

# Celebrity News: Duchess Meghan's Dad Says She Told Him He Couldn't Make Speech at Her Wedding



By Rhodesia Williams

In [celebrity news](#), it looks like the relationship between Meghan Markle and her dad may not be repairable. According to *UsMagazine.com*, during a [celebrity interview](#), Thomas Markle had a lot to say about the royal wedding. Although there was a lot of [celebrity gossip](#) going around about Markle, in the interview he cleared things up. Markle was upset because he did not receive a formal invitation nor was he allowed to make a small speech congratulating the new [celebrity couple](#). As

much as Duchess Meghan would like to fix her now [famous relationship](#) with her father, it looks like it will be a long time before that happens.

## **In celebrity news, additional details are coming out about Duchess Meghan's dad's involvement in the royal wedding. What are some ways to keep family drama out of your big day?**

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

As exciting as your big day is, planning it can often be stressful because of family drama. Cupid has some advice on ways to keep family drama out of your big day:

**1. Plan smart:** The most proactive way to eliminate any possible problems on your big day is to plan ahead. If Uncle Louie doesn't like his ex wife, don't have them sit near each other. While you can't control who will sit near who during the ceremony, the reception is easily where you have more of a handle on what happens. Although it is your big day and you want to enjoy it the way you want, sometimes you have to bite the bullet and compromise on some things. It's safe to say you rather get to have a wedding with family rather than a wedding turned WWE Smackdown match.

**Related Link:** [Product Review: Beautiful Jewelry By Chamilia That Will Definitely Make Him Notice You](#)

**2. Set everyone straight:** An aggressive yet proactive way to deal with family drama spilling onto your big day is to simply address it. Let your family know that you will not tolerate

any issues on your big day. With emotions running high during a day like a wedding, it is important to speak to anybody who may pose a threat to your big day. Remember keep it short, sweet and respectful. Sometimes people need to be reminded that it's YOUR day and not theirs.

**Related Link:** [Relationship Advice: How to Handle Engagement Envy](#)

**3. Be prepared:** Not only mentally, but physically prepare yourself. It may sound negative but depending how much drama you have, you may need to prepare for the worst. As funny as it sounds, it may help to even ask a few trustworthy people to help out incase any unforeseen issues arise. It is your big day and sometimes there are those few that don't remember that. With this, you can keep it mostly to yourself and be able to deal with it without interrupting your festivities.

**What are some ways you keep family drama out away from your big day? Share below.**

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## Celebrity Interview: Entrepreneur and Football Wife Candice Romo





Interview by [Lori Bizzoco](#). Written by [Haley Lerner](#).

Candice Romo is an entrepreneur, a mother of three, and a football wife. She grew up in Dallas, Texas with her mother, father and actor brother Chace Crawford. Candice won the title of Miss Missouri USA in 2008 and made the Top 10 for Miss USA 2008. She attended the University of Missouri and graduated with a degree in journalism and a minor in business. During college, Candice worked as a sports anchor and spent her summers interning for the Dallas Cowboys, which is how she met her husband, quarterback Tony Romo. Tony proposed on her 24th birthday and the two were married in May 2011. Now, the couple has three young boys Hawkins, Rivers and Jones. In our exclusive [celebrity interview](#), we talk to Candice about her family life and she fills us in on what it's like to take a [celebrity vacation](#).

## Celebrity interview with Candice

# Romo

In April 2017, Tony retired from the NFL after 14 seasons with the Dallas Cowboys and now has a broadcasting career working for CBS Sports for the NFL telecasts. Since his retirement, Candice said that she gets to enjoy more time with her hubby at home. When asked how she balances everything, Candice says, "It takes a village," mentioning that her parents live close by and they are active with the Romo children. "Now that Tony is not playing football anymore, he's home a lot. He's been really helpful and I surround myself with other mom friends and we can all help each other out with carpooling and things," she adds.

**Related Link:** [Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa](#)

Candice opens up that Tony no longer being in the NFL has made her life much less stressful. "Being in the NFL is kind of like being on a reality show every week. You're living and dying by these wins and losses, and then of course injuries come into play and you're stressed every game," Candice says. There was always the worry, Candice explains, that Tony would get hurt during a game and how that injury would affect his life at home. "When he was done playing [football]," Candice admits, "there was this underlying weight that I didn't even know was there that was totally lifted. Of course, we will miss being a part of the NFL family." Being a part of something larger is "so meaningful and special and we're always going to miss those times." However, the Romo couple seems to appreciate their new lifestyle. "Tony is an analyst and is enjoying his new job. I can watch football now like a fan and be entertained and not feel like the whole time I'm stressed out."

**Related Link:** [Executive Director Dr. John Sessa Opens Up About Creating a Better World for Dogs Through The Vanderpump Dog](#)

## [Foundation & Rescue Center](#)

When asked what her family's favorite way to vacation is, Candice says that she and Tony love traveling in large groups and bringing their extended family along. As expected, it's challenging to find somewhere for the whole family to enjoy. "We love being able to go to a place like Kalahari Resorts where it's kind of like a cruise ship on land. It's an all-in-one location and for me, that is huge because I'm already packing for five people and I just want to get there and be there and not have to leave." Candice adds that she loves that there are activities for all family members at the Kalahari Resorts. "The kids can do the waterslides while our grandparents do the lazy river and I can go to the spa while Tony goes to the gym. Then we all reconvene back for dinner. Everyone can go do their own thing and then we can all come back together."

*You can keep up with Candice and her full life by following her on [Instagram](#) and [Twitter](#)!*

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## Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa







Interview by [Lori Bizzoco](#). Written by [Carly Horowitz](#)

You may have seen fashion designer Matt Sarafa recently on *The Real Housewives of Beverly Hills* (RHOBH) alongside his godmother, Kyle Richards. However, Sarafa is no newcomer to reality television. He got his start by competing on Lifetime's *Project Runway Threads* and then went on to compete in *Project Runway Junior*. Sarafa is also one of the youngest designers to show at both New York and Paris Fashion Week. In our exclusive [celebrity interview](#), Sarafa opens up about the success of his clothing line, "FAKE" and what he has in store for the future.

## Celebrity interview with fashion designer and beauty guru Matt Sarafa

Gaining notoriety on reality TV and then skyrocketing to success with a fashion line is no doubt a major accomplishment for a 20-year-old college student."It has been such a crazy,

but amazing journey, and I am so grateful for it," Sarafa said.

Things changed for Sarafa's "FAKE" design line when his beautiful faux fur coats were featured on an episode of *The Real Housewives of Beverly Hills*. The combination of his high-end and ready-to-wear street fashion captured the public's attention so fast that the line sold out immediately. "I was so beyond shocked," said Sarafa. "I would never in a million years have expected the crazy amount of success after *Real Housewives* ... I wasn't expecting anything crazy, but within 24 hours after *The Real Housewives* episode, I had sold enough faux fur to put me through college for all four years." The red coat, which our staff completely loves and Kylie wore on the show, was his biggest seller. If you haven't seen this episode of *RHOBH* or don't get BravoTV, you could always go over to [BuyTVInternetPhone](#) and see if they have some cable television options that may work within your budget.

**Related Link:** [Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles](#)

For those who missed the episode, the question we really want to know is what inspired Sarafa's ingenious faux fur designs? He explained that he's on the red carpet all the time now that





he's in the limelight, and when he went shopping to find faux fur to wear to those events, he discovered that the options were all "so tacky and so cheap" looking. He thought, "I'm a fashion designer, so why don't I try to solve this problem?" And solve it he did. "I created these furs that look and feel real, and they give you that same super luxurious feeling of

real fur, but without any of the downside," he said. And, for those who think his designs may be a little over-the-top, Sarafa added, "That's just who I am as a person, so that's what I try to translate into my designs."

Over-the-top or not, Sarafa's "FAKE" designs are now worn by a diverse demographic. Prior to when his episode of *RHOBH* aired, the designer's primary customers were much younger, and many of them were his social media fans. Now, the demographic for Sarafa's coats includes people of any age, size, or location. "It's for the bad bitches of the world, who don't care about what other people think, who want to wear exactly what they want to wear, and who really are just true to themselves." As a result, he's excited to expand his line in the future with new colors, new styles, and new designs.



**Related Link:** [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

Speaking of the future, we got the inside scoop on Sarafa's upcoming plans. In addition to completing classes full-time at UCLA, he's working on a new runway show, which he hopes will be featured at either L.A. or New York Fashion Week next season. "I'm just trying to balance everything," he said. "It's very hectic, but I do my best." When asked how he can possibly do all that he does, he said, "The thing with me is that if I care about something enough, I will do everything in my power to get everything that I need to done. I'm a very hard worker, and I'm great at deciding what needs to get done at what time, so I've been powering through."



So, want to know what it takes to break into the fashion business like Sarafa did? The designer revealed a valuable tip, so listen up. He said, "If you are looking to get into this industry, the first thing you should know is that it's very cut-throat, and it's very difficult ... But, if you have a real genuine passion for fashion, that will get you pretty far." He added, "Just keep going, and don't let anybody tell you that you can't ... You just have to keep going no matter what gets in your way."

*You can keep up with Matt and his journey by following him on Instagram [@mattsarafa](https://www.instagram.com/mattsarafa) and check out his makeup videos on [YouTube](https://www.youtube.com/mattsarafa). To purchase Matt's products, visit [mattsarafa.com](https://mattsarafa.com) or Kyle Richards' boutique stores, Kyle by Alene Too, in Beverly Hills, New York City, Palm Beach, or Boca Raton!*

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## **Executive Director Dr. John**

# Sessa Opens Up About Creating a Better World for Dogs Through The Vanderpump Dog Foundation & Rescue Center



Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#).

Since its inception in 2016, The Vanderpump Dog Foundation has worked tirelessly on its founding mission to create a better and more humane world for dogs. After learning about the mass abuse of dogs at China's annual Lychee and Dog Meat Festival in Yulin, [celebrity couple](#) and reality TV stars Lisa Vanderpump and husband Ken Todd were inspired to create their organization, along with Executive Director Dr. John Sessa. More recently, the power duo hopes to continue spreading their

message to people worldwide with their new documentary, *The Road to Yulin and Beyond*, which is Dr. Sessa's directorial, writing, and producing debut.

In our exclusive [celebrity interview](#), we talk with Dr. Sessa about the award-winning documentary, how the Foundation has helped stop animal cruelty in Yulin, and how you can help out.

## Exclusive Celebrity Interview: The Vanderpump Dog Foundation



Though the Dog Meat Festival in Yulin shows mass animal abuse and cruelty, it is just one “example of the torture that many dogs in Asia face,” Dr. Sessa explains. “The cruelty varies, and the methods of cruelty change as well, but the underlying torture for consumption is the same.” In fact, 30 percent of the Chinese population still consume dog meat, and unfortunately, the percentage is about the same throughout the rest of Asia.

**Related Link:** [Celebrity Interview with ‘Lucky Dog’ Host Brandon McMillan](#)

The Vanderpump Dog Foundation has played a direct role in saving many of the dogs who fall victim to the cruelty in Yulin. Last year, Dr. Sessa says they surrounded trucks that



were illegally carrying dogs to their slaughter. Since a harrowing 80 percent of the dog meat trade in China comes from stolen pets, the Foundation worked with local police to enact a law that requires origin certificates for every animal that is transported. Because the animals were stolen and no certificates were on hand, the animals were seized and passed into the care of trusty local medical triages. They then tried to reunite them with their owners or find new forever homes. "This is the only way we have found that does not perpetuate the trade," Dr. Sessa explains. "The dog traders are fined, and their inventory is taken away from them."

*The Road to Yulin and Beyond* documentary gives audiences an accessible look into the harsh realities of Yulin, highlighting the Foundation's travels to China, rescue missions, visits to slaughterhouses, and legislative lobbying. Ultimately, it gives an overarching review of what the Foundation has done to stop the dog meat trade. After its premiere at the L.A. Awareness Film Festival in 2017, the documentary snagged the Audience Choice Award. Dr. Sessa says that they hope to eventually host a showing for U.S. Congress and are discussing avenues of global distribution in order to make the most impact and reach the most people.



The Foundation is also gearing up for their third annual World

Dog Day fundraiser, coming up this June. “The summer date serves as a juxtaposition of the Yulin Dog Meat Festival,” adds John Blizzard, PR and Events Coordinator for the Foundation. “We try to have it during the same time period so we can show the world what a ‘real’ dog festival looks like.”

Locally, The Vanderpump Dog Foundation recently launched The Vanderpump Dog Rescue Center and hopes their mission will continue to make an impact in many dogs’ lives in California and beyond. In the first year of operation, the center adopted out nearly 500 dogs, and they’re hoping to increase this number in 2018.

**Related Link:** [Dating Advice: Picking Out a Pet Together](#)

Though The Vanderpump Dog Foundation has taken huge steps in creating a better world for dogs, they know their reach will have an even greater impact when people enact change on local levels. If others want to start their own fundraiser with friends and family, they can visit [The Vanderpump Dogs Classy Fundraising Page](#), where they can set up individual campaigns. They can also follow the Foundation on social media – @VanderpumpDogs on [Twitter](#) and [Instagram](#) – for the latest updates and ways to help take action.

No matter where in the world The Vanderpump Dog Foundation may be – whether in China, Los Angeles, or Washington D.C. – Dr. Sessa knows one thing to be true: “We will always continue our four spheres of advocacy: grassroots, education, awareness, and legislation.”

*For more information about The Vanderpump Dog Foundation, check out their [website](#).*

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# Celebrity Interview: Reality TV Producer SallyAnn Salsano Opens Up About New Show 'Hear Me, Love Me, See Me'



Interview by [Lori Bizzoco](#). Written by [Jessica Gomez](#).

If you're a fan of [reality TV](#), then you are probably a fan of [SallyAnn Salsano](#), the television producer behind popular series like *Jersey Shore*, *Party Down South*, and *Martha & Snoop's Potluck Dinner Party*. Lucky for you, we have the behind-the-scenes scoop on her latest show *Hear Me, Love Me, See Me*, straight from Salsano herself! In our exclusive [celebrity interview](#), Salsano opens up about the new TLC series, which premiered Saturday, March 3rd, and also reveals

why she believes [The Bachelor](#) franchise has such staying power.

## Celebrity Interview with Reality TV Producer SallyAnn Salsano

The 495 Productions executive tells us that she loves the concept of *Hear Me, Love Me, See Me*, a unique dating show where women who are looking for love meet three different men and get to know them through live streaming. Think about it: “You date someone for a long time. Then, you meet their friends and family. Then, you learn about their job,” Salsano explains. “It takes so long to get to the bottom of all of that.” The idea behind the new TLC show is that people don’t need to spend months and years getting to know one another before they decide the person isn’t right for them.

**Related Link:** [Celebrity Interview: ‘Ex Isle’ Executive Producer SallyAnn Salsano Talks Reality TV](#)

On each episode of *Hear Me, Love Me, See Me*, a woman dates three different men *without* meeting them. Each guy wears a camera and shows off their daily life – you see their friends and family, their hobbies, and so much more. It’s interactive because the audience gets to play along as well. By the end of the episode, the woman often picks someone she usually wouldn’t have dated. Salsano says that the show concept received great feedback when she shopped it around to the networks.

With this type of dating process, from the very beginning, the women can see what their relationship will potentially look like. As our founder and executive editor, Lori Bizzoco explains, “Everyone has a checklist and a type – which is what makes this show work in a different way from others. Here, women are forced to look beyond their must-haves and truly

consider the man they're dating."

There are three episodes filmed so far with tentative plans for more, depending on the viewers' response. There is also a possibility to take the show outside of the United States and even reverse the roles with men looking for love. What a twist!

In addition, to *Hear Me, Love Me, See Me*, Salsano is working on *Jersey Shore: Family Vacation*, a reunion show that she first mentioned to us over a year ago. Fans can expect to see exactly what they've been missing: the entertaining dynamic of the cast, finally together again on television. Of course, until the premiere date – Thursday, April 5th on MTV – Salsano couldn't reveal much, but she guarantees it will be fun to watch. It's also "100 percent of what producers were looking for" – which says a lot!

**Related Link:** ['Martha & Snoop's Potluck Dinner Party' Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible 'Jersey Shore' Revival](#)

As if that's not enough, *Winter Break: Hunter Mountain* premieres on Friday, March 16th on MTV2. It's not a typical relationship show, the television producer explains. "It's like *Jersey Shore* on ice. The dating, the hook-ups, the sex, the make-ups – the drama on this show is ridiculous," she shares in our celebrity interview. "What goes on between that cast – the intermingling – I've never seen that before. It's such a fun, twisted turn of events." Thanks to that introduction, we can't wait to watch!

Salsano first got her start working on *The Bachelor*. With the dramatic finale of season 22, we had to ask for her thoughts on the popularity of the franchise. After so many seasons, she believes that the people on the show have become more normal, more real. "It's candy. Everyone can relate to it," she explains. "Everyone's been that girl; everyone's dated that

guy, and everyone's had their heart broken. It's like a version of Fantasy Football for women."

With a plethora of shows and ideas in her back pocket, we cannot wait to see what Salsano will be working on next!

*Don't miss the next third installment of Hear Me, Love Me, See Me on TLC, airing on Saturday, March 17th at 10 p.m. EST.*

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## Celebrity Interview: Reality TV Star Becca Tilley on 'The Bachelor' Finale: "Well, I Read the Spoilers!"





Interview by [Mallory McDonald](#). Written by [Whitney Johnson](#). Social media influencer Becca Tilley has built an impressive fanbase since she first appeared on seasons 19 and 20 of [The Bachelor](#), but she hasn't strayed far from her roots: She's close friends with many former *Bachelor* and *Bachelorette* contestants, including [JoJo Fletcher](#), Ashley Iaconetti, and Dean Unglert. In our exclusive [celebrity interview](#), she opens up about these relationships and says, "Being on *The Bachelor* or *The Bachelorette* is such a unique experience. There's absolutely nothing like it... It can form a bond instantly, whether it's romantically or just a friendship."

## Celebrity Interview with Becca Tilley

**Related Link:** [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

And, of course, she's still a fan of the show. With next week's finale of season 22 of *The Bachelor*, we had to ask about her prediction for Arie Luyendyk Jr.'s final

rose. “Well, I read the spoilers!” she says with a laugh. “I kind of feel like I know what happens, but at the same time, I always think they’re going to throw me for a loop.”

For her latest project, Tilley is partnering with Lime-A-Rita to introduce The Ritas, three legendary women who are sharing their best life hacks, including dating and relationship advice. “Of my friends, I’m always the straight-shooter, tells-it-like-it-is, so it’s nice to have these three women to ask for advice. They give it to me straight, just like I would do for myself!” she shares.

If you go to any of the Lime-A-Rita social media sites and hashtag #RitaSays with a question, they’ll send you an answer. “I want everyone to tag me in their questions so I can see what kind of advice they’re getting from The Ritas,” she adds in our celebrity interview.

**Related Link:** [Celebrity Wedding: ‘The Bachelor Winter Games’ Couple Clare Crawley and Benoit Beauséjour-Savard Are Engaged](#)

As for what’s next, the reality TV star will continue recording her podcast *Scrubbing In with Becca Tilley* each week and sharing pictures from her swoon-worthy vacations, including an upcoming trip with Fletcher. “There’s just always something fun going on – and it’s all thanks to getting dumped on TV twice,” she says with a laugh. “It’s the silver lining, people!”

You can keep up with Becca on [Instagram](#) and [YouTube](#). You can also listen to her podcast [Scrubbing In with Becca Tilley](#).

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# Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship



By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle in Time*, reports [EOnline.com](#). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past



abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

**In this celebrity news, Reese Witherspoon opens up about an abusive relationship. What are some things you can do if you find yourself in an abusive situation?**

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

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

**1. Acknowledge:** Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

**2. Talk:** Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call

them anytime: 1-800-799-7233.

**Related Link:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**3. Use a safe computer:** It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.

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## Relationship Advice: Keys to Growing a Business When the Marriage is Over





By [Amy Osmond Cook, Ph.D](#)

Hollywood certainly has its share of dramatic endings – relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

**Related Link:** [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a

partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

“I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while,” says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

## Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

**1. Be professional:** Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

**Related Link:** [Relationship Advice: Is Your Job Killing Your Relationship?](#)

**2. Focus on the ultimate goal:** Whether it’s personal or

business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

**3. Put kids first:** Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

**4. Don’t sweat the small stuff:** When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. “Take time apart in all areas to better understand what you want,” says [Kate Taylor](#). “As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work.”

Christina quickly discovered that not everything is worth fighting about. “When you’re not with that person, you’re not entitled to have those disagreements anymore,” she shares. “When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it.” When disagreements happen, her rule is: Don’t react, because that is the moment when you need to think more clearly.

**Related Link:** [Relationship Advice: Six Ways to Keep Work and Life Demands in Balance](#)

**5. Keep it fun:** Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work.

“We have a great crew,” says Christina. “We’ve been friends with all of them for a long time. Because of that, it makes everything much easier because it’s such a great workplace.”

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. “Business is what we’ve always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married,” she explains. “We make a great co-parenting team as well. There is nothing I would have done differently.”

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*

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## **Celebrity Interview: Drew D’Angelo of ‘Real Estate Wars’ Says, “Don’t Ever Settle for Second Best”**





By [Rachel Sparks](#)

If you don't already know his name, you will soon: Drew D'Angelo is a coastal real estate agent on The McMonigle Team and one of the stars of Bravo's new reality TV show *Real Estate Wars*. At 21 years old, he joined his stepfather's land development business as an assistant and worked his way up to the top. With 17 years of experience, he is certainly one of the best. In our exclusive [celebrity interview](#), D'Angelo opens up about reality TV, his best [relationship advice](#), and his future goals.

## Drew D'Angelo Talks Real Estate & Reality TV in Celebrity Interview

*Real Estate Wars* includes the biggest real estate moguls in the O.C. Filled with A-listers, celebrity drama, and multi-million dollar houses, it's our next binge-worthy show. Of the experience so far, D'Angelo says, "My life hasn't changed all that much, with the exception of being recognized on the street and in stores when I am with my family." While he's now



in the spotlight more than before, his career path is still very much the same. He co-owns several businesses with his family, including his stepfather (and role model), and continues to sell houses.

Bravo's selling point for *Real Estate Wars* – besides the gorgeous coastal homes – is two rival teams. D'Angelo is part of John McMonigle's team, who was the number one real estate agent in the United States before the market crashed. Of course, there's a catch: McMonigle's old partner, Jojo Romero, is on the opposing side. Despite the drama, D'Angelo reveals, "John is a constant gentleman to her. One can hope that, one day, they will be friends again. I do think Jojo will be nice to John when she lets go of her deep-rooted resentments."

D'Angelo, though, thrives off of the competition. He never feels animosity towards any members of either team and considers some of them friends. In fact, he believes that the competition makes him better: "I look at my competition as an opportunity to collaborate and learn what makes them tick because it gives me the upper hand when I'm in negotiations with them."

**Related Link:** [Relationship Advice: Getting Over a Grudge](#)

*Real Estate Wars* focuses on extremely high-end homes, so it's no surprise that the reality TV star often works with celebrities. "I try not to get starstruck by anyone, but I definitely am in awe of the wealth these people have and the lives they live. It's really a different world for some of my clients," he shares. "I always try to make sure they know I am as comfortable as they are when doing business with celebrities. They seem to open up more when you are just being yourself and aren't nervous."

Of course, there is that one celebrity that he'd love to meet – and celebrity home that he'd love to sell: Kobe Bryant.

Close runner-ups include Richard Branson, Irvine Co. owner Don Bren, and Bill Gates.

**Related Link:** [Kobe Bryant Relocates to a Resort Post-Split](#)

## Reality TV Star Offers Relationship Advice

D'Angelo could never have so much success in his professional life without support from his family. When it comes to relationship advice, he believes the most important part of having a good home life is the partner you choose. "Don't look for someone who fits into your life. Look for someone who adds to you and makes you better in all aspects of your life," he explains in our celebrity interview. "A true partner is a complement to who you are already – someone who challenges you in a positive way to be more, someone who makes you want to be more in your life, someone who respects your boundaries and has a set of morals and goals that again complement who you are."

Currently married to his second wife, he adds, "Don't ever settle for second best. This person, whomever it is, will make you feel your best and be the ying to your yang."

**Related Link:** [Dating Advice: How to Go From Single to Married](#)

The father of three children, D'Angelo would love for his kids to follow in his footsteps and join the family business. He says, "It'd be great for them to continue our work, but most importantly, I want them to do what makes their hearts happiest."

So what's next for the real estate agent? He hopes to make great strides in the next five years. "I would like to have several million dollars sitting in the bank, a few apartment buildings that we own and manage, and a minimum of five different development deals going on," he reveals.

“Personally, I want to be able to provide more for my children and have plenty of money for any situation.”

As for *Real Estate Wars*, D’Angelo is hopeful that fans will want a second season. “It was such an amazing experience to be a part of something that is so big,” he shares. “I have no regrets.”

You can find out more about Drew D’Angelo on [Bravo.com](http://Bravo.com). Follow him on [LinkedIn](#) and [Instagram](#).

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## Celebrity Interview: Michael Canale Talks About His New Product Line & The Latest Celebrity Hair Styles





By [Rachel Sparks](#)

With nearly thirty years of experience as a celebrity hair stylist, Michael Canale is best known for creating “The Rachel,” the hair style of [Jennifer Aniston’s](#) character on *Friends*. Seeing between 20 and 40 clients every day, he starts his mornings at 7 a.m. and spends anywhere from 15 to 30 minutes on each client. Adding to his already busy schedule, he has just released an ingenious new hair product line that lengthens the longevity of color and repairs damage to hair. Of course, Canale is a lot more than a stylist: He’s also a family man to three kids and an avid traveller for work. In our exclusive [celebrity interview](#), he opens up about his new product line, the latest celebrity hair styles, the importance of family, and what’s next for his booming career.

## Michael Canale Talks About New Product Line in Celebrity Interview

**Related Link:** [Beauty Trend: Holographic Hair Colors](#)

Canalé's new line of hair care products "is the first of its kind, focusing on getting hair ready for color and maintaining color between salon visits." The four-step process starts with a gentle shampoo that does not fade color. Following the shampoo, Nourish is a topical vitamin that helps strengthen and heal hair. The third step is the conditioner that "restores luster, softness and shine." The newest addition to his line is Replenish, "an ingestible vitamin with a vegan and all-natural approach that contains patented Targeted Cellular Technology for maximum absorption with critical ingredients that will help you achieve strong, healthy hair."



Photo: Michael Canalé  
Product

It's easy to see why we trust the Canalé product line as much as we trust the stylist to color and cut our hair. Canalé has a strong knowledge base and uses the undertones of someone's skin and eyes in order to choose their best hair color. He suggests that you look at your wrist and note the color of your veins: "If they're blue, you have a cool undertone, and if they're green, you have a golden undertone." He also recommends looking at your eye color: If you have blue-toned eyes, cool-toned highlights will be a natural compliment. For instance, blue-toned eyes with specs are best complimented with baby-blond highlights.

Making it even easier for hair color novices, he adds, “Another trick is to always use your natural hair color when creating a hair color – that’s why I prefer highlights.”

Having started the largest hair styling trend in decades with “The Rachel,” we had to ask Canalé’s perspective on must-have celebrity hair styles. In terms of hair color, he believes that ombre and balayage are on their way out. Instead, he suggests his favorite technique and says, “The hottest color trend right now is using paper thin highlights to enhance a client’s natural base and adding a finishing touch of a pop around the face to bring out a client’s eye color, giving a subtle, glamorous look.”

**Related Link:** [Get a Knockout Look with This One-Two Punch in Hairstyles](#)

When it comes to hair cuts, he encourages his clients to consider their natural texture. “If you do a cut that embraces your natural waves, it’ll require less styling with heat and tools,” he shares.

## Celebrity Hair Stylist Shares Parenting Advice

Aiding in his success is help from both his wife and manager. “I will tell you, it’s not easy. My wife is very supportive and holds down the fort when I’m out on the road,” he explains. “I also have a great manager who makes sure I don’t miss a beat when it comes to my kids.”

Despite his long days, Canalé always prioritizes time with his family. When it comes to finding your own work-life balance, Canalé says, “My best [parenting advice](#) to your readers is to never let work allow you to miss the most memorable moments and to carve out family time. Creating memories with your loved ones is priceless!”

So what's next for this celebrity stylist? For starters, he sees himself spending plenty of time in the salon. He began his career working with Leslie Ann Warren and Marsha Mason, and most recently, he's worked with Carolyn Murphy, the face of Estée Lauder, and Stephanie Hollman from *The Real Housewives of Dallas*. "I want to still be behind the chair, coloring the hair of women all over the world. I work in eight cities as of today and am looking to expand into another," he explains. "My goal is that the future of my business continues to help women feel beautiful as we create healthy and beautiful hair color."

**Related Link:** [Celebrity Interview: RHOD Star Stephanie Hollman Talks, Fame, Family Life, and Spring Style](#)

Additionally, Canalé hopes that one of his children will join the family business someday. "I've built a career around brand-specific color techniques and would love to see it continue," he says. Plus, he promises that "a couple of incredible products will be released in 2018." So stay tuned!

Canalé saves his best piece of beauty advice for the end of our celebrity interview: "One last thing: Don't overthink your color. Your hair is your best accessory – stay colorful!"

You can follow along with Michael Canalé on [his website](#) and [Facebook page](#).

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## Celebrity Wedding: Kellan Lutz Confirms Engagement to



# Girlfriend Brittany Gonzales



By [Ashleigh Underwood](#)

[Celebrity wedding](#) bells are ringing in the distance as Kellan Lutz has confirmed his engagement to Brittany Gonzales! In a recent [celebrity interview](#) with Steve Harvey, Lutz let slip that Gonzales was indeed his fiancée. When questioned about their celebrity relationship, Harvey referred to Gonzales as Lutz's fiancée, and the actor made no attempt to correct him according to [UsMagazine.com](#). During the interview Lutz had nothing but nice things to say about his beloved, stating, "she's the light of my life."

## This celebrity wedding to be has

# officially been confirmed! What are some ways to keep your engagement on the down-low prior to announcing to family and friends?

## Cupid's Advice:

Getting engaged is a big deal and a huge step in a relationship. The first people you want to tell are your family and friends, but before you do the news may get out. Here a few ways to keep your engagement on the down-low until you can tell those close to you:

**1. Stay off social media:** As tempting as it may be to share those adorable engagement photos, resist. The fastest and easiest way for news to spread is to put it online and your family is sure to find out. If you do have pictures or special moments you want to share on your profiles, wait until after you tell your family and friends.

**Related Link:** [Kellan Lutz Says Past Girlfriends Have Made the First Moves](#)

**2. Hide your ring:** The most obvious tell tale sign of an engagement is your ring. Everybody knows that a diamond ring on your left finger has major significance to your relationship and they are bound to spill the news. Before you are ready to tell your family and friends the news, keep your ring out of the lime light. Afterward, however, show off your bling every chance you get. It's gorgeous!

**Related Link:** [Celebrity News: Kristen Stewart Moves In with Girlfriend Stella Maxwell](#)

**3. Carry on:** When you get engaged, it can be easy to dedicate your whole life to wedding planning. You're excited and you

want to begin right away! However, those closest to you will notice right away if something has your full attention when it didn't before. So, after he pops the question, carry on with your life as if nothing has changed. If you don't give people a reason to question your life, they won't.

**How did you keep your engagement quiet? Comment below!**

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## **Celebrity News: Lionel Richie Is 'Scared to Death' Daughter Sofia Is Dating Scott Disick**



By [Ashleigh Underwood](#)

Dating can be complicated and nerve racking, especially for celebrities. Not only do they have to worry about typical relationship aspects, but they also have to deal with being in the public eye. Currently, this has become an issue for [celebrity couple Scott Disick](#), 34, and Sofia Richie, 19. With everything about Disick's romantic life out in the open, Richie's father, Lionel, is sure to have concerns. In a recent [celebrity interview](#) with [UsMagazine.com](#), Richie spoke of the [latest celebrity news](#) surrounding his daughter's relationship saying, "I'm scarred to death."

**In celebrity news, this dad is not thrilled at his daughter's rumored love life. What are some ways to deal if your parents aren't fond of your partner?**

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

When starting a new relationship, it is important to have support from those you love, especially your family. However, your parents may not always like the person you bring home. Here are a few ways to handle a situation like that:

**1. Talk with them:** Many times, the reason your parents don't like your partner is because they don't know anything about them. If your parents have heard rumors about them, only know about their past, or are making predetermined judgments of any kind, then they simply need to get to know your partner. Sit down with your parents and let them know how much you care about your partner and explain why. Often times, when they realize how much you like the relationship they come around.

**Related Link:** [Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms](#)

**2. Compromise:** Sometimes the best thing to do when your parents dislike your partner is to compromise. If they have an issue with your partner coming to major family events, then don't bring them along. However, make your parents understand that it is important to you that your partner comes over to family night once in a while. This way, your partner still gets to be apart of your family dynamic, without impeding on your parents wishes

**Related Link:** [Relationship Advice: 5 Communication keys Every Relationship Needs](#)

**3. Accept it:** You can't force people to like each other and sometimes there is just nothing you can do. If your parents are dead set on not liking your partner, you will have to accept the situation as it is, and move on. As long as your parents understand that you and your partner are happy, and your relationship is important, then it shouldn't matter what they think.

**How do you handle your parents dislike of your relationship?  
Comment below!**

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**Celebrity Break-Up:  
'Bachelor' Nick Viall  
Addresses Being Single After**

# Split from Vanessa Grimaldi



By [Ashleigh Underwood](#)

As much as we wish it weren't true, *The Bachelor* doesn't always end with a fairy tale. Sadly, such is the case for [celebrity couple](#) Nick Viall and Vanessa Grimaldi. After being engaged for several months, the couple announced their split in August and embraced single life. In a recent [celebrity interview](#), Viall finally opened up about being single. According to [UsMagazine.com](#), Viall said, "It's never fun, right? I don't know. Being single kind of sucks. But what can you do?"

## This celebrity break-up talk has us



# feeling bad for this *Bachelor*. What are some ways to embrace the single life after a split?

## Cupid's Pulse:

Break-ups are always tough and can be hard to handle. While there is no magic cure to the pain of heartbreak, here are a few ways to embrace single life:

**1. Focus on you:** There is no better time to spoil yourself and learn about who you are, than when you are single. When you become single, you are flooded with a large amount of free time. This can be overwhelming and disheartening if you don't know how to fill that time. So, instead, spend this time trying new things and learning about yourself.

**Related Link:** [Celebrity Break-Up: Nick Viall Says He Still Loves Vanessa Grimaldi Post-Split](#)

**2. Be with your friends:** Being in a relationship sometimes means that you have less time to be with your friends. When you are single though, you have endless time to be with your friends and catch up. They are the ones who will carry you through this break up and stand by your side no matter what. So, take this time to be with your squad and live it up.

**Related Link:** [Single Celebrity: Bachelor's Ashley Iaconetti Isn't Interested in "Random Dates"](#)

**3. Travel:** What better way to move on from a break-up than to travel the world. Take some days off of work and live it up in a new town, new country, new scenery. Any place you go will be uplifting to your soul and will help you embrace single life even more.

**How did you embrace single life? Comment below!**

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# Celebrity News: Hugh Hefner Dies at 91; Why His Marriage to Crystal Harris Worked



By [Ashleigh Underwood](#)

People everywhere are mourning the death of playboy founder, Hugh Hefner. In the wake of this [celebrity news](#) however, we try to celebrate the life lived rather than the one lost. In 2012 Hefner married his third wife, Crystal Harris, at the Playboy Mansion on New Years Eve. In a [celebrity interview](#) with [UsMagazine.com](#), before his death, Hefner discussed why his recent marriage worked so well. He said, "I think the

center of her life is us and you can't ask for more than that."

**This celebrity news is very unfortunate, but it brings to light why Hefner's marriage to Crystal Harris worked. What are some ways to know your marriage will work?**

**Cupid's Advice:**

Marriage can be tough and it takes hard work every single day. When you put a lot of effort into something, you want to know that it is worth it and it will all pay off. Here are a few ways to know that your marriage will work:

**1. You're on the same team:** Marriage is a partnership that you both need to take part in. If you can look at your partner and know that no matter what, they will have your back and support you when you need it, then your marriage will work. As long as you have each other and can lean on them, you will last a very long time.

**Related Link:** [5 Stars in Celebrity Open Relationships](#)

**2. You can communicate:** There is nothing more vital in a relationship than communication. If you and your partner cannot tell each other how you feel, or work through an issue with words, then you will not make it. Learning how to communicate in an effective way will greatly increase your chances of making your marriage work.

**Related Link:** [Hugh Hefner and Crystal Harris Debut Cute 2014 Christmas Card](#)

**3. You've had hardship:** When you get married, you are

promising your life to someone. Through thick and then, you will be there and so will they. If you and your partner have already experienced a tough time together and they showed their support and stood by your side, then your marriage will last. As long as you know that they will not flee the moment life gets hard, your marriage will be okay.

**How did you know your marriage would last? Comment below!**

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## **Celebrity News: Ryan Phillippe Responds to Ex's 'False' Abuse Allegations**





[By Ashleigh Underwood](#)

In some very serious [celebrity news](#), Ryan Phillippe has been accused of domestic abuse against ex-girlfriend Elsie Hewitt. Early this week, Hewitt filed a \$1 million lawsuit claiming “assault, battery and intentional infliction of emotional distress” according to [E! Online](#). However, in a recent [celebrity interview](#) with the network, one of Phillippe’s representatives has shared a statement from the actor, saying “Ryan is completely devastated that these false allegations have been made and circulated.” Meanwhile, both parties have continued to go back and forth between the validity of the accusations, and nothing is currently being brought to court.

**In this celebrity news, the situation is full of drama. What are some ways to deal with false allegations made by an ex?**

**Cupid’s Advice:**

While drama can be interesting from afar, nothing is more draining than being in the center of it. Especially, if the drama is coming from false accusations of an ex! Here a few ways to deal with the crazy drama:

**1. Confront your ex:** In many situations, rumors can be put to an end by going straight to the source. If your ex is spreading lies and making accusations, your best bet is to approach them and talk it out. Odds are, they will take back what they said and stop talking about you.

**Related Link:** [Celebrity News: Ryan Phillippe Does Not Want His Children To Watch 'Cruel Intentions'](#)

**2. Let it slide:** If the drama and rumors are something minor, you could let it go. Many times, the talk is petty and insignificant enough that no one will even take notice. If it is something you can handle, ignore the drama and move on.

**Related Link:** [Celebrity Co-Parents: See How Stars Manage To Raise Their Children Post-Split](#)

**3. Take action:** When rumors and claims become serious and endangering your well being or reputation, you need to take action. Depending on the situations and circumstances you may need to take action with any adult or in worse cases the police. Always be cautious and look out for your own safety.

**How do you deal with drama? Comment below!**

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# Reality TV Update: Andi



# Dorfman Is 'Excited' to See Arie Luyendyk Jr. as New Star of 'The Bachelor'



by [Ashleigh Underwood](#)

The [latest celebrity news](#) reveals that Arie Luyendyk Jr. is the newest star of [The Bachelor](#), and former *Bachelorette* [Andi Dorfman](#) is happy to share her excitement. In a recent [celebrity interview](#) with [UsMagazine.com](#), Dorfman says, "I think it's cool, it's kind of interesting. It's going back a little old school." And she's completely right: With the network bringing back an old contestant, there is bound to be some riveting plot twists and interesting people returning to this longtime reality TV show.

# **This former *Bachelorette* is just as excited as we are for the upcoming season of *The Bachelor*! What are some ways to support your friends as they look for love?**

## **Cupid's Advice:**

Being a good friend means being there through thick and thin. Whatever they are going through, you are by their side, holding their hand. When it comes to their search for true love, here are a few ways to show your support:

**1. Know how to listen:** The most important thing you can do to help a friend is to simply listen. When your pals are upset or struggling with something, odds are, they just need to get it out of their system. Allowing them to talk through it can help their situation more than anything else.

**Related Link:** [Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'](#)

**2. Empathize with them:** While you may not be experiencing the exact same thing, you can probably relate. Share your stories with your friend and let them know they're not alone. This way, they'll feel more comfortable and hopefully feel better faster. When you share your experiences with them, it may also help them to come to another solution they may not have thought of before.

**Related Link:** [Celebrity Break-Up Nick Viall Says He Still Loves Vanessa Grimaldi Post-Split](#)

**3. Be their wingman:** There is nothing more empowering than having your friends talk you up. If they are struggling to find love, help set them up with someone! No one knows your

friend and what they want more than you. You can pair them up with the perfect partner and help them jump start a new relationship.

How do you support your friends as they look for love? Comment below!

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## Celebrity Interview: 'The Cycle' Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All



By [Noelle Downey](#)

Aliya-Jasmine Sovani is one of the newest voices at NBC with the talk show she co-hosts, *The Cycle*, now airing digitally to reach a millennial audience. With her show, she strives to make the news more accessible to young people by creating a haven for a well-researched blend of political, pop culture, and sports news that so many viewers wish they could find with just a quick Google search on their phones. And now they can, thanks to *The Cycle*. When she's done at work, the co-host has a life full of love, laughs, fashion, and friends to enjoy. In our recent [celebrity interview](#), Sovani opens about how she manages to have it all, from her dream job to true love.

## **Aliya-Jasmine Sovani Spills Details on Her New NBC Talk Show *The Cycle* in Celebrity Interview**

While *The Cycle* may be hosted by NBC, one of the biggest networks around, Sovani insists that this new digital take on a talk show is bringing something brand new and accessible to younger viewers – and a lot of that has to do with the tone of the show. “Imagine Anderson Cooper doing the six o’clock news and then going home in the evening, and he throws a black v-neck T-shirt and cracks open a beer,” she explains with a laugh. “The way that he would explain his day to Andy Cohen at night over a drink is the way that we try to do the news every day.”

**Related Link:** [Celebrity News: Anderson Cooper Thanks Boyfriend Ben Maisani at GLADD Awards](#)

Of course, it's not just the tone; it's also the content, which the co-host says is chosen with younger viewers in mind. “We'll do all the biggest headlines when it comes to world news and politics, but we also cover sports and pop culture,”

she says, “so if Kendrick Lamar drops a new album, we’ll talk about that with the same kind of importance.”

In this new digital world, convenience is everything. Sovani believes it was important to make this show as easy to access on-the-go as possible to match the fast-paced life of most modern millennials. “Our show is completely made to watch on your phone, which I think is really cool and forward-thinking,” the co-host shares. “This is new: the idea of traditional news networks pushing out content to a millennial audience using digital and social platforms. Being able to be part of that movement, as a storyteller and as a journalist, is really rad and incredibly fulfilling. Not only am I getting to tell stories that I care about, but I’m able to tell them on a platform that I also use to consume information.”

## ***The Cycle* Co-Host Dishes on Her Favorite Date Night**

Of course, with a new show and such a busy work schedule, Sovani has to set some serious boundaries to make sure that she can find time to just relax. So what are her secrets for achieving that perfect work-life balance? “I live about three blocks from the ocean. I have a little rescue mutt, and I bring him to the ocean every single morning, and that’s kind of my tranquility,” she says in our celebrity interview. “I also have a rule at home: I don’t have my phone in my bedroom at all. I won’t even use it as an alarm. And I have a ‘no weekends’ policy. So the only time I’ll check my email and my phone on the weekends is on Sunday night at 6 p.m., just to get ready for Monday.”

During these social media and digital fasts, Sovani still has plenty to entertain her: “I just let my weekends be about me and my dog and my boyfriend,” she enthuses. “We really like to go out for brunch, and we spend a lot of our weekends at the ocean. For me, that’s everything.”

**Related Link:** [Do-It-Yourself Date Night Advice from HGTV Host Monica Pedersen](#)

Sovani isn't just making strides in her professional life; she's also taking big steps in her [celebrity relationship](#). She admits that this is the first time she's ever lived with a boyfriend, so she's concentrating on keeping things fresh and fun. "I think it's very easy to get into a routine where all you guys talk about is work when you get home," she explains, "so we decided to try to go to more comedy shows! Instead of just doing a dinner [date night](#), we decided to start doing 'dinner and comedy' nights. We'll see the show, and then we can go for dinner and talk about it and the world at large."

So is laughter truly the best medicine? For Sovani and her special someone, it certainly is. "I think that it reminds you of why you were intellectually attracted to that person," she reveals. "For both of us, that's what we find really attractive about each other. So that's been a great addition to our relationship."

## Aliya-Jasmine Sovani Reveals Her Go-To Fashion Item

Of course, whether in the office or on date night, Sovani is committed to looking fantastic. And there's one item that she just can't live without: "Sheath dresses are my new thing that I love in my 30's," she gushes. "I have these really great leather Oxford booties that I wear with my sleeveless sheath dresses and maybe a blazer thrown on top for work. Then, in the evening, all I have to do is replace those shoes with a cute pump and my briefcase with a nice little Chanel bag. That's been my new date night trick."

**Related Link:** [Fashion Advice: Choose the Perfect Date Night Dress](#)



With style tips as good as that, Sovani is clearly in-the-know when it comes to trends, and her knowledge of [celebrity news](#) is just as on point. Her favorite bits of celeb gossip right now are focused on two powerhouse ladies: [Kim Kardashian](#) and Serena Williams. “I read a headline about how Kim is being really open about getting a surrogate to have her next child. I know for many woman, that’s been a taboo topic,” she says. “So I think it’s really interesting that she’s being very open with it. It’s opening up a dialogue for women who might not be able to have children and who have thought about that.”

And it turns out the journalist is also a huge fan of how Williams recently shared her pregnancy photos. “I think that’s really incredible because she has this iconic strong female body and all women are pressured into looking certain ways,” Sovani explains. “Female athletes especially spend so much time conditioning their bodies, so for her to flip the switch and watch her body transform publically is really brave.”

*Tune into The Cycle and follow Aliya-Jasmine on Instagram [@AliyaJasmine](#) for more from this up-and-coming millennial news superstar!*

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## **Celebrity Interview: Dr. Darcy Sterling Reveals Chad Johnson and Zoe Baron Split**



By [Mallory McDonald](#)

Dr. Darcy Sterling, television personality and star of E! Network's hit show *Famously Single* hosted a Season Two viewing party at CRAVEN restaurant in New York City last night. Lori Bizzoco, the founder and executive editor of Cupidspulse.com, got an [exclusive interview](#) with Dr. Darcy onsite. When asked if the work former [Bachelorette](#) contestant Chad Johnson did on the show, led to the success of his relationship with model Zoe Baron, Dr. Darcy shocked us with the news that the [celebrity couple](#) broke up two days ago!

**Related Link:** [Celebrity Couple News: 'Bachelorette' Villain Chad Johnson Is Dating Zoe Baron](#)

**Tune into to E! on Sunday nights at 10/9c to watch Dr. Darcy work with Chad Johnson on *Famously Single*!!**

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



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining

work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and Rachel Lindsay's search for love so far!

## Celebrity Mom Ali Fedotowsky on How She Stays Fit

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

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

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

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

# Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

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

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

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

## Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

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

poised, fun, articulate, beautiful – everything a *Bachelorette* should be!”

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

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

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## Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Talks Fame, Family Life, and Spring Style







By [Delaney Gilbride](#)

After our recent [celebrity interview](#) with “wonder woman” Stephanie Hollman, we can certainly say this charitable philanthropist does it all. While *The Real Housewives of Dallas* (RHOD) has only recently finished filming its second season, the peacemaker of the show continues to juggle her work, home, and social life flawlessly. It begs the question: How is Hollman able to balance her busy life after her steady rise to fame? Thankfully, the reality TV star gives us all of the answers we crave and more.

## **Stephanie Hollman Talks *The Real Housewives of Dallas* in Our Exclusive Celebrity Interview**

While fame is notorious for going to people’s heads, that’s nowhere near the case for Hollman. As for how the philanthropist felt after the release of season one of *RHOD*, she says that “you learn who your real friends are”



after you've made your claim to fame. "There's something really freeing about not being perfect and having everyone see that," Hollman continues.

Of the drama that arises during the filming of Bravo's hit show, Hollman explains that her mom's words are always in the back of her mind: "If you don't know what to do, do nothing." She urges people to think before they act in both friendships and romantic relationships – and this *especially* goes for women! When you act before you think, you have to deal with the consequences one way or another.

**Related Link:** [Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family](#)

As for upcoming episodes of the show, the reality TV star explains that she's "excited and nervous" for the season to air. "They really dug in deep, and everyone's vulnerable," she shares. Reality TV fanatics can't help but obsess over the bickering and drama that comes along with shows such as *RHOD*, and it seems like this season won't disappoint. Along with your typical petty drama that lives on reality television, Hollman explains that "real life issues" will also be taking place. As for a sneak peak, the star exclaims that the cast trip was "unforgettable." Guess we'll have to wait to see what's in store!

## **Reality TV Star Gives Family and Relationship Advice**

Hollman and her family are known to be the ultimate charitable family in Dallas, and she and her husband take strides every day to shape their two sons into humble and caring young men. While they work tirelessly to make the world a better place for those who need it, they're also teaching their children to "give back in ways that they can understand." For instance, during the winter, they do all that they can to help those who

are struggling. Hollman and her children go out and buy children's jackets in every size to donate to kids who don't have a coat. They even give their own shoes to those who can't afford them. She teaches her children to "be kind" to others in the hopes that others will do the same.

**Related Link:** [Celebrity News: Katherine Heigl Gushes Over Marriage and Kids](#)

As for her celebrity relationship with her husband, Hollman says marriage is definitely hard work! "I work really hard on my marriage," she claims. "We fight, but we talk about it, and we have a very open dialogue." She and her husband go to therapy weekly in order to maintain such a strong relationship, whether they're having a rough time or not. As for her best [relationship advice](#), Hollman encourages you to remember that, "no matter what happens, your spouse will always love you."

## Hollman Talks Keys to the Perfect Spring Style

Look no further for spring [beauty tips](#)! This mother of two has got you covered. When it comes to the warmer days ahead, the reality star says her number one tip is that you *have* to be "really cozy in the spring." The weather can range from easy breezy to intensely hot in a matter of hours, so to prepare for the changing temperatures, Hollman tells us that flowy clothes are the way to go. Her absolute favorite pieces for the spring time include maxi dresses, a flowy shirt, and a good pair of shorts. The fashionista also urges our readers to play with color and just have fun with their wardrobes.

**Related Link:** [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

When it comes to the one beauty product she just can't leave the house without, we were a bit surprised. Hollman reveals that she doesn't wear makeup unless she's going out on a [date night](#) with her husband and instead wears her favorite sunscreen, EltaMD, almost every day. "You will never look into anything else!" Hollman promises in our celebrity interview. "It's almost like foundation. It makes my skin look beautiful and feel amazing." The reasonably-priced sunscreen blocks out harmful UV rays, doesn't clog your pores, and gives your skin a beautiful finish. We know what will be on our shopping list this summer!

*Catch Stephanie Hollman on the upcoming season of The Real Housewives of Dallas on Bravo. Check out her regularly updated [blog](#) today!*

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## **'Orange Is the New Black' Actress Alysia Reiner Talks Cool Effect & Season 5 of Her Hit Netflix Show in Celebrity Interview**





By [Delaney Gilbride](#)

We all know Alysia Reiner as ex-assistant warden Natalie “Fig” Figueroa from the smash hit Netflix show *Orange Is the New Black* (*OITNB*), but did you know she’s also a passionate environmental advocate? The actress is adamant about spreading knowledge and awareness concerning the damages done to our Earth day after day, which is why she joined Cool Effect, a non-profit environmental group that allows individuals to create a tangible impact on climate change through a digital platform. In our [celebrity interview](#) with the star, she shares her best Earth-saving tips and also opens up about what’s next on *OITNB*.

## Celebrity Interview with Alysia Reiner

Talking about her passion for protecting our planet, Reiner believes that *right now* is a “very crucial time” when it comes to saving our only home – Earth. When the actress asked herself what she could do as only one person to save our

environment, she decided to focus on taking small steps. She became a member of Community Supported Agriculture (CSA); she began using public transportation; and she started carrying her drinks around in travel mugs rather than plastic cups. She says that, on an individual level, it's important to begin with the little things like buying your groceries locally, eating less meat, and being aware of the clothes you buy. "I'm wearing, right now, a piece of clothing that uses waste [and] scraps from other pieces of clothing," she shares. "It's called 'Zero-Waste.'"

**Related Link:** [Top 5 Fashion Trends Blossoming for Spring](#)

Reiner states that "we have to become aware" that there are ways to cool down our environment. This, among many others, is one of the reasons why she teamed up with Cool Effect's new "Tons of Reasons" carbon-reducing projects campaign. This campaign is actively perusing new ways to eliminate the use of carbon, which is heating up our world at a steady rate.

The *OITNB* actress also talks about how Cool Effect is reaching its way to India, where individuals are turning their waste into clean, usable energy. "Take action in a way that gives [us] hope," she encourages in our celebrity interview. Taking the simple step of joining organizations such as Cool Effect will help our planet in a huge way.

**Related Link:** [Date Idea: Embrace a Physical Activity](#)

Lucky for us, Reiner didn't forget about the return of *OITNB* on Friday, June 9th (although that date may change given the recent hacker release of the first 10 episodes). "Yes, Fig is back," she says, "and [the season] takes place in three days." We can't help but love Fig and her continual returns to Litchfield Penitentiary in order to twist the knife just a smidgen more to make life hell for those who have wronged her.

Reiner is also working on season 2 of the FX show *Better Things* with comedian Louis C.K. and actress Pamela Adlon.

To help make the world a better place, please visit [CoolEffect.org](http://CoolEffect.org) and [TonOfReasons.org](http://TonOfReasons.org) now. You can follow Alysia on Twitter [@alysiareiner](https://twitter.com/alysiareiner).

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# Celebrity Baby: Serena Williams Says She Accidentally Revealed Her Pregnancy on Snapchat



By [Delaney Gilbride](#)

In [celebrity news](#), it looks like Serena Williams' [celebrity](#)

[pregnancy](#) announcement on Snapchat was a mistake! According to [UsMagazine.com](#), the tennis superstar admitted that her selfie posted on Snapchat on April 19 showing off her 20 week baby bump was an accident. During a [celebrity interview](#) at the TED conference on Tuesday, April 25, Williams stated: “I have this thing where I’ve been checking my status and taking pictures every week to see how far along I’m getting. I’ve been so good about it, but this was the one time it slipped.” The 35 year-old pro athlete followed her statement by claiming that even if the Snapchat didn’t go out to the public on that day she was going to reveal the pregnancy within the week. This will be Serena Williams’ first child with fiancé, co-founder of Reddit, Alexis Ohanian.

**It looks like this [celebrity baby](#) news was meant to stay a secret for a bit longer! What are some things to consider before revealing your pregnancy to family and friends?**

### **Cupid’s Advice:**

Nothing is more exciting than when you’re expecting. But how do you know when the time is right to announce your pregnancy to your family and friends? Cupid’s here to give you some questions to ponder when making this big decision:

**1. Will they be supportive?:** You know your family and friends better than anyone else and if you believe that they will support you through your pregnancy, go ahead and tell them! Having a child is something beautiful, but you will need help along the way. If you believe your close family and friends will be the ones to support you there’s no holding you back from telling them.



**Related Link:** [Celebrity Maternity Style: Find Out How You Can Be Chic During Pregnancy Like Amal Clooney!](#)

**2. Have you and your partner had time to process this?:** This is something extremely important to think about before revealing your pregnancy. Having a baby is a huge deal! You and your partner have to allow this information to truly sink in before sharing it with the world. If you've processed the fact you're going to have a baby, others will too!

**Related Link:** [Celebrity Baby: Pregnant Serena Williams Gets Cozy with Boyfriend Alexis Ohanian on Babymoon](#)

**3. Are you over 12 weeks?:** You're most likely to have a miscarriage between 6-10 weeks, so you should wait to announce your pregnancy until at least 12. Go to your doctor and get a scan. You can't always rely on pregnancy tests!

**Are you pregnant? Comment below with how you knew the time was right to share the news with your close family and friends!**

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## **Celebrity Interview: Stylist Rachel Zoe Shares Her Tried and True Tips for Organizing Your Life in the Most Fashionable Way**





Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

When you're constantly on-the-go, living your best and busiest life, it can be difficult to find the time to stay both organized and on trend. Designer, author, entrepreneur, and [celebrity mom](#) Rachel Zoe knows all about this concerning conundrum. Fortunately, she recently spoke to CupidsPulse.com in an exclusive [celebrity interview](#) about how to prioritize and keep life mess-free. Watch the video above for her best tips for a fashionable, focused, and clutter-free life!

## Celebrity Interview with Fashion Stylist Rachel Zoe

Zoe is not only a fashion icon and successful professional; she's also the mother to two adorable boys: Skyler, 6, and Kaius, 3. When she's not being a super mom for them, she and her handsome hubby Rodger Bergman are taking the fashion world by storm with Zoe's designer label, online fashion periodical *The Zoe Report*, and her sensational style books. So what's her

best advice for keeping things in order while still having it all? “Well, staying organized – it’s hard. In my personal life, it’s a lot of staying on top of ever-changing weather and keeping my go-to items in the forefront of my closet,” she shares.

**Related Link:** [Fashion Advice: ‘Wow’ the Crowd with Color](#)

Not only does this make Zoe’s getting ready process “easier,” but she also gets a head start when it comes to refreshing and reorganizing. “I think it’s just about cleaning – cleaning everything, from your beauty cabinet to your car – and staying organized because you’ll actually feel better,” she confides.

Of course it’s not *just* about killing it when it comes to keeping things clean. The stylist also dishes about what to keep and what to part with when it comes to revamping your style. “Definitely get rid of the things that you have not worn in years. When there’s nothing about you that relates to this thing anymore, it’s time to get rid of it,” she advises.

## Celebrity Mom Rachel Zoe Talks Spring Cleaning

But what’s her secret weapon for making sure her busy lifestyle and two kiddos don’t get in the way of a pristinely clean environment? “I’ve partnered with Lysol on talking about this incredible product,” she reveals. “It’s actually a Laundry Sanitizer. Especially since we have young children, we’re always washing their blankets and bedding and clothes, and adding this Laundry Sanitizer makes everything you wash virtually free of all harmful bacteria.”

She has also designed a limited edition blanket to show how the sanitizer works and keep your little ones stylishly cuddled and clean. These products are a lifesaver, perfect for busy moms who want to avoid the leftover bacteria that other

cleaning methods might leave behind. “Knowing that I’m taking the germs out of what my kids wear every single day is a life-changing thing for me,” Zoe enthuses.

**Related Link:** [Celebrity Fashion Trend: Break Out the Floral Print](#)

Of course, getting organized is just the first step to looking fabulous. You also need to stay on-trend! Zoe let us in on some insider info for how to look stylish as the weather warms up. “I always have a lot of jackets,” she shares. “I love a lightweight jacket in a natural color, like camel, blush, or white. It looks really fresh for spring.” You heard it here first: Jackets are the must-have staple of your wardrobe for spring according to this famed fashionista!

From start to finish in this celebrity interview, the designer looked calm, confident, and, of course, effortlessly chic. This celebrity mom has certainly cracked the code to living an organized, successful, and stylish life – and now, thanks to her tips, so can you!

*To learn more about Rachel Zoe, visit her website [The Zoe Report](#), or check out her [Instagram](#), [Twitter](#), or [Facebook](#).*

*Want to watch more videos from Cupid’s Pulse? Check out our [YouTube channel](#).*

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## Celebrity Interview: ‘Mom vs. Matchmaker’ Star Carmelia Ray

# Dishes on Celebrity Relationships & Expert Love Advice



By [Delaney Gilbride](#)

The mother of all matchmakers is back and ready to tackle every and any matchmaking challenge that comes her way! Carmelia Ray's hit show on Myx TV, *Mom vs. Matchmaker*, is in full swing after the show's second season debuted on Tuesday, March 14th. Yearning singles couldn't be more hyped! Ray integrates her 20-plus years of experience as a celebrity matchmaker, certified dating coach, and online dating expert to battle it out with determined mothers in order to find the perfect suitor for struggling singles on her stirring reality TV show. In our exclusive [celebrity interview](#), the

matchmaker spills her expert [dating advice](#) as well as her views on the hottest [celebrity couples](#).

## ***Carmelia Ray Talks Season Two of Mom vs. Matchmaker***

The saying “mother knows best” truly came into play during filming of the second season of *Mom vs. Matchmaker* – so much so that the expert needed a little help herself as she went head-to-head with the mothers. “I thought the moms were fiery last season,” Ray shares, “but that was a fondue compared to the blazing competitors this season! I had to bring in a smoking hot love assistant, Patrick, to keep up with all that fire.”

**Related Link:** [‘Martha & Snoop’s Potluck Dinner Party’ Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible ‘Jersey Shore’ Revival](#)

Moms were ready to give their all following the success of the show’s first season, and they sure didn’t disappoint. The process of being a matchmaker isn’t an easy one, *especially* if you’re butting heads with the mother of a client. Ray recalls working with a mother who called herself the “Mafia Mom” and, boy, did she mean it. The mothers participating in this season showed up “ready to rumble,” making it deliciously exciting for both Ray and her viewers.

## **Matchmaker Gives Love Advice on the End of “Cuffing Season”**

With warm weather just around the corner, Ray’s [love advice](#) for the end of “cuffing season” – or winter flings – is short and sweet. “It’s time for spring cleaning!” she exclaims. This advice is both literal and metaphoric when it comes to your

life. “Clear out your clutter – in your mind, on your social media, and with your love life. Dump anything or anyone that doesn’t serve you or what you stand for.” Although we all know too well how rough it is to end a winter relationship following long nights of cuddling and cocoa, Ray advises us to leave all of that in the past. The matchmaker thrives off of her ability to connect singles with their life mates and says, “Helping people find love is the best reward I could ever imagine.” So how could her advice possibly steer us wrong?

**Related Link:** [Reality TV Star & Cookbook Author Kathy Wakile Hosts Book Signing at Cabo in Rockville Centre](#)

As for finding someone special in the heart of spring, Ray mentions that if you’re looking for love, you *have* to have a plan. “It’s amazing how many singles who are looking for love don’t date!” Ray shares. “My number one tip for someone looking for love is to make sure they have a dating strategy and plan in order to find love. You cannot go into dating without a plan for how, where, and when you plan to be dating.”

## **An Inside Look at Celebrity Relationships**

Since Ray has been coined “the celebrity matchmaker,” it’s only fitting that we asked her a few questions regarding the most popular couples in Hollywood. As for [Selena Gomez](#) and the Weeknd, the dating expert totally understands why the public adores their relationship. “They get each other’s lifestyle and understand the hardships of dealing with their lives constantly being under scrutiny,” she says. “This musical pair is an undeniable force and notable power couple.” The matchmaker adds that “there’s something incredibly undeniable about young, attractive, talented, celebrity couples, especially when they combine forces and publicly display their



affection and respect for each other.”

**Related Link:** [Celebrity Interview: ‘The Arrangement’ Star Lexa Doig Says Views Can ‘Expect a Bit of Everything’](#)

When it comes to favorites, Ray gushes over her all-time favorite celebrity couple: Goldie Hawn and Kurt Russell. She believes there is so much to learn from them. “To be married and stay married in the world of music, TV, and entertainment is already a huge testament of their devotion, love, and loyalty for one another, despite the bumps,” she shares. We strive to have relationships that last a lifetime, which is why Ray does the job that she does. It’s people like her that help singles like us get over our insecurities about love and jump into it with open arms!

*You can connect with Carmelia Ray socially on Twitter, Instagram or Facebook @carmeliaray. Don’t forget to hashtag #askmomvsmatchmaker if you have specific questions about your dating life you’d like answered by Carmelia Ray or her team.*