

'DWTS' Star Antonio Sabato Jr. on His First Week: "I Do Everything Cheryl Tells Me To!"



Interview by [Lori Bizzoco](#). Written by Shannon Seibert.

It looks like Jagger has some moves! Last Monday, Antonio Sabato Jr. captivated the audience with his first dance on ABC's hit show *Dancing With the Stars*. The former *General Hospital* star kicked off season 19 with a fiery Cha-Cha. Sabato and partner Cheryl Burke were criticized by the judges for his lack of "hip action" and scored a lackluster 25 out of 40. In our [celebrity interview](#), we asked him a few questions about his first week on the dance floor as well as his new

home improvement series *Fix It or Finish It*.

Related Link: [‘DWTS’ Contestant Antonio Sabato Jr. Reveals His First Dance: The Cha-Cha!](#)

Celebrity Interview: Antonio Sabato Jr. Opens Up About His First Dance on *DWTS*

How did you feel about your Cha-Cha and about being the first one to go out on the floor?

ASJ: I thought it went well. When you’re out there in front of an audience, the energy is amazing. You can’t help but turn the performance up a notch. Going first is challenging – it’s all over before you know it!

We hear you are doing the Rumba on tonight’s show. What techniques or strategies are you and Cheryl working on to help you loosen up a little more? The chemistry is great, so that’s an amazing start!

ASJ: I’m just trying to relax and be in the moment and let the steps come naturally. I do everything that Cheryl tells me to!

Related Link: [‘DWTS’ Pro Tony Dovolani on His Marriage: “My Wife is My Queen”](#)

We see that you visited Mario Lopez the other day. Did he give you any tips or secrets based on his experience on DWTS?

ASJ: No secrets – he just told me to have fun.



Antonio Sabato Jr. filming for 'Fix It or Finish It.' Photo: Bellum Entertainment / Andrew Doyle

Lastly, how are things going with *Fix It and Finish It*?

ASJ: Fantastically! The ratings have been really good, and we just found out that Rive Gauche has picked up the show to sell it internationally. It's a great experience, and I love that I get to help people every single day.

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch the actor on Dancing with the Stars on Mondays on ABC at 8/7c!

Celebrity Interview: 'DWTS' Contestant Antonio Sabato Jr. Says His First Dance is The

Cha - Cha !



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

Hailing from Rome, Italy, Antonio Sabato Jr. first grabbed America's attention as an underwear model for Calvin Klein before playing Jagger Cates on the popular soap opera *General Hospital*. Now, he's impressing us with even more talent, as he takes on two new roles: DIY expert on *Fix It and Finish It* and contestant on season 19 of *Dancing With the Stars* (DWTS). The busy father of two found some time to chat with us as he enthusiastically tackles both endeavors while on the road!

Antonio Sabato Jr. Talks Current Projects in Celebrity Interview

In our celebrity interview, the TV host says that taking on two projects at once is something he can definitely handle, and he clearly intends to succeed at both, stating, “Challenges are something that I love confronting face on – and *Fix It and Finish It* is a huge challenge! We’re doing 150 shows in a year across the country; it’s a lot of renovations, demolitions, and things like that.” His wife Cheryl will be helping with the building projects as well.



Antonio Sabato Jr. on ‘Fix It and Finish It.’ Photo courtesy of Bellum Entertainment / Photographer: Andrew Doyle

Then, Sabato got the call to do *DWTS*, which he describes as a “blessing.” The family man didn’t originally intend to put his dancing shoes on though. “My first thought was that I couldn’t do it. It’s up to my producers and my team because *Fix It and Finish It* was my main priority. They all worked it out, and now, we have a busy, seven-day schedule each week,” he explains. “*DWTS* is something that I considered for a long time. My fans and my family are so happy that I’m doing it.” His daughter, who will be in the audience each week with his wife and other kids, is especially excited about the show, being that she is the real dancer of the celebrity family.

Related Link: [Brooke Burke-Charvet Says ‘Dancing With the Stars’ is “Unpredictable and Evenly-Matched”](#)

Reality TV Star Opens Up About *DWTS* and Celebrity Marriage

Sabato says that his greatest sources of support are his “two Cheryls,” one being his wife and the other being his *DWTS* partner, Cheryl Burke. Of his [celebrity marriage](#), he says, “I can’t wait to dance with my wife! I’m definitely picking up some stuff, and hopefully, I’ll be somewhat of a dancer relatively soon. Then, I can take those moves and have a nice time with her.” We can’t wait to see more of this celebrity relationship on both of Sabato’s shows!

When it comes to Burke, he shares, “When they asked me who I wanted to dance with, I said Cheryl – and I got her! She’s everything that I need and then some. She’s tough and kind. I like to push myself, and she just pushes me to another level.”



Antonio Sabato Jr. on 'Fix It and Finish It.' Photo courtesy of Bellum Entertainment / Photographer: Andrew Doyle

It's clear that the actor believes life is about embracing new experiences. "It's about taking chances, trying new things. I don't like to follow the herd. I do whatever I feel like doing," the reality TV star says in our celebrity interview. "I feel like doing things that come my way, and I just take it one day at a time. *DWTS* is another opportunity to do something that is quite amazing, actually, in such short amount of time. You can't refuse that!"

Related Link: ['DWTS' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

As for his first dance, he reveals that he'll be doing the Cha-Cha on tonight's episode. "I'm looking forward to learning

any dance since I don't have any dancing background. We've been rehearsing for about a week and a half now," he explains. "What a challenge – it's mental, physical, and emotional. But you have to make life interesting!"

It's no surprise that his longtime fans are a great source of encouragement. He knows that he's "still Jagger to them" and gushes, "It's incredible. They keep everything going. They supported me from day one. They're still supporting me now. Doing *DWTS* is for them as well. I have the best fans in the world."

You can keep up with Antonio on www.facebook.com/Antonio-Sabato-Jr-38146293272/. Don't forget to tune in to Fix It and Finish It each weekday – check local listings for times and stations in your area. You can also catch him on Dancing With the Stars, which premieres on ABC on Monday, September 15th at 8/7c!

Samantha Harris Stays Strong for Family After Breast Cancer Diagnosis





By Shannon Seibert

Former *Dancing with the Stars* co-host Samantha Harris recently chatted with Celebrity Baby Scoop after being diagnosed with breast cancer. She opened up about her medical journey and not wanting daughters Josselyn, 6 and Hillary, 3 “to be afraid” for their mother’s health. “I want them to hear from me first what Mommy has and that I’m going to be fine.”

Related Link: [DeAnna Pappas Stagliano Talks Motherhood: “It’s Seriously the Best Thing I’ve Ever Done”](#)

Four months after finding an abnormal lump on her breast, her gut feeling didn’t sit right with her. She went to see a specialist and had a needle biopsy, two ultrasounds, and a MRI, leading to a scheduled lumpectomy. “Even the pathology they do in the operating room said no cancer. My husband [Micheal Hess] was right next to me and said, ‘Babe, you’re all clear.’ I didn’t even take him to the follow-up because I thought I didn’t have cancer.”

Initially, all signs really had pointed to being cancer-free,

so the television host hadn't given the visit a second thought. When she found out she did have breast cancer, she was alone in her doctor's office. "I started to realize that they kept saying the word 'carcinoma.' That means cancer, so I guess I have cancer. Then, the tears welled up in my eyes, and it wasn't until the surgeon left the room that all I wanted to do was crumble into my husband's arms."

Harris will undergo a double mastectomy and plans to make a video diary documenting her health journey, which she and her husband might show their daughters at a later date. "The day we found out, while it was still fresh in our minds, we made a video," Harris shares. "I don't know if we'll end up showing it to them, but at least we have the option. Having lost my dad when he was just 50, I was lucky because I was 22, and I'd had him through my whole adolescence."

Related Link: [Bill Rancic Talks About Being a Dad: "Family Comes First"](#)

Still, she has kept a very positive outlook on her diagnosis. She has high hopes for her future with her husband and her girls. "No matter how positive of a diagnosis as I have, it doesn't keep the demons of fear from taking over your mind and your thought process and thinking about the girls and thinking about how my dad wasn't able to walk me down the aisle," she adds. "I will be here to plan my daughters' weddings, and they better like the dress I pick!"

For the full interview, visit www.celebritybabyscoop.com/2014/04/20/samantha-daughters-diagnosis.

‘DWTS’ Pro Tony Dovolani on His Celebrity Marriage: “My Wife is My Queen”



Interview by [Whitney Johnson](#). Written by Maria Darbenzio and Liz Kim.

Tony Dovolani has come a long way from the three-year-old learning to folk dance in Prishtina, Kosova. Early on, Dovolani's father discovered that his son had a knack for both dance and music. Dovolani eventually became a professional ballroom dancer and has been on ABC's *Dancing With the Stars* for a whopping 17 seasons now.

Before his career ever took off, Dovolani knew that dancing

had its perks. "As I got older, I realized that the dancers got all the girls," he says with a laugh. After coming to the United States as a teenager, he was introduced to the Fred Astaire Dance Academy. "After the first step I took into the studio, I knew right away that was going to be the rest of my life."

As time progressed, he choreographed *Shall We Dance* with Jennifer Lopez and Richard Gere and then landed a spot on season two of *DWTS*, where he was paired with Stacy Keibler. Since then, he has developed The Ballroom Dancing Channel with fellow pros Maksim Chmerkovskiy and Elena Grinenko, created the Superstars of the Ballroom Dance Camp, and won the coveted mirror ball trophy with Melissa Rycroft during the All-Stars season of *DWTS*.

Fast forwarding to season 18 of the popular ABC reality show, Dovolani is currently paired with NeNe Leakes, one of the sassy stars of *The Real Housewives of Atlanta*. Although he mentions their great chemistry, they did have a minor issue after switching partners for a week. "She's great. I mean, we had one little tiff that everybody saw. Other than that, it's really been a lot of fun," he candidly shares. "She's hilarious. She has so much character. She shows up ready to work, which is good."

Related Link: ['DWTS' Contestant Candace Cameron Bure Says "Dance Parties" Have Always Been Her Favorite Family Activity!](#)

As viewers saw on last week's episode, the twosome used that bump in the road to strengthen their partnership and ultimately wow the judges with their salsa. "What you guys didn't see is that routine came about from us working with each other. If we had an attitude the whole week, it wouldn't have happened."

When it comes to the rest of the season, the dancing pro has no worries about Leakes and her abilities on the dancer

floor. “I think she’s on a good track. We’re going to keep pushing her every single week. I feel like she’s the fun one in the show, and we want to keep entertaining our fans all the way to the end.” Of tonight’s tango, he says, “I want it to be passionate, hateful, sultry, sexy, and vulgar. I want it to be everything!”

Dovolani works hard both on and off the dance floor, making sure that his wife Lina and their three young children are always his number one priority. “My wife is my queen. I wouldn’t be anywhere without her,” he shares. “Honestly, the saying ‘Behind a great man is an even greater woman’ is absolutely true in my case. She takes care of the kids. She takes care of the house. She takes care of everything while I’m trying to do the show business thing. I think that men in general have to realize how strong women are.”

Related Link: [‘DWTS’ Pro Anna Trebunskaya Welcomes a Baby Girl and Reveals Boyfriend](#)

When it comes to keeping his marriage strong, he points out that proper communication is key to success. Plus, he knows that great relationships don’t just happen: “You have to constantly work on it. If you do that, there’s always a light at the end of the tunnel.”

Communication is not only important in his relationship with his wife but with his children – Luana, Adrian, and Ariana – as well. Because of his busy schedule on the show, he doesn’t get to see his children as often as he’d like, but he doesn’t let the distance stop him from being there for them. “I literally call five, six, sometimes seven times a day. Every time I’m on a break, I’m on the phone with my family,” he explains. “When they get home from school, they speak to me. Right before they go to bed, they speak to me. When they’re doing their homework, they speak to me.”

Dovolani sweetly adds, “I’m telling you it’s all about

communication, and my wife deserves the credit. She's the one that works on it with me and the kids. She's really great about making sure we all communicate and stay on top of things."

Related Link: ['DWTS' Contestant Sherri Shepherd Chats About the Three Men in Her Life](#)

Luckily for him, his love of dance has been passed down to his children, and the family of five enjoys having dance parties at home. Besides that, they enjoy being outside. "Honestly, in this technology-filled world, as parents, it's our responsibility to make sure we find reasons to get the kids out of the house and into nature. We go ice-skating. We go skiing. We do any sport that we can do as a family."

Keeping that thought in mind, they already have some fun summer plans. He'll be visiting Albania for his niece's wedding, and once back home he hopes to relax and fish with his kids at a lake near their house. Of course, Dovolani and his wife make sure they have some alone time too. Their date nights are usually at a nice restaurant, enjoying a delicious meal and a few glasses of wine. "My perfect day is playing golf with my kids and ending it with dinner at the clubhouse with Lina."

Tune in to ABC on Mondays at 8/9c to watch Tony Dovolani and Nene Leakes dance their way to the top on Dancing with the Stars! You can also keep up with Tony on Twitter @TonyDovolani.

Celebrity Interview: 'DWTS' Contestant Candace Cameron Bure Says "Dance Parties" Have Always Been Her Favorite Family Activity!



By [Whitney Johnson](#)

Earlier this month, when *Good Morning America* announced the line-up for season 18 of *Dancing with the Stars*, *Full House* fans were excited to see Candace Cameron Bure back in the spotlight. And she's just as thrilled to be a part of the cast: "I've always been a fan of the show. Plus, this is probably the most excited I've seen my family get over

something that I'm doing!" she shares in our celebrity interview.

Candace Cameron Bure Opens Up About Her Family and New Book in Celebrity Interview

Daughter Natasha was particularly happy about her mom's new role. "She was just freaking out," the star says with a laugh. "She wanted to know all about the other celebrities on the show. She's been coming with me to my weekend rehearsals too."

Once her sons Maksim and Lev met her partner, two-time champion Mark Ballas, they got into it too. "They just thought he was so cool," she reveals. Viewers can expect to see her kids as well as her husband Valeri in the audience cheering her on each week.

Related Link: [Mark Ballas and Ex Pia Toscano Reunite at Show](#)

Cameron Bure has certainly been keeping busy, both on and off the small screen. Most recently, the *New York Times* best-selling author published her second book, *Balancing It All: My Story of Juggling Priorities and Purpose*. As for how she manages the never-ending juggling act of being a wife, celebrity mom, actress, and writer, "it's about big picture prioritizing and realizing what's most important in your life. You have to make sure that your top three priorities really stay in place."

She adds, "For me, it's God and family and then my work and social life and all of the rest of the stuff in between. But if God and family aren't in that first and second position, everything else in my life really does become unbalanced."

DWTS Star on Her Celebrity Marriage

Of course, her husband plays a significant role in helping her hold everything together. “He’s an incredibly-involved father to our children and a supportive partner to me. Our lives are really stressful, yet our family is our priority,” she shares about her [celebrity marriage](#). “He’s just a wonderful man, and I feel really blessed to have him.”

The famous couple, who married when they were only 20 years old, first connected over their similar backgrounds. “I lived a very full life before then, as had my husband. We both had been working children: He was playing hockey, and I had been acting since I was five,” she explains in our celebrity interview. “We were both very ready to get married and start a family.”

Related Link: [Are You Too Young for Marriage?](#)

As for what keeps their 17-year celebrity marriage so strong, the blonde simply states, “Common values and love for one another are the main two things. “

For other couples trying to make the most of their union, she stresses the importance of building up your partner to become who they’re meant to be. “When you take the focus off of yourself and focus on how you can help your spouse be better, that’s when your marriage will become better,” the *DWTS* contestant explains.

With her three kids getting older, it’s no surprise that her relationship with them is always changing. “It’s really fun to see the adults they’re becoming. We’re having more mature conversations, and I love the stage that we’re in,” she shares. “I have an open relationship with them, and nothing is off limits.”

That includes everything from conversations about “awkward,

adult topics” to family dance parties. “It’s one of our favorite things to do together. We turn off the lights, put the strobe lights on, and just crank the electronic music,” she divulges. “We have a blast!” While she has no professional dance experience, she loves being the first one on the dance floor at weddings and parties.

Related Link: [‘Full House’ Actress Candace Cameron Bure Talks Motherhood](#)

Cameron Bure and Ballas have been working on a contemporary dance for tonight’s *Dancing with the Stars* premiere. “I have a lot of bruises all over my body, so I’m falling down a lot,” the author shares about their routine. “I’m a fairly athletic person, so I asked Mark to incorporate that into our dance. We have some lifts, which will be fun.”

Of her future on the show, she reveals that she really wants to do the Viennese Waltz. “It’s just so classical and beautiful.” She’s dreading those “dances that have a ton of footwork” but adds that “Mark actually thinks I’ll be pretty good at it. It’s such complicated choreography. Those are the ones that make me nervous.”

When it comes to her competition, she’s seen *Big Time Rush* star James Maslow rehearse and says he’s fabulous. Tonight, though, she’s most looking forward to seeing Paralympic snowboarder Amy Purdy dance. “I think a lot of people are excited to watch her. We’re just curious to see how she’s going to move to all of those steps,” she says. “When I’m feeling slightly challenged, I immediately think of her and think, ‘What am I complaining about? I have two feet.’”

Follow Cameron Bure on Twitter @candacecbure and tweet your support with #DJCandyBall. Be sure to tune in for tonight’s premiere of Dancing with the Stars on ABC at 8/7c.

'DWTS' Pro Anna Trebunskaya Welcomes a Baby Girl and Reveals Boyfriend



By Louisa Gonzales

The *Dancing With The Stars* alum, Anna Trebunskaya makes two big and exciting announcements in one blow. The TV star broke the news of the birth of her child and the name of her baby daddy, Nevin Millan. Millan is an actor who has shown up in shows such as *True Blood* and *Nip/Tuck*. According to UsMagazine.com, a rep confirmed in a statement that Trebunskaya and boyfriend Millan welcomed their first child at

a home birth, daughter Amayla Millan, on Saturday, January 18th. The couple was reportedly also quoted saying they're "thrilled" and "couldn't be happier" about the birth of their baby girl!

What are some ways to keep your relationship under wraps at first?

Cupid's Advice:

When your relationship is new and fresh you might feel it is best to keep it under wraps, especially when it is important for you to keep your personal life private, until you know it's real and will last. It is important to feel secure in a relationship and not reveal anything until you both are ready. How can you keep your relationship under wraps in the beginning? Cupid has some advice:

1. Keep it to yourself: Don't discuss your personal business. When people bring up your personal life maintain short and cool responses. If people are persistent about it don't be afraid to say, "I don't discuss my personal relationships." If you are not ready to show you're a couple or talk about it then don't, no one needs to know about your private affairs.

Related: ['Dancing With the Stars' Cheryl Burke Is Dating NHL Star Joffrey Lupul](#)

2. Keep physical contact to a minimum in public: If you want to keep your union under wraps, that means hiding all signs of a relationship when you are out in public or with your family and friends. What you do on your own time or in private is up to you, but if you're looking to keep the fact you are together a secret, and you are both constantly all up on each other your affair won't stay that way.

Related: [Celebrity Couples Who Keep Their Relationships Out of the Spotlight](#)

3. Deny or Avoid the subject: You can deny the fact you two are an item if anyone asks or you can avoid the subject. If someone asks you about them you can say things about them, without revealing you are with them simply by avoiding the subject of romance. Say things like, "Yes they're great," and "We are very close." This lets you talk about your lover without actually stating the two of you are lovebirds.

What do you think is the best way to keep your relationship under wraps? Share your advice below.

Take a Cue from 'Dancing With the Stars' and Enjoy Celsius Negative Calorie Drink!





This post is sponsored by Celsius.

By Kerri Sheehan

It's no secret that the *Dancing with the Stars* cast works up a sweat practicing and performing all of those dance routines every week. And, to start this year's competitors off on the right foot, Celsius gifted the cast with their negative calorie drink. After all, clinical studies show that drinking a refreshing sugar-free Celsius before exercising (or dancing) helps burn up to 100 calories or more per serving. It also boosts metabolism, reduces body fat, increases endurance, and provides lasting energy to power you through your routine and beyond. Stars of the show like Karina Smirnoff, Witney Carson, Jack Osbourne, Corbin Bleu, and new hottie Gleb Savchenko sipped on a nice cold Celsius to kick off the season premiere.

Celsius is powered by MetaPlus®, a blend of ingredients designed to work together to increase calorie burning over a three-hour period. It will make you feel great and ease your mind knowing that the blend of healthier ingredients such as Green Tea, Ginger, Calcium, Caffeine, Guarana, and Vitamins B and C are fueling your body. Even better, studies show Celsius

may reduce body fat, increase endurance, and provide greater resistance to fatigue (which means increased energy).

And the team at CupidsPulse.com knows that looking your best and having more energy is great way to boost your dating life! And, for those couples out there, why not use that extra energy you get from Celsius to surprise your lover with a spontaneous date night. This blend of increased endurance and resistance to fatigue is also what the *Dancing with the Stars* cast needs to wow the judges!

It comes in five delicious natural flavors: two non-carbonated green tea flavors, Raspberry Acai and Peach Mango, as well as three sparkling flavors, including Orange, Wild Berry, and Cola. Celsius is also available in "On-the-Go Stick Packets" or powdered drink mix (30 serving canister) that can be added to water or your favorite non-carbonated beverage for a delicious orange flavor. Grab the healthy alternative negative calorie drink before your next exercise activity and see the difference!

Now, one lucky CupidsPulse.com reader will get to enjoy this fabulous negative calorie drink! We're giving away a swag bag just like the one given to the *Dancing with the Stars* cast. The bag, valued at \$125, includes: a Celsius tank top, a drawstring gym bag, water bottle, one can of each Celsius flavor, and on-the-go-sticks.

~~**GIVEAWAY ALERT:** To enter for a chance to win the Celsius gift bag, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know you want to win the contest and what your workout plans are. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5pm EST on Monday, November 18th. Good luck!~~

Congratulations to Claudia Gould!

Open to US residents only.

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](#).

'Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut



By Andrea Surujnauth

Sean Lowe, the most recent *Bachelor* star, made his debut on *Dancing with the Stars* this week. Although the judges weren't impressed by Lowe's performance, his fiancée sure was. "I went over to her and she just said she was so proud of me, and that she loved me," Lowe told UsMagazine.com, "I think she'd give me a 10, I know the judges didn't tonight. That's what a good fiancée does." His fiancée, Catherine Giudici, was there to

congratulate him as soon as he stepped off stage. "Dancing is a challenge and I am one that loves to embrace a challenge and do things outside of my comfort zone," he said. "This certainly fits that mold, and most importantly Catherine was behind me. She was the first person I called after they approached me and she said she would support me and thought it would be a fun opportunity for both of us." The couple has kept their love going strong despite the long hours that Lowe has to spend practicing with his partner, Peta Murgatroyd. "It's tough at times, but lucky for me she understands and supports us and knows Peta's work ethic," he said of spending hours every day training with Murgatroyd. "But when I'm not rehearsing I always make sure to capitalize on our time together." When asked whether there is any jealousy issues between Giudici and Murgatroyd, Lowe responded, "Peta is certainly a gorgeous girl, anyone can see that, but Catherine is so confident and not worried. And her and Peta have become friends!"

What are some ways to support your partner's passion?

Cupid's Advice:

Your partner is passionate about a sport or activity, so how can you show them that you support them? Here are some tips:

- 1. Cheer-lead:** If your beau has taken as interest in a sport or activity that involves some type of performing, be there to cheer them on. Be their own personal cheerleader and show them that you think they can succeed at whatever activity they are taking part in.
- 2. Participate:** Show your partner support by participating in their new passion or hobby. Your sweetie will be thrilled to see you enjoy their hobby with them.
- 3. Coach:** If your partner's passion involves competition, support them by helping them practice and improve. Your honey

will appreciate you taking such an interest in helping them perfect their skills.

How do you support your partner's passion? Comment below and let us know!

Pamela Anderson Swears Off Men During 'Dancing With The Stars'



Joining Season 15 of *Dancing With The Stars*, Pamela Anderson will be doing things a little differently than when

she competed in 2010. According to [People](#), Anderson claims, "I've sworn off men until November," sacrificing dating to leave room only for her pro dance partner. After being eliminated after the seventh week last time around, she's ready to make her second attempt and will not be letting anything or anyone get in her way. Anderson is even getting her kids Brandon Lee and Dylan Jagger Lee involved by helping her reach out to fans through social media. The season premieres on September 24, where we can all see if Anderson's strategies have brought her all the way to the top.

What are some ways to keep dating from being a distraction?

Cupid's Advice:

Sometimes it's hard to be truly dedicated to something when you're in a relationship. That shouldn't stop you from doing either: it's all about balancing your time. Here are some ways to keep dating from being a distraction in your life:

1. Don't change your daily routine: If you have been keeping a normal routine and are working towards a certain goal, be sure not to mess that up. Make your routine something you can't change or stop doing, and let your beau work around your schedule.

2. Make sure your partner is equally motivated: If you're dating someone who lies around all day doing nothing, it's easy to be distracted. You should date someone who is equally busy so you can both be on the same schedule.

3. Make sure they support you: As long as you date someone who is committed to supporting what you are doing, and pushes you to continue doing it, then there's no harm in that. You want someone who understands that you're dedicated and praises you for that.

What are some ways you keep from being distracted by someone

you are dating? Share your comments below.

'DWTS' Champ J.R. Martinez Welcomes a Baby Girl



Actor J.R. Martinez was the proud winner of *Dancing With The Stars*, but he has even more to be proud about after his girlfriend, Diana Gonzalez-Jones gave birth to a baby girl. Martinez's daughter, Lauryn Anabelle Martinez, came into the world weighing 7 lbs., 13 oz. and is 21 inches long. "She has a couple of cute little freckles on her cheeks, a full head of hair and the cutest little lips," the proud dad gloated to [People](#). "It's just amazing to see her, finally. She's

beautiful.”

What are some ways to prepare for having a girl verses a boy?

Cupid’s Advice:

Preparing for a baby involves a lot of planning, and what gender you’re expecting plays into that. Cupid has some tips on preparing for a baby girl:

1. Attention: As girls grow up they might require a lot more attention than a boy would. Girls are usually held to stricter terms than boys are, but it’s usually better for their protection. However, you still need to loosen the reigns at some point so they can make mistakes and learn about life first hand.

2. Relationships: When it comes to your baby girl, all boys are going to appear to be the devil, but you have to be open and compromise with your daughter about having relationships because if you hold on too tight, they’re going to rebel or sneak around behind your back.

3. Money: Not all girls are high maintenance, but the majority are. They want new clothes, shoes, accessories, make-up and hair supplies. Don’t get them everything they want, because you don’t want them to grow up to be a spoiled brat. Make sure they appreciate the things you do get for them.

How does having a daughter compare to having a son? Share your comments below.

Video Exclusive: 'DWTS' Contestant Sherri Shepherd Chats About the Three Men in Her Life



By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the

dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

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

Rumor: Did Celebrity Couple Karina Smirnoff and Brad Penny Split?



[Karina Smirnoff](#) may have won a Mirror Ball Trophy on *Dancing With the Stars*, but rumor has it that she's lost baseballer

Brad Penny. According to UsMagazine.com, the 30-year-old professional dancer is no longer in a Hollywood relationship with Penny. The celebrity couple went public with their relationship in 2009, but in October of this year they decided to postpone their wedding due to “conflicting schedules.”

Despite wanting to spend more time together, the celebrity couple have now separated.

Celebrity couple Smirnoff and Penny were close to getting married before announcing their split. How do you know when you’ve found “the one”?

Cupid’s Advice:

It can take a lot of bad relationships and love that end in hurt feelings before finally find “the one.” Cupid has some love advice and tips to know your partner is your true love:

1. Communication is key: You have no trouble talking and there’s never an awkward silence. If you find that you can talk to your sweetheart about anything without being bored, that is sign of a lifelong compatibility.

Related Link: [Karina Smirnoff Loves Being Engaged to Brad Penny](#)

2. One in the same: If your life goals are similar, that’s important. It’s nice to be in love, but if you have no common life goals, trouble can occur quickly.

Related Link: [Paula Patton Says She’s a ‘Real Woman Now’ Post -Split from Celebrity Ex Robin Thicke](#)

3. Predict the future: When you think of your future and you

can't imagine your partner not being there, he or she may be "the one." If you find yourself thinking about making a family with them and expanding your relationship and love, that may mean that they're meant to be in your future.

How did you know your partner was the one? Share your story below.

Kristen Cavallari's Ex Fiance Jay Cutler Supports Her at DWTS



Kristen Cavallari and Jay Cutler called off their engagement just days after Cavallari did a wedding gown spread for Life&Style magazine in July. Talk about embarrassing! After a summer of being apart, Cutler was in the audience of *Dancing with the Stars* on Monday night to support his ex fiancée, according to [People](#). The question on everyone's minds is, are they getting back together? Sources report that the duo are indeed trying to work out their issues.

What are some ways to show your support for your partner?

Cupid's Advice:

Supporting your partner shows that you care. Knowing that your mate is there for you and vice versa can ensure a long and happy relationship.

- 1. Show a little love:** It doesn't take much to show support. Sometimes just lending an ear is all your partner needs to know that you care.
- 2. Show up:** Take the time to attend big events that are important to your partner. Your significant other knows you could be at home watching TV instead, so simply being there is a big deal.
- 3. Show you've been paying attention:** Ask your partner how things are going with their endeavors from time to time and give some advice on how they can improve. Remember, be supportive and not judgemental.

How have you shown support for your partner in the past? Share your experiences below.

Courteney Cox and Daughter Coco Support David Arquette on 'DWTS'



David Arquette debuted a suave waltz during the season premiere of *Dancing With The Stars* on Monday night, according to [People](#). In the crowd cheering him on were none other than his ex-wife, Courteney Cox and their daughter, Coco. Beaming from ear to ear, the two watched as Arquette's performance was well received with a standing ovation from the audience and an array of praises from the judges. "I really liked it. There's something about you," raved Carrie Ann Inaba. Judge Len Goodman agreed saying, "I was impressed. You're a dancer." To top off his amazing night, the *Scream* actor took pride in his daughter's presence, saying, "She is just so

beautiful...She is the love of my life.”

What are some ways to make your children feel loved after a split?

Cupid's Advice:

It's important for both parents to give their children the same attention and care after a split. This lets them know that they will always be loved despite the status of their mother and father's relationship:

1. Family outings: A family trip to the movies or the zoo is always a good way to let your children know that both of their parents still care despite the split. With so much change happening, this helps to instill a little normalcy in your childrens' lives.

2. Support them: Whether it's a dance recital or a basketball game, make sure that both you and your ex are there to support your kids as frequently as possible in their extra-curricular activities.

3. Love reminder: In the wake of a split, parents many sometimes forget to tell their children that they love them. A simple “I love you” can be enough to put a child at ease.

How would you make you child feel loved after a spilt? Give us your ideas below.

‘DWTS’ Pro Mark Ballas and

'Idol' Alum Pia Toscano Split



The party is over for Mark Ballas and Pia Toscano. After a long heartfelt talk, the singer and the ballroom dancer have decided to call it quits. According to [People](#), the split was a mutual decision. "They both decided with everything going on that they couldn't give each other what would be fair," said a source close to the former couple. Though the relationship is over, Ballas and Toscano are both experiencing great career success. Ballas is rehearsing for the next season of *Dancing with the Stars* and Toscano is finishing up a successful *American Idol* tour.

How do you keep career demands from ruining your relationship?

Cupid's Pulse:

With the right person and the right attitude, you can be

successful in both love and your career. Here's how:

1. Be understanding: Everyone wants to get ahead at work. If your partner cancels a date with you because they have to stay late at the office, don't give them a hard time about it. You will want them to do the same when you get caught up at work.

2. Be willing to say no: If you've been planning something big like an anniversary trip with your partner and something comes up at work on that date, you may need to put your foot down and kindly say that they need to pick a different date or get someone else. If you pull this off in the right way, it can also make you look more assertive and more of a leader at work, which can help your career.

3. Show your support: If you know your partner spent a long night at work, take the initiative to get things done around the house so they can finally relax when they get home.

Would you be able to date someone who works long hours at work? Share your experiences below.

Cheryl Burke and Maksim Chmerkovskiy: Not Dating





Dancing with the Stars castmates Cheryl Burke and Maksim Chmerkovskiy are at the center of many relationship rumors, nearly all of which are not true, reports [People](#). The rumors surrounding the two good friends heightened recently after Burke's wild birthday celebration at Palazzo Las Vegas's Azure Luxury Pool. However, Burke adamantly denies the rumors. "We have a good time," said Burke. "We've known each other since we were kids. We have that brother and sister relationship."

How do you know if he can be more than a friend?

Cupid's Advice:

Making the jump from 'just friends' to 'more than friends' is difficult, even without the added burden of confusion. Here are a few ways to tell if your friend could be a potential mate:

1. Personal contact: Hugging your friends when greeting him and bidding him goodbye is commonplace, but more frequent contact may not be. If he's particularly 'touchy-feely', it may be because he has feelings for you.

2. You think about him: If you find yourself thinking about your 'friend' more frequently than your other friends, then you probably have some feelings for him. Try to find a subtle way of finding out how he feels about you.

3. Ask him out: While indirect flirting may eventually serve its purpose, honesty really is the best policy. Be upright and forthcoming about your feelings for him, and ask him straight out if he feels the same way.

Have you ever had feelings for a friend? Share a comment below!

Michael Bolton Is Waiting for the Right Woman





Singer Michael Bolton is open to finding the right woman, but as for now, his schedule seems to be completely booked. As he told [People](#), “I almost wouldn’t wish me upon [a girlfriend] right now. There’s just not a lot of time.” After putting together his new album, *Gems – The Duets Collection*, and performing his new single “I’m Not Ready” with Delta Goodman on *Dancing with the Stars*, it’s no surprise that time is tight for Bolton. However, after the nonstop busy schedule subsides, Michael Bolton is open to finding love.

How do you stay open-minded about finding a mate?

Cupid’s Advice:

As you get older and things continually don’t work out with your relationships, it’s easy to lose hope. Cupid’s got some ways to keep yourself open and dating around, because you never know what may come of it!:

1. Join a dating site: As technology gets bigger and better, more and more relationships and marriages are beginning online. Find out for yourself if it’s worth all the hype.

2. Go on a blind date: Though blind dates tend to have a stigma, you never know who you could meet. Be open to it. After all, it's a date not a wedding. Plus, sometimes the friends who set you up on them know you better than you know yourself.

3. Have fun with friends: As you're in the process of looking for love, be sure to be seen about town having fun with your friends. A potential date wants to be with someone who they know can have fun, in and outside a relationship.

What strategy do you use to find love? Share your tips below.

Brooke Burke Shares Love Life Secrets





What's the secret to keeping the romance alive in your relationship? According to Brooke Burke, exercising regularly is a big part of it, reports [People](#). The *Dancing with the Stars* host told *Shape* magazine, "First, you need to be healthy ... That means exercising to relieve stress and build energy."

Even with four kids at home, the 39-year-old former model and her partner David Charvet, also 39, still make time for each other. "Sometimes we're so tired, it's just a glass of wine and a good night's sleep. But the point is that we're making a commitment to each other and saying, 'We love the kids, but we matter too.' "

What can staying healthy do for your love life?

Cupid's Advice:

Staying healthy is great for your physical and emotional well-being. Cupid has some ideas on how it can also improve your love life:

1. Self-confidence: When you eat right and work out, you feel better. The confidence you gain from being healthy will make

you even more attractive to your partner.

2. Energy: If you constantly feel exhausted, try exercising to relieve stress and get an energy boost. Now use that extra energy to reignite the spark in your relationship!

3. Group effort: Work out with your partner, and cook healthy meals together. Not only are you more likely to stick to a healthy lifestyle that way, but it also provides a lot of great bonding time.

Former DWTS Pro Julianne Hough Speaks Out About Boyfriend Ryan Seacrest





Former *Dancing With The Stars* pro Julianne Hough is finally speaking out about her relationship with Ryan Seacrest, reports [Us Weekly](#). On *The Ellen DeGeneres Show*, Hough gushed, “Oh my gosh, he’s phenomenal. He’s really romantic. He’s not even in town, and I got in my car and there are flowers everywhere.” And it looks like things are getting serious because Ryan Seacrest has met her parents! “Everyone’s like, ‘Oh, you met the folks!’” she says. “It’s like, ‘I don’t know. Both of our folks are like our best friends so when we hang out, it’s more like hanging out with friends.’”

What can “meeting the parents” mean in a relationship?

Cupid’s Advice:

Meeting the parents is a huge step in a relationship. Here are some reasons why your partner may decide to introduce you to their family:

1. To see if you get along: If your partner introduces you to their folks, it usually means they see a future with you and want to see whether you fit in with their family.

2. To test you: While meeting the parents usually means your mate is serious about you, it can also be a test. If they're unsure if you're the one, they may ask their folks to weigh in.

3. To share a part of them: Family is an extremely important part of who we are. By showing you where they came from, your partner is signaling that they want to get to know you on a deeper level.

DWTS ' Brooke Burke and Boyfriend David Charvet Deny Stealing





Dancing With the Stars host Brooke Burke and boyfriend singer David Charvet are reaching their boiling points over their new kitchen appliances. The couple has been involved in a complicated criminal and civil case with Euroconcepts appliance store. David Charvet and about 30 other people have been accused by the store of buying deeply discounted appliances from a former employee of the store, who pocketed the money. Brooke Burke and David Charvet deny the allegations, and say they purchased their appliances legally. David Charvet told [RadarOnline](#), "We have Bentleys in the garage. Why would we need to steal a stove and refrigerator? That's such bulls**t."

How can you deal with legal trouble as a couple?

Cupid's Advice:

Run-ins with the law can cause serious strain on your relationship. Cupid has some suggestions:

1. Be open and honest: As soon as problems crop up, spill the truth to your significant other. Your trust in each other

won't be shaken if surprises come up over the length of the legal battle.

2. Try to keep it separate: Try as hard as you can to not talk about your legal troubles when you're away from the courtroom. You'll keep your problems from overwhelming your lives.

3. Remember what's important: If you and your partner are involved in legal trouble together, remember that love is more important than a lawsuit. On the other hand, if it involves a person you've been dating for two weeks, you may want to put your sanity and well-being as top priority.

Karina Smirnoff Loves her Celebrity Engagement to Brad Penny





As confirmed by [*Us Weekly*](#), *Dancing with the Stars*' vixen, Karina Smirnoff, is currently in the market for something borrowed, something new, and something blue! Smirnoff has been creating celebrity news showing off her new celebrity engagement ring at TAO's fifth anniversary party in Las Vegas. The dancer says her celebrity engagement to baseball player, Brad Penny, was a complete surprise. "I was in the middle of the show and had no clue what was cooking behind my back. The dinner meeting was set up at a restaurant in Malibu. When [my manager and I] got there, it was completely empty. She excused herself to take a call and while I was sitting there alone, Brad came in," said Smirnoff. "I had crazy hair and black lipstick on and was just concerned about looking like the Bride of Frankenstein. Even after Brad got down to one knee and opened the box with the ring, it still didn't register."

Smirnoff is happy about her celebrity engagement and excited to

share her great news. What are some unique ways to announce your engagement?

Cupid's Advice:

Everyone wants to be the first to make an exciting announcement. When it comes to an engagement, either yours or that of someone close to you, it's everyone's instinct to want to shout it from the rooftops. However, Cupid has some more creative ways to make the big announcement:

1. Tweet it: Online, information spreads virally. The moment it happens, share your good news with your nearest and dearest on the web in real time. Expect tons of comments and retweets. You can even tweet pictures of the ring! Something as little as changing your relationship status on Facebook from 'In a Relationship' to 'Engaged' is bound to grab some attention as well.

Related Link: [Jennie Garth Celebrates Celebrity Engagement with Dave Abrams](#)

2. Throw a party: Parties are great for any occasion and are the perfect setting to make your first toast as an engaged couple. You may want to do a theme party that references a milestone in your relationship and love or have it where you first met.

Related Link: [David Arquette Celebrates Celebrity Wedding with Christina McLarty with Intimate Ceremony](#)

3. Take over the holidays: Thanksgiving and Christmas happen every year, but an engagement is far more rare. When you're with friends and family this holiday season, steal the spotlight away from the Thanksgiving turkey and Christmas gifts by announcing your engagement.

How did you announce your engagement? Share below!

'Jersey Shore' Cast is Against a Celebrity Hook-Up Between Reality TV Star The Situation and 'DWTS' Partner



Reality TV star The Situation has officially laced up his dancing shoes for a stint on *Dancing With the Stars* this season, and the “lucky” professional dancer paired with him is Karina Smirnoff. The question is, is there a hook-up coming?

According to [E! Online](#), fellow cast members of the reality TV show *Jersey Shore* don't support the idea of a celebrity hook-up between the dancing duo-for Smirnoff's sake. "She's too good for him," said Snooki. "She's smart. She won't even go there." JWOWW agrees, adding "Karina's a woman. She needs to stay a woman. She's not a Jersey Shore girl." On the other hand, Vinny is a bit more supportive explaining, "If he gets that, I'll give props to him."

For reality TV star The Situation, his friends aren't supportive of a celebrity hook-up with Smirnoff. What do you do if your friends put you down in front of someone you like?

Cupid's Advice:

Sometimes your friends may think they know what's best for your relationship and love and will offer their opinions about who you should and shouldn't date. Often times these opinions may make you look bad. Here's Cupid advice on how to handle your friends' negative comments:

1. Stand up for yourself!: Believe it or not, it *is* possible to stand up for yourself without looking defensive. Instead of coming back with obvious anger directed at your friend, stay calm and explain to them why they are wrong. The last thing you want is for your crush to think you have no self-esteem.

Related Link: [Newest 'Jersey Shore' Family Member](#)

2. Talk to your friends: It's often times best to discuss a

situation that has upset you after you're out of the public eye. When you speak in the heat of the moment, you may regret what you say. But don't hesitate to tell your friends that you don't appreciate them putting you down, especially in front of someone you're trying to impress.

Related Link: [Exclusive Celebrity Interview: Karina Smirnoff and Lindsay Reilly Share Dating Advice in 'We're Just Not That Into To'](#)

3. Stay positive: In the moment, the damage has already been done. Salvage both the situation at hand and your future relationship with someone you really like by shrugging off what your friends are saying about you and proving to your crush that you're a positive and upbeat kind of person.

Have your friends ruined a potential relationship and love with someone you liked? Share below!

Bristol's DWTS Stint Shocks Ex





Bristol Palin's ex beau, Levi Johnston, is completely floored by his former sweetheart's upcoming appearance on *Dancing with the Stars*, according to [TMZ](#). Although no ill feelings were expressed, Johnston made it clear that dancing was not exactly a big part of their relationship. Is Johnston suffering from "jealous ex" syndrome in light of Palin's soon-to-be dance partner, Mark Ballas?

How do you handle a jealous ex?

Cupid's Advice:

- 1. Talk to him:** As easy as it is to get frustrated, it's important to respect the way your ex feels and talk to him about his jealous tendencies, especially if you split on good terms. Remember that your ex was once someone with whom you were extremely close.
- 2. Put yourself in his shoes:** Remember that your former beau is a person, too. Think about how you would feel if you were in his place. Even if this tactic doesn't resolve the situation, at least it will help you understand where he is

coming from.

3. Draw the line: In the end, you have to remember that your ex is your ex for a reason. As tough as it may be, you can't let him hold you back from new opportunities or budding romances. Break free!