in a relationship with John. It was hard on me to walk that tight rope. It was hard for me to be true to myself and still be respectful to my boyfriend.

10. Would you recommend this show for other couples? If not what would you suggest for other struggling couples?

Absolutely not. I do not recommend this for other couples. I don't think it's a good idea. I would not recommend it. It's harder than people think. No matter how confident you are, you get there and realize how hard it is.

11. What would you recommend couples do if they are faced with the decision of whether they should stay or break off their relationship?

If you are in a place where you question your relationship and you are still in the dating stage, I think time apart is helpful to clear your mind but not on a platform of a reality show. Take some time apart and some time away. Go on vacation, by yourselves, unplugged. Give yourself time and breath, pray and go to counseling if you want to do some traditional things together as a couple.

11. What's life like now that you are back in the real world and people are watching the show?

It's funny because I feel like a normal person in my everyday life until I get online. When I get online that's where things really circulate and that's when I realize that people recognize me. And, online it really hits me that I am on a reality show. I get recognized out in public occasionally. It happens more when the three other girlfriends and I are together. I mean it is a cool feeling, but we are just like, we are just normal people who did this crazy thing.

12. What made you put the necklace around Katherine?

Literally when the girls walked out, she just stuck out to me. There was something about her. I don't know if it was the energy she was putting off. I mean, obviously, she was beautiful. They are all beautiful.

When she made her introduction, she was saying, she is a southern belle. It's funny because what they didn't show was that she messed up her first time coming out and saying her introduction. She actually cursed and had to start over. It was so funny and cute and charming that I thought, okay I like her and I don't want to like her. So, I thought John would like her.

13. Is there anything else you can tell us from the show? Do you still talk to Dr. Johnny or John?

I still talk to everyone from the show. I don't know what I can say right now.

14. Lastly, can you tell us what's next for you?

I don't know. Right now, I'm just focusing on myself and my career. I don't really know. Whatever life throws my way. I'm a pretty spontaneous person and I'm all about seizing opportunities and I want to live life to the fullest. I have no set plans right now. I have a marketing firm that I am slowly getting off the ground. I am focusing on that and having fun.

Looking for more Kady after the show? You can keep up with her on [Instagram](#) and [Twitter](#).

Celebrity Interview: 'Temptation Island' Star Dr. Johnny Alexander Dishes On What It's Like Being a Reality TV Star



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Dr. Johnny Alexander is one of the sexy singles living it up in Hawaii on the newly rebooted first season of 'Temptation Island'. Alexander lives in New York where he recently opened his own sports chiropractor office. Since most of his time has been spent focusing on his career, Dr. Johnny has put his love life on the back burner. Now, with a booming business, he's

ready to find the woman of his dreams.

In our exclusive [celebrity interview](#), we talk with Dr. Alexander about his career as a chiropractor, his time on Temptation Island, and how life has changed after being on a reality show.

Check out our celebrity interview with Dr. Johnny to get an inside look on his experience as a cast member on 'Temptation Island':

1. With such a great career and your own practice, what inspired you to go on Temptation Island?

With my career and running a business, I don't get to travel as much as I'd like to. I've never been to Hawaii before this, so I figured even if I don't find love, at least I'll do a cool trip somewhere and get to see Hawaii for the first time. I guess that was kind of what pushed me to do it. The opportunity came up and they called me and I flew to LA. The casting and interview process was three days and then I flew home on a Sunday and they immediately called me and said we want you to go on the show, we are going to fly you to Hawaii in 10 days. It was a quick turn around.

2. How long were you taping in Hawaii? And, what did your patients think of you being gone?

Yes, I actually made it pretty far on the show. I think that I was gone about a month. It was hard but it was all worth it. I had told patients that I was going to be gone for a week or two, that turned into a month. So they had to call the patients who were already scheduled with me and push their appointments another week or two. So, I definitely had some explaining to do when I got back. But, I had to keep things

private until the show got announced.

3. Did you consider how being on a reality television series would impact your business?

Well being on a show, I was definitely worried about how this would impact my business. It could have went bad for me if I was drinking or saying something stupid that could be used in a negative way. I was definitely worried but once I got there, I stayed true to myself. I was a class act professional. I am not thinking for a second about anything that happened in Hawaii as far as my career goes. I thought if anything, it is a good way to get my name out there. New York City is a pretty competitive place to have a business so sometimes it can be good exposure to get your face out there. It could go against you too if you are out there doing things you are not proud of then it can definitely hurt you. It is a 50/50 shot, I figured.

4. How is life different now than before the show aired?

Yesterday, I had a new patient come into the office and we were talking about running. And then during the conversation, she was like I just realized who you are from the show. I was like, is this how I am going to be known from now on? So, instead of being known as the chiropractor that treats a lot of sports injuries, now I am going to be known as the guy from Temptation Island who walks around in a tank top. It is still positive. It's just important that people realize that I'm a chiropractor. I do have a real career and I'm a real person.

5. We watched this love story unfold between you and Kady. What was it about her that interested you and was different than the women you have dated or met in New York?

I know. There are millions of people [in NYC], you are a social guy, you have a lot of friends, how do you not meet girls that you want to date? You know it's tough to meet the right person in a setting where you may not see the same

person over and over again. New York is so big, so when I take a break from my career or working and seeing patients, and I try to do something social, you are not going to see the same people like at the gym, or at the bar so you really need to go over to them and be like "Hey, I think you are beautiful, can I get your number." So, it's hard to meet people organically in New York. There are so many people, so many options and so many different crowds. I haven't really met anyone who hits my whole check list yet.

So, with Kady, we clicked off the bat. She was looking for something that she hasn't found at home. We have similar personalities. We are very outgoing. Her and I could walk into a room full of strangers and after an hour we'd know everyone in the room. We confide in each other a little bit. Her situation was definitely unique. It was hard in her position to flirt with somebody and be in a relationship. I didn't want to push boundaries but she did seem pretty open to it. I think it was after our date at the Luau that I realized maybe there was long term potential. So, I wanted to explore what I was feeling with her versus trying to get to know other people. She said that I brought out a side of her that she hasn't felt in a a long time. So, I think we were both just living in the moment and being like you know what lets just see what happens. She still had a lot to figure out with her boyfriend of three years, and I was in NYC so we weren't getting caught up on how to make it work long term. I just figured if it was the right person, then it doesn't matter.

6. You said on one of the episodes, "I feel like I prayed for you every single day." Can you elaborate on this?

Yes, Kady is so fun and down to earth and beautiful. She has this amazing adventure for life that I haven't really found in other girls that I have dated. The girls that I have dated have been traditionally good on paper but after a while it fizzles out. It is tough to find someone who keeps up with me. I have a lot of energy, I'm always going, and finding someone

that seems like they are down for the ride, is tough.

7. Watching the show now, what do you think about the way Kady treated John and the things she said about him?

For the record, during our time on *Temptation Island* she was not saying these things in front of me. But, now that I am seeing it on TV I am like, "Wow, that is a little harsh." I think that John is a good guy and he deserves a woman who is going to be appreciative of him. I don't think they were a good fit. I don't give her props for the way that she kind of badmouthed him, but I do understand where she's coming from. I just feel that they weren't right for each other.

8. Would you ever consider doing the Bachelor?

I would totally do it. I feel like there are a million guys though but I am a yes guy. So, I would do it. But I don't think I would do well because I am too real.

Is there anything you can tell us about the relationship with Kady?

Without giving away too much, when the show ended, we talked pretty much every day. She is in Dallas and I'm in New York. We are really close but there is a lot of stuff that needs to be figured out, if her and I are going to choose to be together. The way that we just kinda left it is that I would let her go back to her situation and figure that out. If I was the next step then that would happen. But this is really tough. This is real life stuff. I think John was going to propose at the end of this if it went well. So, I am not too sure where his head is at.

10. So, what's next for you?

Like I said, I am a "yes" man. I like taking life by the horns. I'm really focused on my practice right now and getting involved with some cross fit gyms. That has really been my

passion and my dream. I am a doctor for a couple of different teams and working with these athletes that are really at a high level of performance. That is what my focus is on. In the meantime, if something fun like this were to come my way, I would say “yes” to almost any opportunity.

Can't get enough of Dr. Johnny? You can keep up with the reality star on [Instagram](#) and [Twitter](#). Or, if you are in need of a chiropractor, feel free to visit him at one of his offices in NYC.

Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship





Interview by [Lori Bizzoco](#). Written by [Lauren Burczyk](#).

Mark Walberg (not to be confused with Mark Wahlberg) is an American actor, television personality and talk show host known for his time on Antiques Roadshow, Russian Roulette, The Moment of Truth, and both the original (Fox Network: 2001) and most recently rebooted (USA Network: 2019), Temptation Island. Walberg's role on Temptation Island is divided between being the host of the show and a relationship expert of sorts who guides confused couples through all types of relationship struggles – stagnant relationships, trust issues, and ultimatums. In our exclusive [celebrity interview](#), Walberg offers our visitors valuable [dating advice](#) on how to make a relationship stand the test of time!

Celebrity Interview with Mark Walberg: Temptation Island – Dating Advice, and His Secret to a Long,

Healthy Marriage.

Many of us remember Temptation Island from when it first aired on Fox in 2001. Controversial from the start, the show followed four couples who were struggling in their relationships and couldn't decide whether to stick together or call it quits. The premise of the show was to separate these couples on a beautiful island, and surround them by members of the opposite sex for a few weeks.

The first season of the show delivered solid ratings, but the next two seasons did not and unfortunately, Temptation Island was cancelled. Fast forward to 2019 and the current state of digital dating and instant gratification, and Temptation Island is back again, newly rebooted with Walberg as the host for a fourth season. "It feels great to do it [host Temptation Island] again," says the reality tv star and husband of 31 years. "I really had no hesitations. I was pretty sure the show would be relevant today and new audiences would enjoy it!" Walberg couldn't be more right, as Temptation Island was just renewed for a second season.

However, a lot has changed in the world since the show went off the air in 2003 and Walberg's personal life is no exception. "It's the same in that I was married then and married still so my perspective hasn't changed," he explains. "However, I'm more in the 'dad zone' now and I have some years of experience to add."



Mark Walberg and wife Robbi Morgan. Photo: Instagram/@markwalberg

Despite the potential for a more accepting audience, there are many skeptics of the show and its theme. Some feel that the four couples are willingly putting their relationships in danger by opening their hearts to temptation and dating other people. That being said, it's not out of the question for an experience like this to strengthen a couple's bond. Walberg elaborates, saying, "I wouldn't advise this experience for couples. It's extreme. And it's TV. That said, I am certain that these couples will find the truth about how they feel about one another through this experience. And that knowledge will either make them stronger as a couple or stronger as an individual."

Related Link: [Celebrity Interview: Ashley Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips](#)

The current couples on the 2019 reboot of *Temptation Island* are Karl Collins and Nicole Tutewohl from Chicago, IL, Evan

Smith and Kaci Campbell from Los Angeles, CA, Javen Butler and Shari Ligons from San Francisco, CA, and John Thurmond and Kady Krambeer from Forth Worth, TX.

Mark gave us insight on a few of the couples on the show:

When it comes down to commitment, Evan and Kaci are at odds after being together for several years. "There's no rhyme or reason to why people fall for one another," says Walberg. "I call it the lightning strike. But, ultimatums for marriage are never the way to enter into that commitment."

Contestants John and Kady had their own issues coming into the show, not knowing if they were right for one another. On the show, Kady is tempted by a single man in the house who makes her feel desired and more like herself, Dr. Johnny Alexander. Are they a better couple than John and Kady? "I can't say who's a "better couple," says Walberg. "What matters is that each of them find partners that respect and love them. If that's not there, it's not going to work. If Kady feels safer and more supported with Dr. Johnny, then that's her path. It's actually better for everyone in the end."

Speaking of temptation, contestants Shari and Javen have been together since high school, but Shari has many insecurities because Javen cheated on her while he was in college. You'd think going on a show all about temptation might worsen those insecurities, but Walberg has a different perspective. "Maybe her insecurities will go away altogether," he says. "That's a couple to keep watching..."

Well, as Walberg says, we'll have to keep watching to see what will happen with each couple. "My hope is that they leave the island with the answers they're looking for in the end," he says. "Although, I warned them that their questions will change, there was a lot of personal growth among the cast."

Related Link: [Celebrity Interview: TV Heartthrob Sterling Sulieman on New ABC Drama 'Station 19'](#)

The reality is, not everyone has the opportunity to go on a television show like Temptation Island. So, what can everyday couples do to keep their relationships on track? Walberg, whose long, healthy relationship with his wife makes him the perfect host for Temptation Island, thinks the answer is, "Communicate, compromise, forgive. That's it. Oh...and love one another!" And, there's no one secret for a happy marriage, he says. "I could try to give advice all day, but really it comes down to one thing... my wife and I love each other! That's it!" And, resisting temptation is key as well, of course. "Social media has made it so tempting," Walberg says. "Temptation is at your fingertips. Like advertising! I don't know how to change that except to always remind yourself not to let 'better' be the evil of 'good.' Nothing's perfect, but if you love one another, you can work it out."

You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out "Temptation Island" Tuesdays at 10/9c on USA Network.

Celebrity News: Anne Hathaway Shares Past Insecurities





By [Lauren Burczyk](#)

In [celebrity news](#), [Anne Hathaway](#) opens up about her past insecurities, but claims she's an entirely different person now. Hathaway, 36, who has starred in movies for nearly 20 years, admits that her time in the spotlight hasn't always been glamorous. According to *People.com*, during a [celebrity interview](#) excerpted from the latest installment from *The Jess Cagle Interview*, Hathaway said "I did everything wrong for so long," and added that even though her career was flourishing, she suffered from "feelings of inadequacy, insecurity, and nervousness and anxiety."

This celebrity news shows celebrities have the same insecurities we do. Like Anne Hathaway, what are some ways we can

conquer these demons?

Cupid's Advice:

Whether we like to believe it or not, celebrities can face some of the same feelings of insecurity as we do. We have some advice on ways to conquer these all-too-common feelings:

1. Try not to always blame yourself: If you're having a severe case of the Monday's and can't seem to accomplish anything at work, think of other reasons that may be affecting your productivity. Instead of blaming it on your inadequacies, decide if it could've been a poor night's rest causing this or a busy weekend that drained your energy levels.

Related Link: [Celebrity Couple: Emily Blunt & John Krasinski Were Warned About Working Together](#)

2. Accurately identify your insecurities: To overcome your insecurities, it's important to correctly identify what brings on your low self-esteem. Ask yourself a question such as, "What worries or fears are making me feel insecure?"

Related Link: [Celebrity Couple: Emma Stone & Dave McCarry Giggle Together at SAG Awards](#)

3. Reflect on your achievements: Taking the time to look back on everything you've accomplished can help to build your confidence levels. Considering the challenges you were faced with and how you've successfully overcome them is an important step to letting go of your insecurities.

Can you think of any other ways to overcome insecurities? Comment below.

Celebrity Interview: Ashley Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Known for her tears on season 19 of *The Bachelor*, seasons two and three of *Bachelor In Paradise*, and season one of *Bachelor Winter Games*, Ashley Iaconetti never gave up hope for her happy ending. Jared Haibon was known for being on season 11 of *The Bachelorette*, and seasons two and three of *Bachelor in Paradise*. The two originally met on season two of *Bachelor in Paradise* back in 2015, and three years later are happily engaged.

In our exclusive [celebrity interview](#), we chat with Iaconetti and Haibon about their relationship, their partnership with NET10 Wireless, and what their future holds for their [celebrity wedding](#), kids, and careers.

Celebrity Interview with Ashley Iaconetti & Jared Haibon: Wedding Plans, NET10 Wireless, and Dating Advice

Iaconetti, star of the *Ben and Ashley I Almost Famous* podcast, is known for wearing her emotions on her sleeve; it's one of the many traits that makes her so lovable! When asked about her ability to share emotions so easily, Iaconetti confesses, "I have so much confidence that I don't care about being vulnerable and tearful. I embrace it." That confidence is what motivated her to pursue Haibon relentlessly. "The connection between us was super special, and I didn't think it was worth giving up on." Iaconetti says of Haibon's original rejection, "There were times I thought we were just going to be friends, but we had such a strong friendship that the relationship just came naturally."

Haibon, who was hesitant about pursuing a relationship with Iaconetti at first, shares that the couple were just friends after their brief stint in paradise; they didn't actually start dating until 2018. "I think that's the one thing that is misunderstood about Ashley and I," Haibon says. "We never dated before this year. People say to us that they are happy we got back together, but there was no getting back together. We were never together until now." When asked how he came to realize that he wanted a relationship with Iaconetti, Haibon says, "There was a reason why Ashley and I were best friends. We had this wonderful friendship that I was so unwilling to let go of." When asked, "Why now?" Haibon admits that when you

lose something it sometimes makes you realize that you can't live without somebody, referring of course to Iaconetti's relationship with Kevin Wendt, her ex-boyfriend from *Bachelor Winter Games*.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

Before the two lovebirds dated, they kept in touch with the help of technology. "When Ashley and I were just friends, we kept the communication open. I know that I used a lot of data during this time," he laughs. It's a good thing, because Iaconetti was in L.A. and Haibon was in Rhode Island. Haibon reflects on the beginning of their relationship saying, "We talked almost every day and that was only because we have these phones at our disposal." That's why the [celebrity couple](#) partnered with NET10 Wireless this season to make digital-age dating easier in the hopes everyone will find love likes theirs. Iaconetti explains, "[NET10 Wireless is] now giving customers, for a limited time, double data and the unlimited plan is starting at \$35, which is great, especially if you're in a budding relationship that needs the help of face time or texting." Haibon adds, "The promotional deal is only running until the end of the year, so you have until December 31st."

Speaking of Rhode Island, we couldn't end the conversation without talking about this pair's upcoming wedding plans. "I got lucky when Ashley and I got engaged," Haibon notes. "[Ashley] didn't really have any sentimental feelings to anywhere in the world that she wanted to get married." So, it was an easy decision that the couple will be tying the knot in the state where Haibon grew up. "I'm from there, my family and friends are there, so we were able to go wedding venue shopping a couple of months ago." The couple confirmed that they found a venue. "I think it's safe to say that it will be in Newport," Ashley slips while Haibon says, "Or Westerly," trying not to give too much away.

Many fans from *Bachelor Nation* are curious to know whether the wedding will be televised, but the couple says it is highly unlikely. “We may share it with *Bachelor Nation* in our own way and our own control, but right now we aren’t televising it.”

Related Link: [Celebrity Interview: Reality TV Star Becca Tilley on ‘The Bachelor’ Finale: “Well, I Read the Spoilers!”](#)

Speaking of *Bachelor Nation*, we had to know if longtime fans Ashton Kutcher and Mila Kunis would be coming to the wedding. Haibon and Iaconetti previously met Kutcher and Kunis at a Dodgers Charity event this past summer, and Iaconetti said, “They are going to be invited,” while Haibon chimed in, “Whether they come or not is out of our hands.”

The pair is eager for their future together. We played a little game with them, asking how many kids they each want. They both answered simultaneously, “Two or three.” It seems like we’ll have another *Bachelor* family in our midst! The *Bachelor in Paradise* alumni also discussed how they’re quite content in L.A. right now and will continue living there for their foreseeable future.

Jared and Ashley have such a great love story, and it is filled with hope for other singles. “There are a lot of guys out there like myself who have insecurities and doubts, and are afraid of commitment, but also afraid of disappointing the person they are with,” Haibon says. “I think Ashley does give a lot of hope to women, but personally I think our story as a couple gives a lot of hope to not only women but men as well.”

You can keep up with [Ashley Iaconetti](#) and [Jared Haibon](#) by following them on Instagram. You can also check out the [Ben and Ashley I Almost Famous](#) and [Help! I Suck At Dating](#) podcasts.

Celebrity Interview: Actress Haylie Duff Talks Thanksgiving Meals and Marriage



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Between being a mom, an actress, and a blogger, Haylie Duff has her hands full. With the holidays fast approaching, she needs to find recipes and meals that are quick and delicious for her family.

In our exclusive [celebrity interview](#), we chat with Duff about her favorite Thanksgiving memories, while she gives us some great advice for preparing easy meals during this time of the year.

Celebrity Interview with Haylie Duff: Thanksgiving Dinner Advice, Family Traditions, and Life with Two Kids

Duff loves spending Thanksgiving with her family, and when asked about her favorite memory, she didn't hesitate to share. "One [memory] that really comes to mind is we were thawing our big turkey, for the big day, out on our front porch when we lived in the hill country," she said. "Somehow our neighbor's two dogs got a hold of it while it was thawing out in the hot air of the South." Duff says that the disappearing turkey was a great mystery for her and her family that year. She recounts that she didn't really even care about the turkey; she was just happy to celebrate with loved ones.

While talking about Thanksgiving dishes, the mom of two tells us that she would rather do all of the prep work before the big holiday meal, so that she can spend more time with her family. That's part of the reason the actress partnered with Libby's during this busy time of year. "I really love using Libby's canned vegetables because they're pre-sliced and they're pre-chopped," she admits. Not to mention, "They are also celebrating their 6th annual getbacktothetable.com/cansgiving sweepstakes and I'm all about giving back and thinking about the things I'm thankful for," she said.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali](#)

[Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

After being the only one in her family who lacked cooking skills, Duff decided to start *The Real Girls Kitchen* blog. “It was time for me to learn how to cook for myself,” the blogger said. “I started posting things online that I did well on and that I made mistakes on.” She loved that her readers were learning along with her and that sometimes the mistakes turned out to be good surprises. She shares with us that her go-to side dish is baked sliced carrots and beets with maple syrup and seasonings, bringing a colorful, tasty addition to the table.

Related Link: [Celebrity Interview: ‘Fuller House’ Actress Lori Loughlin Talks About the Holidays & Her ‘Tight Knit Family’](#)

Before wrapping our celebrity interview, we had to know if marriage to Matt Rosenberg, Duff’s fiancé and father of her children, is expected in the future. “We talk about it all the time, but show me a free weekend,” she laughs. Being a mom of two kids along with a job, a clothing line, and a blog can make it very difficult for this [celebrity couple](#) to find time to settle down.

You can keep up with Haylie Duff by following her blog, [The Real Girls Kitchen](#), or The Real Girls Kitchen [Instagram](#) page. You can also follow Haylie’s personal [Instagram](#).

Celebrity Interview: TV Heartthrob Sterling Sulieman

on New ABC Drama 'Station 19'



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

One of the hottest actors on television right now is heartthrob Sterling Sulieman. Sulieman is one of the cast members of the new drama, *Station 19*, where he plays Grant. A spin-off of *Grey's Anatomy* and produced by no other than the brilliant Shonda Rhimes, the series centers around firefighters who put their lives and hearts on the line for others. And of course, Sulieman's character Grant is a firefighter.

In our exclusive [celebrity interview](#), we talk to Sulieman about his current role on *Station 19* and the path he took to get where he is today.

Celebrity Interview with Sterling Sulieman: Acting as a Career

When asked if he knew anything about firefighters, Sulieman acknowledged that he didn't know too much or have any friends who fought fires when he was growing up. In fact, he says that stepping into this role helped him understand their day-to-day life much better. "It's so interesting, but most of us don't realize the ins and outs of what they [firefighters] do," the actor says. "They do so much more than we know and they risk their lives." He says that this role has been a very eye-opening experience for him.

While talking about his career, the 34-year-old explains that there are many ways an actor can connect to their character. He said when you're preparing for a part, you always look for similarities between you and the person you are playing. "It really makes you examine yourself," Sulieman told us. "I do share some of the same qualities as Grant."

Related Link: [Celebrity Interview: Katherine Heigl Says "Family Comes First"](#)

However, *Station 19* was not Sulieman's first encounter with the inspirational Shondaland TV production company. He also starred in their television series, *Still Star-Crossed* as the power-hungry Prince Escalus. When Cupid's Pulse asked Sulieman what he's learned from working with the Rhimes productions he said, "I've learned a lot from exploring the characters they've given me because they are so three-dimensional," he confessed. "I really have to figure out where they are coming from, and what they do, and it makes me think about my life." After getting offered the role in *Station 19*, the *Still Star-Crossed* alum jumped at the opportunity to work with the renowned producer again.

Many people find their passion by experimenting with different

hobbies and interests or they explore what they like and eliminate aspects that aren't as fun or interesting. Sulieman chose acting after trying many different interests. He said that he's had a love for theater and performing arts since the age of seven. "I knew that I wanted to act at a very young age," the Oahu native explained. "I played sports and took art classes, but it eventually came back to acting."

Related Link: [Celebrity Interview: Dance Mom's Teen Star Ava Cota](#)

Sulieman has faced his share of challenges while being an actor. There is always the possibility of rejection or not being successful, but he says that hasn't stopped him from doing what he loves. His advice for people who are starting out in this career is to stay focused on why you love what you do. "Create opportunities for yourself, and it will fall into place," he says.

Before finishing our interview with Sulieman, we had to ask him about his dating life and whether or not he would date another actor. He shared, that he was "single as can be" and dating another actor was very complicated, but admitted, "You never know." Sulieman also explains that dating a non-actor presents difficulties too since non-actors have a hard time watching their significant other kissing someone else on the screen. Well, whatever the future holds in love or career, one thing is for sure, Sulieman is following his passion!

You can catch Sterling Sulieman in Station 19 or by following him on [Twitter](#)!

Celebrity Interview: Dance Mom's Teen Star Ava Cota



Interview by [Lori Bizzoco](#). Written by Gillian Lee

Who *hasn't* heard of *Dance Moms*? Virtually nobody. So you've most likely seen dancing legend Ava Cota, but did you know just how much this young starlet has accomplished? At just 16 years old, Cota is not only a professional dancer and reality star, but she recently added model and media influencer to her repertoire, with the goal of spreading positivity. Cota started dancing at a young age and was trained at a studio founded by her mother. She says that this inspired her to become the dancer she is today. Realizing she had a passion for dance, Cota wanted to dance professionally and has certainly succeeded in her dream. In our [celebrity interview](#),

we talk to Cota about her dancing life and what she dreams of next.

Celebrity Interview with Ava Cota: Spreading Positivity

While discussing competitive dancing, Cota explains that dance competitions aren't about who wins or comes in first. She says it is about being on stage and performing. "It's easy to get caught up in the competition aspect of it," Cota tells us but cautions that a little bit of rejection is not a bad thing. Cota says that she loves all forms of dance but if she had to choose a favorite, it would currently be contemporary.

Dancing wasn't always an easy journey for this six foot tall teenager. "It was a challenge," she explained. "But dancing through constant growth spurts helped me with my balance and coordination." Cota tells us that her growth made her develop extra muscles, giving her awareness and confidence of her body. "Dancing is very different for tall girls, so I had additional learning to do,"

Related Link: [Celebrity Interview: Chloe Lukasiak Talks 'Dance Moms': "I'm Kinda Doing My Own Thing Now"](#)

Dancing has had its advantages, this past fall Cota was in New York City for Fashion Week and had the opportunity to walk the runway, sporting looks from numerous designers. With long legs and a perfect posture, modeling could be a natural calling for this dancer turned model. Cota mentioned during our interview that she recently partnered with a designer to start her own clothing line. "My style has a casual feel, but with the ability to dress it up if you'd like," she said, "It has the vibe of Pretty Little Liars meets New York City."

With a busy schedule, she says that there is no time to be a normal teenager! Cupid's Pulse asked Cota how she finds ways

to relax with her friends and feel normal while juggling all of the demands of fame. She said, "I was never that kid that wanted the normal." She's never had a normal life and, at the moment, she isn't really looking to create one. When asked about the all-important love life teenagers typically chase, Cota said she doesn't have time for boyfriends. We can understand why!

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says, "I'm All Dance Before Romance"](#)

At only 16 years old, Cota has developed a network and presence of influence and she is passionate about using her platform to spread positivity. Her motto is, "Self love creates self happiness," and she shares this with those around her. This is such a powerful statement in a world built around technology; growing up with social media can be hard on those who don't have self confidence. But Cota is trying to break through that tough barrier and spread messages on body positivity and self happiness. The world needs more uplifting spirits like Cota.

Before we wrapped our interview, we had to ask Cota about her future goals. For someone so young, she has accomplished so much already. But the one thing she remains constant about is this: "I want to use my platform as an influencer to share my message and spread positivity."

You can keep up with Ava and her journey by following her Instagram @ava.michelle and her Twitter @avamichelle2002. Keep up with her daily life by following her on Snapchat at @avamichelle_02.

Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'



By Ivana Jarmon

In the latest [celebrity news](#), Tate Donovan broke his silence on his break-up from [celebrity ex Jennifer Aniston](#). In 1994, the *Argo* actor guest starred on the famous NBC comedy show *Friends* for a six-episode arc. During that time, Donovan and Aniston were unfortunately breaking up in real life. Reporting exclusively to [UsMagazine.com](#), Donovan said, "I was just happy to be on the team. The only bummer was Jennifer and I were breaking up at the time. And so that was tricky to sort of act

like we are just meeting each other, and falling in love, when we're sort of breaking up. That was tough." Donovan went on to say that because of the break-up, the arc for his character Joshua, a personal shopping client of Rachel Green's (Aniston) at Bloomingdale's, only lasted six episodes. But, those who knew of their break-up such as Aniston's co-stars, were very compassionate about the whole situation. The actors were all able to remain professional.

These celebrity exes kept it professional at work even though they were going through a break-up in real life. What are some ways to stay professional at work even if you work with your ex?

Cupid's Advice:

Break-ups aren't easy, especially if you have to continue seeing your ex on a daily basis at work. Cupid has some tips:

1. Keep it professional: Work is work. Keep your personal life out of it. Even if you feel like you're dying inside, take a deep breath and keep it moving. Be civil to one another, even if he or she isn't.

Related Link: [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

2. Fake it until you make it: Paste a smile on your face and act like nothing is bothering you. Don't risk your job for an ex; keep your work life free of drama.

Related Link: [Celebrity Break-Up: Justin Theroux Is Spotted with Aubrey Plaza Post-Split from Jennifer Aniston](#)

3. Don't date your coworker in the first place: Plain and simple. Dating a co-worker may work for some, but certainly not all. If things go south, it may get very awkward very quickly at your work place. This won't only affect you, but also your coworkers. Tensions may escalate quickly. There's no reason you should have to see your ex daily. It's extremely hard to make a clean break, but it's almost impossible to make one when you share an office.

What are some survival tips to stay professional at your workplace while working with an ex? Share your thoughts below.