

Celebrity News: 'Newlyweds' Producer Reveals The Truth Behind Jessica Simpson and Nick Lachey Failed Marriage



By [Marissa Donovan](#)

Fourteen years ago, [Jessica Simpson](#) and Nick Lachey were happily married and had their own show on *MTV*. In an interview with [Complex.com](#), producer Sue Kolinsky of *Newlyweds* spoke out about how the [celebrity exes](#) functioned as a newly married couple. The producer shared that their maturity levels contrasted and felt a sense of tension between the former [celebrity couple](#). Kolinsky also added the only thing the couple seemed to have in common was their music careers. The couple split after the show's third season and are now happy in their new marriages.

This [reality Tv](#) show exposed the differences between this celebrity couple. How can you maintain a happy relationship when you and your partner are opposite from one another?

Cupid's Advice:

Opposites can attract one another, but sometime couples who are very different from each other run into more problems than those who are alike. Here's how you can keep the spark when you and your partner are total opposites:

1. Keep finding common ground: Keep trying to find similarities in activities and special interests. If you both enjoy golfing, play a game together. Also try new activities and see if you both can enjoy it as a couple!

Related Link: [Celebrity Relationship: Jessica Simpson Celebrates 7-Year Anniversary with Eric Johnson](#)

2. Embrace your differences: Do not put negative light on your differences, instead use them to your advantage as a couple. If your partner is the outdoorsy type, let them help you love nature. The contrasting traits you have individually can balance the relationship if you embrace them!

Related Link: [Famous Couple Nick Lachey and Vanessa Minnillo Celebrate Second Celebrity Baby Shower](#)

3. Find room to grow as a couple: See how you and your partner can grow as a couple by watching how you bring the best out of

each other. Patience is key and this kind of relationship has to go slow in order for things to stay on a positive note!

Do you think a *Newlyweds* reunion is a possibility in the future? We would love to hear what you think in the comments!

Celebrity News: Maci Bookout Reflects on 'Toxic' Relationship with Ryan Edwards in New Memoir



By [Marissa Donovan](#)

Maci Bookout's new memoir *I Wasn't Born Bulletproof...*, looks back on the struggles she had while dating ex Ryan Edwards. Despite their ups and downs, the *Teen Mom OG* star was invested in making it work for the sake of her teen pregnancy.

The two continued dating, until they realized splitting up would be best for their son Bentley. Bookout expressed that it was the “most painful breakup” she’s had. According to [People.com](#), the [celebrity exes](#) are both currently in long-term relationships with other people.

In [celebrity news](#), this [reality TV](#) star shared her experience in a toxic relationship. What are some ways to know your relationship is toxic?

Cupid’s Advice:

Coping through a bad relationship is emotionally draining for you and your partner. Sometimes it’s hard to tell you’re in one because people normalize unhealthy relationship behavior. Here are some red flags to look out for:

1. Thinking back instead of looking forward: This red flag applies to happy memories and grudges. If you think about the past more often than being excited about the future, then you need to reconsider why you want to continue the relationship.

Related Link: [Maci Bookout & Ryan Edwards in a Parenting Battle](#)

2. Tiptoeing around small conflicts: Ignoring or lying about a problem for the sake of keeping the peace is more harmful than confronting the issue. This behavior always leads to a huge fight, which is something that must occur often if this happens while you’re together.

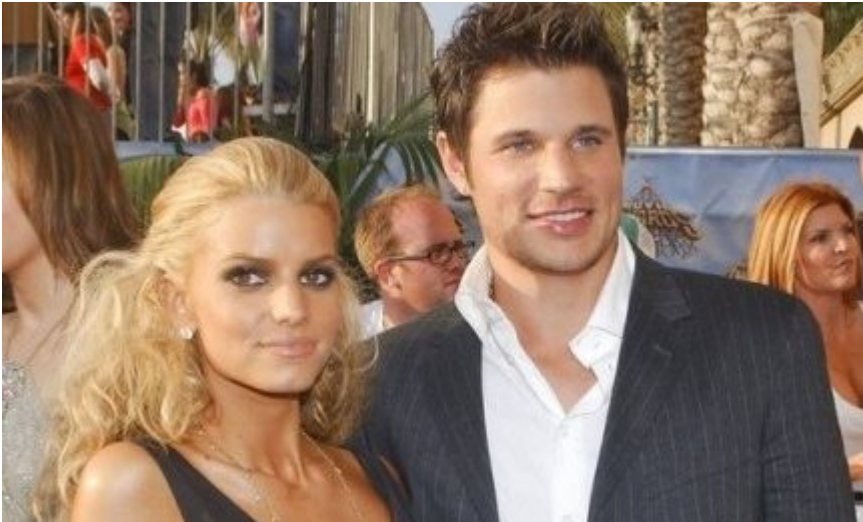
Related Link: [‘Teen Mom 2’ Star Leah Messer Finalizes Celebrity Divorce No. 2](#)

3. There's self-doubt within the relationship: Lacking confidence in yourself because to how your partner treats you can be harmful to your overall health. If you or your partners is developing bad habits or feeling helpless, end your relationship.

Will you be reading Maci Bookout's new book? Let us know in the comments!

'Martha & Snoop's Potluck Dinner Party' Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible 'Jersey Shore' Revival





Interview by [Lori](#)

[Bizzoco](#). Written by [Delaney Gilbride](#).

The queen of reality TV, [SallyAnn Salsano](#), has taken VH1 by storm and is back and better than ever! The self-made American television producer is the CEO and president of 495 Productions, which launched in 2006 and has been a success ever since. Salsano has produced a number of widely-loved television shows, including MTV's [Jersey Shore](#) with its equally successful spin-off *Snooki & JWoww*. The entrepreneur has also produced popular reality TV series such as *Friendzone*, *Party Down South*, *Blue Collar Millionaires*, and the new VH1 show that everyone has been raving about, *Martha & Snoop's Potluck Dinner Party*.

Celebrity Interview with Reality TV Producer SallyAnn Salsano

In our recent [celebrity interview](#), Salsano opens up about the idea behind her latest project. She had collaborated with VH1 in the hopes of creating a new, unique show that viewers would fall in love with – and boy, did they! When speaking about the birth of *Martha & Snoop's Potluck Dinner Party*, Salsano says the new president at VH1 asked her what kind of show she had been dying to create. She answered the question with an immediate response: “I would love to do a crazy, energetic

celebrity cooking show,” which everyone at VH1 jumped right on board with. When going back and forth about who they wanted to co-star in the show, Salsano tells us she asked the room, “Why are we even discussing other people? I think Martha Stewart and Snoop Dogg would be the best show ever.”

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

After discussing the idea with the world-renowned chef, 495 Productions reached out to the rapper, but when they called him, he had already known about the show through Stewart. “They really are friends,” says Salsano. “It’s such an honor working with them.” Salsano relates the mega-stars to those on another one of her shows, CNBC’s *Blue Collar Millionaires*, by expressing how they started out just like every other aspiring blue collar worker: as entrepreneurs. “Even now, at this stage of their careers, they don’t take it for granted,” she adds.

Feeling inspired by the reality TV stars of her many shows, Salsano shares an important piece of career advice, saying, “You don’t have to be a rapper or an NBA star to make it big. You just have to have an interest in something, dedicate yourself to it, and be good at it. And sometimes, loving your job, regardless of what it is, is enough.”

Martha & Snoop’s Potluck Dinner Party is the number one rated non-sports cable program in its time period with over three million viewers after only the second episode was released. Plus, it’s already been renewed for a second season. Salsano believes that the reason why the reality TV show is such a hit is because the duo makes the show extremely fun-loving and humorous for people of all ages.

She adds that the show has an underlying message of, “Come on, everyone – knock it off. We can all get along.” The renowned rapper and famous chef continue to cross generations and

demographics with their [celebrity relationship](#). People may wonder how they can be friends, but as Salsano explains, “When you look at who they really are as people, you come to realize that they have the same interests and the same sense of humor.” It doesn’t get any simpler than that.

Related Link: [Relationship Advice: Stay True to Yourself](#)

It’s no surprise that the reality TV producer loves working on the show. “If Snoop and Martha are on set, I’m on set,” she reveals. “It’s a fun day.” The stars actually have a lot of leeway when it comes to what they want to make in the kitchen. While Stewart makes, well, anything and everything she puts her mind to, Snoop is more of a “home cook” and uses recipes passed down by his mother. As Salsano shares, “He claims his mother always used to tell him, ‘You know what girls like? A man that cooks.’ And from then on, he has been making his signature dishes, like fried shrimp and catfish, for his family and friends.” Great [relationship advice](#) from Mamma Snoop!

SallyAnn Salsano Teases Future Bravo Reality TV Show & *Jersey Shore* Revival

Salsano also talked about her future projects in our celebrity interview. “There’s still so much I want to do,” she shares. The producer teased us with the notion that her first Bravo show will be coming out in the spring, but she’s not able to tell us much more than that she’s extremely excited to share it with everyone when the time comes. She also revealed that she’s constantly thinking about reviving her past reality TV shows, including *Friendzone*, which is still one of her “favorite shows of all time.”

Related Link: [Celebrity Break-Up: ‘Famously Single’ Stars](#)

[Ronnie Magro & Malika Haqq Have Split](#)

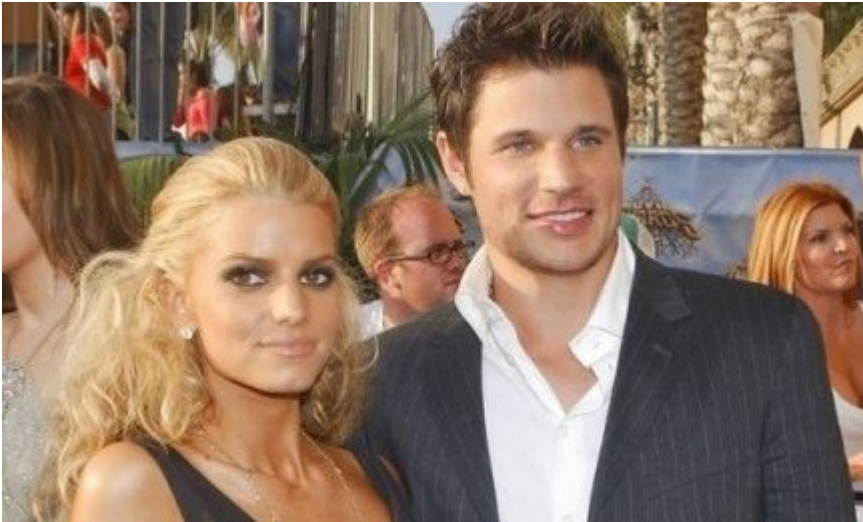
Of the continued success of the *Jersey Shore* stars, Salsano says, "I love it. I get excited for them, watch everything they do, and root them on. I feel like I have a different kind of love for them – I feel like I've known them from birth." She also wants people to know that the stars of the hit MTV show are more than how they're presented on camera. People don't truly see "what great kids they are and what great families they're from."

Given her love for the reality TV stars, we had to ask if she ever thinks about doing a *Jersey Shore* revival. Without skipping a beat, she exclaims, "Like every day! Every show runs its course, but you never know." We've got our fingers crossed!

Be sure to tune in to Martha & Snoop's Potluck Dinner Party on Monday, March 6 on VH1 at 10pm ET. You can keep up with Salsano's many projects on Twitter [@sallyannsalsano](#)!

Holly Montag and Husband Richie Wilson Share Celebrity Baby News!





By [Katie Gray](#)

Celebrity pregnancy alert! Former MTV [reality star](#) Holly Montag and husband Richie Wilson are expecting their first child together. That means her famous sister Heidi is going to be an aunt! Montag and Wilson married in September 2014. According to [UsMagazine.com](#), she described her celebrity wedding day, saying, “It could not have been more intimate and elegant. Being surrounded by the mountains as the trees are just beginning to turn for fall was absolutely dreamy. It could not have been more magical or perfect for Richie and me.”

After hearing this celebrity couple’s baby news, what are three ways that you can support your partner through pregnancy?

Cupid’s Advice:

Pregnancy isn’t all about the “glowing.” There are trials and tribulations to overcome during those nine months, and it’s important to support your partner along the way:

1. Listen: The most important thing you can do for your relationship and your love life is to pay attention to your

partners needs while she is pregnant. Let her tell you everything she's feeling, experiencing, and thinking about. Sometimes, she may get very emotional and need to vent. Other times, she may just want to share with you that the baby is kicking. Help her remain relaxed and happy.

Related Link: [Kourtney Kardashian Welcomes Third Child](#)

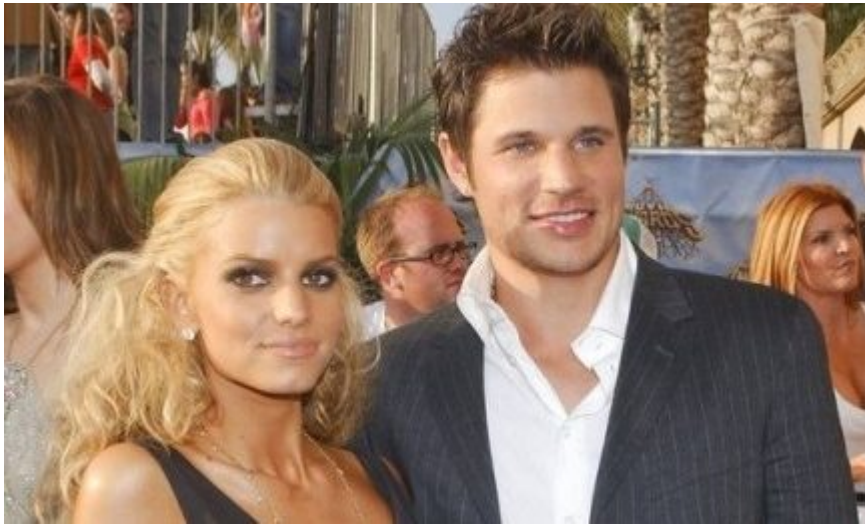
2. Encourage healthy choices: During pregnancy, it's important to be at your healthiest. Do the heavy lifting for your partner. Take over their tasks that involve toxic ingredients like cleaning with certain products. Make her healthy meals and snacks, and exercise together. You can work on becoming healthier as a team, which will make it more fun!

Related Link: [3 Ways To Support Your Anxious Partner](#)

3. Connect: It's crucial during these stages to connect more than ever. Remember how much you love each other and how loyal you are to one another. Decorate the nursery and pick out baby names together. Engage in activities that you both enjoy. Spend a lot of time together because once the baby comes you will both be extremely busy.

What are some ways you have shown support to your partner during pregnancy? Share your stories below.

Reality TV Stars Deena Cortese and Chris Buckner Talk 'Couples Therapy' on VH1



Interview by Ashley Pacifico. Written by Stephanie Salsini. Fans of *Jersey Shore* and *Snooki & Jwoww* recognize Deena Cortese as the hilarious little “meatball” who is best friends with Snooki. In our exclusive celebrity interview during *OK!* Magazine’s New York Fashion Week celebration, CupidsPulse.com asked Cortese and her boyfriend Chris Buckner about what we could expect to see from them on the reality TV show *Couples Therapy* as well as their best fashion [dating advice](#).

Related Link: [Snooki Prepares for Wedding Day with ‘Great Gatsby’-Themed Bridal Shower](#)

Reality TV Stars Talk *Couples Therapy*

Viewers know Cortese for her crazy partying, but you won’t be seeing that behavior from her on *Couples Therapy*. “You’re going to see a completely different side of me. I open up about a lot of stuff that I didn’t feel comfortable opening up on *Jersey Shore*, so it should be very interesting,” the

reality TV star reveals. Buckner also shares his thoughts on being filmed for the VH1 show: “It was an awesome experience. There were a lot of ups and downs. I know it’s going to be a lot of fun to watch.”

When the celebrity couple aren’t on television, the pair enjoys going all out for their date nights. “We do a lot of little getaways, like spending a couple of nights in Atlantic City, getting dinner, and seeing a comedy show – the whole nine yards!” Cortese explains.

Related Link: [Deena Cortese Says Snooki Will Be a ‘Great Mom’](#)

Deena Cortese on Fashion Dating Advice

Of course, with NYFW in full swing, we had to ask the New Jersey native about her favorite date night look. “Bebe fits my little body with curves so well. I usually wear a bodycon dress or something like that,” she says. Buckner picks his outfits a bit differently, taking fashion advice from his girlfriend: “Whatever Deena says looks good, that’s what I’m wearing. If it matches what she’s wearing, I’m in it,” he reveals.

Tune in to VH1 to see Deena and Chris on Couples Therapy on VH1 on Wednesdays at 9/8c. You can follow them both on Twitter: @DeenaNicoleMTV and @cbuckner_!

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

JWoww Says Being Pregnant is a 'Struggle'



By April Littleton

Pregnant best friends JWoww and Snooki attended the MTV Movie Awards together. Farley is expecting a baby girl in July with fiancé Roger Mathews. Polizzi is expecting her second child some time in the fall. "I'm not a fan of pregnancy right now, with my thighs touching and my boobs changing, but I know it will be worth it, and hopefully I get back to that really quickly," JWoww told UsMagazine.com.

How do you prepare for your first pregnancy?

Cupid's Advice:

Whether you're thinking about getting pregnant, or you're already well on your way to giving birth, there are a few things you should prepare for and consider before you raise a child on your own. Cupid is here to help:

1. Eat the right foods: Help your body prepare for its

physical journey by eating all the right foods. No more caffeinated beverages, seafood, canned foods, etc. Stick to eating plenty of fresh fruits and vegetables. When it comes to your source of protein, try to limit yourself to chicken and other lean meats.

Related: [JWoww and Fiance Roger Matthews Are Expecting First Child](#)

2. Check your finances: Are you financially ready to take care of a child? Take a look at your bank account. Can you afford to miss a few months of work, while you're pregnant? You have to be realistic about what you're capable of doing right now at this point in your life. You're not ready for a child if you're not 100 percent sure you can afford to take care of one.

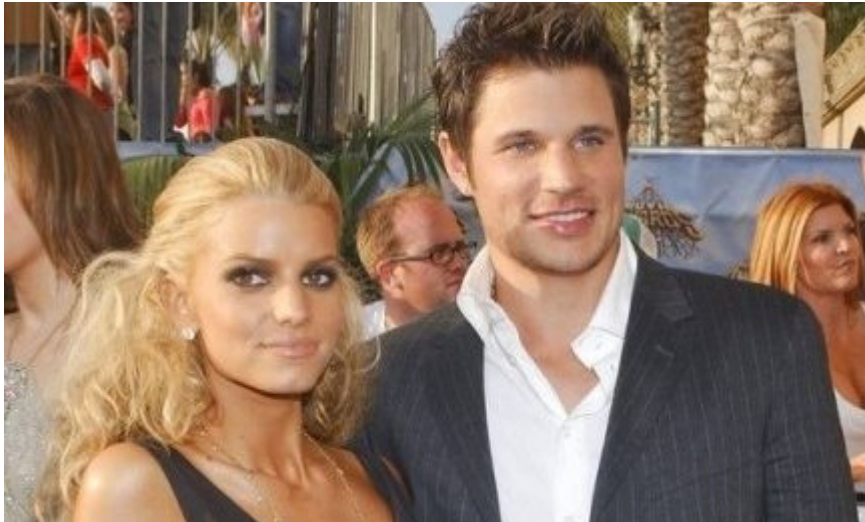
Related: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

3. Talk to your partner: You're ready for a baby, but your significant other might think otherwise. Have a conversation with your partner about you wanting to start a family, and make sure the two of you are on the same page.

How did you prepare for your first pregnancy? Share your experience below.

**Reality TV Star Farrah
Abraham Talks Next Career**

Move



Interview by Shannah Henderson.

Exclusive Celebrity Interview with Farrah Abraham

We recognize Farrah Abraham from *Teen Mom* and *Couple's Therapy*, and we'll get to know the reality TV star even better when her special *Being Farrah* airs on MTV later this year. In our [exclusive celebrity interview](#), we chatted with the single celebrity mom about her Valentine's Day plans and upcoming projects.

Related Link: [Farrah Abraham Discusses Her Life as a 'Teen Mom'](#)

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

Exclusive Interview: MTV's Battle Of The Exes Leroy and Naomi's Behind-The-Scenes Drama



By Andrew Pryor

On MTV's The Challenge: Battle of the Exes, viewers began the season expecting drama and fights, and they haven't been disappointed so far. But for every crazy moment the cameras catch for those watching at home, there are at least five more that go unnoticed. And for Challenge competitors Naomi Defensor and Leroy Garrett, most of their drama occurred when they were off the record.

Both Defensor and Garrett knew there was going to be trouble from the very beginning. "I was worried, just because of the

relationship we had previously in Las Vegas,” said Garrett, “I thought she was gonna want to hook-up and her mind wouldn’t be focused on the game, and I didn’t know how well she would compete physically because she’s really not athletic like that, so in my mind, I really didn’t think we were gonna make it too far.”

Related: [Five Hollywood Relationships that Spiraled Out of Control](#)

Their problems started way back in Las Vegas, where an agreement to keep an open relationship quickly turned ugly. “Regardless of what Leroy says,” stated Defensor, “the truth is that after The Real World we were talking for a bit, trying to figure things out on a different level...he wasn’t ready for a relationship or for any kind of commitment, but he likes to act like that never happened.”

Related: [Expert Dating Advice: How to Get Over “The Little Things”](#)

However, Garrett tells a different story. “Our whole beef started back in Las Vegas, Naomi hated me while we were living there, we made this deal that we could hook-up and be friends with benefits, and when I was hooking up with other girls she’d be so pissed about it. I was super cool, we made a deal, and she didn’t stick to her end of it.”

Their differences in opinion led to tensions between them. And those tensions resurfaced during Battle of The Exes, making their game an uphill battle.

Related: [Relationship Advice: Marriage Survival Guide for Tough Times](#)

Defensor said, “Our communication was definitely off...I was worried about hooking up at first and he was worried about winning so there was conflict there. They don’t show us

arguing much but we spent the entire time arguing.”

“Every other team, they were on the same page—they were there to get the money, and never once did Naomi even speak about the money. Naomi would walk around the house with the biggest mouth, talking about how she would kill this girl or that girl, and as soon as the challenge next morning she’d be ready to cry because she was afraid of heights. She had no confidence at all whatsoever,” said Garrett.

An early exit from the game made it perfectly clear that their communication issues were their downfall.

Now that the challenge is over, both Garrett and Defensor are no longer in contact with each other and don’t plan to make amends anytime soon. Yet they can both agree on one thing: Do they hope to see their ex on any more Challenges?

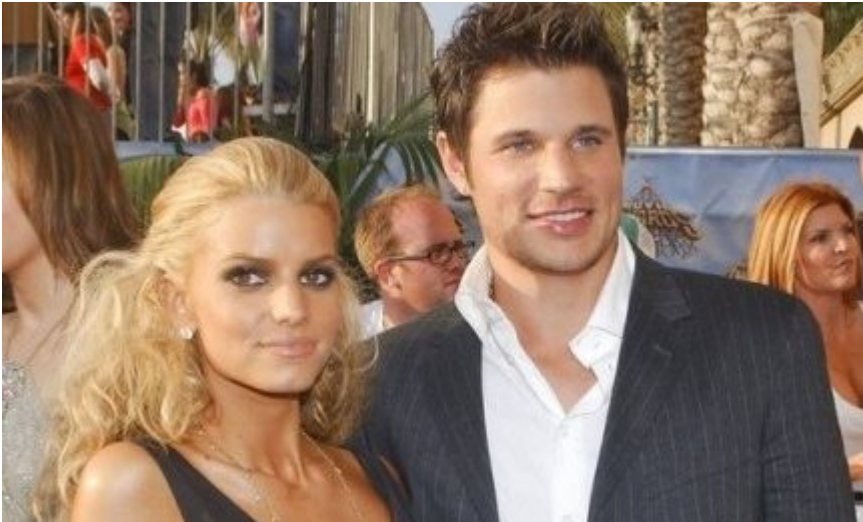
Defensor: “No, I don’t really care to see him ever again to be honest.”

Garrett: “Most definitely not, and if she is I don’t want her to be my partner.”

Well, that says it all.

Beyoncé and Jay-Z Will Welcome a Child in February





Beyoncé Knowles

recently announced on Australia's Sunday Night TV show that she'll give birth to her and husband Jay-Z's first child in February. "My husband and I have been together for 10 years," she said on the program. "All of my 20s. I feel like it is time ...". The singer first revealed her pregnancy news in August on the black carpet at the MTV Video Music Awards. She said she's "so happy" and looking forward to the new addition to the family.

What are some special preparations to make for a baby born in the winter?

Cupid's Advice:

Congratulations! Whether you'll be a first-time mom or not, it's important to know that there are some special preparations to make for a baby's arrival in winter compared to those who are born during warmer months. Here's some advice:

1. Clothing: Since it'll be cold, your baby will need a snowsuit and a thick warm sleep suit. Don't forget fleece blankets and hats that will cover their ears.

2. Bathing: To avoid exposure to the cold, be certain the room is warm and comfortable. This means that you're not in a position to skimp on your heating bill this winter.

3. Car seats: Since it's winter, don't worry about buying a stroller. Instead, purchase a car seat.

If you know other preparations to make for a baby born in the winter, share with our readers by commenting below.

Love & Laughs: Comedian Eric Patrick Shares His Relationship Advice



Comedians are usually social anomalies, and that's why they're so respected. For anyone to stand in front of a gigantic crowd of people, living and dying purely on the words they say while at the same time trying to make a personal connection—takes a special type of person.

Eric Patrick is one of the hottest young comedians on the

scene today—in more ways than one. His time on *The Real World: New Orleans* may have introduced him to a wider audience, but his good looks, charm, and captivating comedic style have kept his audience growing, from the NYC scene, all the way to far-off Johannesburg and London. Described by MTV.com as a “handsome ladies man,” and by Entertainment Weekly as “energetic and engaging,” Eric Patrick knows how to create and cultivate a relationship, as well as a crowd. Here are a few tips to help daters of either sex lighten up, straight from Patrick’s experience:

Don’t take rejection personally—it’s a fact of life. “A woman can usually tell within the first 10-15 minutes whether she likes a guy or not,” says Patrick. “As you get older, you learn not to get hung up on it. If a girl’s not into me, I just move on, because there are other ones out there.”

Don’t put too much emphasis on physical appearance. “Women just want to hear something cool. If you can be funny or interesting, she’ll keep you around, regardless of what else you’re working with.”

Work in groups. It’s easier to win over a group of four to five people than one person, so try and work with groups of people instead.

Go with what you know. Change the subject to something you’re confident about if you want to feel comfortable in a conversation, rather than trying to seem knowledgeable about something you’re not.

Look for a change of scenery. Go to a foreign country if you’re having trouble meeting new people—the cultural difference gives both of you common ground. “I went to South Africa to perform, and they love Americans over there. From the minute they hear your accent, you have something to talk about. I’ve never been attracted to so many bald, black women in my life.”

“Don’t be afraid to put your best self forward.” Fear of rejection will keep you from getting anywhere—and honestly, it’s only the creepy, weird guys with three gold teeth who are completely unafraid of going for it. We need more normal people out there.”

As for dealing with a relationship once you’re in one, try to be more forgiving and look at things from a comedic point of view. “As a comic, I’m usually more abstract with my feelings than upset when something bad happens in a relationship,” says Patrick, “because I’m always thinking about it in terms of potential material.” The comedian type can also be needy though, says Patrick, so be prepared.

Patrick’s energetic stage presence certainly attracts attention, but it helps him stand out, in the right way.

Patrick describes it as being like an NFL quarterback: “the younger ones are the ones scrambling and running all over the place, and as they get older, they either stay in the pocket, or they get hit hard.”

Right now, Patrick certainly isn’t afraid to give his audience all that he has to offer. More than anything, Patrick exemplifies the idea of “putting your best self forward” and being unafraid to try new things. His time in the U.S. State Department gave him plenty of life experience to work with, as did his stint on *The Real World*, where his on-and-off again relationship with housemate, Sahar, gave him plenty of future material.

But, as he says himself, Eric Patrick is always on the move, always looking forward, not back, and his best tip for women involved with comics isn’t sugar-coated: “If you’re a woman dating a comic, be patient with him. We can be emotionally involved and patient, but our instinct is to be nomadic. I took this job because I didn’t want to punch numbers every day. I wanted to get out and see the world.”

Hopefully, the world will get to see a lot more of Eric Patrick. He's developing an animated television series called *Twenty Below*, as well as a digital rooftop talk show. And he's talking about returning to MTV to do another show for them. In the meantime, you can catch him on his website, www.ericpatrickcomedy.com, or follow him on Twitter at www.twitter.com/theericpatrick.

Celebrity Couples We Can't Wait to See at MTV's VMAs



By Tanni Deb

From Britney Spears to Nicki Minaj, this year's MTV Video Music Award (VMA) nominees are teeming with A-list music stars. The three top contenders include Katy Perry, with nine nods (the most of any performer this year), and Adele and Kanye West, both with seven nominations each. While it will be exciting to see which stars take home a trophy for their

designated categories, we're also eager to see which of our favorite celebrity couples will attend. Although we won't know for sure who will show up to the VMAs until Sunday, Aug. 28, here are five celebrity couples we hope make an appearance:

1. Beyoncé Knowles and Jay-Z: Listed as the "most powerful couple" for *TIME* magazine's "100 Most Influential People" in 2006, the duo dated for six years before secretly getting married in 2008. *OK Magazine* reported that "the couple is very supportive of one another – making sure to attend performances and appearances together." That means we can definitely count on them to arrive together, since Beyoncé is up for a nomination, right?

2. Britney Spears and Jason Trawick: Although these two love birds have made many public appearances together, the first time they stepped out as a couple was at the St. Bernard Project Event in May, 2011. Spears' relationship with Trawick seems to be getting serious, but now the question is whether he'll attend the VMAs to support his pop singer lady, or not?

3. Katy Perry and Russell Brand: In May, 2011, comedian Russell Brand visited Japan to see his wife perform, but unfortunately, he was deported due to criminal incidences that happened more than a decade ago. Distraught with the news, the *Firework* singer tweeted, "So...my husband just got deported from Japan. I am so sad." Don't worry, Katy. Since the VMAs take place in L.A. this year, your hubby should have no problem attending. After all, how could he miss the opportunity when you have the most nominations?

4. Selena Gomez and Justin Bieber: The teen heartthrob and the *Wizards of Waverly Place* beauty were set up on a date by her mother and his management team at the end of last year. In an interview with *Seventeen* magazine, the 18-year-old Disney star admitted that she is head over heels for Bieber, and the pair

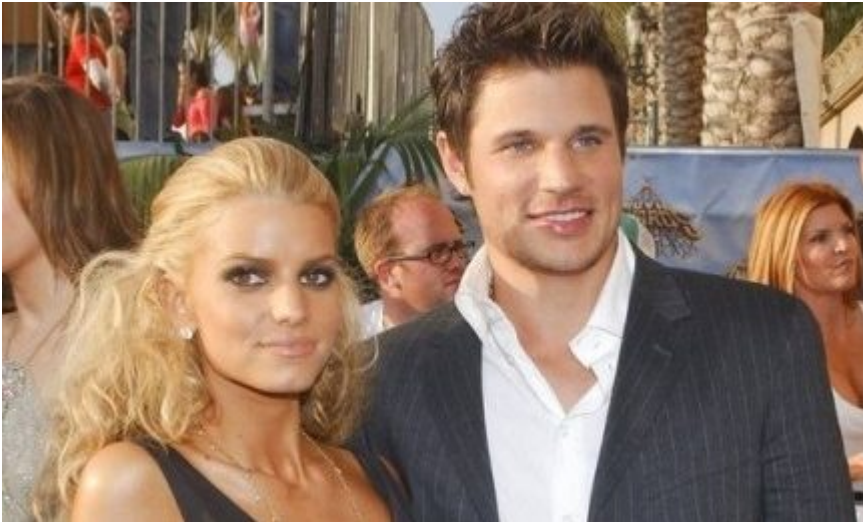
were even seen exchanging 'I Love You's' while shopping in New York City last month. This year, they attended many award shows together, including the Oscars, the ESPY Awards show, and the Billboard Music Awards. Let's just hope they won't miss out on this one.

5. Lady Gaga and Luc Carl: The mother monster credits her boyfriend for helping her become "successful" in the music industry. Last year, she told *Rolling Stone*, "I've really never loved anyone like I loved him. Or like I love him." Despite break-up rumors, hopefully her supportive boyfriend will be by her side to cheer her on at the VMAs.

Who did we forget? Anyone you'd like to see? Let us know in a comment below. Don't forget to tune into **MTV on Sunday, Aug. 28 at 9 p.m. ET**. For a complete list of nominations, visit [MTV](#).

Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, "Love Handles"





By [Lori Bizzoco](#)

When it comes to the topic of love, ABC's *The Bachelor*, MTV's *Disaster Date*, and *Shot of Love with Tila Tequila* certainly have that in common. But, finding your amore isn't the only thing that bonds these shows together. They've also had the fortune of being produced by SallyAnn Salsano, a 37-year-old, fist-pumping dynamo, who is best known for creating the pop culture phenomenon, *Jersey Shore*.

SallyAnn's newest reality television endeavor, *Love Handles* airs on Lifetime Television this weekend. The show is an hour-long docu-series featuring a dual transformation of overweight couples as they attempt to save their lives and relationships by confronting what lies at the core of the emotional, dietary and physical issues deeply affecting their well-being. Think *Biggest Loser* meets *Dr. Phil*. Whether it's a couple who gained weight together and are trying to get the spice back in their love life, or the woman who feels overly self-conscious because her man is thinner than her.

We had the chance to catch up with SallyAnn and she gave us the scoop on what we can expect to see this season:

What can you tell us about *Love Handles*? What makes the show different from other shows of its type?

It's about couples who feel like they're stuck, and we show

their transformation. I mean, you have to go to work, raise your kids, go to the gym, cook for yourself, and deal with your life. That's the situation most people are in when they have to lose weight. Some people are granted the opportunity to shut down their life and dedicate themselves to losing weight, but in *Love Handles* people have to fend for themselves and just do it.

The other thing about *Love Handles* is that it's not just about losing the weight. It's a show about therapy, and what's really going on inside. It gives you a rare look at couples that are in complete, raw therapy sessions. For most of these people, they have never been to individual therapy, so forget about couple's therapy. For the first time, they talk about what's bothering them, not only about themselves, but about the person they love the most. So sometimes they're just like, "Well, I don't know if I love this guy. I don't know if I could see myself with him." You should see their partner's reactions; it looks like their eyeballs pop right out of their heads because it's the first time they've ever heard that.

What are the relationships like on the show? Is everyone married?

They're all in different stages. Some of them are in a relationship, but will not get married until they lose weight. Others won't get married to their partner because they don't want a fat bride or groom. Some of the contestants are engaged, but can't buy the wedding dress because they're overweight. There are also newlyweds who are in the first year of marriage and gained 80 pounds. Some couples have been married for ten years and gained hundreds of pounds along the way and lost the intimacy they once had with each other. Every couple has their own unique story. Or, it could be that he's skinny and she's fat -it's all stuff everyone deals with and it's not only women who are self-conscious about their weight, it is men too. So you put that together – two people who are not feeling good about themselves – and the word toxic

doesn't even do it justice. They're in a position where they don't even love themselves. They need to figure out what's going on inside before they can figure out if they want to be with this other person.

How does *Love Handles* parallel your own life?

Well, I'm 37, in a relationship, and I'm really happy. But, I was in a previous relationship for seven years. We had a great time, a great house, and all the bullshit. He loved me, I loved him. But, I just wasn't happy. I was so overweight, and I think that I blamed my unhappiness on anything but that. It wasn't until I got my stuff together and lost the weight that I realized I had to move on. I threw out everything I owned and gutted my house. I did a drastic, crazy person clean out, and started over. I've never been happier. I won't say that the relationship was bad, because it wasn't bad at all. It was really me and that's kind of where *Love Handles* came from.

I think a lot of girls want to get married and have a family. And, they're looking for one guy who says yes. It doesn't even have to be the right person. For me, it's not the first person you find to say, "yes." It's the person you want to grow old with, rich or poor, the person you want next to you.

What is it about love that makes these shows so popular?

Well, I think everyone is on the endless search for love. I think even if you find someone, and you get married, you're always wondering if this is the greatest love of your life. Is this what love is supposed to feel like? I think it's all anyone ever wants. Everyone equates love with happiness. Every girl, every guy, every adult, even if you're married or single, it doesn't matter. You watch these shows, and you fantasize right along with them. Everyone wants a fairy tale.

Before we go, we need to ask some Jersey Shore "LOVE" questions! First, will we see a good love story in Italy?

Well, there are people falling in and out of love in Italy. I would say that it's hot and cold in that house. I love this season. Every season I do the same thing. I come back, and I'm like, "What if nothing happens? What if nothing goes on?"

Let me tell you something. I got all the way to Italy, and I was like, "Are you guys kidding me?" I was sitting there and would not leave the control room for 20 hours a day. That's when you know it's good. This particular season is interesting, because they were away. They didn't have all the comforts of home, and all the interactions with their friends and family that they usually do, so there was a bit more conflict than you've seen before.

What's the status of Sammi and Ronnie this season? Can you give us a little hint?

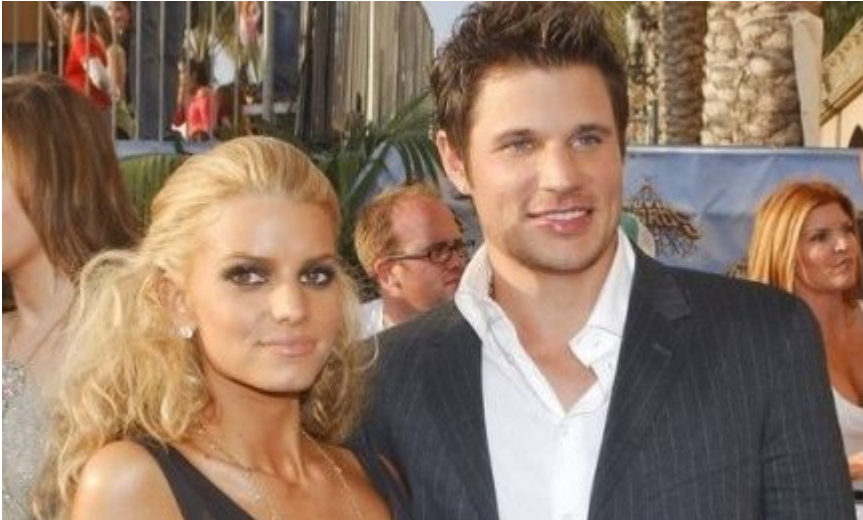
Well, the status depends on what episode (chuckle)! You're going to see a little bit of the Sammi and Ron you knew before, and then the Sammi and Ron who takes a turn. It's really interesting. I think they finally come into their own. Sometimes, I think you grow up when you're apart.

Whether it is the crazy, fist-pumping nights out at Karma, the quacking duck phone or Snooki's ridiculous antics that have you hooked, everyone loves to watch the drama. Jersey Shore Season 4 will premiere August 4th t at 10pm ET/PT on MTV.

And, don't forget to tune into *Love Handles* on Lifetime Television August 6th at 7pm and August 7th at 3PM & 4PM.

Cupid's Pulse sends a thankful fist-pump to Sally Ann for taking the time to talk with us.

Are Jersey Shore's Sammi and Ronnie Back Together?



This “situation” just got more interesting. *Jersey Shore*’s Sammi Sweetheart and Ronni Ortiz-Magro were caught sharing a PDA performance in Italy, according to [RadarOnline](#). The on-again-off-again duo ended things at the end of season three in an over-dramatic style, but the romance is appearing to bud again while in Europe. The cast is heading back over to Jersey to finish filming the fourth installment of *Jersey Shore*, confirmed a source from MTV, which is set to premiere August 4.

What are some reasons to reconcile with your ex-partner?

Cupid’s Advice:

It’s hard to come back together after a fight, but Cupid has some ways to help you work things out:

1. Closure: You don’t have to necessarily get back together with your ex, but just talking things out and moving past it is a good enough reason to make up.

2. Seek forgiveness: You may have guilt built up from when your relationship ended. Apologizing for whatever happened can help you move on and possibly rekindle a friendship.

3. Still got feelings: Perhaps you want to try things again with your ex, and letting go of any previous arguments builds a solid foundation for your comeback.

Would you ever get back together with a former lover? Tell Cupid about it below.

Cameron Diaz and Alex Rodriguez: Still Together



They haven't struck out yet. New York Yankees' third baseman Alex Rodriguez is still together with *Bad Teacher* star Cameron Diaz despite rumors, according to UsMagazine.com. The duo stood together, held hands and were affectionate during an MTV Movie Awards

after party in SoHo. The night before, the couple went out to the LA sports bar Goals to catch the NBA Finals game together.

How do you keep rumors from ruining your relationship?

Cupid's Advice:

How you handle rumors can make or break a relationship. Cupid has some tips on how to deal:

1. Hold strong: The best thing to do in a situation is to not let things get under your skin, no matter how severe they are. Rumors are meant to hurt you, and by defying the odds, you show those gossipers out there that they can't affect you and your relationship.

2. Preventative measures: Be careful who you talk to about your relationship. Sometimes it just takes one person to misinterpret something to start a rumor.

3. Address the situation: The best thing to do as a couple is to talk about each rumor that comes up and trust what your partner is saying. Without trust, the rumors will destroy you as a couple.

How did you handle a big rumor as a couple? Share your experience below.

**Mila Kunis and Justin
Timberlake Talk Romance**

Rumors



Mila Kunis and

Justin Timberlake stirred up some controversy at the MTV Movie Awards Sunday night when they decided to grope each other on stage in order to drive home the point that they're "just friends". According to [People](#), the two were addressing rumors that they are romantically involved. "Even though we're in the movie *Friends With Benefits*, Mila and I have never dated," Timberlake said. Kunis said that she and Timberlake are more like brother and sister than anything else. Looks like there isn't love in the air for these two celebrities, but there's definitely a great friendship!

How do you prove you're nothing more than friends?

Cupid's Advice:

Dealing with supposed romance rumors isn't easy, especially if you're just friends with the person in question. Cupid has some tips:

1. Be honest: Just be honest and tell your friends, family or

any one who may ask that you're just friends nothing more. Sometimes it's best to hear it straight from the person the rumors are about.

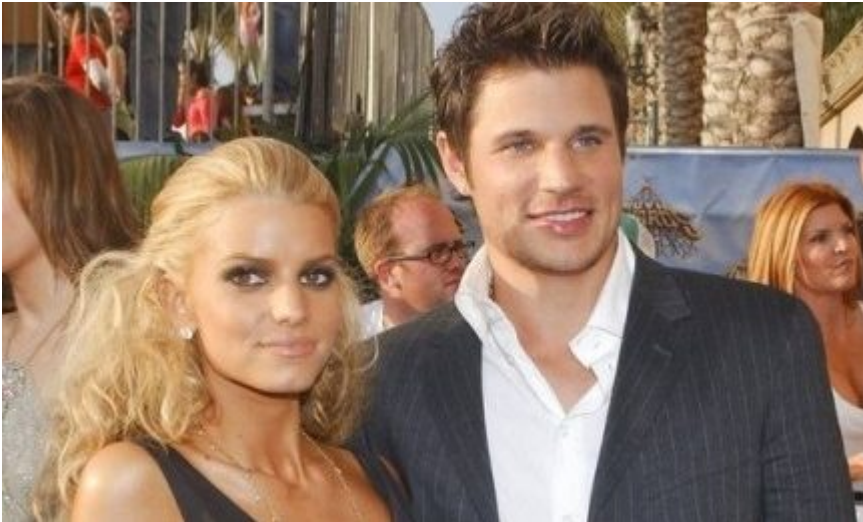
2. Go on dates: If you're going on dates with other people, it should squelch any romance rumors between you and your friend. If you're serious about someone, your most certainly not going out on dates with other people.

3. Act like brother and sister: When you two go out, joke around like you're brother and sister instead of lovers. This will show everyone that you just have innocent fun together, and it's not anything more than that.

How did you prove that you were "just friends" with someone? Share your experience below.

'16 and Pregnant' Star Delivers Amber Portwood-Style Beating





Looks like we have another teen star domestic violence dispute on our hands. [E! Online](#) reported Tuesday that another young mom from the newest season of MTV's reality TV show gave her baby daddy an Amber-Portwood-esque bashing ... but it's her dad who was taken away in handcuffs. Jennifer del Rio, who delivered twin boys last October, is seen screaming, "Say goodbye to your kids, Josh, because you will never see them again!" in the trailer for season 3 of *16 and Pregnant*. It's so much drama, and show doesn't premiere until April 19!

How do you handle an angry partner?

Cupid's Advice:

Everyone knows violence is never the answer – even more so when it involves teen parents. Here are some tips to help diffuse tension between you and your partner:

- 1. Step back:** If you see the situation escalating to dangerous levels, take a breather so each of you has room to settle down. Nothing good can come from a blow-out fight.
- 2. Seek a mediator:** If things are too heavy for the both of you to handle on your own, consider bringing in an outside party to help you each look at the situation objectively. Just be sure this person is someone who won't take sides, since that won't solve your problems, either.

3. Bring in the authorities: MTV got reprimanded for not reporting the Portwood attack on boyfriend Gary Shirley, which was caught on camera. If you're ever in a situation where fists are thrown, call the police. There's no excuse for any type of physical attack.

Teen Mom Star Leah Explains Why Husband Corey Is 'the One'



Teen Mom star Leah

Messer says the relationship between she and her husband Corey Simms is better than ever, according to UsMagazine.com. In fact, she recently told her friend that he is "The One." "At first there were ups and downs, but I think we're doing really good now," Messer said. "The thing is with me and Corey, we do things very fast. From the very beginning, we got pregnant. But with [him], I feel like I'm happier than I've

ever been in my entire life.” She added that if he were to propose she would say “yes – hell yeah!” The relationship between these two has been no walk in the park, including a six month break following Messer’s affair with an ex-boyfriend.

Can you regain trust after your partner cheats?

Cupid’s Advice:

Probably one of the most difficult things to do is trust once it’s been broken. It involves more than just your partner’s desire to make things right. Cupid has a few suggestions:

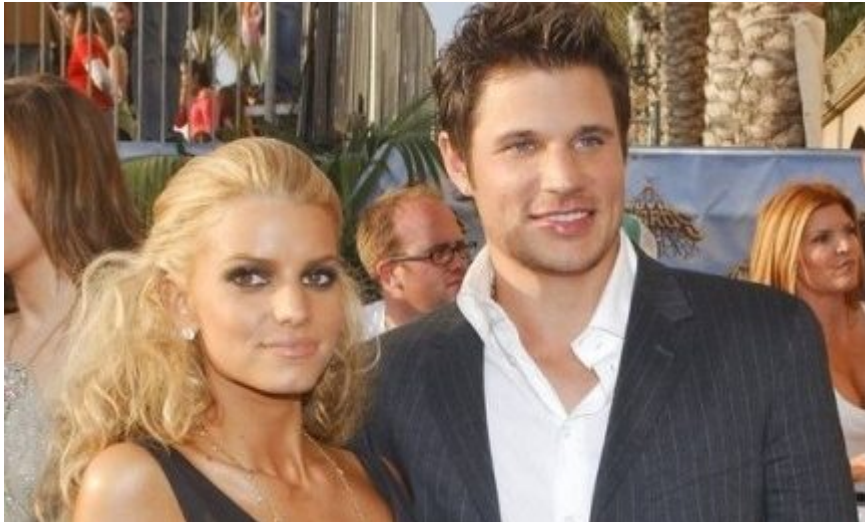
1. Honesty is the best policy: They broke the trust, so now they have to work twice as hard to regain it. The only to do that is to simply be honest ... all the time. Set up a policy of total disclosure between you and your partner.

2. Forgive, but don’t forget: If you’re serious about making your relationship work again, then you’ll have to forgive your partner. Remember that just because they came back, it doesn’t mean they won’t leave again. So be cautious, especially at first.

3. Find out why: This is something you may not want to hear, but there may be some opportunities for your relationship to grow if you know what drove them away from you in the first place.

Valentine’s Day Giveaway:

Pauly D's E-Card



This post is sponsored by StarGreetz.

Are you stuck on what to say to your significant other, crush, or even just your friends on Valentine's Day? Let Pauly D do it for you! Everybody's favorite *Jersey Shore* guido has a new line of e-greetings and ringtones that make for the perfect gift idea. Not only are they hilarious, they're personalized! You can choose exactly what you want Pauly to say in addition to your names. These e-greetings and ringtones are fun, cheap and guaranteed to make you fist pump. If you're tired of throwing grenades on Valentine's Day, head over to www.StarGreetz.com and let @DJPauD speak for you. And when the love holiday is over, get Pauly to wish your friends a happy birthday, invite them to your event, or make you laugh until you answer your phone!

~~To celebrate Valentine's Day, Cupid's Pulse has teamed up with StarGreetz to offer **Pauly D's e-cards** to **FIVE LUCKY READERS!** Simply tell us your favorite DJ Pauly D moment from season three of MTV's *Jersey Shore* in a comment below. The funniest~~

~~moments win! Please be sure to use your real email address so we have a way of contacting you if you've won — don't worry, your address won't be shown and we will never spam you. This giveaway will run until **11:59 PM EST on Monday, Feb. 14 — Valentine's Day.** Check back on **Tuesday, Feb. 15 at 1 PM EST** for a post announcing the winners. Good luck!~~

This giveaway is now closed.

For more fun gift ideas, follow @stargreetzinc on Twitter.

Most Romantic Movies of 2010



By Erika Mionis

2010 has been a big year for movies. Sequels like *Iron Man 2* and *Toy Story 3* have ruled at the box office, while animated films like *Despicable Me* and *How to Train Your Dragon* have made their marks as well. Those aside, the year was also particularly crammed with many a chick flick. From romantic

comedies (*When in Rome*, *Knight and Day*) to romantic dramas (*Dear John*, *Remember Me*), nearly all of the movies have had easily identifiable themes and laughs that we learned from and enjoyed. Out of all the great romantic movies we have seen this year, the following have had lessons that effortlessly apply in the real world:

Easy A: This romantic comedy had us rolling in the aisles. Emma Stone masterfully portrays Olive Penderghast, the teenage protagonist whose sarcasm is as razor-sharp as it is endearing. After pretending to lose her virginity to help out a friend, Olive's reputation begins a downward spiral as nasty rumors circulate around her school. Eventually, her childhood crush helps her regain her reputation and her happiness. Though based in high school, the film manages to support an overarching theme; the idea that those who really care about you will stick by you, no matter what.

Blue Valentine: This drama will have you on the edge of your seat. While the basic romance in this film is not immediately detectable, this tale of two troubled lovers is one of the most heart-wrenching films we've seen in a while. The film follows the now-broken couple of Dean (Ryan Gosling) and Cindy (Michelle Williams) over different points in their relationship. MTV's NextMovie.com calls the film, "A meditation on the nature of romantic relationships that's undeniably depressing yet incredibly insightful." It's safe to say that the flick is not a cheerful one, but it does present a viable warning. Be cautious when entering a relationship. Don't progress too quickly, and thoroughly examine your values before making a serious commitment.

Eclipse: The third installment in the *Twilight Saga* was also the most successful, both with critics and at the box office. Bella Swan (Kristen Stewart) is forced to choose between her steadfast vampire boyfriend, Edward Cullen (Robert Pattinson), and her best friend-turned-new flame Jacob Black (Taylor

Lautner). The film gave us an important lesson about the dangers of jealousy (especially if you're caught in a tumultuous love triangle between a shirtless werewolf and a sparkling vampire). The movie is undeniably entertaining, and the sheer gorgeousness of the cast left us reeling.

MTV's Video Music Awards: What You Missed



By [Jessica DeRubbo](#)

Well, the MTV Video Music Awards have come and gone yet again, and the celebs in attendance this year didn't disappoint!

Some of the more notable duos walking the white carpet this year were Justin Bieber & Selena Gomez, Usher & Justin Bieber, *Jersey Shore*'s Ronnie & Vinnie and Stephanie Pratt & Lo Bosworth, according to [Hollywood Life](#). And, of course, there was the much-anticipated awards show participants Taylor Swift and Kanye West. After last year's debacle where West barged

on stage during Swift's acceptance speech, he was on his best behavior. The two stars separately sang two brand new songs addressing last year's event, "like a pair of dueling attorneys making closing statements in front of a jury," according to Tris McCall at the New Jersey [Star-Ledger](#).

That's not to leave out the host of this year's VMA extravaganza. E!'s popular comedienne Chelsea Handler took the podium, and the question is: how did she measure up? Here are three reviews that seem to sum it up:

1. "As the live portion of the show began, Handler turned in a moderately funny Gaga sendup, appearing amid red-lycra-clad dancers wearing a dollhouse on her head. Though, again, it felt a little like Host the VMAs Paint-by-Numbers – Gaga's both the easiest and the lamest (not to mention the most willing) target around," said Jennifer Armstrong in *Entertainment Weekly's* PopWatch.

2. "And then there was the awkward plight of the night's host, Chelsea Handler. She was among the worst in the show's history – purposefully out-of-touch, with brief, alarming flashes of off-color racial humor," said Jon Caramanica of the [New York Times](#).

3. "But there was little smooching or feuding on Sunday, despite some nudging from the host. 'I want to encourage everyone to be on their worst behavior,' comedian Chelsea Handler declared in her opening monologue, a string of flat punch lines that felt a few degrees below crass," said Chris Richards in *The Washington Post's* Click Track.

Although the VMAs usually make for some stories full of cat fights and on-stage duels, the show was pretty tame overall this year. But with the best ratings since 2002, according to Just Jared, Chelsea Handler can't complain!

Snooki & JWOWW Tell Sammi the Truth



As of Season 2 Episode 4 of *Jersey Shore*, nothing has changed between Ronnie and Sammi. Ronnie continues to act single every night at the club only to go back home and get in bed with Sammi. While fully aware of what Ronnie is doing, everyone else in the house remains afraid to tell Sammi the truth due to their friendship with Ronnie and their desire not to hurt Sammi. Though Sammi suspects that something is up and even questions Angelina, no one brakes their silence until JWOWW suggests they write her an anonymous note. Snooki and JWOWW then go over to an internet cafe to type up the letter detailing all of Ronnnie's actions with other women so far this season.

Should you tell a friend when their boyfriend or girlfriend is cheating on them?

Cupid's Advice:

No one likes being the bearer of bad news, but when cheating is involved, telling the truth is the right thing to do.

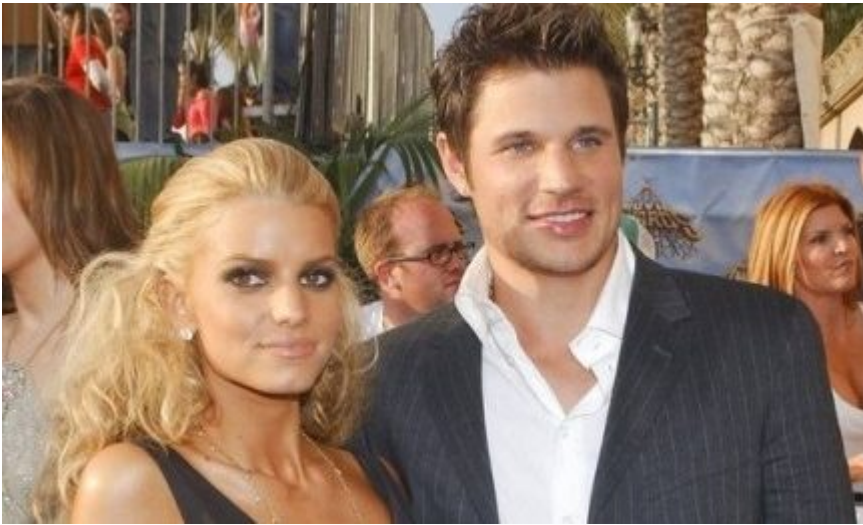
Though your friend may be upset at first, they will be grateful in the end that you told them what was really going on.

1. Friends don't let friends live a lie: If you were being cheated on by someone who you thought loved you, you would most likely want to know. It's usually best to treat others the way you want to be treated. Think past the awkwardness of the conversation in favor of the greater good.

2. Say it in person: The girls of *Jersey Shore* were doing the right thing by breaking their silence and telling Sammi the truth. However, receiving an anonymous note can raise more questions than it answers. A face-to-face conversation, although difficult, may be the respectable way to go.

3. Be a shoulder to cry on: You are probably telling your friend about their significant other's infidelity because you care about and respect them. But your job as a friend isn't over once you've dropped the bomb. Talk them through their feelings and show that you are there for them both now and always.

Maci Bookout & Ryan Edwards in a Parenting Battle



Ouch! If being a teenage mom wasn't hard enough, things just got harder for the MTV's *16 and Pregnant* star, Maci Bookout. After splitting up with her baby daddy Ryan Edwards, the devoted *Teen Mom* star tells [US Weekly](#) that she and her ex-beau have a hard time agreeing on how their son Bentley should be raised. She talks about how she struggled to ween her 22-month-old son off his pacifier, and learned that Edwards gives Bentley his pacifier whenever the child is with him. Bookout says, "I think Ryan spoils Bentley and really has no boundaries as far as discipline. With me, I don't want Bentley to grow up and be a brat when he's 4 years old."

What do you do when you and your ex can't agree on how to raise your child?

Cupid's Advice:

Raising a child can be very difficult. Co-parenting with different views can make things even worse. Cupid has some tips to make things easier:

1. Compromise: If you and your ex can't agree on something, then it's best if both parties relinquish a little control and

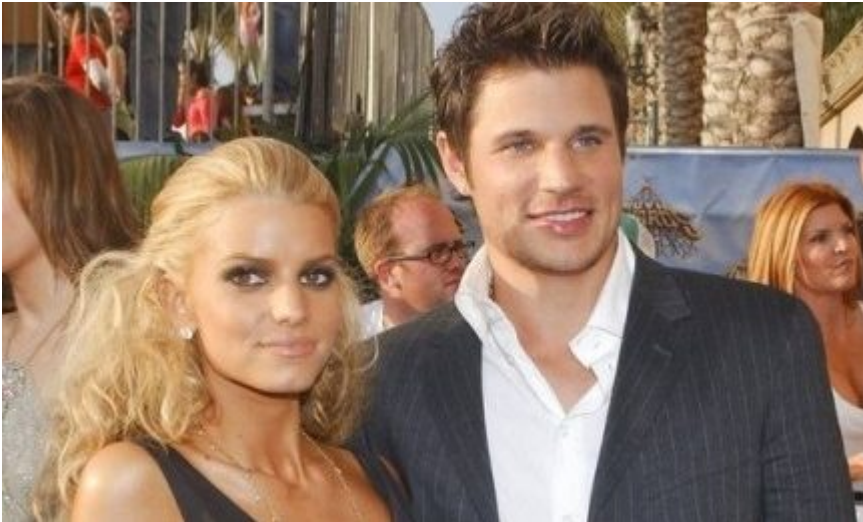
find middle ground that will ultimately benefit your child.

2. Communicate: It's important that both parents put their differences aside and talk things out with one another. Poor communication opens the door for children to manipulate situations to his or her benefit. If your child can't have dessert this week, then your ex needs to know that, too! Worst-case scenarios can lead to a child not being picked up after school or missing important medical treatments.

3. Equality: Don't throw all responsibility at one parent. It makes for a more civil atmosphere and better upbringing for your child if you and your ex share an equal amount of the responsibility.

Kristin Cavallari Dating Doug Reinhardt





The Hills star Kristin Cavallari was spotted out and about this weekend with another alum of the show, Doug Reinhardt, reports RadarOnline.com. Reinhardt was briefly featured on *The Hills* when he dated long-time Cavallari rival Lauren Conrad. Conrad has since left the show and is currently dating actor Kyle Howard. **How do you deal when your ex dates your enemy for revenge?**

Cupid's Advice:

Though Reinhardt and Conrad were not the first castmates to find love on the show, drama always seems to follow love on the MTV hit. However, the Conrad versus Cavallari rivalry was well documented in the press, so Conrad needs to be careful about any comments she makes regarding the Cavallari-Reinhardt romance. It's key to find a balance between being uninvolved but still supportive in this situation.

1. Don't butt in: Unless your ex tries to get you involved in his or her new relationship, it's important to remain aloof. If your ex is trying to send you a message by getting with your rival, getting involved only makes the situation stickier.

2. See their side: No matter how you feel about your enemy, if your ex is genuinely happy and not just looking for revenge, then keep your opinions to yourself. See how their

relationship progresses before you pass judgment.

3. Concentrate on you: No matter what other drama is going on around your ex or your enemy, you need to work on yourself first. Focus on you and your relationships, and try not to let your ex put a damper on your life.

Ronnie & Sammi Still Struggling at the 'Shore'



And the drama continues! After drunkenly carrying on with countless girls at a Miami nightclub in season two's first episode, *Jersey Shore* reality star Ronnie returned home to cuddle up with ex-girlfriend, Sammi. When Sammi asked if he had been with any girls that night, he lied, answering no.

The two seemed to rekindle their romance during last week's episode when Sammi held Ronnie's hand as he got a tattoo.

Is it possible to fully restore trust to a relationship after lies are uncovered?

Cupid's Advice:

Lying and cheating most often marks the end of a relationship. However, if the guilty party is truly sorry, and shows it through their actions, then the relationship may still succeed:

1. Repeat offenders: Past behavior is always the best predictor of future behavior. In a case like this, one does not apologize with words, but with actions. Those who mean their apologies won't make the same mistake twice.

2. Don't be too trusting: Sometimes, one party wants so bad to trust the other that they ignore the obvious. When it comes to being in a healthy relationship, one should always keep in mind the saying, "Fool me once, shame you you; fool me twice, shame on me."

3. Getting past it: If the cheater shows true remorse and bends over backwards to make things right again, their partner shouldn't continue to hold their mistake over their head. If they want the relationship to work, both people need to leave the past where it belongs.