

New Celebrity Couple: 'This Is Us' Star Chrissy Metz Goes Public with Boyfriend Josh Stancil



By [Whitney Johnson](#)

Over the weekend, *This Is Us* star Chrissy Metz introduced the world to her boyfriend Josh Stancil at *Entertainment Weekly's* SAG Awards party in Los Angeles. According to [UsMagazine.com](#), the [celebrity couple](#) met through a friend and have been dating for a couple of months. The breakout TV star couldn't hide her happiness as she walked the red carpet with Stancil, who is reportedly a cameraman on the hit NBC show. Last month, she opened up about her new beau and their [celebrity relationship](#),

saying, “He’s an amazing guy. He’s super supportive and encouraging, and that’s all I could ask for. And he’s definitely a fan of the show.”

This celebrity couple is making their relationship public! What are some things to consider before bringing your relationship into the public eye?

Cupid’s Advice:

It’s not always easy to introduce your new partner to your friends and family, and it’s often even harder to know the right time to do so. Before you bring your relationship into the public eye, read this love advice below:

1. Cancel your Match.com account: Before you bring your loved ones into the equation, make sure you and your partner are on the same page. If you’re falling in love but he’s still seeing other people, now isn’t the right time to take a big step forward. Once you’re both ready to be exclusive, you can talk about making friend and family introductions.

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2. Don’t rush it: Wait until you’ve been dating exclusively for at least three months (like this celebrity couple!). It’s important that you’ve worked through the early dating ups-and-downs and that your relationship is stable. You don’t want to introduce your man to your BFF, only to break-up with him after a silly fight a few days later!

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[Hanging Out With Friends](#)

3. Keep it low-key: Don't introduce your partner to your loved ones at a wedding, family reunion, or holiday dinner, as these events add an extra level of pressure. Not only will they be meeting nearly everyone in your circle at once (talk about nerve-wracking!), but it's hard *not* to jump ahead to the future when you're celebrating a new marriage or gathered around the Christmas tree.

How did you know when to introduce your partner to your family and friends? Tell us in the comments below!

'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"





By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

Related Link: [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. “My most challenging obstacle was believing that I could actually do it!” she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper’s team, she shares, “I had seen Jillian Michaels’ team falling apart and was so thankful that our team endured.”

Since her time on the show, McDonald’s family has overhauled their lifestyle in a positive way. “I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she’s capable of anything if she works hard enough.” McDonald’s daughter has lost 30 pounds, while Eldred has shed a whooping 60! “My kids, husband, and I all try to eat healthy and move every day.”

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald’s two college-aged kids during her journey. “He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

Related Link: [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a

small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

Be sure to tune in for next week’s premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She’ll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.

‘The Biggest Loser’ Winner Ali Vincent Says, “We All Need a Support System”





By Kristin Mattern

The first woman to win *The Biggest Loser* – a show that premieres its fifteenth season next Tuesday, October 8th – Ali Vincent really lives up to her motto of “believe it, be it.” She has moved on from reality television to become a motivational speaker and author of *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. Vincent continues to live a rich, full life with her new show *Live Big with Ali Vincent* on the Live Well Network.

Related Link: [‘The Biggest Loser’ Host Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

The idea for the show began with her book. “There’s a line about how it was ironic that I had to lose half of myself and become smaller in order to live big, and we developed the show from there.” On *Live Big*, Vincent helps her guests’ follow in her footsteps. This season is all about adventure, and her mom, Bette-Sue, is along for the ride. “We’re focusing on our bodies not holding us back as we enjoy adventurous lives.”

The theme of not being limited by one’s body hits home for the

celebrity who, before her time on *The Biggest Loser*, was restricted by her own body weight – an impediment she works hard to never be constrained by again. “I felt trapped because I was ashamed and embarrassed of my body, and I collected evidence for why people were judging me or not giving me an opportunity. I realized, though, that I was collecting the wrong evidence. I didn’t have to change who I was; I had to shift the evidence I was collecting and focus on how I could get healthy and believe in myself.” Her own struggles help Vincent to identify with her guests and aid them through the hurdles they encounter.

Setting goals is how Vincent stays motivated, and she encourages others to do the same. Her personal challenge to herself is to choose three physical activities each year and conquer them. This year, she is running *thirteen* races! She recently participated in the Disney Land ‘Dumbo Double Dare,’ running a 10K race one day and a half marathon the next. “I realized I had forgotten to set objectives in my life,” the television host candidly says. “Now, I make goals that I have to train for, so I have a reason to get up and workout in the morning.”

As a motivational speaker, the star advocates that there is no secret to *The Biggest Loser*, but that each person has everything they need to change their lives. “Who you are doesn’t have to change; who you are is great. There are some habits you have created that need to change, so you really just need to look for areas where you can make slight shifts.” She suggests that people start by setting small, achievable goals and then writing down their progress so they can be motivated by their improvement.

As much as Vincent focuses on fitness and nutrition ambitions, she also stresses the importance of strong relationships, both romantic and otherwise. “We all need a support system,” she explains. “I try to help people recognize what they need in their loved ones so that they can reach their dreams and live

big.”

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With this thought in mind, she ensures that communication is a priority in her love life. Of her boyfriend, she explains, “We have to talk about things. We come from different backgrounds and different ways of life, so we’re really just trying to support each other and have a healthy, happy, long relationship.” A triathlete herself, *The Biggest Loser* contestant seeks a physically fit partner who is conscious about making healthy choices. While she doesn’t expect her man to do everything she does, she loves for him to train with her from time to time, whether it be cycling or running. “I mean, it’s not the prettiest moment,” she laughs, “but it’s good to have people you can workout with.”

When it comes to date nights, Vincent prefers to go to healthy restaurants or make dinner at home with her beau, though she is up for a good splurge now and then. The key for her is balance: If she has a glass of wine with dinner, it counts as dessert. “I make healthy choices for me, but I don’t want to always be tempted. I want to go somewhere and choose what I want to eat because everything is healthy, not because it’s the one thing I can eat.”

To learn more about Vincent, visit her alivincent.com or connect with her on Facebook and Twitter @alivincent. Be sure to watch Live Big with Ali Vincent Saturdays at 5:30 ET/PT on the Live Well Network!

Ali Fedotowsky Tells Us How to “Attract More Love and Happiness” Into Our Lives



By Kristin Mattern

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this

adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight's *Men Tell All* episode. "Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her," the television personality remarks. Wondering if they shared secrets about the end of this season? "When we hung out, I told her to please *not* tell me anything. I didn't want her to think I would try to pressure her for those details. I'm there as a friend, not to interrogate her!" However, Fedotowsky did tell us that she is rooting for Chris but that she "will be happy with whoever she [Desiree] picks because she's happy! She'll pick the guy she falls for; that's not for me to judge."

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martinez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she's thankful for her role as host of the travel show *1st Look*. "It was good timing for me since I was in a transitional period of my life." Of course, this adventure-filled opportunity doesn't come along for everyone. "Volunteer," she advises. "I've done that in the past, and it not only keeps you busy but makes you feel good."

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It's no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they're not soaking up the sun south of the border, the twosome enjoys playing "darts or any sort of game, like Bingo or bowling."

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: "Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life."

*Be sure to tune in for tonight's Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](https://www.facebook.com/MissAliElaine) or Twitter [@AliFedotowsky](https://twitter.com/AliFedotowsky). You can also check out her blog for E! and her travel show, *1st Look*.*

'Ready for Love' Exclusive: Winner Angela Zatopek Shares Her Emotional Journey



By Angela Zatopek

Yesterday was quite an emotional day for me. As I watched the finale with loved ones, I relived the love I found last summer with Ben and the amazing moment we shared at the vineyard. Thinking back to the beginning, I realized that we came a long way given the circumstances of "group dating." Now, I find myself in the final two.

Throughout the season I cannot help but question the way certain things were edited, leaving key parts out that were important steps to what took us to the vineyard on that day.

As I wrote in the last blog, I was so unsure if it was to be me or Allie, but no matter what the outcome I knew I had learned so many life lessons.

Related Link: [Ready for Love, Episode 8; Home in Houston](#)

After going to Dallas, I got to see his world and meet some of his friends to get a look at what life would be like together. It was so ironic, because he actually lives two miles from some of my best college girlfriends near Uptown Dallas. Going there I was so tempted to sneak away and see them because I had missed all of my friends so much after being away filming!

During the hometown date in Dallas, it was also my birthday so I was really excited to spend it there with him. We spent the day going around town, I met some of his friends and then we took a stroll by the lake. What I was shocked about was the skeet shooting scene?? That actually took place in Houston. It was something that I thought of for us to do...had to show him my true Texan side! Luckily, Ben and I were spot on that day and had so much fun. I realized in Dallas that I had fallen hard for him. After filming ended that day, we actually went out for my birthday. It was great going out on the town together while not being filmed. We got to be real. At this point, I felt pretty confident in our connection but I also knew Allie was going to be seeing him the next day.

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A side note not many people know (don't be mad at me producers!!!)—but after I was dropped off at the Hotel I was definitely not ready to end my birthday celebration. After spending my summer cooped up in a house for 10 weeks, I got back to my room and thought “freedom!” The hotel was completely empty, I couldn't sleep and was in celebration mode for my birthday, so what did I do? I snuck down to the lobby and played pool with the security guard on the night shift named Randall until 3 am! HA HA! It was probably the most

hilarious and random birthday I have had so far, but I won't ever forget it.

On a more serious note, moving along to what everyone has been asking me about...The Finale. Not only is my birthday a cherished memory, but so is how Ben and I ended our journey filming 'Ready For Love.' I have never been so blunt to say "I love you" in an unsure situation but figured the time was right when I first saw him in the garden. When he took me away in the helicopter, I had no idea where we were going since I was blindfolded. I was completely shocked when we landed and I saw the vineyard, which we called "our spot." When Ben got on one knee, I was absolutely blown away with tears streaming down my face. I thought to myself "this is a crazy thing, but I don't care, there is no handbook on love!" He told me he had another surprise for me and turned me around where I saw both my family and his running at us. Words cannot describe the feeling I had at that moment...Happiness, joy, love, you name it, I was on cloud 9. I had all of the people I cared for most in the world all in one place, and I was loving how our families were so supportive of it.

Related Link: [Ready for Love, Episode 6: Finding Love in Paradise](#)

After the show wrapped it was as if we were thrown back into 'real' reality, but could not tell anyone. We had fake names for one another in our phones, just in case friends were next to us, I had crazy colored wigs (I will never have jet black hair by the way), and the list goes on with what we did to hide our romance. We were on such a high after the show, that to be back in reality with our old lives while completely living a new one at the same time was an interesting adjustment.

The first few months were bearable, however we needed to be together to really build a foundation. It wasn't something we could do with 11 other women in the picture. It was

frustrating that we couldn't really be in each other's lives like a normal couple. It saddens me, that he doesn't even know most of my friends or family, yet he was my fiancé at one point? We have been together most of the time since filming wrapped in August, but decided about halfway through the show airing that there were a lot of hardships being apart/in hiding for so long and that maybe it was best if we went separate ways.

I am not sure what the future holds, but I wouldn't take back the adventure I went on by putting my heart out on the line last summer. I learned so much about myself, love, what I want in life/a partner and also gained amazing friendships with cast and production. I see it as my "Ready For Love" family. I will forever cherish the memories I made cooped up in that house with all the girls, the fascinating people I got to know from all different backgrounds and most of all having a taste of what the love will feel like when I do finally find my "prince charming" as I said in the garden to Ben.

Related Link: [Ready for Love, Episode 5; Drama in Vegas](#)

I can't help but go back to my faith when it comes to hardship, which is exactly why I want to preserve my heart 100% completely for the day I walk down the aisle. Love is a magical thing we all strive to find, even if it doesn't last a lifetime like we all can hope for....it makes us better for when we do meet that special one. Reflecting back on this entire process, I cannot dismiss the impact this has had on me. I was so inspired on the show when a little girl ran up to me in the audience telling me how much she looked up to my message. I was absolutely humbled and thought "I am just a normal girl!", but then thought of how awesome it would be to create something that would be a legacy of my story and journey of where I am today.

I am currently creating and soon launching OneLove Collection, a faith inspired jewelry line for women and men. OneLove

Collection will have a variety of necklaces, bracelets and rings, over time. I am not a jeweler by trade, but I feel very called to do this and also offer young trendy jewelry for people of faith! These pieces can have multifaceted meanings whether it be purity, commitment to your significant other, or a reminder of God's love. I also am finishing a book about my upbringing, dating experiences, 'Ready For Love', and what God can promise for a relationship when you put him as your first, "OneLove." I can't help but infuse my quirky humor and include a chapter of some hilarious dating stories I have to share.

I am so blessed and humbled by this entire experience and although my journey on 'Ready For Love' ended last night, my journey in life continues where I hope to make a positive difference in whatever God calls me to do. Thank you for reading this and stay tuned for more to come. ☐

Blessings,
Angela

To keep in touch please follow me on Twitter @AngelaZatopek and facebook.com/Angela-Zatopek-359219517524621/?fref=ts

Ready for Love, Episode 6: Finding Love in Paradise





By Angela Zatopek

This week on *Ready for Love*, we went to one of my absolute favorite places, Hawaii. My two best friends from childhood went to University of Hawaii at Manoa, so I have been to Oahu a few times, but this was my first time in Kona.

A really funny thing that viewers didn't see is that we literally had to go straight from the plane to our date. The flight attendants kept asking what we were doing and what show we were on. We were cracking up because, obviously, we couldn't tell them anything. It was quite apparent that something was up when we're trying to do our hair and makeup in our seats and the small restrooms. Have you ever tried to get ready for a date in an airplane bathroom? It was a bit stressful for all of us, especially knowing that it's going to be televised for the whole world to see.

Related Link: [Ready for Love, Episode 5: Drama in Vegas](#)

At the airport, security questioned our purpose for the trip, and I joked with the guard and said, "Yeah, our boyfriend surprised us all with a trip to Hawaii." He gave me a crazy

stare, but I figured we might as well make light of dating the same guy!

Whatever stress we felt immediately went away the second we hit the beach. We boarded the catamaran where we all got to enjoy each other's company and the beautiful scenery.

You only saw three dates that took place with Ben: Beth, Renae and Tarryn. Ben and I had a really great date too! I was his last date, and we spent the evening soaking in a hot tub with a waterfall surrounding it. It was gorgeous, and we got to sit and talk more in depth. I really started to connect with him when we discussed our families and our similar upbringings. Our parents both divorced when we were the same age, and we're both very close to our moms, who came from big families.

I also talked to him about what I was looking for in a potential husband. This process can be especially difficult since the girl is pursuing the guy in an unconventional manner, so it was important to me that Ben knew that I had qualities that I wanted in a man. A big must-have is that my guy not only has knowledge but also wisdom and discernment when making choices. Trust, honesty and integrity are key for a solid foundation with anyone, whether it be a romantic partner or a friend.

We ended the night with a champagne toast, and I slipped Ben a little note that I wrote on the plane telling him my thoughts about the experience so far.

Related Link: [Ready for Love, Episode 4: Angela Zatopek Recaps Her First Kiss with Ben Patton](#)

Our house wasn't so "kumbaya" after we got back to Los Angeles. There were only a few of us left, and we were all becoming more private about our dates.

I am a huge family person – I believe it is one of the most important things in life. So I'm definitely excited to meet

Ben's family on next week's episode. You'll have to tune in on Tuesday to see what happens!

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



By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling

the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha “Sami” Brady on NBC’s *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, “My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book.”

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as “self-effacing, smart, funny, and most importantly, willing to grow and learn” and says, “I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way, but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

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

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

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

and meals to get you through your day.”

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

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

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

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

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

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

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

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

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

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

Ready for Love, Episode 5: Angela Zatopek Discusses the Drama in Vegas



By [Angela Zatopek](#)

On this week's episode of *Ready for Love*, Ben surprised us and told us we were going to Las Vegas. I have absolutely no complaints about the amazing house we got to live in for the show – in fact, Rihanna reportedly just bought it! – but being cooped up for so long made it feel like a prison. Plus, the tensions were really high that week, so the timing couldn't have been more perfect.

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When people think of Vegas, most people picture getting all jazzed up for shows, hitting the casinos and enjoying many delicious meals. Instead, we had quite a unique experience that didn't include any of those things. The date started with us arriving at the MGM Grand, where some of the world's

greatest fighters have stood. It was incredible to think about the history as we entered the arena, but we soon realized that we'd be fighting one another. I'm very into health and fitness, and I have done a lot of kickboxing in the past, so I was looking forward to showing off my skills. My excitement, however, was quickly overshadowed when Tarryn Franco and Kari Krakowski hit the ring. Unfortunately, the fun ended early once it got too heated.

After boxing, we headed to the lounge where the blowout fight between Kari and Allie Wagner took place. It's important to understand that there were so many factors leading up to this argument. We're all there competing for Ben, but we can see a clear connection between him and Kari. He saved her from elimination already, so the door was obviously still open. Our feelings weren't coming from a place of crazy or jealousy but more from frustration. We're thinking, "It's great if they get back together, but don't drag the rest of us through this process."

Personally, I was in a really awkward position with "The Kari Situation," which has definitely been a hot topic. Kari and I are both from Texas, so we have a ton of mutual friends. Plus, we were roommates in the house and ironically were in the same sorority, Kappa Kappa Gamma (I went to University of Texas at Austin, and she attended University of Oklahoma). We actually got along great, but it was still a weird dynamic since we both wanted to be with the same guy. I finally put my foot down and asked myself, "Am I here for Ben or to make best friends?" I tried to stay out of the argument and just calm Allie down, but emotions were running high since we had flown to Vegas, only to have such an awesome date cut short.

Related Link: [Ben Patton Is Still Dating His Final Pick](#)

Okay, back to Ben. After we had our first kiss at the vineyard, I knew our one-on-one time would be even better when I saw him again. I blocked the fight (which he didn't know

about) from my mind and refused to let it affect my night. The view was incredible, and during our chat, we really started to dig below the surface. There's so much to cover in such little time – and you have so many things running through your mind related to the tips from the matchmakers. I thought it was best to tell him about my upbringing first: Being the oldest of four siblings, I had a lot of responsibility at a young age. I am a very focused, task-oriented and driven person, which makes me seem stiff or guarded sometimes. I'm actually a very outgoing and fun-loving person, but it's not my personality to not be an open book so fast, which can play against you in a process like this one.

I had no idea what to expect for this week's elimination. As the elevator rose and I saw Allie instead of Kari, it made me realize that Ben was looking towards the future and truly trying to embrace this experience. It's not that we were happy to see Kari gone – it was nothing personal against her, but it was more of a relief that we hadn't wasted our time on the show.

Since Vegas wasn't really a success, we're even more excited to head to Hawaii next week. Until then...aloha!

Ben Patton of 'Ready for Love' Says He's "Still Going Through It" With His Final Pick



By [Lori Bizzoco](#) and [Whitney Baker Johnson](#)

If you've been watching NBC's dating reality competition show [Ready for Love](#), you may have been disappointed to hear that it was cancelled by the network after only two low-rated episodes. Many viewers felt like the new series presented a false reality when it came to dating and relationships, reinforcing the belief that you have to be perfect to find real love.

For those of you who are fans of the show, don't fret! NBC.com is airing the remaining episodes, so you'll still be able to follow the journey of Ernesto Arguello, Tim Lopez and Ben Patton as they search for their soul mates. Filming wrapped last August, so we can't imagine what it's been like for the bachelors to keep their final picks a secret – something that they must continue to do until the finale airs on Tuesday, June 4th. To tide us over, we caught up with Patton, who we

interviewed prior to the premiere, and chatted about his current relationship, his take on the other two bachelors and his past love with one of the contestants.

Related Link: [Ben Patton Tells Us Why He's 'Ready for Love'](#)

Since the show is still officially airing on NBC.com, the Texas businessman can't reveal his final choice. However, he did mention that it's been a pretty challenging time since the show finished filming, particularly given the constraints that the new couple has faced (they haven't been allowed to be seen together in public for almost nine months). Even so, he says that he's "still going through it" with his significant other. "After the finale airs, that's when we can see if it's the real thing. Right now, we can't even go through the real experience of dating."

Given their busy schedules, the twosome's time together varies. Sometimes, they see each other every two weeks, but other times, they're apart for over a month. They last saw each other about three weeks ago, and Patton says their relationship has become "more stress than fun. She's really stressed. I'm really stressed. I'm not going to lie, it's very hard." For now, they're learning to balance their individual lives and trying to make it work.

As for the future, the hospital CEO says he can't leave Dallas and hopes that his pick will relocate. However, he does admit that he's a rationale person when it comes to love. "I keep telling her that we shouldn't force the relationship for the sake of the show or to prove America wrong. If it's not working, then it's not working. At the end of the day, we need to think in terms of what's best for us."

He adds, "These challenges make it kind of impossible for people to be happy in a relationship. But that doesn't mean we won't be happy when we can be together."

So did the other men find love? “Yeah, I know that they did. All of us found love, and at the end of filming, we were very happy. We came off the show saying what an amazing experience it was.” As for their favorite matchmaker, Patton explains that the guys bonded most with Matthew Hussey. “He knew what was going on in our heads. We could really relate to the advice that he gave the women.”

Until the winners are disclosed, there’s one woman who’s stealing the spotlight on the show, something that Patton calls “The Kari Situation.” He first dated contestant Kari Krakowski in 2006 and describes their relationship as “on-again, off-again for about two years.” Of their past, he shares, “When I date someone, it’s monogamous. Kari, though, was still emotionally involved with her ex and not quite over him. To be fair, when I wasn’t available to hang out because I was busy working, she assumed I wasn’t into her. There was just a lot of miscommunication.” Patton admits that he really cared about her and was hurt.

Related Link: [Cancelled: Why NBC’s ‘Ready for Love’ Fueled America’s Hatred](#)

Although they tried to rekindle things when he returned to the states after spending time in Dubai, they eventually called things off for good. Viewers saw how shocked he was to see Krakowski on the *Ready for Love* stage. On the most recent episode, the pair spent some one-on-one time together and gave fans a glimpse of their chemistry. “I was smitten with her. I remember all of the good parts of being with her, and it’s really hard to let go. Plus, it’s a lot easier to kiss someone you were once romantically involved with than it is to kiss strangers. There’s more history.”

Another lady who has captured our attention is Angela Zatopek, who is writing a weekly column for CupidsPulse.com about her experience on *Ready for Love*. Patton describes her as “an amazing girl.” The bachelor shares that he never makes the

first move, so it was fitting that Zatopek went in for their first kiss on their vineyard date. Only time will tell if that kiss leads to more!

It's no surprise that the most difficult part of the experience for Patton was sending the girls home in The Garden. Since these women were emotionally-invested in him from the start, he felt like he was really letting them down. "They watched videos of me, built this idea in their minds and thought I was 'the one' before the show even started filming. It was really hard to let them go."

Be sure to watch 'Ready for Love' on NBC.com. For more information about Ben follow him on Twitter [@Ben_Patton](https://twitter.com/Ben_Patton).

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





By [Whitney Baker Johnson](#)

It's no secret that dating-based reality shows like [The Bachelor](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [Ready for Love](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

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

little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

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

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

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

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

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

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

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

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

Even with professional help, Patton still had to believe that true love exists. It’s easy to become jaded after a few failed relationships, but this bachelor didn’t let a broken heart deter him. “When you’ve fallen in love – and I’ve been in love before – you can’t deny that it’s there, that it exists,” he says with conviction. “When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you.”

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

so that we can go out to dinner together.”

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

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

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

**‘Ready for Love’ Host
Giuliana Rancic Says, “Having
a Strong Marriage is the
Greatest Example You Can Set
for Your Child”**





By [Whitney Baker Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. "We're always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a great show with amazing people but to spend some time together while doing it."

The premise of *Ready for Love* is different than other dating shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt

Hussey. Giuliana knows firsthand that *Ready for Love* is the real deal. “By using relationship experts, the compatibility between the bachelors and each girl is really tested,” she explains. “This is, by far, the most realistic dating reality show I’ve ever seen.”

So did the Rancic’s share any of their wisdom and experiences as a madly-in-love couple with the single men? “Well, the matchmakers are experts, and they don’t necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You’ll have to tune in to find out!”

That’s not to say that the couple didn’t get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! “We really bonded with each of them and truly rooted for them while they searched for love,” the host says. “They are all such great guys.”

If the men had asked for their advice, the twosome believes that communication is most important for a successful relationship. When they’re in different cities for work, they’re “always checking in and trying to put each other first – that’s what keeps us strong.”

Related Link: [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn’t changed their relationship. “If anything, it’s just brought us closer. We’re both so happy and grateful.”

“Baby Duke is so adorable, and we’re loving every minute of parenthood” the first-time mom adds. “Every ‘first’ he has is the greatest moment in the world.”

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. “It’s so important to stay connected

to your spouse as a new parent,” Giuliana shares. “Having a strong marriage is the greatest example you can set for your child.”

Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.

Relationship Expert Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates





By [Whitney Baker Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

Related Link: [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into you're life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for the rest of your life," McMillan explains. "Now, there's a lot of confusion because people don't understand that you don't date the same as you do when you're 25 and 38."

Still, the author of *Why You're Not Married Yet: The Straight Talk You Need to Get The Relationship You Deserve* believes that it's "not necessarily harder to date." There's just more circumstances to consider when looking for love " which is where she can help.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. "I don't think anybody's ever seen a show get into the process of meeting someone, dating and falling in love. There's something very riveting about it. You'll laugh; you'll cry; and you'll say, "No, she didn't! " McMillan shares. "It's just not like anything else on television."

Be sure to watch McMillan on "[Ready for Love](#)," which premieres on NBC on Tuesday, April 9th at 9/8c after "The Voice." To purchase her book "Why You're Not Married"Yet," click [here](#). For more information about the matchmaker, check out her site tracymcmillan.com or follow her on [Facebook](#) or [Twitter](#).

Relationship Matchmaker Amber Kelleher-Andrews Chats 'Ready for Love'





By [Whitney Baker Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to the criteria and perspective of both parties and goes into

every detail of every date. “I learn the do’s and don’ts of dating from every age range in most of the major cities of the United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities.”

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That’s where matchmakers can help. “When you’re truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files.”

“You’re attracted to people based on your personality and what you want in life,” the matchmaker adds. “I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA.”

Related Link: [Ready for Love: Three Extraordinary Men](#)

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men’s hearts. “We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of course not,” she explains. “But we can at least bring a group of women to the stage that we feel are very compatible with them.”

As for the men on *Ready for Love*, Kelleher-Andrews believes that “they already have the charm and charisma and success. They just need their person.” Given the expertise of the three matchmakers, it sounds like picking out “the one” might not be so easy!

Don’t miss the two-hour series premiere of ‘[Ready for Love](#)’ on Tuesday, April 9th at 9/8c on NBC! For more information about Kelleher-Andrews, click [here](#). You can also follow her on

[Facebook](#) and [Twitter](#).

Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach



By Rachael Moore and [Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The innovative series, with Executive Producer Eva Longoria and

hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.

Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more direct approach than his female colleagues on the show, Amber Kelleher-Andrews and Tracy McMillan. "We all come from different places," he says. 'Amber is a matchmaker; Tracy is a writer; and I am a life coach.'

Related Link: [Ready for Love: Three Extraordinary Men](#)

Hussey grew up in England and claims that he was never good with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. 'I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.'

Related Link: [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. 'I was terrified,' he shares. 'I knew how to work with men, but I didn't understand women. Then, it hit me: that was exactly how

I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.'

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. 'I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life," he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

Related Link: [Why Amazing Confident Women Remain Single](#)

When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

Don't miss the two-hour series premiere of [Ready for Love](#) on

Tuesday, April 9th at 9/8c NBC. To order a copy of Hussey's new book *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, click [here](#). For more information about the life coach, check out one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#).

Ready for Love: Three Extraordinary Men



By Sammi-T for TVGrapevine.com

36 WOMEN WILL COMPETE TO FIND TRUE LOVE ON THE NEW NBC

RELATIONSHIP SERIES 'READY FOR LOVE,' PREMIERING APRIL 9 AT 9/8c.

NBC announced today that its new relationship show *Ready for Love* has revealed the 36 women who will have the opportunity to compete for true love. The women have a chance to find romance with three successful and handsome men, hand-selected by executive producer Eva Longoria (*Desperate Housewives*). The series, from Longoria's UnbeliEVAble Entertainment, Renegade 83 and Universal Television, focuses on three extraordinary men – Ben Patton, an international financier from Dallas, Texas; Tim Lopez, a member of the popular music group Plain White T's from Austin, Texas; and Ernesto Arguello, an entrepreneur with a social vision from Miami, Florida – who are committed to finding their soul mate.

Giuliana and Bill Rancic will host the series, where preeminent matchmaker Amber Kelleher-Andrews, relationship author Tracy McMillan and professional dating coach Matthew Hussey will help the men find their perfect matches.

Listed below are the women vying for the men's affections.

BEN'S MATCHES:

ALLIE WAGNER (Age: 26) – Resides in Cincinnati, Ohio – Wagner can brighten up any room with her smile. She is the opposite of shy; she loves the spotlight; and she and her twin sister, Mandy, grew up in Kentucky competing in numerous beauty pageants. She currently works as an event coordinator. Wagner thinks her love of family makes her the perfect match for family-oriented Ben.

ANGELA ZATOPEK (Age: 24) – Resides in Houston, Texas – Zatopek is a sassy, savvy communications executive. Zatopek devotes a lot of her time to philanthropy and even helped build a school in Uganda. She values her faith and therefore has made the decision to save herself for marriage. Zatopek believes her

Christian upbringing has shaped her attitudes towards love and marriage and believes it will make her a perfect match for Ben.

BETH RICHMAN (Age: 30) – Resides in Charlotte, North Carolina – Richman studied business management and human resources at Ohio State and now works for a medical device company in Charlotte. She loves to travel and believes Ben is the perfect mate with whom to tackle new adventures.

JADE DHIR (Age: 24) – Resides in Austin, Texas – Dhir is an independent and outgoing woman who is dedicated to spending a lot of time with her family. She considers herself to be very driven and believes her over-achieving nature will make her a great match for career-oriented Ben.

KARI KRAKOWSKI (Age: 27) – Resides in Dallas, Texas – Krakowski thinks that Patton is the perfect man for her. They met when she first moved to Dallas and soon began dating. Due to their busy schedules, they ended it and decided it would be best to remain friends. She is now ready to take a leap of faith and fight for true love. Krakowski thinks her previous personal connection with Ben will reignite their flame.

KATIE COYLE (Age: 34) – Resides in Pella, Iowa – Coyle is a mother to two wonderful children. She lives by the philosophy that life is too short not to be happy. In 2011, she had a health scare in which she made a full recovery but decided to never again take life for granted. In her spare time, she enjoys running, Pilates, yoga and boxing. Coyle thinks her energetic lifestyle makes her the perfect match for Ben.

KRISTINA ZAPATA (Age: 26) – Resides in Los Angeles – Zapata is dedicated to her family and her education. She studied broadcast journalism at the Universidad Catolica de Colombia to work towards her dream of becoming a Spanish news broadcaster. Zapata is very dedicated to her career but also makes sure she has plenty of time to relax. She thinks her

balance of career and free time are a perfect match for Ben's life plans.

LYNSEE GONZALES (Age: 26) – Resides in Portland, Oregon – Gonzales is a small-town girl that turned her dreams of becoming an international model into a reality. She has traveled around the world to pursue her career, modeling for print publications and working the runway. She recently ended her relationship with her adulterous fiancé and is looking forward to a fresh start. Gonzales thinks it is time to focus on love and be the wife of Ben's dreams.

RACHEL BRIESE (Age: 26) – Resides in Schaumburg, Illinois – Briese is a fun-loving girl with a quirky personality. She is a self-proclaimed video-game junkie who is also obsessed with sci-fi movies and *Star Wars*. Briese loves being different and won't change her seemingly nerdy ways for anyone. She believes that if she stays true to herself, then a genuine, great guy like Ben will love her for who she is.

RENAE VIRATA (Age: 31) – Resides in Houston, Texas – Virata is a go-getter. After earning a Bachelor of Science degree from Vanderbilt, she worked as a marketing consultant. Virata then took a risk and chose to quit her high-paying job to begin her own Internet start-up company. Virata believes her enthusiastic lifestyle would be the perfect match because she emulates Ben's ambitious work ethic.

SENECA BERNIARD (Age: 34) – Resides in Los Angeles – Bernard is a woman that uses her intellect to be a positive contribution to the world. She studied law at Loyola Law School and obtained her Masters in Business Administration from Keller Graduate School of Management. She currently works as a public defender. Bernard believes her level of success will make her a great half to a power couple with Ben.

TARYNN FRANCO (Age: 26) – Resides in San Francisco – Franco has a love for traveling, learning about different cultures

and trying new things. Her appetite for adventure and exploration has led her to a career in the private aviation industry. Franco appreciates a night on the town with her best friends, but currently longs for a man that gives her a good reason to stay home. She believes her desire for adventure will be a perfect match for Ben's love of travel.

TIM'S MATCHES:

ALEXIS RODRIGUEZ (Age: 23) – Resides in Scottsdale, Arizona – Rodriguez is a recent college graduate. She currently enjoys her time working as a local radio personality in Arizona but can't wait to start her career. Rodriguez believes that her fun nature and closeness with her family is the perfect match for Tim, who shares similar family values.

CHRISTINA RIGAUD (Age: 25) – Resides in New Orleans, Louisiana – Rigaud is a classically trained pianist who graduated from the University of Arizona with a degree in English. The avid cook and gardener started a non-profit organization helping others learn how to raise fish and grow vegetables in a sustainable environment. She is looking for a man that is as passionate about life as she is. Rigaud believes she and Tim will bond through their shared music backgrounds.

DANIELLE DUFF (Age: 27) – Resides in Tucson, Arizona – Duff is a committed and loyal woman. After being married for nine-and-a-half years, Duff and her ex-husband realized they were not meant for each other and divorced. She believes that her overall readiness for love and experiencing the same loss as Tim makes their duo a perfect match.

HAILEY CLARK (Age: 31) – Resides in Indialantic, Florida – Clark is an elementary school art teacher by day and an expressionist painter by night. In fact, her paintings have been featured in several local art shows. Clark believes that her compassion for others and quirky sense of humor will be a perfect match for Tim's open personality.

JENNA REEVES (Age: 23) – Resides in Austin, Texas – Reeves is young but wise beyond her years. Unlike most of her peers, Reeves is ready to settle down and find her husband right away. She loves her life and prides herself on her determination in becoming the first in her family to finish college. Reeves believes her open-minded and free-spirited personality reflects Tim's same attitude towards life.

LANA SEARS (Age: 26) – Resides in Kansas City, Missouri – Sears is the girl next-door that most guys want to take home to introduce to their parents. The self-described tomboy grew up in a small farm town, has never had a problem dating and usually finds herself in a serious relationship. Although fond of committed relationships, Sears is very independent and likes for her partner to be the same. She believes that her independent mindset would be a perfect match with Tim's rock-star lifestyle.

LEAH TROGAN (Age: 27) – Resides in Austin, Texas – Trogan is a close friend of Tim. She is a makeup artist, but her biggest accomplishment is raising her son, Ryder, as a single mother. Trogan has known Tim for seven years and is looking forward to finally sharing her true feelings for him. She thinks that friendship makes for the best relationships.

LISA CONLON (Age: 32) – Resides in Vernon, Connecticut – Conlon has her hands full with her music career and is studying to receive her doctorate in music. She insists that music keeps her balanced in a relationship. When her mother was diagnosed with cancer, Conlon transferred schools to act as her mother's caretaker. Conlon believes that her dedication to both music and her loved ones would make her a perfect match for Tim.

SARA LAVAGNINO (Age: 30) – Resides in Franklin, Tennessee – Lavagnino is characterized as a strong and determined woman. She and her identical twin sister are very close and have a singing group called the Lava Girls, but she also works as a

licensed real estate agent. She has faced adversity with the loss of her fiancé to cancer but credits that experience to making her a good partner and continues to search for love. Lavagnino believes both she and Tim are ready to find love again after persevering through painful loss.

SARA MOORE (Age: 28) – Resides in Charlotte, North Carolina – Moore is a self-described “girly girl.” She is currently working on obtaining a Master’s degree in teaching. She is a laid-back Southern belle who loves to laugh, watch sports and believes Sundays should be devoted to God and football. Moore believes her Southern roots will wrangle in the Texas part of Tim’s personality.

SIHAM BENGOUA (Age: 25) – Resides in Philadelphia, Pennsylvania – Bengoua is a self-sufficient woman who created her own hair-care business to finance her studies at Temple University, where she studied marketing. A few years ago, she lost her sister, and although she describes it as the worst time of her life, she knows it made her stronger. Bengoua believes that her dedication to loved ones will make her the perfect wife for Tim.

TAONAYA FLEURY (Age: 31) – Resides in Miramar, Florida – Fleury wants to make a difference in this world and is looking to earn a Master’s degree in marriage and family counseling. In addition, Fleury and her cousin are looking to start a charity for sickle cell disease. Fleury believes that her deep-rooted understanding of commitment reflects Tim’s belief that love is eternal.

ERNESTO’S MATCHES:

ALBA REYES (Age: 30) – Resides in Houston, Texas – The perfect combination of beauty and brains, Reyes has it all. She graduated from law school, and currently works in health law while she postpones taking the bar. In addition, Reyes was crowned Miss Puerto Rico in 2004 and the second runner-up for

Miss Universe. Reyes believes she is more ready than ever to find true love and felt a spark when she saw Ernesto's video.

ELIZABETH CAPELA (Age: 30) – Resides in Dallas, Texas – Capela is dependable, honest, and an overall giving person. As a fifth-grade English teacher, Capela thrives on putting her heart into her lessons and helping her pupils grow. Her role in helping educate the youth will mesh nicely with Ernesto's charitable role in helping the less fortunate.

ERICA LARSON (Age: 25) – Resides in Addison, Texas – Larson is a recent graduate of Texas State University with a degree in fashion merchandising and currently works in the fashion industry. She enjoys dancing, cheerleading, swimming, reading and traveling. After watching her parents happily married for 38 years, she believes in true love and is ready for someone who will love her unconditionally. Larson believes Ernesto's similar upbringing will make for a long-lasting relationship.

KATIE CROSBY (Age: 26) – Resides in Chicago, Illinois – Crosby has lived with a "live life to the fullest" attitude since the tragic passing of her brother. While she misses him dearly, her relationship with her family has remained strong. Crosby has spent the past few years focusing solely on work, but now wants to put her attention on love. Ernesto's giving nature left her inspired and she would love to partner in his philanthropic endeavors.

KRISTEN SIKORSKI (Age: 25) – Resides in Austin, Texas – Sikorski is a no-nonsense Texas woman who was raised on a ranch by her father and mother. Although she is an elementary school teacher, she majored in history and enjoys war movies and military facts. Sikorski was wowed when she saw Ernesto's video and knows she is ready to take on the full-time role as wife for a family man such as Ernesto.

LISA MARIE HALL (Age: 30) – Resides in Covina, California – Hall's friends describe her as funny, sweet and giving. While

working as a children's theme park performer in America and Japan for the past 10 years, she prides herself on making others happy. In her free time she likes to stay active by dancing, skating and biking. Hall is looking for a man that can keep up with her on new adventures, and she believes Ernesto is that guy.

MANDY WAGNER (Age: 26) – Resides in Studio City, California – Wagner is the State Director of Pure American Girl Pageants that aims at making its participants humble and genuine, as well as competitive. Wagner's twin sister, Allie, is also a participant on the show and their parents are excited for them to find the right guy. Wagner believes her down-to-earth family and genuine nature makes her and Ernesto the perfect match.

OLIVIA MATTI (Age: 26) – Resides in Sterling Heights, Michigan – Matti is energetic, fearless, and fierce. She claims that her tough love attitude gives her a charm that other women lack. Matti needs someone that can match her energy and give her the passionate relationship that she desires. Matti, like Ernesto, has never been in love and believes they'll bond over waiting to share those special three words with the right person.

SHANDI FINNESSEY (Age: 33) – Resides in Los Angeles – Finnessey is a driven woman, who isn't afraid to break boundaries. In fact, she became the first woman from Missouri to win the Miss USA title in 2004. She's currently a TV host on an entertainment Web series and has modeled in numerous magazines. Finnessey values family and religion and she believes Ernesto's similar upbringing will make them the perfect match.

SONIA LETTIG (Age: 29) – Resides in Los Angeles – Lettig graduated magna cum laude from Villanova and then went to receive her Master's degree from Pepperdine University. She has a background in human resources and professional

development. Sonia is currently a business development director for an online fundraising company that raises money for charity, which allows fulfilling her passion of organizing community service events and giving back. Lettig thinks her charitable nature makes her a great match for Ernesto since he's always giving back to his community.

SUMMER BURNS (Age: 31) – Resides in Austin, Texas – Already a loving mother to a three-year-old son, Burns is ready to complete her family portrait with a husband. As a single mother, she has developed the perfect combination of strength and compassion. She would like her son to have a father figure and, based on his video, she believes Ernesto is the right fit for her family.

VICTORIA MORA (Age: 24) – Resides in Chicago, Illinois – Mora has a free-spirit attitude, but is grounded and humbled by her tight-knit Mexican family. She wants to be with a man that is confident and willing to take on anything by her side. According to Mora, love is a two-way street and she will be the most loving and supportive partner as long as she receives the same respect. Mora believes Ernesto's confidence is the perfect match for her challenging nature.

Ready for Love is produced by UnbeliEVABLE Entertainment, Renegade 83, and Universal Television. Longoria (*Desperate Housewives*), Jason Ehrlich (*The Bachelor, The Bachelorette*), Greg Goldman (*Secret Millionaire, Don't Forget the Lyrics!*), David Garfinkle (*Blind Date, The 5th Wheel*) and Jay Renfroe (*Blind Date, The 5th Wheel*) serve as executive producers.

Longoria created UnbeliEVABLE Entertainment, her own production company, which develops films, and television shows, that have been sold to NBC, ABC, CW, ABC Family, and VH1. Additionally, UnbeliEVABLE Entertainment produces The NCLR Alma Awards on NBC.

'The Voice' Winner Javier Colon Shares His Holiday Date Night Plans During Rockefeller Center Tree Lighting



By Steven Zangrillo

As the weather goes from brisk to brash, we drag out our North Face jackets and holiday scarves in preparation for the winter

ahead. Sometimes it takes the glow of a loved one to keep us cozy, which is why the Rockefeller Center Christmas Tree can produce some of the warmest moments of the holiday season.

Beneath the glow of the freshly lit evergreen, Javier Colon (Winner of NBC's "The Voice") serenaded a crowd with Christmas classics. Afterwards, we chatted with him about his upcoming plans with his family for the Holiday season.

Video courtesy of Richard Zangrillo and NBC Studios.

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

NBC 'Chuck' Star Vik Sahay Shares 10 Love Lessons for Men (Lester Patel Style)





By Whitney Baker

With the fifth and final season of NBC's television series, *'Chuck'*, set to premiere this month, fans of the show are anxiously awaiting its return. When we last left the gang, Chuck (Zachary Levi) had to lead a team to fight against a deadly plot by Vivian Volkoff (Lauren Cohan) to save his [bride](#), Sarah (Yvonne Strahovski) – all the while planning the beginning stages of his freelance spy agency.

Related Link: ['Chuck' Star Sarah Lancaster is Married and Pregnant](#)

Canadian actor, Vik Sahay, who has been a series regular since the second season, plays Lester Patel, a "Nerd Herd" member and vocalist of Buy More's resident rock band, Jeffster. When asked about his relationships for the upcoming season, he reveals that he wants his character to find the right girl, and "to be made a better man by a big, bad love." Of course, it'll take more than your average woman to capture Lester's heart. "She must be beautiful, smart, daring, and powerful," explains Sahay. "I don't think he'd settle for anyone who didn't scare him a little."

Before diving into his personal perspective on romance, Sahay gives us a peek into the inner thoughts of his character. Here are a few lessons in love according to Lester:

1. Don't ask her to pick you up. If you can't get your hands on a car, spring for a cab.
2. No arm wrestling.
3. Don't take calls from your mother at the table.
4. Beer is not a good kissing drink. Vodka is.
5. Smile. No frowning, grimacing, or raging.
6. Laugh at her jokes.
7. Know her name. Remember it throughout the night. Sprinkle it in conversation liberally, but not aggressively.
8. Don't expect a woman to pay for your dinner.
9. If you intend to bring her back to your place, pack up any cosmetics, including hair products, moisturizers, and fake eyelashes. A woman does not want to know you have more beauty products than her.
10. Music is great for setting the mood...on a stereo. Save the serenades for anniversaries down the road, if you can get there.

Related Link: [What Your Favorite Summer Song Says About Your Relationship](#)

For Sahay, there is one piece of romantic advice that rises above the rest: be funny. "There are well-sculpted hunks of male beef in gyms all over the planet. You look good, so then what?" he says. "Laughter is sexy and emotional. It gets you in your body and opens your heart. I can't think of anything more conducive to falling in love."

Fortunately, Sahay's relationship history has yet to mirror Lester's romantic troubles – although he adds, “I have been told that my energy can be exhausting, as I'm sure his would be.”

Even so, dating in Hollywood comes with its own unique challenges. According to Sahay, the most challenging part is “the fact that everyone is constantly ‘on’ in this town – constantly working, constantly career-building, etc.” He expands, “Plus, with distances across the city (and insane working hours), it's a major commitment to hook up for a drink, making it tough to be casual about it.”

That's not to say that it doesn't have its benefits too. The biggest perk? Sahay says, “Many romantic restaurants have patios year-round. Coming from Toronto, that's a major plus.”

And if humor and romantic restaurants fail to impress a date, Sahay has one more trick up his sleeve: dancing. When asked if he's ever used his dancing skills to win over a woman, he responds, “Oh yes. Many a move has been busted on dates.”

Tune into the season premiere of Chuck on NBC on Friday, October 28 at 8/7 c.