

Celebrity News: 'Too Hot to Handle' Star Francesca Farago Sets Record Straight on Romance Rumors with Former 'Bachelorette' Star Jef Holm



By Carly Silva

In the latest [celebrity news](#), [reality TV](#) star Francesca Farago came clean about her dating history to put rumors to rest. After a recent break up with Harry Jowsey, rumors have been circulating about the *Too Hot To Handle*'s dating life after she was spotted out with multiple celebrities, including *Jersey Shore* star Vinny Guadagnino and model Casey Boonstra.

According to *EOnline.com*, Farago silenced the rumors and explained that she is dating someone who she “just recently met,” who fans have assumed to be *Bachelorette* star, Jef Holm.

In celebrity news, Francesca Farago is tired of the rumors and sets the record straight on her current dating life. What are some ways to keep rumors from affecting your relationships?

Cupid's Advice:

Dating can be hard enough even without added speculation and criticism from others. Being able to handle rumors and judgement during a relationship is a must. If you need to stop rumors from affecting your relationship, cupid has some advice for you:

1. Don't listen: One of the easiest ways to let the opinions of other people is to stop listening. Try blocking comments on your Instagram posts, or take a break from social media. This can help you to stop worrying about the thoughts other people have about your relationship.

Related link: [Celebrity Couple News: Former *Bachelorette* Rachel Lindsay Celebrates 1 Year Anniversary with Bryan Abasolo](#)

2. Talk about it with your partner: If rumors about your relationship are starting to worry you, try having an honest conversation with your partner. Talking about any concerns you have about rumors may help the two of you to set the record straight and have a steady amount of trust in each other.

Related link: [Celebrity News: Tayshia Adams Replaces Clare Crawley On *The Bachelorette*](#)

3. Focus on the truth: At the end of the day, you and your partner are the only ones who should be worrying or talking about your relationship. If you know the truth about your relationship, there is no need to even waste time worrying about what other people are thinking or saying. Spend time alone with your partner to remember what is actually important.

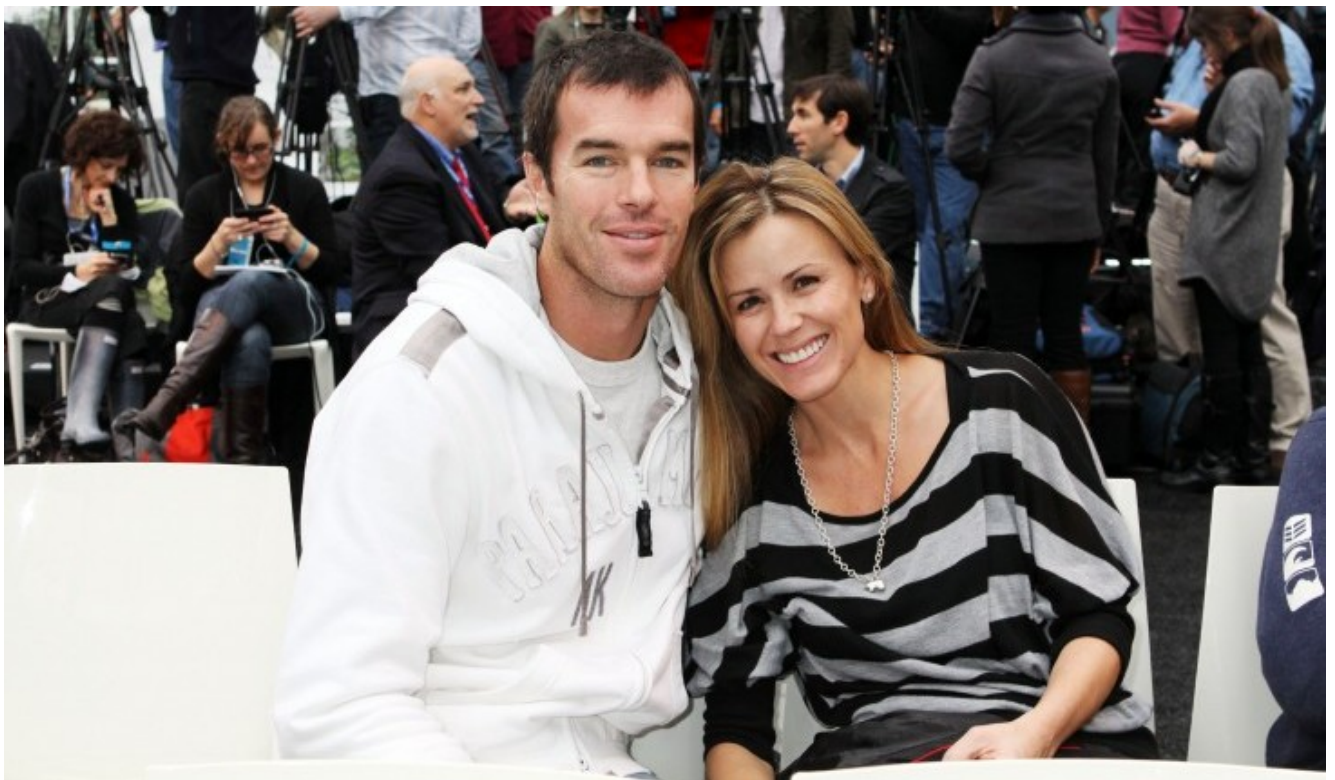
How can you stop rumors from affecting your relationship? Start a conversation in the comments down below!

Celebrity Photo Gallery: The History of 'The Bachelorette'





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Season 1: Ryan Sutter and Trista (Rehn) Sutter

Trista Rehn was the runner-up during season 1 of 'The

Bachelor.' She went on to be the first 'Bachelorette' and found love with firefighter Ryan Sutter. The celebrity couple were married in December 2003. They have two kids and live in Eagle County, Colorado. Photo: Diane Cohen/Fame Pictures

The Worst 'Bachelor' and 'Bachelorette' Breakups





Jake Pavelka and Vienna Girardi

Jake Pavelka thought Vienna Girardi would be his best chance at love when he knelt in front of her on 'The Bachelor' season 14 finale. But after a short engagement, the pilot decided it was over and broke the news to his fiancée over the phone! On a TV special, Pavelka accused her of cheating, while Girardi said he was obsessed with fame. Ouch! Photo: Bob Charlotte / PR Photos

Celebrity News: Jef Holm Says He and Emily Maynard Haven't Spoken in 'Months'



By Petra Halbur

Jef Holm and Emily Maynard may have called off their engagement in October 2012, but Holm says that he has nothing but love for his former fiancée. “We haven’t talked in the past few months. Last time we talked, things were in good spirits,” Holm told UsMagazine.com of Maynard, whom he met on the *Bachelorette* last spring. He explained that Maynard, who has a 7 year old daughter, is a homebody, while he is looking for a more outgoing partner. “I hope the best for her. She’s an amazing girl. She’s just not the person I’m gonna spend the rest of my life with. I think she’ll make somebody happy,” he said.

How do you truly move on after a broken engagement?

Cupid’s Advice:

Breaking off an engagement can be devastating. Your short term and long term plans have both been drastically changed and, perhaps, you’re unsure of how to face your new and uncertain future. Cupid has some advice to help you move on:

1. It's okay to be single: Finding yourself without a partner again is probably the hardest part of breaking off an engagement. While the transition may be difficult, know that you have friends and family who love you. Being single does not mean that you are not alone.

2. New goals: Your plans for married life have been put on the back burner (for now) so write yourself a list of new things that you want to accomplish. Remember, there are advantages to being single.

3. Love is still out there: It might be hard to believe right now, but "the One" is still out there. The end of your engagement does not mark the end of your love life.

How did you cope after your engagement was called off? Tell us below.

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](#).

'Bachelorette' Couple Emily Maynard and Jef Holm Break Up





By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

How do you know if you're in the same place in your life as a potential partner?

Cupid's Advice:

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to

handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

1. Old relationships are closed: In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

2. Know thyself: To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

3. You've had the discussion: To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

Are you and your new partner in the same place in life? Tell us your story below.

Jef Holm Unwinds with Golf

Post-Split from Emily Maynard



By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

What are some ways to keep yourself busy after a breakup?

Cupid's Pulse

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy yourself:

1. Catch up with old friends: When we are in a relationship we tend to replace the time that we would spend with friends with time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

2. Cross that item off your bucket list: Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

3. Avoid the computer: Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

How do you keep yourself busy after a breakup? Share your ideas with us.

**'Bachelorette' Star Emily
Maynard Toasts Fiance Jef**

Holm's Birthday at Dinner Party



Emily Maynard's fiancé Jef Holm certainly has had a lot to celebrate, including his 28th birthday. The recently engaged pair partied with friends in New York City, but they couldn't keep their hands off each other. According to [People](#), they were often seen "holding hands under the table." Surrounded by guests, Holm was surprised with a birthday cake while out on the rooftop. With his new fiancée on his arm and a ton of guests all there for him, Holm "loved the attention" and the duo threw a great party.

What are some ways to surprise your partner with a birthday celebration?

Cupid's Advice:

Birthdays only come once a year, so it's crucial that you make your significant other feel as special as possible on this day. Consider these simple ideas to celebrate:

1. Throw a party: Surprise or not, getting together your beau's friends is definitely a great way to celebrate the person you love. A fun atmosphere with drinks and good company will be the perfect thing to make your honey_happy to turn a year older and thankful you took the initiative to coordinate it.

2. Do something adventurous: Parties and dinner aren't for everyone, show your babe you really care by taking them out to do something unique or daring. Go skydiving if you're feeling a thrill or maybe spend the day at an amusement park.

3. Keep it just the two of you: Sometimes the most thoughtful way to commemorate your partner can be done with little effort. Send your_loved one out for a part of the day so you can set up your house to resemble an elegant restaurant and make your honey's favorite meal.

How do you celebrate your partner's birthday? Tell us below.

'Bachelorette' Emily Maynard Says 'Love Is Worth the Chaos'



At the end of *The Bachelorette*'s eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup.

Instead, use tips like these to work through them:

1. Confront the problem: Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.

Jef Holm Is Moving To Be Closer to Emily Maynard





The winner of *The Bachelorette*'s eighth season, Jef Holm, is moving to Charlotte, North Carolina. According to UsMagazine.com, Holm has made the decision to move to Charlotte to be closer to Emily Maynard and her daughter, Ricki. He will be getting his own place until the two get married, at which point he plans to move in with Maynard and Ricki.

When is it time to relocate in order to be with your partner?

Cupid's Advice:

Moving for your partner is always a big step, but it's often important if you want your relationship to last. How do you know when it's a good time to relocate to be with them? Consider these tips:

1. Your career has taken you there: Don't ever pack up your life if you only have one reason for it. Make sure your career is secure in the move. This way, you aren't sacrificing everything for your love.

2. You're ready to live with them: If you envision a future with your sweetheart, and you're willing to move for them, you better be ready to live with them. That's the logical next step, so if you're doubting it, you're probably not ready to move yourself.

3. You're thinking about it: If relocating is always at the back of your mind, you've already made your choice. You want to be with your beau, and you just need to get there.

When do you know it's time to relocate for your partner? Tell us in the comments below.

'The Bachelorette' Season 8 Finale: Tips for Lasting Love





By Marni Kinrys, Ultimate Wing Girl

I have to say, I was shocked at 'The Bachelorette' finale. Well, kind-of shocked. For some reason, I *knew* that Emily was going to pick Jef, but I was still surprised that she didn't choose Arie. It goes to show you that physical chemistry does not equal partnership for life and that you can make the right choice if you take your time and really evaluate what relationship is best for you.

I have to give Emily so much credit for being able to see that difference between her two final suitors. Throughout this season, she has been a strong and steady Bachelorette, working hard to not let her heart solely dictate her decisions. She has been smart about her choices, and when it comes to love, we all know how challenging that can be.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Thinking back on past episodes, I remember when I started to see the potential for Emily and Jef to be a successful couple.

When they were lying on the floor in Prague, kissing, giggling and talking easily about the future, I knew that Jef had won her heart. They didn't just have chemistry; they had a best friendship. That's the primary distinction between relationships that fizzle and relationships that last forever.

Now that Emily's found love, I want to help all of you do the same! Here are my tips on how to decipher if someone is a good choice for you for the long haul. Ask yourself the following questions:

1. Does this person challenge me in a good way? The best partnerships are with those that help us grow and see the world in new and interesting ways. Yes, it's always great to have a lot in common with a person, but too many similarities can get old and dull pretty quickly. Someone different from you helps you see sides of yourself that you didn't know existed. The saying that "opposites attract" *really* is true.

2. Does this person turn me on physically *and* mentally? YES, I know physical compatibility is important, but stimulation of the mind and emotionally understanding each other is equally important.

3. Does this person get me? In relationships, you don't always have to agree with one another, but it's essential to *get* one another. The couples with the strongest survival rates are the ones where they really work on getting to know one another. You need to understand who your partner is and what he or she is all about – and appreciate him or her because of this uniqueness.

Related: [Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'](#)

4. Does this person have the same values as I do? I know so many people who say that they have the same values as their significant other, but when I ask them what those values are, they draw a blank. Knowing your own core belief system and

understanding your partner's morals is so important to a successful marriage. If you want a guide to discovering your values, email me at marni@winggirlmethod.com and let me know that you read this post.

5. Does this person make even the hard times seem fun? If you are going to be with someone the rest of your life, you better be able to have fun with that person. Life will be tough sometimes, and it's important to keep that in mind when selecting a partner.

I think Emily and Jef seem like a great couple. I am so happy for the two of them, and I know that they are going to have a fulfilling relationship based on love, admiration and open communication.

Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'





The Bachelorette is finally wrapping its summer season with the pretty, prim and proper Emily Maynard and her two remaining candidates. One of the men is Jef Holms, who shockingly denied the opportunity to stay the night with the seemingly-perfect Maynard in a luxurious suite in Curacao on Monday's episode. According to UsMagazine.com, Maynard said on the pre-finale, "It was very sweet, but he turned me down and I wanted to turn him down!" The 27-year old beauty will definitely have her chance to turn one of the men down for the whole world to see as she chooses her prince charming on the upcoming season finale.

How do you know when it's time to get intimate with your partner?

Cupid's Advice:

Intimacy opens the door to a new, exciting world in a relationship that comes with more emotions and responsibility. Here are some ways to know when to take your relationship to the next level:

1. Exchanging 'I love you's': 'I love you' is an important phrase to share right before getting intimate with someone. Make sure they truly care for you before giving them the privilege of being intimate with you.

2. Meeting families: Your relationship is most likely at a pretty deep level if you are introducing them to your family and vice-versa. After you've done this, getting intimate is the next step.

3. Simply being ready: A lot of times people jump into intimacy before they are ready. Avoid overlooking your true feelings. Your desire to be intimate will come as your relationship grows.

What are some things you look for in a relationship before getting intimate? Share your thoughts with us.