

# Celebrity Interview: 'RHOD' Star Stephanie Hollman Says Her Life Is All About Her Family



By [Mary DeMaio](#)

In the latest celebrity news, *The Real Housewives* franchise has extended to Dallas, Texas to follow the elite and extravagant social scene. In the premiere season, the women are all very open and honest with the struggles they encounter every day. In our exclusive [celebrity interview](#), Stephanie Hollman shares her secrets of being a stay at home mom, how she balances and brings harmony to her marriage, and reveals her best relationship advice.

# Stephanie Hollman Reveals Best Relationship Advice

In order to stay connected and create closeness, Hollman, and her husband go to therapy once a week. They talk and pray about anything that is bothering them. They also have date nights every Friday to catch up with each other and have some alone time. "Our kids are respectful of that, you have to make your marriage important," she says. Children can sense when everything is not okay, so it is imperative to set a good example. "Harmony in the household makes a difference in the child's life," Hollman says.

At the end of the day, it all comes down to her children and husband, which are her utmost priority. Hollman and her husband are on the board of the domestic violence agency and they really hope that their children will follow in their footsteps. "I want my sons to treat women respectfully, be chivalrous, and open doors," she says. "I feel like that is lost now. People should make phone calls, not texts." She wants her sons' wives to look at her one day and say thank you for raising such great men. "My life is my children and my family, and as boring as it sounds, it's what makes me happy."

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## Reality TV Star Talks About Authenticity In Celebrity Interview

New to the reality TV scene, Hollman wants viewers to walk away understanding that no one is perfect. She is a stay at home mom with a six-year-old and a four-year-old and she works hard to juggle their lives with the expectations of her husband, Travis Hollman. "I have little breakdowns, my husband

and I argue. People need to see we aren't all perfect," she says. Giving up her career as a social worker to have babies, Hollman wouldn't change a thing. "I have always been the girl who never tried to do anything out of my comfort zone," she revealed in our celebrity interview.

She was approached out of the blue to do 'RHOD' and wasn't looking for it. "I wanted to see what I was made of because if I didn't do it, I would have always wondered, what if," she adds. Her friend Amanda Ward had suggested her and Brandi Redmond to the producers, saying she had two girlfriends that are really goofy and always making people laugh. Within six weeks they were cast. Hollman and Redmond had been friends 10 years prior to the show. "I don't feel like I have to try. Sometimes it takes so much effort to have a conversation. It's not like that with Brandi," she adds. In their friendship, they are dedicated to talking everything out before it leads to a fight. "Our relationship is better than other people's marriages," Hollman says. The reality TV star hopes that it stays that way because she would never want to damage their friendship over a show. In terms of where she sees her career going next, the celebrity mom says that she just wants to live the journey God has for her. "If something comes out 'RHOD' career wise, that would be amazing," she says. Hollman hopes to use this experience to learn more about herself.

**Related Link:** [Celebrity Interview: 'RHOD' Star Cary Deuber Says Co-Star LeeAnne is "Loud and Obnoxious"](#)

Philanthropically, giving back has always been in her heart and she wants to be able to make a difference in the world. "I was born in a small town in Oklahoma and wasn't raised with the luxuries I have now," she shares. At times, her family members would struggle, but people reached out and supplied them with food when they needed it most. "I am now able to give back in a different light. I have the resources to financially make a difference for these charities," she says. Hollman leads the charitable contribution efforts for her

husband's company, Hollman Inc., but she doesn't work directly under him. "Bravo is very colorful. I appreciate that they have to be," she says. Her husband is obsessed with to-do lists and when he goes out of town he writes down what needs to be done. "He is such a great provider. He doesn't care what I spend. I think they were trying to make it like I had an allowance, but it's not like that at all," she says.

*The Real Housewives of Dallas* airs Mondays on Bravo at 10 p.m. EST.

You can keep up with Stephanie Hollman on [Twitter](#) and [Instagram](#) @stephhollman.

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## **Pitch Perfect: Skylar Astin Says Celebrity Wedding Will Happen This Year**





Interview by [Lori Bizzoco](#). Written by [Dena Linzer](#)

Fans smiled, laughed, and adored him in *Pitch Perfect* and *Pitch Perfect 2*, where the charming Skylar Astin melted our hearts alongside Anna Kendrick. But the aca-awesome news revealed during our [exclusive celebrity interview](#) last week was that the two love birds plan to tie the knot before years end! Astin spoke to us about his [celebrity wedding](#) and discussed his career and his partnership with megabus.com.

## **Celebrity Interview: Skylar Astin Talks Career and Upcoming Celebrity Wedding**

While planning a wedding may be stressful to some, the New York City native says he and Camp want to have a “very unique and very relaxed” wedding, where everything is calm, cool and collected. The *Pitch Perfect* stars have been together since June 2013 and announced their celebrity engagement in January 2016. While the duo doesn’t know the exact date, Astin

confirms the pair will tie the knot by the end of the year. The wedding planning is going well and the two are having fun putting together what Astin calls “the best, most meaningful party of your life.” Heartthrob and talented singer, Astin is just as sweet off screen as his on-screen character, Jesse in *Pitch Perfect*. He thinks of his celebrity wedding to Anna Camp as “our own love story.”

**Related Link:** [Hottest Single Celebrity Ladies of 2015](#)

When it comes to Astin’s career, the star has a packed schedule, between his upcoming series and movies. But this is exactly what Astin wants. “I love being busy,” he shares. He feels fortunate to be at the height of his career. Astin is entertaining on the big screen and on the stage as well, with his experience on Broadway. The star says that he enjoys both while explaining that the beauty of working on Broadway is that you have the freedom to change your character each night.

**Related Link:** [Anna Kendrick Speaks Out About Celebrity Marriage](#)

The charismatic actor and singer also sees the importance in charity work. “Since I actually have a voice, I want to use it for good things,” he says. Using his voice, Astin has partnered with megabus.com to provide eco-friendly travel. Megabus.com is an express bus service that goes to 120 cities, transporting 81 passengers in a comfortable double decker bus. For their 10th anniversary, megabus.com is partnering with Arbor Day Foundation to plant 10,000 trees along their bus routes. They also have a Green Road initiative where they are educating their drivers on driving in an eco-friendly way.

Keep up with Skylar on Twitter [@SkylarAstin](#) and [Instagram](#)

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# Celebrity Interview: ‘RHOD’ Star Cary Deuber Says Co-Star LeeAnne is “Loud and Obnoxious”



Interview by [Michelle Foti](#). Written by [Dena Linzer](#). Edited by [Lori Bizzoco](#).

The trailer for *The Real Housewives of Dallas* is full of glitz and glam, lively nights out and of course episodes filled with drama. The big spenders and even bigger egos take on the Texas city with their scandals, parties, and unfiltered mouths. In

our latest [celebrity interview](#) on CupidsPulse.com, we had the pleasure of chatting with cast member and reality TV star Cary Deuber, where we got the scoop on what to expect this season from the Texas bombshells. Deuber, an East Coast native, also chatted about her marriage, motherhood and how she feels about her co-stars.

## Reality TV Star Cary Deuber Gives Us Relationship Advice In Celebrity Interview

New to the reality TV scene, Deuber is a certified registered nurse first assistant (CRNFA), but that's not her only job. She also has a daughter, two step-children, and three dogs, with her husband, successful plastic surgeon, Dr. Mark Deuber. The couple met while at work, where they had a strictly professional relationship but when they found themselves both single, they decided to give it a go. The yoga enthusiast and travel fanatic works side-by-side with her husband now.

**Related Link:** [Celebrity News: Teresa Giudice Says She Will 'Miss the Passion' When Joe Goes to Prison](#)

Most couples would have a difficult time maintaining a healthy relationship working with their spouse but Deuber says they are best friends. "We have a mutual respect for each other. At work he's my boss, at home I'm his," the star says. The dedicated mother feels that it is important for the audience to see that she has a career and a family. "I'm a working woman," she says. "I think it will be interesting for viewers to see that I'm a hardworking mother."

Deuber explains her decision for joining the cast by saying, "I try everything once in life, that's my motto." The Connecticut native does admit that whenever you put five women together there is bound to be craziness and plenty of "ups and



downs.” If the trailers are any indication, we will certainly see Deuber in the middle of her own drama with co-star, LeeAnne Locken. “She just thinks she owns the city. I just find her loud and obnoxious,” she says calling her a “Dallas Socialite” in the trailer. “If I had to vote someone off the island, it’d probably be LeeAnne.”

Deuber considers Stephanie Hollman and Brandi Redmond her closest friends and acknowledges that she has no regrets about her time on the show. “I’m very excited with how all of this turned out,” she shares.

**Related Link:** [Celebrity Baby News: ‘Real Housewives’ Star Kandi Burruss Gets Real About Tackling a New Baby](#)

At the end of the day, it all comes back to Deuber’s family and husband which she puts first before anything else. “Making my husband a priority keeps our relationship as great as it is,” she says describing her favorite date night by far was the night they got engaged. “It was in Turks and Caicos and we were just laying by the pool and he proposed to me. It was amazing.”

The best piece of dating advice Deuber offers for a successful marriage is to make sure your spouse is your priority. “Make time for them, and make sure everyday you’re telling them you love them and how important they are in your life,” she adds. The philanthropist and animal lover stressed the importance of vocalizing appreciation and having open communication on a daily basis.

In our celebrity interview, Deuber hints that we will be seeing a lot of their relationship on the show this season. “I call him my backpack, and I take my backpack everywhere with me,” she laughs.

*The Real Housewives of Dallas* airs Mondays on Bravo at 10 p.m. EST.

You can keep up with Cary Deuber by following her on [Twitter](#) and [Instagram](#) @CaryDeuber.

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# Celebrity Interview: 'American Idol' Winner Trent Harmon Is the First Contestant to Sing Justin Timberlake



By [Katie Gray](#)

Last Thursday night, April 7th, Trent Harmon, who chose the Harold Melvin and the Blue Notes classic “If You Don’t Know Me By Now” and Sia’s hit “Chandelier” for his final performances, was crowned the winner of the 15th and final season of *American Idol*. That’s right – Harmon is the final American Idol! He now has a record deal with Big Machine Records, and his first single “Falling” – which was co-written by *American Idol* judge and country superstar Keith Urban – will be on country radio.

Harmon, a 25-year-old former waiter from Mississippi, auditioned for the reality TV show in Little Rock, Arkansas. The country boy grew up on his family farm and would perform at his family’s restaurant. During his time on *American Idol*, he wowed the crowd with a Lynyrd Skynyrd cover and a rendition of Chris Stapleton’s “Tennessee Whiskey.” He’s the third winner to pursue a career in country music, following in the footsteps of Carrie Underwood and Scotty McCreery. In our exclusive [celebrity interview](#), Harmon discusses his relationship with God, his love for country music, and his journey on *American Idol*.

## **Celebrity Interview with the Final *American Idol***

After he won, the singer thanked his mother, family, and God. He’s a man of faith, and it’s easy to see that being a Christian is a big part of his life. When he had mono during the reality TV show and was essentially quarantined and isolated from the rest of the cast, he would pray, “It’s just me and you. It’s just you and me, God.” He didn’t have his parents with him and relied heavily on his faith. “If you can make it through this competition without believing in something, I wouldn’t say that’s impressive,” he shares. “Instead, it’s kind of scary.”

His relationship with God has been a part of his singing for as long as he can remember. He recalls his mom teaching him “Amazing Grace” at the age of 5. Of his deep connection to the song, he says, “That song means something. There’s a reason it’s considered a classic.” It was while singing “Amazing Grace” that he realized he could sing harmony.

**Related Link:** [Celebrity Interview: Mackenzie Bourg Channeled JLO During Love Songs](#)

As important as his faith is, when it comes to his music, the country classics really have his heart. “Whenever I got the opportunity to pick the song myself, I was singing country,” he shares. It’s no surprise, then, that Harmon’s musical influences are country singers. “I’ve always enjoyed the classics,” he says. “I love Conway Twitty. I’m a big Elvis fan – you know, Elvis did country. I’m a Ray Charles fan, and he did a country album.”

Of his future fans, he explains, “Country music supporters – they go to the shows; they go to the festivals; and they buy the songs. If you can make it in country, you can have a career.” Willing to move anywhere, he may even relocate to Nashville.

## **Trent Harmon Opens Up About His Reality TV Journey**

Given the intense schedule of *American Idol*, Harmon hasn’t had time for a break. “I have sleep scheduled for next Friday,” he says with a laugh. Being the Final Idol is still completely surreal to him. “It hasn’t really sunk in. I jumped in the shower and started doing my warm-ups and practicing my songs, and then, I realized I don’t have to do that anymore,” he reveals in our celebrity interview.

Perhaps the most special moment of his journey was getting to

perform a song by Justin Timberlake, who had never granted anyone permission to use his music on the show. Earlier this season, Harmon performed the hit “Drink You Away,” which Timberlake released to country radio after a performance with Stapleton at the Country Music Academy Awards in November 2015.

**Related Link:** [Celebrity Interview: American Idol Sonika Vaid Channels Love for Family](#)

He also had the opportunity to speak with some of the people on his bucket list, including Jordin Sparks and David Archuleta. Of the advice that he received from former contestants, he says, “They told me, ‘Don’t ever, ever, quit being genuine. Don’t ever get out of that head.’” He was lucky enough to exchange numbers with some of them and looks forward to networking and applying their tips to his future endeavors.

Harmon never wanted “to coast along” and wasn’t going to give anything less than his best. Ultimately, he credits this mentality and a lot of hard work with winning *American Idol*. “I knew that if I pushed myself and worked really, really hard, I could be more than just a pretty voice. I practiced every day,” he says. “I practiced every different angle to be good, to be better, to be the best.”

*You can keep up with the American Idol winner on Twitter [@TrentWHarmon!](#)*

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# Celebrity

# Interview:

# Hollywood Triple Threat Sugith Varughese Discusses New Role In 'The Girlfriend Experience'



Interview by [Lori Bizzoco](#). Written by [Mary DeMaio](#).

In the latest celebrity news, the famous Steven Soderbergh film turned television series, *The Girlfriend Experience*, premiered on Starz last night, April 10th. Fortunately, we had the chance to interview Indian-born Canadian actor Sugith Varughese, who plays Tariq Barr, the managing partner of the law firm where Christine works. For those who don't know the plot, Christine (played by Riley Keogh, daughter of Lisa Marie Presley) is a legal intern by day and a high-end escort



“girlfriend” at night.

In our exclusive [celebrity interview](#), Varughese opens up about the show, the casting of his character, and his long-term relationship off-screen.

## Celebrity Interview: Sugith Varughese Talks Acting Experience

Being in the business for more than 20 years as a scriptwriter, actor, and director, Varughese thought he'd seen it all. However, one of the biggest surprises came about after his audition for *The Girlfriend Experience*. “I went in for a three-line part as an East Indian businessman who's on the phone with his wife in Bombay just before he's about to hire one of these escorts,” he explains. “I used an Indian accent for that part.” His agent called soon after and said that he “didn't get that role.” Instead, they cast him for a major role in the series, one intended, he says, for a strong white male character. “The producers had a new vision and even changed my character's name to reflect my background,” he adds.

**Related Link:** [Celebrity Interview: 'Flesh and Bone' Star Karell Williams Talks Relationship Advice, Saying, “Be True, Be Real, Be Vulnerable”](#)

For Varughese, it was important that Barr has tremendous confidence, power and status. “Here is a guy who is Indian-American and a managing partner of the biggest patent law office in Chicago,” he says. “He didn't get that job because his dad owned the firm. He's going to be somebody who had to be twice as good as everyone else to get where he got.”

Even the way his character dressed was significant to the actor, who noted that he spoke with the costume designer and tried to make Barr's suit more distinctive. “It was a great

opportunity to bring a lot to the performance because the part wasn't already laid out like a regular television show," he says. In fact, he didn't even know what was going to happen to his character until the week of shooting. "We didn't get the scripts in advance," he shares.

Given the most recent controversy with the Oscars and the trending hashtag #OscarsSoWhite, there is clearly a problem in terms of recognizing diverse film-making and acting talent. Varughese believes that many of the nominees who should have been on the Oscars stage weren't there. "I think that the industry itself is changing, but I don't know if the recognition side of the industry has caught up," he says in our celebrity interview. "It is important that the people who are doing it and being successful at it are acknowledged as much as anyone else."

## **Actor Reveals His Best Relationship Advice**

In terms of celebrity relationships, it's no surprise that dating an actor can be tough. Jealously, competition, and conflicting work schedules aren't easy to handle. Depending on the person, finding that balance can be a bit of a struggle. Luckily for Varughese, his long-term partner doesn't work in show business. "The balance is all on my part, and it is up and down," he says. "She is able to keep things on a more even keel."

Staying true to yourself, he says, is the most important relationship advice he can give. "The world is divided between us and them," he explains. "It's important to emphasize the values that you want in your life in order to make sure that your partner measures up and is consistent with your principles or convictions." Varughese shares that he and his significant other couldn't be more different in terms of personality, career, and background. However, the one – and

most important – thing they have in common is their core values, including family and love. As a result, they don't have many conflicts. "If you have the same values, you have a shot at making a relationship work," he says. "If you don't have the same values, but you're both actors, I don't know if it will work out."

**Related Link:** [Relationship Advice: Understand What You Don't Want](#)

As for what's next, Varughese recently finished shooting a pilot in Vancouver – and it was another part that was originally cast for someone completely different. "It's an exciting time for actors of diverse backgrounds," he says. "There is now a chance to come into your own and not be judged by ethnicity but by your abilities."

*You can keep up with Varughese on Twitter [@SugithVarughese](#). Tune in for The Girlfriend Experience on Starz!*

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## **Celebrity Interview: 'American Idol' Mackenzie Bourg Channeled JLO During Love Songs**





By [Katie Gray](#)

The 15th and final season of American Idol is coming to an end! Next week is the finale and the 'Final Idol' will be announced. Last night Mackenzie Bourg was sadly eliminated after a great season. The 23-year-old from Lafayette, Louisiana put on quite the performance for his hometown visit before being cut. Bourg who was first seen on season three of The Voice on team CeeLo Green, also plays the guitar and piano. In our celebrity interview with this Idol star, Bourg opened up about the way in which he channels emotion while singing love songs, who he would like to perform a duet with and his plans to tour in the future.

## **Former American Idol Contestant Talks Reality TV & Loyal Fans In This Celebrity Interview**

The singer discussed how American Idol allowed him to be his true self. "I think American Idol has done me so many favors,

just by not trying to change me – by letting me be myself,” he explained. With this platform, he has had the opportunity to expand his audience and reach people on a broader spectrum. “I get on Twitter and Instagram, and all these things, and there’s so many people I don’t even know, sending me nothing but love and support.” He continued, “And those people want me to succeed as much as the people at home.” From his presence on social media, it’s evident that Bourg has a close connection to his fans and followers. Some of them have even started calling themselves the ‘Mac Pack.’

### [Celebrity Interview: American Idol Sonika Vaid](#)

#### **Hometown Hallelujah:**

During his hometown visit, he did a fantastic rendition of Leonard Cohen’s famed ‘Hallelujah.’ Bourg said, “Hallelujah’s one of the first songs I ever learned.” The television star used to perform it when he was starting out his career years ago, so he says it is a track that is near and dear to his heart. This weighed heavily on Bourg’s decision to perform this song for his hometown visit and ultimately what ended up being his final performance. He explained, “I just wanted to go out with something that left a good taste in people’s mouth about me.”

For Bourg, the song was a metaphor. “To me, the song was more than just the lyrics,” he explained. “It’s kind of like a reminder of how far I’ve come.” This explains why we were able to see the passion and emotion in his performance. He clearly gave it his all and went out with a riveting performance. “I sang it so passionately, just because I remember five or six years ago when I first learned that song, how bad I was at the song and how I never thought that in my wildest dreams I’d be on the biggest stage in the world – performing it.” Every one can take a cue from him, that life is about learning and growing. Nobody is perfect at something in the beginning, but with hard work you can achieve your wildest dreams.

From his time on American Idol and The Voice, it is apparent that Bourg performs love songs very well. Not only does the singer perform them, but he also writes them! This is why his favorite love song to perform is one of his very own. "I like the love song that I wrote, called, 'Roses.' It's a pretty cool love song."

Relationships go hand in hand with love songs. On American Idol we saw that Bourg has found a mentor in Lauren Alaina. Unfortunately for fans who were hoping for a Bourg-Alaina romance, they're not going to be a celebrity couple any time soon because she is already taken. "She's been awesome, I know she has a boyfriend so we're definitely just friendly. But yeah, she's been so supportive of me." Furthermore; "She's been a great mentor, not just musically but in the encourage department too." Bourg let us know that Alaina sends him positive text messages and genuinely congratulates him for his success on the show.

Bourg performed a variety of love ballads on American Idol. He even sang the classic 'I Want You To Want Me' by Cheap Trick for rock week! When asked where he gets his emotion to sing these deep love song he explains, "The easiest way to sing love songs on the show is to kind of stare at JLO in the eyes," said Bourg. "It kind of works sometimes when she realizes, she commented on it a few times this year. But yeah, that's definitely who I'm channeling when I'm on the show."

### [Celebrity Interview: American Idol Contestant Tristan McIntosh](#)

Not only is Bourg open to expressing emotions in his love songs, but he is open to performing a duet. If he had to pick someone to do a duet with, it would be Taylor Swift. "I would probably say, I mean just picking it vocally, I would say Taylor Swift would probably sound really good singing with me. I know she did a song with Ed Sheeran that was really awesome." He added, "That would definitely be a cool song that I think I could do with her."



As for his plans for the future, he will be furthering his career in the music industry and going on tour. “Yeah, there’s definitely a chance I’ll be touring. I don’t think the show will be touring, but that’s definitely the plan and to release ‘Roses’ – a song I wrote and played on the show.” ‘Roses’ is set to be his next single. In fact, he tweeted today that he is recording it tomorrow!

Tune in next week to see who will be the Final Idol!

You can keep up with Mackenzie Bourg by following him on Twitter @mackenziebourg!

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## **Celebrity Interview: ‘Mob Wives’ Marissa Jade Says Marriage & Kids Are Not In Her Future**





Interview by [Lori Bizzoco](#). Written by [Dena Linzer](#)

*Mob Wives* reality TV star, Marissa Fiore (also known as Marissa Jade), may come across as the ultimate diva and tough girl on television but in our recent interview with her, we learned that there's a lot more to this doting mother of one than meets the eye. This goal-oriented actress may not be very well known in the "mob" community, but she does hope to become a household name for her acting, modeling and career endeavors. In our latest [celebrity interview](#) on CupidsPulse.com, we had the pleasure of chatting with Jade about her career, her son, and her relationship status.

## **Reality TV Star Marissa Jade Talks About Her Relationship In Celebrity Interview**

Despite it being the show's last season, *Mob Wives* added a few newcomers, including Fiore and Brittany Fogarty. Fiore was infamous for arguments with some of the other cast members, but does not have any regrets. "I'm very happy with the way I portrayed myself," she says. While some reality TV stars may watch their show and have a cringe worthy moment, Fiore says

looking back on the episodes there was no cringe-moment for her. However, she does recall an episode where she showed up in the 'wrong' outfit, but says that she doesn't regret it. "I thought that I was attending a beach party." she confessed. Little did she realize she was having a sit-down and fight with Fogarty.

As an actress, Jade has been in scripted shows, including *Gossip Girl*, *Law and Order* and *The Good Wife*. So, people may question the true reality of the *Mob Wives* given her acting background. "*Mob Wives* is definitely real, however it is also improvisation at the same time," she verifies. When asked which genre of television she prefers, she says that she wouldn't mind doing more reality TV as long as it is not drama based. She is also open to the idea of doing a spin-off show if the opportunity presented itself.

**Related Link:** [Celebrity Interview: 'Mob Wives' Reality TV Star Brittany Fogarty Discusses the Final Season and Reveals Her Favorite Date Night](#)

The final season of *Mob Wives* had its fair share of emotion and drama, especially with the passing of beloved Big Ang. "It was hard at first," the model shares. "We got to see what she was going through and we thought she was okay. When the cancer came back, it came back so aggressively." Fiore says she felt like Big Ang got worse overnight. During her time on the show, Fiore did get close with Big Ang and says it was very sad when she passed. "I just started to have a bond with her on the show," she says. "I liked her. We got along, had great moments, and a lot of great times." If there's one thing for certain, the emotions on this season were very real.

Fiore knows that sometimes she can give off the diva image on television, but she says the one thing viewers didn't see is that she is actually pretty laid back. "I'm really a cool chick...I'm chill," she says. She also described herself as a tom-boy growing up and one of the dudes. "I hate catty

drama,” she added.

**Related Link:** [Celebrity Interview: ‘Mob Wives’ Reality TV Star Renee Graziano Says She’s “Dating and Enjoying Being Spoiled Like a Princess”](#)

In regards to her celebrity relationship, although Fiore is with O.Z. right now she doesn’t see a celebrity wedding in the near future noting that she’s anti-paperwork. “I don’t feel like I need a piece of paper to justify what I am to somebody,” the career-minded actress and model admits. In terms of children, she’s just not interested right now but, “You never know,” she adds. “I want to be a successful model and actress. I want to be a household name,” Right now, she’s a young 31-year-old mom looking to focus on her career she reveals in our one-on-one celebrity interview.

Fiore is definitely making a name for herself, but her 7-year-old son is her biggest fan. He chose his famous mother as the person he looks up to most for a school project. “He’s proud of me,” the celebrity mom shares. Being a single mom cannot be easy, especially with a booming career like Fiore. “My life has always been crazy like that, but I have a lot of support.”

*You can keep up with Marissa Jade by following her on Instagram [@msmarissajade](#) and Twitter [@MsMarissaJade](#)*

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**Celebrity Interview:  
‘American Idol’ Contestant**

# Tristan McIntosh Values Communication & Spontaneity in Relationships



By [Katie Gray](#)

Nashville native Tristan McIntosh was sadly eliminated last night from the farewell season of *American Idol*, leaving only five contestants remaining. She is well-known for singing country music – she even sang Martina McBride’s “Independence Day” on this week’s episode – so it’s no surprise that her influencers are Carrie Underwood, Rascal Flatts, and Chris Stapleton. As fans saw, not only does she have beautiful vocals, but she also plays multiple instruments, including the piano, guitar, trumpet, and mandolin. In our [celebrity interview](#), McIntosh, who attends the Nashville School of the

Arts, opens up about her *American Idol* journey, what she wants in a relationship (someday!), and more.

**Related Link:** [Celebrity Interview: 'American Idol' Winner Nick Fradiani Is Single](#)

## Celebrity Interview with Tristan McIntosh

Only 15-years-old, being on the 15th and final season of the popular reality TV show is surreal for the singer. “*American Idol* was basically a dream come true,” she says. “As I was performing, I got a letter from my old English teacher, and when I was younger, I said that I was going to be on *American Idol*.”

Reflecting on the competition, she says that her favorite performance was of “Go Rest High on That Mountain” by Vince Gill, one of her personal idols. “I was really attached to it,” she explains. “The melody and the piano – it all just came together.”

Although very young, the singer is mature, humble, and genuine – all traits that will come in handy when she’s ready for a relationship. When it comes to a future partner, she says that “humor, a personality, and being human” are three important traits. Although the reality star’s not focused on dating right now, she shares of her dream date, “I like surprises and spontaneity!”

As for her best piece of relationship advice, it’s simple. “It’s always communication,” she reveals. “You need to be able to understand that person’s situation and be able to trust them.”

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



During her time on *American Idol*, the performer gained more and more confidence as an artist. Her journey on the show just ended, but she already knows what she wants to do next: “As a musician, I really just want to make country music for people who really *feel* the music. I want it to be full of meaning and appropriate for young girls.”

So who does McIntosh think will win? “Honestly, everyone on that stage deserves it,” she gushes in our celebrity interview. “They’re just amazing people and amazing performers, and any of them would make a great, final winner.”

You can keep up with Tristan McIntosh at [tristanlive.com](http://tristanlive.com) and follow her on Twitter [@tristanmcintosh!](https://twitter.com/tristanmcintosh)

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## **Celebrity Interview: ‘Newlyweds: The First Year’ Stars Talk Love & Celebrity Relationship Struggles**





By [Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

## **'Newlywed' Couple Talks Celebrity Relationship Struggles in New Celebrity Interview**

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a

public celebrity relationship. Sharing their first year as newlyweds with America has actually brought the famous couple closer! “We have this journey we’re going through together,” Tara says. “We can talk to one another about certain things with the show that we couldn’t necessarily talk to another person about...It’s nice to have someone to share it with that you’re married to or you’re close with.”

For this duo, their daily tasks are filled with laughter because of one another. In fact, laughter is one of Rob’s favorite things about their famous relationship along with how much time they spend together. “I’ve never been in any relationship, married or otherwise, where we spend so much time with one another out of choice,” Rob says. The laws of attraction do not even scratch the surface of the marriage.

“In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her,” the *Newlywed* star says. “For instance, today she’s cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I’m working out.”

With a bond that seems unbreakable, Tara attests to how deep their connection runs. “For me and Rob, I feel like we’ve had many lifetimes together, so the minute I saw Rob I felt like our souls were just reconnecting again and it was a really beautiful thing,” she says.

**Related Link:** [Relationship Advice: Are You Ready For Storybook Love?](#)

As newlyweds, the happy celebrity couple are no strangers to relationship problems. For the pair, struggle most typically comes in the form of family. “We have had a lot of issues just with the importance of family and the Persian culture,” Tara reveals.

“Although family is important in Rob’s life as well, he kind

of picks and chooses who he wants a relationship with and who he doesn't. For me, it's like you don't have a choice. You are going to be respectful and fake it with family members that you don't always necessarily get along with."

And although they've had their marriage problems, one thing that the famous couple not only loves to do but also helps their relationship grow is asking questions: date night questions. When they're on a date night and the conversation lulls, they like to ask each other questions about the relationship to make sure that it is growing and healthy. "They're questions, like for example, what do you feel like you should be acknowledged for," Tara says. "Or what would you like to be appreciated for? Is there anything that I haven't allowed you to say yet, something like that," Rob added. "They're helpful. Keeps the marriage strong."

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do have these date night questions, it's like a safe zone," Tara says. "There's no judgement around it, there's no hurt. It's just two people being upfront and real and being able to walk through a problem with one another." Rob's relationship advice is to just appreciate each other on a daily basis. "Of course there are those days that we bump heads," he says. "We disagree on things, we go off on our little spats with one another. But for me, it just comes back to appreciating each other." Even in the strongest of marriages, it isn't all smooth sailing. Rob says that in these situations, the love they share conquers all. "We're both so in love with each other, when we start stabbing and fighting I try to take a breathe and go 'You know what? Let's get through this fight because what we have is so special and the love that we have for each other is so important,'" Rob says.

**Related Link:** [Five Ways To Cope With A Relationship Breakdown Just Like the Celebs](#)

Before the celebrity couple exchanged vows, they had an interesting start. Tara worked for Rob for three days. “I remember I looked into his eyes and I was like, ‘Oh my God, this is the man that I’m going to spend my life with. This is the soul I am supposed to be with.’ And I just knew I wanted to be with him,” Tara says.

Although they’re newlyweds, neither Tara nor Rob are new to marriage. “For me I learned what I don’t want in a partner from having a previous marriage,” Tara says with a laugh. “I knew exactly what was making me unhappy, so coming into another relationship, it was nice to feel happiness again. I know how I should be feeling now in a relationship,” Tara says. In our celebrity interview, Tara reveals that she loves the quirky things Rob does and he just loves being around her. Both Tara and Rob treasure the relationship they share.

“The exit door is not one I want to go walking through quickly because I’ve walked out through the exit door before,” Rob says. “It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have.”

*You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](#) and [@tara\\_radcliffe](#) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.*

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## **Celebrity Interview: ‘Mob Wives’ Reality TV Star Renee Graziano Says She’s “Dating**

# and Enjoying Being Spoiled Like a Princess”



Interview by [Lori Bizzoco](#). Written by Emily Hoff.

After five mob-tastic seasons, the VH1 reality TV show *Mob Wives* will be coming to an end. The series sixth and final season premiered last week on Wednesday, January 13th. In our exclusive [celebrity interview](#), we got the latest scoop on the drama from Renee Graziano, one of the original cast members. She reveals why she didn't want to film the show and opens up about her friendship with Natalie Guercio and her relationship and love life!

# Reality TV Star Renee Graziano Talks Final Season of *Mob Wives* in Celebrity Interview

**We can't believe it's already the last season of the show! What do you hope to leave viewers with during the final season?**

I would like to leave viewers with the knowledge that they can also work through adversity and overcome obstacles. Never give up.

**What will you miss most about the show?**

The paycheck!

**We saw Natalie Guercio tweeted at you with her best wishes after you were reportedly hospitalized over the summer, despite altercations you two have had in the past. What is your relationship with Natalie now?**

I acknowledged that she did that, but we're not friends and never will be. That ship has sailed.

**Related Link:** [Celebrity News: 'Mob Wives' Star Big Ang Hosts Viewing Party](#)

**There was some speculations that you would be leaving the show due to health concerns. Were you really debating about filming this season?**

I had let the bullshit get the best of me for a minute, which caused me to want to leave. However, I am back in the saddle and happily riding off into the sunset.

**Is it true you stopped filming mid-show because of drama with Drita?**

Absolutely not. I have nothing to do with the Drita drama for



once.

**What made you decide to stay on the show?**

I started with my sister and will finish with my sister because that's what family does.

**Related Link:** [‘Mob Wives’ Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!](#)

**Can we be expecting to see you on the small screen again? Any spin-offs in the making?**

You'll definitely be seeing me in a few other productions. So stay tuned – I'll be letting fans know shortly.

**Is there currently someone special in your life? If so, can we expect to see them on the show?**

I still haven't found Mr. Right. However, I am dating and enjoying being spoiled like a princess...but not a mob princess this time around!

**What relationship advice would you give other single mothers on the dating scene?**

Don't bring strangers around your kids until you're 100 percent sure it'll work.

**Related Link:** [‘Mob Wives’ Executive Producer Jenn Graziano Says, “I’m Not Anti-Marriage; I’m Anti-Ball and Chain!”](#)

**What would be your perfect date night?**

My perfect date night is ordering takeout and watching a great movie, all spooned up on the couch together.

**Any spoilers you can leave us with for this upcoming season?**

I don't give up secrets!

**The last time we met, you had just launched your book *Playing***

*with Fire. How did the book do? Any plans to write another?*

My book did well. I'm actually meeting with networks to turn it into a series...fingers crossed!

I loved my past celebrity interview with Jenn. How is she doing? She's such a superstar with all that she's done and created.

My sister is my inspiration. She's amazing and has several projects that'll make you wanna watch more TV, so look out for them! She makes me proud.

*Be sure to watch Mob Wives on Wednesday's at 8 p.m. on VH1! Stay tuned for our upcoming interviews with Mob Wives stars Brittany Fogarty and Drita D'Avanzo!*

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## **Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"**





Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

If you're a fan of dancing and the arts, you may know the up and coming celebrity actor Karell Williams from the *Starz* mini-drama *Flesh and Bone*, which is a fictional series about dancers caught in the cut-throat world of professional ballet. From freelance performing, to teaching, and now acting, Williams is determined to do it all. *Flesh and Bone* premiered this November, and has already received a Golden Globe nomination. We recently chatted with the star in our exclusive [celebrity interview](#) about his experience transitioning to on-screen acting, and he also gave his best career and relationship advice.

## **Celebrity Interview: Karell Williams Shares Career and Relationship Advice**

Williams has always been passionate about dancing but has recently shifted to acting as well. As for how he ended up on

the small screen, he explains “I wanted to challenge myself artistically in another way.” He moved back to New York where he was focused on becoming a triple threat: singer, dancer, and actor. Then he heard about the *Flesh and Bones* auditions. “It wasn’t until then that I realized this was really something I wanted to do,” the ambitious dancer shares.

**Related Link:** [Celebrity Interview: SYTYCD Winner Gaby Diaz Says “I’m All Dance Before Romance”](#)

Switching career paths can definitely be difficult. Williams advice for anyone wanting to branch into something new would be “you only live once, so push yourself through it.” He agrees that in this day and age, professionals need to be able to do everything, not just what their job description entails. “You need to explore all facets of your abilities,” he says. “Don’t be scared. Take the leap of faith and your work ethic will proceed you.” And yes, there may be challenges with the transition. “I don’t see them as difficulties, but more as experiences and challenges,” says Williams. “Performing on-stage and performing for the camera are different and each comes with its own challenges, but I like challenges.” While difficulties aren’t always something to shy away from, there’s no doubt there are certain fears and anxieties that come along with them.

However, Williams says there wasn’t much anxiety for him when signing on to this particular project. “Truth be told I didn’t really know what I was getting into,” he says. It wasn’t until he started auditioning that he realized Moira Walley-Beckett was the writer of the series, the same writer and producer of the top rated hit show *Breaking Bad*. It wasn’t until the dance portion of his audition among some of the best dancers in New York City with cameras recording the whole thing that the aspiring actor realized what a big deal and opportunity he was immersing himself in.

**Related Article:** [‘Married to Medicine’ Reality TV star Jill](#)

## [Connors on Relationships and Love](#)

This opportunity worked out in the dancer's favor, as he landed the role of Trey, a trendy, feisty, free spirit in the ballet world. "Trey and I are completely different," he says. "He's mean and bitchy, and I'm not really like that." However, he will admit that him and Trey share the same trendy style. Trey certainly brings the drama in the show, so Williams gave us some dating advice on how to deal with drama in real life, specifically when it comes to relationships and love. He says he lives by the quote "society has become so fake the truth actually bothers people." His best relationship advice is "to be appreciative and present in your relationship and never forget to communicate. Never mute who you are to make someone else comfortable. You have to be true, be real, be vulnerable, and be authentic."

**Related Article:** [Alison Sweeney Talks Relationships and Love in Celebrity Interview](#)

When it comes to making time for your partner in order to put this relationship advice to the test, the busy actor says it's as simple as prioritizing. "Yes I'm busy, but I'm not the busiest man in the world," he says. "If Obama can tuck in his kids and give Michelle a kiss goodnight, then I have no excuse!" he added with a laugh. "You have to make sure you make time for what comes first, the people who mean the most to you, or your career." In our celebrity interview, Williams says he will be prioritizing his friends and family this holiday season. He admits he rarely cooks, so potlucks with a few of his best friends will be as good as it gets.

## **Karell Williams Talks Date Night**

Holiday dinners aren't the only things he likes to keep simple. Williams also believes less is more when it comes to winter [date ideas](#). His dating advice is to "keep it simple, Netflix and chill baby! At the end of the day it's all about

who you're with, not what you do." We can definitely agree that as long as you're with someone you love and care about, you're guaranteed a great time. As Williams liked to put it, "it's not about location, it's about company."

Don't have a Netflix subscription? No worries, you can *Starz* and chill for the *Flesh and Bone* season finale. "I'd say expect the unexpected," the show's star excitedly tells us. We can also expect a big dance number at the end of the episode! The finale airs on December 27<sup>th</sup> at 8 p.m. on *Starz*.

*To keep up with Karell Williams, follow him on [www.facebook.com/KarWill1?fref=ts](http://www.facebook.com/KarWill1?fref=ts).*

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## **Celebrity Interview: SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"**





Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

Born and raised on Long Island by parents who were trained dancers, *So You Think You Can Dance* finalist Megan “Megz” Alfonso was bred for a life on stage. Known for her extravagant sneaker collection (378 and counting), Alfonso brought a unique edge to the hit reality TV show with her bold and upbeat hip-hop routines. In our celebrity interview, Alfonso told us about the determination it took to become a finalist, which started ten years ago when she auditioned for the first time and faced rejection. Determined to break [celebrity news](#) headlines with her SYTYCD performances, she remarkably auditioned for the show three more times before she was able to prove to the world that she had what it took to make it.

Cupid’s Pulse Executive Editor, Lori Bizzoco, had the privilege of getting to know Megz over the past two years while she was a dance instructor for her daughter at Oceanside Dance Center on Long Island. “Megz was an amazing mentor to my young daughter,” Bizzoco said. “You could see that she really liked working with kids, always giving them encouragement and



helping to build their confidence.”

The top 10 finalists are currently performing on tour and this month Alfonso will be making three of those tour stops in her native New York State with Huntington, Long Island being her hometown show Saturday, November 7th. The other two New York tour stops will include Brooklyn on November 10th and Buffalo on November 20th.

In our exclusive [celebrity interview](#), Alfonso gives us the inside scoop on the show, her expectations for her Long Island homecoming tour and her ultimate goals for the future.

## **Long Island Star Reveals Her Struggle To Make It To The SYTYCD Finals in Our Celebrity Interview**

**What’s the difference between the work you do on the tour and the work you did on the show?**

The only difference was that there was so much more pressure to be on TV. I was being judged and didn’t want to let anyone down. On the tour, we can work on our routine and make it better and better each time.

**Related Link:** [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

**Can you tell us about your journey through SYTYCD?**

I was around 18 years old when I first auditioned and I was just going for the experience. Unfortunately, I didn’t make it through. The year after that, in season 2, I made it all the way to Vegas but didn’t make it any further. After that, I took a two year break to work on myself to keep training and practicing. On Season 5, I auditioned again to see how I improved but I got cut again. I decided I needed a longer

break to figure out who I was as a person and took time to tour with my company. When I auditioned for this season, they were more open to different looks and new styles so I think they saw something exciting in me, finally. I auditioned four times before I made it.

**Did you feel like this was your year?**

Yes, even before I auditioned I was saying to myself that I'll give it a shot and just see what happens. When I made it straight to Vegas I was so excited. I knew that I needed to push myself. This season, I never stopped training myself no matter what. I wanted to send a message to everyone that your dreams are always a possibility.

**You're a dance teacher to many students. What is it about teaching dance and working with students that you enjoy most?**

I love kids because they're just experiencing everything and are just trying to find who they are as a person. They're like sponges trying to take in everything and their smiles show it. When they start to realize they're drawn to something it's exciting to watch how hungry they are for it. I want to teach them how to find themselves as a person and to grow from their style, not just as dancers but as people.

**Related Link:** [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Existent"](#)

**What does it mean to be a finalist on tour?**

I'm just hoping for my two favorite goals to be accomplished: being a [Justin Timberlake](#) dancer and Janet Jackson dancer. I'm also excited to go on tour to explore new areas, especially Canada since I've never been there. I love learning about new cultures.

**Do you have any tips for future contestants?**

Don't be afraid of who you are and don't let anyone change who

you are. You want to show everyone the true love and worth of yourself.

**We are a relationship site, so we need to ask: are you currently in a relationship with anyone? And how does that fall into the mix of your busy schedule?**

Yes, I am currently in a relationship. I think as long as that person supports what you do and you support them, then you'll be okay. They need to know that you love doing what you do.

*Keep up with Megz on Twitter @MegzAlfonso and [www.instagram.com/megzalfonso/](http://www.instagram.com/megzalfonso/)! You can catch one of the SYTYCD tours by checking out the tour dates [here!](#)*

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## **Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice**





By Mackenzie Scibetta

If you're looking for guidance or direction in your life then listening to the unapologetic and uncompromising lifestyle coach Laura Baron may be just what you need. With a background in television, Baron has appeared on countless reality TV shows such as *Bad Girls Club* and *You're Cut Off*, giving contestants a taste of her own philosophy regarding career tips, relationship advice and family affairs. Baron is returning to the small screen as a [relationship expert](#) on Oxygen's new show *Fix My Mom*, which premieres tonight at 9/8c, where she will tackle the issue of complicated mother-daughter duos who need serious help mending their bond. In our exclusive celebrity interview, Laura Baron offers her professional take on reality TV, dating and divorce.

## **Timeless Relationship Advice from Reality TV Life Coach**

**In your experience, where have you found that women are most in need of a life coach? And, at what age do you feel this is**

**most common?**

My private clients range from late twenties to late forties. They're usually at a transitional point whether it be in a relationship and love, a job, or getting back to who they really are. A woman reminding herself of her true value is often the underlying theme. But any age and any time is the right time, as long as she's ready to do the work!

**Related Link:** [Relationship Advice on Financial Infidelity](#)

**One of the mother-daughter groups faces a problem because the mother is dating younger men. What advice do you have for mother's who are on the dating scene and don't want to upset their children?**

This shouldn't be about upsetting the children, this should be about setting expectations that EVERY member of the family deserves happiness. I don't subscribe to the idea that mother's should put their lives on hold to satisfy their kids. It's strengthening for kids to see that mom is also a woman and there is life outside of the family. They will grow up with less guilt that their mom sacrificed everything and less obligation to be her sole support. In the process, moms can have open discourse to assure their kids understand she's not looking to replace them or their father, but merely looking to add more love and support into their lives.

**When is it the right time for a parent to start dating again after a divorce or tough break-up? And, how do they ease back into it if they have been out of the dating game for a long time?**

The time is right when that parent feels ready. It's not about the action of going out to date, it's about the communication at home to make sure the kids feel safe and loved. They can ease back in by starting to have more social times with their same sex friends. Establishing a social life outside of the home is often the first hurdle parents have to get over. Then,

get open and say hello.

**We see it time and time again, women settle for second best and end up in unhealthy relationships. What is the one piece of advice you would give to someone to help them avoid or break this pattern?**

To avoid getting in a toxic relationship, before you date others, date yourself. People who get into sub-standard relationships are looking to fill a need. Get honest with what you're working with, so you can both better take care of yourself and also look out for where you're letting someone in for the wrong reasons.

**Related Link:** [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"](#)

**What are three red flags (not obvious ones) that a woman can look for to know whether or not she is in a toxic relationship from the very beginning?**

1. Pattern of control. Unhealthy partners want to control you and it usually starts small. You deserve authority over all decisions you make.
2. Rude behavior. How people treat others who cannot ultimately 'benefit them' (i.e. waitstaff) is who they ultimately are. Someone who is comfortable belittling or being rude to another human regardless of their perceived status is going to eventually treat you the same way.
3. Woman power. There are men who love women and men who do not. You can tell by how he talks about women, treats the women in his life, and ultimately how he treats you. Choose a man who loves women, that simple.

**What is the best lesson viewers can take away from watching Fix My Mom?**

Change is not limited to these women. Yes, they worked their tails off. Please allow that dedication to inspire you, that

ANY RELATIONSHIP CAN HEAL, as long as both people are committed. And as long as women support each other ANYTHING IS POSSIBLE!

*If you want to read more about Laura Baron or receive more advice then check out her website, [www.asklaurabaron.com/](http://www.asklaurabaron.com/) or follow her on Twitter @asklaurabaron and [www.facebook.com/asklaurabaron](http://www.facebook.com/asklaurabaron). Don't forget to tune into Fix My Mom tonight on Oxygen at 9/8 c.*

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## **Celebrity News: Khloe Kardashian Asks Brothel Owner to Show Respect As Lamar Odom Lays Unconscious**







By [Katie Gray](#)

In the latest [celebrity news](#) regarding the tragedy of Lamar Odom being in critical condition, Khloe Kardashian has asked the brothel owner where Odom was found to “show respect” as Odom lay struggling in the hospital. According to [UsMagazine.com](#), the brothel ranch owner has been speaking with a variety of media outlets, divulging details about Odom’s stay and how much money he spent while there. Khloe and Lamar are going through a [celebrity divorce](#), but they clearly still care deeply for one another. Perhaps they will reunite as a [celebrity couple](#) one day!

**This tragedy has been all over the celebrity news. What are some ways to stand up for your partner amidst tragedy?**

**Cupid’s Advice:**

When tragedy strikes, it's important to be there for your partner more than ever. That includes standing up for them in all situations. Cupid has some advice on how to stand up for them during hard times:

**1. Support system:** In hard times, be a support system for your partner. This means lending a shoulder for them to cry on, allowing them to vent and accompanying them where they go when necessary. This also involves being accessible any hour of the day!

**Related Link:** [Celebrity News: Lamar Odom Found Unconscious in Nevada Brothel](#)

**2. Speak up:** If you hear someone spreading rumors and inaccurate information about your partner or the situation, speak up and set them straight. Don't allow people to gossip. Stand up for your partner!

**Related Link:** [Court Confirms Khloe & Lamar Divorce Not Final](#)

**3. Lend a hand:** Always offer to lend a helping hand to your partner. Sometimes it can be hard to accomplish everything you would normally accomplish when you're going through a tragedy. Therefore; pick up the slack for your partner to help them maintain some normalcy in their routine.

**How have you shown your partner support through hard times and stood up for them? Share your stories below!**

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## **'The Ex and The Why' Producer**

# SallyAnn Salsano Says Everyone Has Been in “Some Kind of Screwed Up Relationship”



Interview by [Lori Bizzoco](#). Written by Liz Kim.

Nothing has changed the history of television programming quite like reality shows, and one woman who has dominated in this area is SallyAnn Salsano. Her creative instincts and love for TV led her to create 495 Productions (named after the expressway where she grew up in Long Island), which was responsible for the pop-culture phenomenon *Jersey Shore*. Her repertoire, which stretches back to 1998, goes far beyond guidos and spray tans though. She's also produced hit shows

for ABC, VH1, Paramount, and FOX, to name a few.

**Related Link:** [‘Jersey Shore’ Creator SallyAnn Salsano Dishes About Love in Italy](#)

Despite all of her years in the business, she’s still surprised at which shows make it big. “Personally, I miss strict dating shows like *Change of Heart* and competition-elimination shows,” she shares. “I think all shows just go through phases and everything has its day, but it’s on a rotation. People always ask us what’s next in terms of reality television, and I tell them that it’s not up to the producer or the network; it’s up to the audience.”

With that thought in mind, MTV is broadcasting a different kind of dating show *The Ex and The Why*, premiering tonight. It answers the question: *What if you could revisit the person who broke your heart and gain some closure?* The twist is that the exes have no idea why they’re there. “There are those scenes when the exes’ jaws are on the ground, and they are in shock and disbelief.” Whatever the subject, Salsano says that the secret to a reality show’s success is ultimately its relatability and *The Ex and The Why* touches on a subject sure to make anybody who has ever had a break-up take notice.

Salsano feels that the need for closure is unique to the younger generation. In some cases, the couples on the show have been separated for years, and yet, one of them still can’t move on. “We’ve all been dumped or have dumped somebody, but for whatever reason, teenagers and people in their early 20s always want to know why.” She credits this to how easy it is to “stalk” your ex on Facebook and other social media. “They need answers,” she says. “I’m 40, so if it’s not working for me, I don’t need closure. The closure is, ‘I kind of don’t want to be with you anymore!’”

**Related Link:** [Four Telltale Signs He’s Not The One](#)

The producer adds that many of the people who seek out their exes have reinvented themselves in hopes that the changes will allow them a second chance at love. Some just want to see if they could be together again, and unfortunately, some walk away knowing that their exes have no interest in making a relationship work. It's these very real moments that keep viewers glued to the screen. "I feel that, when you decide to produce a show, it has to be about something you've done or you've dealt with. I feel like we all get caught up in relationship shows because everyone is in or has been in some kind of screwed up relationship, and that's just normal."

This desire to alter one's image or lifestyle after a breakup is common, Salsano says. "I've been in relationships where, once it was over, I think, 'You know what? It might have been me.' I have my own hangups, my own stuff going on, and now, I feel like if he saw me, he would think differently about me."

Some of the people on *The Ex* and *The Why* who want to get back together admit that they've cheated in the past and confess to other mistakes. "But they want to show how much they've changed, that they're not the person they once were, and that they want another chance. Some of the exes are too scarred to want to try again, but others are moved that this person is admitting to their mistakes on television and professing their love to the world."

**Related Link:** [Celebrities Who Have Gotten Back Together After a Cheating Scandal](#)

Salsano says she tends to keep her past in the past. "I keep in touch with one of my exes, and it was one of those cases where we were really young and it didn't work," she explains. "Do I have a desire to go back and make it work? No. Are we completely friends now? Yes."

Although she is currently in a happy relationship, she says that her boyfriend isn't somebody who she could have seen

herself with. The trick to making a relationship work is to find somebody during the right phase in your life. "I am not home a lot when I'm filming, so I needed to find someone who only knows me in that way," she says. "In previous relationships, I was making the transition from being on the road once in awhile to being home once in a while. It was tough. The guy I'm dating now understands this. He has his things going on, and I have my things."

No matter how understanding you are of each other's schedules, quality time is still key. "We make each other a priority and make sure we see each other, and if that means I have to fly across the country to have dinner, I do that."

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

After working on so many reality shows and watching a lot of relationships crash and burn, it's easy for Salsano to be jaded and doubtful about love. But she still believes in putting yourself out there and taking a risk. "Don't hold back," she encourages. "If you're looking for love and you want to know what could've happened, well, you have to ask! You can't sit in your house and talk to your friends about it because they can only listen for so long. And you can only stalk someone on Facebook for so long. At some point, you have to get up the guts to go out there and make it happen."

*Be sure to tune in tonight to The Ex and The Why on MTV at 6/5c. You can keep up with Salsano's many projects on Twitter @sallyannsalsano!*