

Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire



By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes

it much more likely to be something that they pick.”

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

Check out Frigidaire on facebook.com/Frigidaire?fref=ts and Twitter @Frigidaire for more information.

For more videos from CupidsPulse.com, check out our YouTube channel youtube.com/user/CupidsPulse

Niecy Nash Says That “You’ll Manifest What You Believe” When It Comes to Love





By Kerri Sheehan

Finding true love is never an easy feat, but Niecy Nash knows how to make it happen. The host of “Let’s Talk About Love” on Yahoo! believes that humans are programmed to be in a relationship, yet the way women think nowadays limits their opportunities to find happiness. “You’ll manifest what you believe. If you believe that all men are dogs and that you’re the bottom of the barrel and have to take what you can get, then that’s what’s going to be handed to you.”

Related Link: [Niecy Nash Explains Why ‘It’s Hard to Fight Naked’](#)

It’s no secret that falling in love herself has been a recent highlight in her life. As the newly-minted author explains, “The fact that I’m in love with love makes me available to try. It makes me available to want to be better.” To encourage other women to adopt a similar attitude, she filmed her 2011 wedding to husband Jay Tucker for a TLC special called *Niecy Nash’s Wedding Bash*. For her, the decision to do so was easy: “I knew so many women who were my age and single after

having been married, and they said, 'I'm just going to focus on the kids. I'm not going to worry about love anymore.' I wanted to show them that you can get a do-over. And it can be better the second time around!"

It's difficult for some people to adopt such a positive attitude, but for Nash, it's just part of her personality. "Being a no-nonsense, straight-to-the-point type of person is who I am. It's who I am as a parent, who I am as a lover, who I am as a friend." And when she does get down, she usually bounces back quickly. "I'm very happy that I have a resilient theory and a resilient heart when it comes to love."

The funny lady ensures that her marriage is a happy one by "celebrating *everything* and celebrating often" with Tucker. "Aside from birthdays and Christmas, we celebrate when we had our first date or even the first time we went to a certain restaurant." She adds that finding time to laugh every single day helps keep their spark alive and their love fresh.

Related Link: [How Can Jennifer Aniston Make Her Love Last?](#)

Another way that she keeps her commitment strong is by surrounding herself with people who share her values and lifestyle. "When you're married, you have to have a support system. You can't just be married and still hang out with all of your single friends – that's going to be problematic. You have to have people around you who are committed to the same things as you." For the actress, that means spending time with best friend and co-host of *The View* Sherri Shepherd and husband Lamar Sally. In fact, the gang had just gotten together for a double-date when we spoke to Nash.



Of course, Nash's life isn't all about love – she's got a hot career to focus on too! TV Land's *The Soul Man* got picked up for a second season, and she's reprising her role as Lolli Ballantine, the wife of Cedric the Entertainer. She's also starring in a new show called *Getting On*, which premieres on HBO in July.

There's no doubt that there will always be a lot of love and laughs in this newlywed's life.

You can purchase Nash's new book It's Hard to Fight Naked on Amazon. To keep up with the actress, follow her on [Twitter](#) @NiecyNash and Instagram www.instagram.com/NiecyNash1/. Be sure to check out her website <http://www.niecynash.com/> too!

Maitland Ward of 'Boy Meets World' Believes That "Friendship, Trust and Laughter" Make for a Strong

Relationship



By Petra Halbur

Maitland Ward first won our hearts in the 90's as Rachel McGuire on the hit show, *Boy Meets World*. Though Rachel caused a few love triangles, we adored the towering red head for her quirkiness, lovability and strength. Thirteen years after the series finale, Ward still speaks highly of her character. "I loved that she was smart and tough yet had a heart of gold. She was someone young girls could look up to."

Since the show's conclusion in 2000, Ward has has met the love of her life, continued to establish herself as an actress and, most recently, reunited with her former castmates at the ATX Television Festival. "It was like no time had passed at all," the California native reflects. "We hadn't all been in the same room together since the show ended, so it was so great to

see all these people who I worked with for so long. My cheeks hurt by the end of the weekend from all the laughing and smiling.” The experience stirred up fond memories of the *Boy Meets World* set too. “Working with them was a blast, and I think it showed on screen.”

She affectionately adds, “These people will always be like family to me.”

Related Link: [Tabatha Coffey Says That Staying True to Yourself Is Important In All Aspects Of Life](#)

Of course, viewers are already gearing up for an on-camera reunion of *Boy Meets World*'s cast in the highly-anticipated spin-off, *Girl Meets World*, which is scheduled to air on the Disney Channel next year. The new show will follow Riley Matthews, the daughter of *Boy Meets World* characters, Cory and Topanga Matthews, and her best friend Maya. Ward is full of praise for the young actresses, Rowan Blanchard and Sabrina Carpenter, who play Riley and Maya respectively. “The little girls are so unbelievably adorable. I know they are going to be breakout stars for Disney.”

While the actress was reluctant to disclose plot details, she assures us that the pilot is “amazing” and that we can expect to see more of our favorite characters from the original hit show. “Creator Michael Jacobs made a point of saying he wants to integrate the old cast as much as possible, so I’m excited to see what happened to Rachel, Jack Hunter and Eric Matthews. Jack and Rachel left for the Peace Corps in the last episode, and it’ll be interesting to see if they are still together. Matthew Lawrence and I were joking at the festival that Eric would’ve never left Jack and Rachel alone. He probably came after us in Guatemala or wherever we ended up.”

Before being Rachel McGuire, though, Ward spent three years playing Jessica Forrester on *The Bold and the Beautiful*, an experience she now sites as inspiration for a script she has

written. "It's a crazy, *Bridesmaids*-style comedy about a washed-up former soap star who will stop at nothing to get her career back," she shares. "She finds out her old fan club president (who she treated like garbage and nearly ruined) has made good and become a big time producer with a hot new TV show. So she hunts him down and wants him to give her the starring role. There's a dark twist, but I won't give it away just yet. It's a lot of fun!"

Luckily, life doesn't imitate art when it comes to Ward's personal life. She's been married to hedge fund manager, Terry Baxter, since 2006, which is quite a feat in Hollywood. Though the happy couple tend to stay out of the spotlight, she confesses that her romantic relationships haven't always been drama-free. "I had a few love triangles when I was younger. Nothing like Rachel, Jack and Eric, but nevertheless, they always got messy." When asked if playing Rachel taught her anything about love, she reveals, "It's probably not the best idea to be involved with two best friends who you live with, but, hey, it was fun! Being open and honest about things is probably the best advice I could give about that situation."

Related Link: [5 Conversations Every Couple Should Have Before Getting Married](#)

The auburn-haired beauty says that the key to a successful relationship is a strong foundation. She and Baxter met on a set when he was visiting someone else, and the two began a friendship that eventually developed into something more. "If you can't be best friends, then it'll never work in the long run. You have to enjoy spending time with that person. A sense of humor is important too. I love to laugh, and having someone who makes me laugh is the best," she says. "I think that's why it's lasted. We started with friendship, trust and laughter and built from that."

You can keep up with Ward on Twitter @MaitlandWard and www.facebook.com/MaitlandWardOfficial/.

'Anna Nicole' Star Agnes Bruckner Says People "Need to Be Loved, Feel Love and Give Love"



By Kristin Mattern

Agnes Bruckner, well known for her recurring roles on television shows like *24*, *Alias* and *Private Practice* as well as for playing one of the lead roles in [Lifetime's *The Craigslist Killer*](#), is now the star of Lifetime's Original Movie, *Anna Nicole*. Her diligent research in preparing to play

such a character, along with the help of an innovative pair of prosthetic boobs designed by Greg Cannom, enabled her to capture both the Anna Nicole Smith in front of and beyond the flash of the paparazzi cameras. The woman whose ability to make people smile inspired and awed Bruckner, who believes that Smith “loved life.”

Anna Nicole follows the story of Smith (born Vickie Lynn Hogan) from a Texas high school dropout and single mother dreaming of a better life to a stripper who shockingly marries oil tycoon J. Howard Marshall (played by Martin Landau), 62 years her senior. Smith’s Hollywood career takes off when she becomes a centerfold for *Playboy* and models for Guess. Sadly, her life begins to deteriorate after her husband passes away and her partying, yo-yo weight fluctuations, drinking and ceaseless pill-popping catch up with her. Deprived of financial support, constantly in and out of court over Marshall’s estate and still hungry for the limelight, Smith decides to launch a reality show about her life. The starlet enjoys a brief upswing, but when her son Danny dies of an overdose while visiting her in the hospital after giving birth to her daughter, a grief-stricken Smith falls hard into her self-destructive ways and dies of an overdose herself a year later – an end eerily similar to her idol Marilyn Monroe.

Related Link: [Short Term Celebrity Marriages \(Learn From Their Mistakes\)](#)

The movie avoids focusing too much on Smith’s silly side, though Bruckner promises there are plenty of “hot mess” moments in the movie. Instead, the heart of the film focuses on where the model came from, how she grew up and her relationships with her son and husband. “I think it came together,” the 27-year-old explains. “We found the perfect balance of fun, goofy wild traits and the heartfelt, human characteristics. I think that a lot of times we saw her as someone who wasn’t a real person. For the film, we definitely

wanted to show all of her.”

To physically transform into the blonde bombshell, Bruckner had to undergo four hours of makeup and the application of faux breasts that took her from a B to a DD. After the experience, the tomboy says, “I took a little piece of Smith away with me. She made me realize that it’s okay to be girly.”

As we eagerly await Bruckner’s portrayal of the tragic star and her relationship with Marshall, everyone wonders if Anna Nicole was just in it for the cash when she married the octogenarian oil tycoon. In the actress’s opinion, however, there was more than money tying this couple together: “I really think that they had something for each other. I think he wanted companionship, love and joy in his life, and she gave those aspects to him with her charisma and love for life. She never really had a ‘father figure’ or a good relationship with her family, and this guy showed her love and treated her the best she’s ever been treated. I do think they both had something for each other and they kind of came together.”

And what about Marshall? “He really did love Anna so much,” she adds. “His eyes lit up when she walked into a room.”

Related Link: [Can People Really Fall In Love Too Fast?](#)

Bruckner calls the people who surrounded Smith after Marshall’s death “enablers” who did nothing to stop her boozing, drug habits and over-exposed lifestyle. “I think she put people in a sort of trance,” the California native shares, “especially men. Besides her son, there weren’t any men who were really there for her.”

Bruckner’s favorite moments were when she was filming scenes that depicted the struggle between Anna Nicole as a struggling mother and the relationship with her son. She notes that Smith and Danny really had a “special relationship, and there was so much love.” To Bruckner, Danny was more than a son; he was Smith’s rock and best friend.

During her time on the *Anna Nicole* set, Bruckner says that she realizes how fortunate she is to have friends and family who care about her career, health and happiness. This is what keeps her grounded.

Regarding her love life, Bruckner seeks someone who is a potential partner. "I look for someone who is honest and fun," she says. "At the end of the day, what matters is being with someone you have strong feelings of love for. As a human being, we need that. We need to be loved, feel love, and give love. I think that is so essential."

For more information about Agnes Bruckner and the upcoming Lifetime Movie [Anna Nicole](#), which premieres Saturday, June 29th at 8pm ET/PT, follow her on [Facebook](#) and [Twitter](#)!

Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage





By Marisa Spano

Imagine inviting strangers into your home to observe your first year of marriage and allowing millions of people to watch the honeymoon stage of your love life. Newly-minted reality star Blair Underwood can tell you a thing or two about that experience – all good things. Underwood and his spouse Jeff Pedersen were all for having cameras follow them around as they transitioned into married life.

Of course, reality television was a familiar world for the couple: “I first met Jeff when I was working on a reality series for Melanie Brown from Spice Girls,” he explains. “A producer friend who hung out with us commented that we were a really odd couple.” A year later, they got engaged, and that same friend suggested that they audition for Bravo’s new documentary series, *Newlyweds: The First Year*. They soon got a call from the network, and after an extensive three-month background check, they agreed to be part of the show.

Related Link: [EXCLUSIVE: Jill Zarin Says, “Women Can Have It All, But Not All At The Same Time”](#)

So why did these lovers decide to showcase their new beginning? "It was done by a very prominent documentary team who had won Oscars and Emmys, so knowing that it was a style of show that hadn't been done before definitely influenced our decision," says Late. "Plus, we were the only gay couple on the series and the first gay couple to really be featured on a show about marriage. It's a big deal when you consider that gay marriage isn't completely legal yet."

That's not to say that the couple is hoping to be spokespeople for gay marriage. They just want to share their story, a story about "a guy from Texas who has been 'out' for quite a while, who has support from his family, who's in the entertainment business and who is fun, dramatic and just loves life. That same man falls in love with a man from California who's a bit older, who didn't get family acceptance, who isn't in the business of entertainment and who is more responsible." The couple seems to be sculpting a little chunk of history with their appearance on the show.

The amount of feedback and admiration they've received is incredible. In response to whether he thinks their inclusion on *Newlyweds* is impacting public opinion, Late says, "We have opened people's eyes to the fact that domestic partnerships and gay marriages have little if any equal rights to straight marriages. We're certainly educating people." He believes that they're empowering young gay people across the country. "I've had so many people say, 'Oh, I'm just like you, Blair, and I hope I can find a Jeff someday.'"

Some would argue that couples often suffer from a failed relationship when they are cast into the reality show spotlight. However, Late says that the show actually *helped* their marriage. "We were forced to discuss certain topics and to put things on the table because of the cameras."

Even though their personal thoughts and problems were viewed in public, it never made the duo feel uncomfortable. "I try

not to regret anything that happened or be embarrassed about it. Sure, people complained about us talking about our sex lives on television, but maybe it won't be such a weird thing for gay men to do in five years."

For Late, his view on relationships was affected by his parents' divorce. "It had a negative psychological impact and made me feel more needy and have a fear of abandonment. One thing that I've really focused on this year is figuring out what triggers me and what makes me a little more dramatic sometimes."

Related Link: [What Does Unconditional Love Look Like?](#)

"My parents' divorce made me realize that I only want to get married once," he adds.

It's easy to see that Late's love life is going well, and he appears to be having success in his career too. He's found fame as a songwriter, actor, television presenter and pop singer – he'll soon be performing his new single "Love Calling" in San Francisco. Additionally, he's working on his own cardigan line called Crest and Letters. And, of course, he'll be appearing on tonight's final episode of *Newlyweds* as well as on *Watch What Happens Live* with Andy Cohen after the finale airs.

We can't wait to see what he does next!

For more information about Late, visit his [Facebook](#) and [Twitter](#) page.

Royal Young Explains Why Fame Isn't Everything In His Memoir 'Fame Shark'



By Marisa Spano

There is something special about Royal Young, and it's not just his name. Perhaps it's his hefty quantity of charisma and understanding of the world around him. The 28-year-old writer was born Hazak Brozgold to a Jewish family on New York's lower east side. He spent much of his young life looking for a spotlight, and now that he's finally got one, he's urging people to understand the downsides of fame.

To the American culture, fame means money, mansions and adoring fans. Most people think of the perks instead of the

downfalls. But is fame a good thing? That's the very question that this author and [Interview Magazine](#) writer answers in his recently-released memoir, *Fame Shark*. Young's memoir outlines his past obsession with being famous and uses his history to illustrate to young people why a fixation with celebrity can be damaging. When CupidsPulse.com chatted with Young, he opened up about initial resistance to his memoir, the story behind his name and his new perspective on fame.

At what moment did you realize that you wanted to write a memoir?

When I was 18 years old, I was kind of crazy. I was drinking a lot and chasing all of these different means of getting attention instead of looking for love from my parents and relationships in general. One of the ways I was doing that was modeling. I met some shady people in that industry, but I also got to meet someone amazing at Wilhelmina. I sent him some of my writings and photos of myself. He sat me down and was like, "Dude, I read your writing, and you have a real talent here. You can keep being a crazy downtown New York City kid and messing up your life, or you can write a book. I think you have that in you." That was the first time I had heard that from anyone. I was so excited by it that I actually started a very tiny piece of *Fame Shark* right then and there.

Related Link: [Amanda Bynes: When Help Is Needed But Not Wanted](#)

What was the initial reaction to your book?

Honestly, it was hard. So many people were very skeptical, and I dealt with a lot of rejection and resistance. But for me, being so young is kind of the point of writing the memoir. I think we live in a culture that is very obsessed with celebrities and very obsessed with youth, and I think that can be taken to a dangerous extreme. Writing a book like *Fame Shark* at a young age is kind of a comment on that culture.

Are you still obsessed with fame? If not, what changed for you?

It has definitely changed. When I started writing the book, I was still under the kind of weird, narcissistic delusion that the book itself would be my final catapult to celebrity. However, writing a book doesn't really work that way because it's such hard work and there's so much rejection. I have worked incredibly hard for seven years as a journalist – that delayed gratification was so helpful to me in terms of these disillusionments. Do I still want to be famous? No. Do I still want to be successful and visible? Do I want my work to get to the largest audience possible? Absolutely.

In your book, you have an infatuation with Winky, a 14-year-old girl you meet on MySpace. She's the one who gave you your name, Royal Young. Tell us about that!

Winky had nicknames for all of her *Gossip Girl*-type, upper Westside friends. She would call us "The Lost Boys." It felt awesome – she was like this weird Wendy figure, and I was like a drunk Peter Pan. It felt great to be a part of that and be saved from my horrible Hebrew name, which always set me apart and made me feel like an outsider. I legally changed my name eight years ago, and it changed who I am. Even my old friends call me Royal now. It's a persona and a personality that I have grown into and that I feel so comfortable with.

Related Link: [The Pros and Cons to Taming a Bad Boy](#)

You say that you went to art school to live out your father's dreams of becoming a famous artist. Do you feel like you were living your father's life instead of your own?

I certainly felt that way. I think the peril of trying to fulfill someone else's fantasies is that you really end up resenting them. That's something that my dad and I had to work through, but what's so cool now is I feel like I am in a position to help him. My dad's images are in the hard copies

of the book. So in that sense, I am still connected to my dad's dreams. I still want to help him live them out, but I'm not the one who is doing the living – he is.

What advice do you have for young people looking to be famous?

Don't do it! Get rid of your grand ideas; get paparazzi, flashbulbs, money and all of that out of your mind. Just enjoy your life and work hard at your passion. I think it's so important to stay grounded and really keep those connections to friends and family. Work on those key relationships in your life because that'll help you; pursuing a path of solitary success is very dangerous and scary too. Focus on knowing yourself before you go out into the world.

And finally, what's next for you?

I want to go silver screen. I want *Fame Shark* to have a red carpet premiere. I'm negating everything I just told you! I really do see *Fame Shark* as an evolving brand though. When it started off for me, the definition of fame shark was someone who is so lonely that they mistake success or being a celebrity for love, and now, I feel like that's changing. Now, it's about tenacity; it's about hard work and hustle. So I would love to see where that goes next. I'm also working on a novel.

Fame Shark is available now on Amazon. You can follow the author on Twitter @RoyalYoung

Jill Zarin Says, “Women Can

Have It All, But Not All At The Same Time”



By [Lori Bizzoco](#) and Marisa Spano

America watched the zesty and talkative redhead on *The Real Housewives of New York City* for four seasons as she threw sophisticated parties and worked for her husband’s fabric shop. While we may not be seeing her on a feisty Bravo reunion again, she’s still making a name for herself. She took a quick break from her hectic schedule to share some advice with CupidsPulse.com on how she manages to juggle it all.

Zarin is definitely one woman who seems to have figured out how to balance her family, career and social life. So we asked her opinion on one of the hottest topics in the news today: Can women really have it all? The former reality star believes that women “can” have it all but

goes on to admit that “you can’t have it all at the same time.” She knows firsthand that you need to prioritize. “Maintaining a marriage is the most important thing because the truth is that children grow up and leave home.”

Related Link: [Celebrity Women Who Built Business Empires With Their Husbands](#)

As most viewers know, Zarin has a close bond with her college-aged daughter from her first marriage, Ally Shapiro, and a loving relationship with her husband, Bobby, whom she married in 2001 after five years of dating. But the *Housewife* tells us that having a strong marriage wasn’t always her priority. Over time, she’s learned to be mindful of her husband’s needs. “The priorities in my life are constantly moving around,” she says. “I know when Bobby doesn’t like being in the back row, so I move him quickly to the front row. He’s the first one to get a ticket. If he wants to move his seat, he can move his seat anytime he wants.”

When asked if there was other advice or tips she’d give women to help them have a successful marriage, she says that “being present” is very important. “Nowadays, relationships are so complicated by electronics. It’s difficult to sit down for dinner because you’re dying to see that text or e-mail that you’ve been waiting for.”

Related Link: [Is Your Perfect Man Criteria Keeping You Single?](#)

Of course, when Zarin was growing up, technology was much different. Her house had only one screen: the television. Now, screens are everywhere – on computers, tablets and smart phones and in the living room, bedroom and even the car. It’s no surprise that these “screens” affected her parenting skills. “I don’t think that I was present a lot of the time for my daughter. I was home, but I wasn’t present,” she candidly admits. “My daughter would come home from school, and I’d be on the phone. My daughter would want a snack, and I’d be on the computer. I was always like, ‘Just wait one minute, one minute, one minute.’”

She feels that technology has a big impact on dating and relationships too. “There are a lot of things that can make dating challenging, and our

phones and computers are two of them,” she shares. “People are uncomfortable with verbal communication nowadays.” That’s one strict rule that Zarin has taught her daughter: don’t date through text.

Related Link: [Five Reasons Why Men Text Instead of Call](#)

Currently, Zarin is working on a relationship with herself and taking her own “spiritual journey.” One of her commitments is to be present as much as possible. This means that wherever her feet are placed, she needs to be in that moment. “If I’m at home, I shut everything off. My feet are there, and that’s where my mind needs to be too.”

Still, the reality star doesn’t plan on slowing down anytime soon. She’ll be promoting her Skweez Couture shape wear line on QVC this month, and she’s filming an *Open House* segment at her new home in the Hamptons. She also has a line of beautiful baubles called Jill Zarin Jewelry Collection.

Zarin is certainly focusing on the good stuff!

For more information about Jill Zarin, follow her on [facebook.com/jillzarin](https://www.facebook.com/jillzarin), Twitter @Jillzarin, or check out her website, <http://jillzarin.com/>.

Best Selling Author Sylvia Day Discusses Crossfire Series, Love and Having it All



By Nicole Cavanagh and [Lori Bizzoco](#)

#1 New York Times Best selling author, Sylvia Day chats with CupidsPulse.com about her new novel, and shares where her inspirations come from. A true romantic herself, Day knew she wanted to be a romance novelist when she was just twelve years old! She speaks about current trends between relationships, love, and reading and tells us how she wants to spread her message about happy endings. Plus, find out about her newest project, the upcoming groundbreaking collaboration with Cosmopolitan and Harlequin. Day believes women really can have it all and reinforces pursuing your dreams both in life and in love.

For more videos from CupidsPulse.com, check out our youtube channel, www.youtube.com/user/CupidsPulse

Tabatha Coffey Says That Staying True to Yourself Is Important In All Aspects of Life



By Kerri Sheehan

Australian hairstylist, salon owner and television personality Tabatha Coffey sure has a solid resume. She has been in the hair industry for over 30 years, and in 2007, she was voted the first ever Fan Favorite on the Bravo network's reality series *Shear Genius*. Since then, she received her own spin-off

series, *Tabatha's Salon Takeover*, in which she helps failing salon owners turn their businesses around. After three successful seasons, Coffey has moved on to sprucing up a variety of small businesses on her newest reality television endeavor, *Tabatha Takes Over*.

"I just had such an overwhelming, positive response from everyone writing to me and saying, 'I really love what you do. I wish you could help me, but I'm not a hairdresser. I really need help with my business.' It seemed like a natural progression to be able to go into other businesses and help them turn things around," says the reality star sensation.

The current season of *Tabatha Takes Over* is the second of its kind, and Coffey hints that viewers will have quite a lot to look forward to. "We still have some salons that I'm going into, and for a lot of people, the salons are still the favorites. We have a lot of non-salons that we're going into as well, and I know a lot of people enjoy that too. It's a lot of fun. There's a nice balance with both." Coffey also alludes to the return of some of the show's alumni. "We may check in with some past favorites," she says.

After seeing her in action, it's no surprise that the hairdresser loves filming the show and helping people turn their lives around. "I get so emotionally invested with every business that I go into that I take the journey with the owners and the employees." Her favorite times on the show are when she is really able to help the business owner and employees turn over a new leaf. "I always enjoy any time that I see success, that I see people turn their business around. When we're able to save a business, that's my favorite because that's ultimately what I hope for every time."

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

Of course, her life isn't all work. Coffey has been in a

committed relationship with her partner for more than a decade. She cites communication as the key to keeping her love a priority despite her hectic schedule. "It's hard for everyone to find a balance because I think we all get so busy and get so into our own things," she explains. "So if I'm travelling, I make sure that I'm sending a text and seeing how everything's going. It's important to check in and not just be concerned with what's going on with me."

As someone who is open about being gay, the television personality shares some tips to anyone struggling to be honest and open about their feelings: "It's easy to become wrought with the fear of having to tell the truth to your family and friends, but you have to really believe in yourself and be true to yourself. It's your life, and you have to live it and be happy with who you are and be honest about who you are. You can't live inauthentically."

Coffey believes that staying true to yourself is vital in every facet of life, especially when it comes to your primping rituals. When asked about hairstyles for different events, she thinks the best rule to follow is to be you. For a first date, she says, "It's great to glam it out a little bit and, you know, put a little bit more makeup on or dress your hair up a little bit, but you should also be true to who you are. If you're going to go overboard and really glam it out and that's just not you, then you're really not letting your date see who you truly are."

Related Link: [Four Dates and a Wedding](#)

For a more glamorous night, like a romantic dinner, she thinks that it's okay to do something fancier with your locks. "I'm sure that the dress you're going to wear is a little bit sexier, and your hair should follow suit."

More likely than not, your spouse has a strong opinion about how they like your hair. "Let's say your guy likes your hair

when it's curly, but that's not your favorite thing. Maybe then, your romantic date night is the time to indulge your significant other. Make sure that you play into their opinion a little more and do what they like." Whether it's wearing your hair up, down, slicked back or with some extra texture, show your partner what he wants to see.

As for a wedding day, Coffey urges readers to not stray from what they know works and says, "Never make a drastic change before your big day!" The weeks before a wedding are always heavily laden with emotions, so a bride may feel like she's being spread thin. Therefore, a major change can lead to disaster. When you feel out of control, the one thing you *can* control is hair, so it's never a good time to change your hair when you're engulfed in emotion. "Stay true to yourself because a lot of brides go crazy and do something that they normally wouldn't do with their hair. When they look at their pictures, they don't even feel like themselves anymore."

You can catch Tabatha Takes Over on Thursdays at 10/9c. If you can't get enough of Coffey on Bravo, you can catch her speaking tour called Meeting with Tabatha, which will begin in Connecticut before it heads to Los Angeles and Arizona. It will give business owners tips for turning their business around and allow them to have an up-close-and-personal questions-and-answers session. You can also follow Coffey on Twitter and Facebook.

Dating Advice: Mario Batali Shares His Tips for Cooking

at Home on Date Night



By [Whitney Baker Johnson](#)

In this exclusive video interview, chef Mario Batali shares his tips for cooking at home on date night and prepares a chicken pasta salad, a recipe that he put a spin on in honor of Hellmann's 100th birthday. Plus, he chats about which of his restaurants is the best spot for a romantic night out, the importance of bringing your family together for dinner and his sons' new cookbook, *The Batali Brothers Cookbook* – which they originally put together as a Father's Day gift!

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

Brooke Burke-Charvet Says 'Dancing With the Stars' Is "Unpredictable and Evenly-Matched"



By [Whitney Baker Johnson](#) and [Sarah Ribeiro](#)

Brooke Burke-Charvet is a star in so many ways: actress, model, *Dancing With the Stars* (DWTS) winner and now co-host. Given her past dancing record (she won season 7), it's no surprise that *DWTS* is something she holds near and dear to her heart.

“I loved the experience of learning how to dance. It was an incredible life lesson. Hosting the show and being such a big part of the *DWTS* family does make me want to dance again, but I doubt that I’d be able to pull off dancing and hosting at the same time!”

As for the current season, the co-host thinks it will be full of surprises until the finale (which airs tonight). “Every couple brings something different to the ballroom,” she shares. “I love how unpredictable and evenly-matched it is this year. On some nights, when I think a certain couple will shine, another couple surprises me. That’s the beauty of the show. At this point, I have no idea who will take home the coveted mirror ball trophy. Even if I had a favorite, I wouldn’t tell you anyways!”

Related Link: [Brooke Burke-Charvet Shares Love Life Secrets](#)

But despite keeping her favorite couple to herself and juggling multiple activities and roles, the most important role seems to be that of being a good mom to her children and wife to husband David Charvet. “We [David] and I try to get out once a week, just the two of us. Our golden rule is that we can talk about anything but the kids. We do a lot of double dates, and we love the local hot spot in Malibu, Nobu, which is only five minutes away from our house. A really important part of our relationship is to carve out that time just for us.”

In addition to balancing her personal life with her hectic schedule, Burke-Charvet has another challenge and it happens during allergy season. Each spring, she’s faced with excessive sneezing, runny nose and itchy, watery eyes. This is not something that fares well in her busy career. Knowing that she isn’t alone when it comes to seasonal allergies, Brooke is partnering with Claritin on the Claritin Clear Challenge to get the message out to others who are going through this. Claritin keeps her healthy while she carries on with her busy

life at home and in the spotlight.

“My allergy symptoms slow me down as a mom,” she reveals. “And it can also be really embarrassing when you’re on television. Claritin really works for me, so I teamed up with them to take their Claritin Clear Challenge and share my story.”

Related Link: [With Claritin, The Difference Is Clear](#)

Of course, Burke-Charvet has faced worse health problems than allergies. Last year, she announced that she had thyroid cancer and underwent preventative surgery. Even so, just like her allergies, she didn’t let her diagnosis get in the way of living a normal life. “All of it was hard, but as a public figure, I have a responsibility to share personal things when I think other people can grow from them,” she explains. “I was astonished to learn how many women have been diagnosed with thyroid cancer and have had thyroidectomies. I hope sharing my story was comforting for those people.”

It wasn’t a one-way street though. “I certainly learned a lot from the exchange on social media. The outpour of love, support and prayers from everyone around the country really helped me manage my own fears, and I’m happy that I was able to control the story and share it. We all learned from one another – that’s why I’m so open and vocal on social media.”

It’s no wonder this strong, courageous and likable woman won *DWTS*!

Be sure to watch *Dancing With the Stars* on ABC tonight at 8/7c to see who wins – and to see how Claritin helps Burke-Charvet stay allergy-free.

For more information about Burke-Charvet, follow her on [Twitter](#) or check out her Web site, [Modern Mom](#).

'Bad Girls All-Star Battle' Host Ray J Says a Bad Girl Is "Confident, Sassy and Independent"



By [Sarah Ribeiro](#)

He may be notorious for being a bad boy, but now, Ray J is hanging out with a bunch of bad girls. The singer, actor and reality television star will be hosting Oxygen's *Bad Girls All-Star Battle*, which takes 14 of the most popular ladies from [Bad Girls Club](#) and pits them against each other,

competing for 100,000 dollars and the title of “Baddest Bad Girl of All Time.”

After appearing on his own show *For the Love of Ray J*, he is once again surrounded by girls – but this time, he says it’s all professional. “Being on a dating show with all these girls trying to be with you is a whole different concept from being on a show with the baddest bad girls on the planet,” he says. “So I looked at it as a new challenge. It’s a step up to me from anything I’ve done so far.”

Of course, it’s no secret that Ray J knows all about bad girls. His history with Kim Kardashian – and their sex tape – is still a big identifier for the singer. His newest single “I Hit It First” is a definite shout-out to Kardashian and her new beau Kanye West.

Related Link: [Kim Kardashian Wears Floral Dress at Punk-Themed Met Gala with Kanye West](#)

One thing has changed though: Ray J can now tell who’s a bad girl and who isn’t. According to the musician, a bad girl is “a girl who never gives up, who is confident in herself, who has been through things. Maybe she’s been knocked down and got right back up. She keeps fighting and keeps moving forward. And a true bad girl has been through some tough things but is still a winner and continues to go on with her life as a champion.”

His new gig on *Bad Girls All-Star Battle* has even shown him that every bad girl has a good side too. “Some of these girls are coming on this show to win this money for real positive reasons. There is a single mom trying to win the money to help her daughter have a better life. Another bad girl is trying to help her brother get out of foster care. It’s a great show with challenges, but there’s also some real substance.”

It’s this substance, he says, that helped him become a good

host: “You want to know certain things about somebody that you trust and care about. For the show, I had to go deep with the questions. I had to really get inside of the girls’ minds and understand their angle, their plan, their emotions.”

Ray J has also grown on a personal level and adds, “It has helped me become more honest with the people around me, so as far as control and authority, I stepped up my game a thousand percent.”

Related Link: [The Pros and Cons of Taming a Bad Boy](#)

Because of this new truth, he has a lot of respect for his “bad girls.” He believes it takes strength to be bad and that being bad doesn’t mean, well, being *bad*. “I think a bad girl comes from within,” the host explains. “I don’t think a bad girl is a bad thing. I think it’s just a girl that’s confident, sassy and independent. If you’re a good girl or even a great girl, you can still be strong. You can still believe in yourself and stand up for what you believe in.”

Oxygen’s Bad Girls All-Star Battle premieres on Tuesday, May 21st at 9/8c. You can keep up with Ray J on [Twitter](#) and his personal site www.rayj.com.

Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life





By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha "Sami" Brady on NBC's *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, "My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book."

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as "self-effacing, smart, funny, and most importantly, willing to grow and learn" and says, "I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way,

but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

Related Link: [Alison Sweeney: “I Stay Healthy For My Kids, My Husband and For Me”](#)

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she’s struggled with her weight in the past but now believes that it’s most important to “want to make a change and commit to living a healthier lifestyle. It’s about making the best choices each and every day.”

For readers struggling to take control of their weight, she offers this tip: “I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you’re not scrambling when you’re starving. Prepare healthy snacks and meals to get you through your day.”

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. “I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do circuit training with weights.”

While we may know Sweeney as an author, actress and host, at home, she’s happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: “I’ve found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule.”

That means that when she’s home, she focuses completely on her

family. To keep her marriage strong, she says, “Dave and I make a point to have time to ourselves, even if it’s only going for a hike or watching a movie. This time together enables us to keep our connection strong.” They even have date nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

Related Link: [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, “The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is

heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

You can purchase *The Star Attraction* on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).

Owl City's Adam Young Says Fame "Puts Pressure" on His Love Life



By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his new partnership and his love life.

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

Celebrity News: 10 Hot Latin Celebrities





By Jennifer Harrington

It's no secret that the influence of Latino celebrities is growing every day (Latino celebrities have 600 million followers on Facebook and Twitter!). And with a new South American pope in office, Cinco de Mayo quickly approaching, and frequent news coverage of the growing Latino population in the United States, we figured it was a good time to look at the hottest Latino/Latina celebrities. Here's Cupid's opinion of who is sizzling!

Jennifer Lopez

Jennifer was born in New York City to Puerto Rican parents, and she's been a staple in the entertainment world for years – as a dancer, actress, entrepreneur, fashion designer, singer, and *American Idol* judge. When J-Lo joined *American Idol* as a judge, it was seen as an important move because the show is very popular with Hispanic audiences, and she brought a kinder, more positive attitude to the show. While she's moved on from the popular show, there's no question she will continue to remain a staple in pop culture.

Related: [Jennifer Lopez Still Believes in the Fairytale Marriage](#)

Alex Rodriguez

Like Jennifer Lopez, Alex was born in New York City. He was raised in a Dominican family and currently plays baseball for his hometown team, the New York Yankees (although he grew up a Mets fan!). In addition to making plays on the baseball diamond, Alex has also been linked romantically to several major celebrities, including Kate Hudson, Cameron Diaz, and Madonna.

Eva Longoria

Eva is a Mexican-American, and best known for her roles on *The Young and the Restless* and *Desperate Housewives*. Her role as the saucy Gabrielle Solis on *Desperate Housewives* may have ended when the series wrapped last year, but Eva remains in the spotlight. Most notably, she was actively involved in President Barack Obama's re-election campaign in 2012, and she even spoke at the Democratic National Convention!

Mario Lopez

Mario is a close friend of Eva's, and like Eva, he is of Mexican descent. Mario is best known for his role as A.C. Slater on *Saved by the Bell*, and in recent years, he's remained in the limelight with an appearance on *Dancing with the Stars* and as host of the daily entertainment program, *Extra*. Recently, it was announced that Mario's family with dancer Courtney Mazza is expanding; the couple is expecting their second child in the fall.

Sofia Vergara

Sofia is a Colombian-born actress, television hostess, and model – and if you watch television, it's hard to miss her. A star of ABC's hit TV show *Modern Family*, Sofia is also

featured in advertisements for Diet Pepsi and Cover Girl cosmetics. Sofia has also made a splash within the Latino community because many wonder if she takes the Latino stereotype too far with her portrayal of loud and boisterous Gloria on *Modern Family* and remarks she made in a 2012 interview with *Esquire* magazine about common Latino stereotypes.

Enrique Iglesias

Enrique was born in Spain, and his father was a well-known singer and entertainer. Enrique established himself as a singer in the late 1990s with songs such as “Bailamos” and “Hero”. He has performed at the Super Bowl, and has been dating tennis star Anna Kournikova for the past decade. Enrique is extremely private about his relationship with Anna, and has even remarked that marriage is not a priority for the couple as long as they are happy and committed to each other.

Penelope Cruz

Penelope was born in Spain, and is well-known worldwide for her work as an actress. She first burst on the scene with films such as *Blow* and *Vanilla Sky* (this movie also sparked her three-year romance with co-star Tom Cruise; the couple allegedly broke up because she refused to embrace his Scientology beliefs). She’s now married to Spanish actor Javier Bardem, and she is expecting the couple’s second child later this year.

Antonio Banderas

Antonio is also Spanish. He was in several high-profile movies in the 1990s, including *Evita*, *Interview with the Vampire*, *Philadelphia*, and *The Mask of Zorro*. He is married to fellow celebrity Melanie Griffith. Today, Antonio does voice work for movies such as *Shrek* and focuses on parenting his daughter, Stella. He’s spoken out about the importance he places on fatherhood by saying that he takes Stella out on “daddy-

daughter” date nights once a week.

Shakira

Shakira is a Colombian singer-songwriter. She crossed over into the English market in 2001 (a native Spanish speaker, she’s fluent in English and Portuguese, and can speak some Italian, French, and Catalan) with hits like “Whatever, Whenever” and “Hips Don’t Lie”. Shakira is featured on this season’s installment of *The Voice* and recently welcomed her first child (son Milan) with her boyfriend, a Spanish football player.

Salma Hayek

Like Eva and Mario, Salma is Mexican-American. She’s known for her roles in films like *Desperado*, *Dogma*, and *Frida* and the television show *Ugly Betty*. She is married to French billionaire François-Henri Pinault, and the couple has a young daughter. Her charitable work over the years has increased, and she focuses her efforts on raising awareness of violence against women and discrimination against immigrants.

What do you think – who is your favorite Latin celebrity, and why? Share your comment below.

Illusionist David Copperfield Keeps His Relationship Magical By Relaxing in The

Bahamas !



By Royal Young

World renowned illusionist, David Copperfield, talks with us about keeping the magic alive, not only when he's performing a show, but in his personal relationship as well. Copperfield, performs over 500 shows a year and has won 21 Emmy Awards. He has accomplished mind-boggling illusions such as walking on the Great Wall of China and making the Statue of Liberty disappear. His newest passion is focused on educating people about the joy of relaxing in the Bahamas. Copperfield who enjoys The Bahamas with his family owns a chain of eleven islands "Musha Cay and the Islands of Copperfield Bay" which he calls the most "magical vacation destination in the world."

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

Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign



By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for

Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

Celebrity News: Actress Brooke Burns Says, “Love Is the Inspiration For Life”





By Sarah Ribeiro

Actress Brooke Burns, who is perhaps best known for her role on *Baywatch*, hits the small screen this weekend in the premiere of Lifetime's made-for-television movie, *A Sister's Revenge*. In the film, she plays Suzanne Dell, a relentless woman seeking revenge on the man who hurt her sister many years ago. "It was a really fun role to play because of Suzanne's single-minded evilness," says the blonde beauty. "She's a rich, layered character who justifies incredible wrongs because of her deep love and devotion to her sister. Her desire to avenge her sister's death blinds her to reality."

Despite this merciless role, Burns tends to focus her career – and her life – on love. She just shot the pilot for GSN's new dating show, *Where Have You Been All My Life?*, which she will be hosting. The show is rumored to be a modern-day version of the popular 70's show, *The Dating Game*, but she explains that the only similarity is that there is one "looker" who is interviewing three bachelors or bachelorettes. "It's different in that we show a timeline of the date's photos from birth to

young adult life,” the host reveals. “The questions are focused on getting to know the person throughout his or her life. We do occasional ‘status updates’ and a ‘friend request’, so the show is congruent with the very popular social media and online dating scene of 2013.”

Related Link: [Online Dating Isn't a Threat to Monogamy – It's a Blessing](#)

Burns says she was attracted to the show because it focuses on the psychology of dating, which is important to someone who is a self-proclaimed hopeless romantic. “I’ve always been the girl to save love notes, the napkin we doodled on in Paris, the leaf he gave me at the park,” she confides. “Without love, the garden of life is dull and mute. Love breeds growth and vibrancy that allows you to expand, the way a garden does in the spring.”

In contrast to her current success with love – Burns is engaged and happily planning her wedding to director Gavin O’Connor – she has experienced her share of dating woes, not unlike the contestants on *Where Have You Been All My Life?* “The worst date I’ve ever been on was a first date,” the actress reveals. “The guy went overboard and showed up at my apartment with groceries forty-five minutes early. He made himself at home in my kitchen and cooked breakfast. He had a limo waiting outside to take us to a tennis tournament that lasted all day. I know it sounds divine and fabulous, but five minutes into the date, he gave me the creeps! I was young and felt guilty into staying with him the whole day.”

However, she credits those bad dates with her emotional growth and says “love is the inspiration for life. Every experience I’ve had with love has made me a fuller, stronger person. I’ve experienced the highest of highs and the darkest of lows because of love, and I’m thankful for both. “

Now, as a mother to her twelve-year-old daughter, Madison,

Burns has learned how to balance her relationships with her career. “The balance, for me, comes in always putting my family first,” she shares. “It’s the way I’m programmed. My fiancé has an eleven-year-old daughter, and we got really lucky because the girls adore one another.”

Related Link: [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

Burns, who was married to *Fantastic Four* actor Julian McMahon for two years and also dated Bruce Willis, understands the importance of remaining hopeful and not giving up on romance. “You can never predict when or where love will find you. The secret is...there is no secret. When chemistry comes, it comes, and hopefully, love will follow.”

A Sister’s Revenge premieres on Lifetime this Saturday, April 27th at 8pm EST. *Where Have You Been All My Life?* is set to premiere on GSN in the fall.

Reality TV: ‘The Bachelorette’ Star Arie Luyendyk, Jr. Says, “When You Stop Looking, You’ll Find What You’re Looking For”



By [Whitney Baker Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC's popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. "I grew up at the track, so being a driver felt natural to me," he says of his career choice.

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

Related Link: [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible bachelorettes?

"Dating is more difficult now because there are some big expectations." Still, he believes that he'll find "the one" someday. "I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I might be."

When it comes to the right woman, he says he wants someone who is "witty, amazing and has a good sense of humor." And whenever she comes along, he'll be ready. "When the time is

right, I'll know it, but you can't plan a wedding if you don't even have a girlfriend."

Related Link: [Desiree Hartsock Is the New 'Bachelorette!'](#)

So would he ever sign on to be *The Bachelor*? "I think I would if it didn't conflict with racing and if I wasn't dating anyone."

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he's back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he'll be driving at The Long Beach Grand Prix in Robby Gordon's Stadium SUPER Truck Series and IndyCar's 2-Seater. "I'm super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in," he shares. "I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th."

Plus, he's working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

American Romance Film, 'To

The Wonder'



By Meghan Fitzgerald

In this new movie, 'To The Wonder,' Ben Affleck plays Neil, an American traveler who winds up falling in love with Marina (Olga Kurylenko). Marina is a Ukrainian divorcee raising her ten year old daughter Tatiana in Paris. The newlyweds take their romance to Mont St. Michel, with Neil making a firm commitment to his love, Marina. Marina and her daughter Tatiana move to Oklahoma for Neil's sake, and settle down as a family.

Should you see it: This is not some measly star actor here ... it's Ben Affleck ladies and gentleman. He's got scruffy facial hair, superb eye for producing, and is an all-in-all phenomenal actor. Plus, he's the director and actor of *Argo*,

and *The Town*. If you are completely infatuated with Ben Affleck, or simply enjoy his impressive acting skill...see this movie.

Who to take: For this movie, take someone who thoroughly enjoys cinema. Someone who appreciates great acting, a strong romance story, and is willing to shed a few tears in the theaters. This is a great movie for a date night out. With warm weather rolling its' way in, take your partner to dinner somewhere outside. Than treat them to this tear-jerking, heart ache of a romance film.

Related: [Comedic Romance Film 'Admission'](#)

The relationships cools off as Marina and Tatiana go back to Paris because of visa expiration. Neil rekindles a past relationship, Jane. An old flame who he inevitably falls in love with again. Drama ensues with Marina and Neil is left to decide what to do. Who to love. Where to go. What is life supposed to be.

When should you get back together with an old flame?

Cupid's Advice:

There will usually come a time after a breakup when you'll want to get back together with your ex. You have to handle this situation carefully because you may get back into the relationship for the wrong reasons. Make sure your head it clear when you reconsider the two of you. Cupid has some more advice:

1. Soul mate: Many believe that there is a person out there in this enormous universe which is yours. Your other half, the person who keeps you sane, keeps you happy, and keeps you in love. If you know that your ex is your soul mate, make sure of it. Don't hop back into the relationship because you're lonely or jealous. If you know you two should be together, do

something about it.

2. Responsibility: There are certain responsibilities attached to relationships. Especially if children are put into the equation. If your ex is suffering, both physically and financially. There comes a time where it may be your responsibility to rekindle the relationship for your partner's sake. Only you know what these situations are, and only you can determine if it is worth the risk.

3. Change: Did you and your mate end things because they weren't what you thought they were? Have they now changed and you are considering getting back together? This is common throughout breakups everywhere. It is possible for a person to change. You may not want to believe it, however it is true. If your ex really has changed, rekindling is a superb idea.

'Scary Movie 5' Actress Molly Shannon Talks About Life's Biggest Headaches & Being a "Happy Mom"





By [Lori Bizzoco](#)

Actress and comedienne Molly Shannon first stole our hearts on *Saturday Night Live* in the mid-1990s. Since then, her career has expanded to include movie star in *How the Grinch Stole Christmas* and the recently-released *Scary Movie 5*.

Additionally, she's a children's author, her book *Tilly the Trickster*, is inspired by her own childhood and the silly antics she used to play. Here, the newly-named Excedrin spokesperson chats about what gives her the biggest headache. Shannon also opens up about life with her husband Fritz Chesnut and their two children, Stella and Nolan. She gives us the inside scoop about how she uses her comedic background and attitude to be a better parent, saying, "I know for sure that my kids think of me as a happy mom, someone full of joy." For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Celebrity News: Drea de Matteo Talks About 'Stalkers' & How Life Changes After Babies



By [Whitney Baker Johnson](#) and [Sarah Ribeiro](#)

Drea de Matteo best known for her role as “Adriana” on HBO’s critically acclaimed show *The Sopranos*, and “Angie” on ABC’s *Desperate Housewives*, returns to the small screen playing detective Diane Harkin in the Lifetime Original Movie *Stalkers*, premiering Saturday, April 13th at 8/7 c.

“There haven’t been many great roles out there lately,” the actress says. But for de Matteo it seems like she was drawn to

this script and her character. In the upcoming movie, she is a hotheaded detective who is investigating unsolved stalking cases while on the run from her ex-husband. "I've never played a cop, and I've always wanted to," she says. "I'm always sort of the "victim" in my roles. In this film, I get to be a victim and a tough woman at the same time. This character has a past, and she's breakable, but she's on a mission to conquer her fears. She can't afford to be afraid."

As a mother of two, the Sopranos-alum says *Stalkers* reminded her of how important it is to keep her children safe. "I don't know if I have the strength to figure stuff out like my character, Diane can. As far as teaching my kids to protect themselves, playing a role like this definitely reminds me that there are a lot of crazy people in this world." de Matteo was filming the movie when the tragic shooting at Sandy Hook Elementary occurred, and she couldn't let herself hear anything that was going on "because of the pain and fear that set in" and the thought of that happening to one of her children.

de Matteo has played a mom since she was in her twenties, but *being* a mom to five-year-old daughter Alabama Gypsy Rose and two-year-old son Waylon Albert "Blackjack," her kids with fiancé Shooter Jennings, is quite different. "Oh my gosh, my life has changed so much since I've had babies. Now, I know what it's like to be a mom in real life, and I can really play the part," she shares. "At this point, I don't even have to think about anything to get upset on camera. All I have to do is see an image of something harmful happening to my children in my head."

Related Link: [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

She adds, "I am so madly in love with my children, and they affect everything I do and any role I play."

Shooting *Stalkers* was the first time she was away from her family, but she made the best of a tough situation by traveling back and forth between California, where her daughter is in school, and Vancouver, where the movie was filmed. “That part of it was awful, but luckily, the experience of making the film was so great that it definitely helped to overshadow how painful it was to leave my kids.”

Like any parent, de Matteo’s still learning what it means to be a mother. “No one ever really gave me advice on parenting,” she shares. “I feel like my daughter is my teacher to a certain degree, and I let her guide me. On the other side, I am here to guide her, and I am going to catch her every time she falls.”

It’s no surprise that de Matteo’s children are her number one priority. Still, her work is important too. We can’t help but wonder: Can women really have it all? de Matteo says, “I think we can. We just have to work harder than any man has ever worked in his entire life.”

Related Link: [Kristin Cavallari: “Motherhood Came Very Naturally to Me”](#)

To keep her life in balance, after filming, de Matteo focuses on spending time with her family. “When I come home, all I want to do is hug on my kids. We like simple things,” she says. “I love going to the park and walking down the street, holding hands with my babies and my boyfriend.”

Stalkers premieres on Lifetime Saturday, April 13, at 8:00pm ET/PT.

NBC's 'Ready for Love' Contestant Ben Patton Says, "When You've Fallen in Love, You Can't Deny That It Exists"



By [Whitney Baker Johnson](#)

It's no secret that dating-based reality shows like [The Bachelor](#) and [The Bachelorette](#) are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from [The Bachelorette](#), have made it to the altar: Trista Rehn and Ryan

Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [Ready for Love](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. "I didn't have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

Related Link: ['Ready for Love' Host Giuliana Rancic Says, "Having a Strong Marriage is the Greatest Example You Can Set for Your Child"](#)

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – "I've attended more weddings as a single guy than anyone else I know!" – he realized that a part of his life was missing. "Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important thing."

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, "I wasn't home but eight months before I got a call from NBC. Eva got on the phone, and she's pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows."

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. “It’s not about finding a bunch of cute, little girls who are going to be dramatic for the cameras,” Patton says. “It’s about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that’s when they decide who they want to put on the show.”

He adds, “If there’s any sort of competition, it’s among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls.”

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

Related Link: [Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a “learning experience” and says it definitely changed his mind. “I started to realize that it’s really okay to go to someone for help and admit that you’re obviously doing something wrong. At the end of the day, 90 percent of what matchmakers tell people is pretty much common sense, but it’s easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents.”

Even with professional help, Patton still had to believe that true love exists. It’s easy to become jaded after a few failed

relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a struggle to keep his relationship under wraps for so many months. "We're always having to see each other in secret," he shares. "It's like, 'Hey, I'll meet you in Arkansas for the weekend.' We're going to towns where people won't recognize us so that we can go out to dinner together."

Filming the show last summer, he's had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. "It's really easy to get frustrated in relationships and just throw in the towel. For a long time, that's what I did," he explains. "But you should just hang on because there's somebody out there who probably feels the same way. You guys will run into each other one day and be like, 'Where the hell have you been my whole life?'"

In other words, always be *Ready for Love*.

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c NBC. For more information about Ben, follow him on Twitter @Ben_Patton.

Celebrity Pregnancy: 'High School Musical' Star KayCee Stroh Celebrates Her Baby-to-Be



By [Whitney Baker Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia Bakery, the guests, including Vanessa Hudgens, *Hannah Montana's* Anna Maria Perez and *I Kissed a Vampire's* Autumn Grabeel, were treated to a day of pampering from beauty

companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn’t have to be a candlelit dinner for two.”

Related Link: [‘My Girl’ Star Anna Chlumsky Is Expecting](#)

It sounds like Stroh and husband Ben Higginson have taken this advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn’t live without. “I knew he was ‘the one’ because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life.”

Plus, they’ve already “made a few packs” to ensure that romance doesn’t fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they’ve promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. “Ben’s parents always did this, and we feel it’s really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other,” the star explains. “We’ve decided on every other Friday night. That’s our plan to keep our marriage healthy and happy!”

While they know a baby will add a lot more responsibility and stress to their relationship, they also think their child will improve their marriage for the better. “I can’t think of anything that would strengthen our bond more than looking into

the eyes of our baby girl and knowing that we created something wonderful together,” the actress gushes. “What an incredible bonding experience!”

Related Link: [Holly Madison Discusses Baby Names and Wedding Plans](#)

Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. “He’s always been a part of the decision-making process in our lives. He’s helped me every step of the way, whether it’s going to doctor’s appointments with me or tracking down my most ridiculous request for the nursery.”

“He’s such a champ,” Stroh adds. “I’m really lucky.”

Stroh’s close friend, Rachel Leigh Cook, has no doubts about the couple’s growing family. “Any child coming into this world would be lucky to have you two as parents. You are both all heart,” she said at the shower. “I hope your daughter is blessed with Ben’s silliness and KayCee’s singing voice.”

To keep up with Stroh, follow her on [Twitter](#).