

The Bachelor 17 Predictions: Who's the Best Fit for Sean?



By Jared

Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

Lindsay

It may come as a surprise, but I saw a micro-expression of

hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and Catherine.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

AshLee

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

Catherine

I think Sean's into the total package of Catherine. Sexually, though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!

Who do you think will receive Sean's final rose – and an engagement ring ? Tell us in the comments below.

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

‘Biggest Loser’ Stars Stephanie Anderson and Sam Poueu Are Expecting



By Meghan Fitzgerald

Stephanie Anderson and Sam Poueu, *Biggest Loser* alums,

recently discovered that they are expecting a child in July! After nine months of marriage, they are ready to start a family. According to UsMagazine.com, Poueu fell 54 feet from a fire escape in September of 2011. *Reality TV World* reports that Anderson nursed Poueu back to health and couldn't be more in love than they are now.

What are some ways you can stay healthy as a family?

Cupid's Advice:

Staying healthy as a family is key for communication and an eternal bond. It is not always easy to mold your family into one all-knowing machine however, so Cupid has some advice:

1. Family meetings: Every Sunday at the dinner table is perfect for family meetings. In these family meetings, it is essential to talk about upcoming events, discuss any controversies, talk about problems. Getting out all your feelings at the dinner table is sometimes stressful because you're all together however, in the end you'll realize how much your family means to you and how much you love them.

2. Exercise: Family exercise is great. You get to work out with your favorite siblings, or your favorite parent. You get to bond with them by using your endurance and soldiering on together. Also, exercising with your family gives you motivation to do better than them. It gives you a little push to go a step higher and succeed more!

3. Fruits and vegetables: Healthy foods assist in maintaining a healthy family. It is necessary to fuel your body with nutrients and vitamins so your emotions don't flare, so you don't get sick, so you stay healthy. Fruits and vegetables all-around are perfect for a healthy family.

Do you maintain a healthy family? Share below!

The Bachelor: Lesley M. Breaks Record for the Show's Longest Kiss



By Meghan Fitzgerald

We're only three weeks into the current season of *The Bachelor*, and tensions are already high. It seems as if one luck contestant, Lesley M., made *Bachelor*, Sean Lowe, want more after their initial meeting. Lowe toured Lesley to the Guinness World Records Museum. As the tour approached its end, Chris Harrison popped out of nowhere and explained the

point of the date. According to UsMagazine.com, the two love birds would kiss on screen for 3 minutes and 16 seconds. Huffintgton Post reports that the couple enjoyed a rooftop dinner after.

How can a kiss help you determine if your partner's 'the one'?

Cupid's Advice:

It is always challenging to determine if your partner is 'the one' or not, and the kiss you two share is a telling factor. The kiss should emit fireworks! Cupid has some other ways a kiss can help you determine if your partner's 'the one':

1. Butterflies: Butterflies are relatively self explanatory. You either feel them, or you don't feel them. The butterflies felt vary from person to person however, if you get the ultimate feeling of flurries in your stomach when you're with your partner, it is easier to determine. Having butterflies with your partner makes it easier to know that their 'the one.'

2. You feel "it": This can also relate to butterflies however, when you kiss, you just know they're 'the one.' You automatically know that your partner is the only one who "gets you." The only person you want to wake up to. The one person you can share everything with. When you kiss, you simply just feel "it."

3. They lifts up your chin: Although this may seem like a small gesture, it means a lot. When your partner lifts up your chin to kiss you, it shows that they want to gaze into your eyes. It shows you how much they truly care for you and possibly love you. It shows that they're gentle yet romantic. It shows that they just may be 'the one.'

How does kissing help you determine how much you like someone? Share your thoughts below.

Celebrity Couples Who Have Turned Over a New Leaf



By Courtney

Allen

Hollywood just may be the one place where the phrase “love is a battlefield” is an understatement. The land of fortune and fame is the forefront for some of the most scandalous relationships and splits we’ve ever witnessed.

But finding love is not the problem for these celebs; it’s keeping it. For many, passionate romances and ‘I do’s’ end as suddenly and tragically as their last. But luckily, every love

story has a different ending... and some endings turn into new beginnings. These four celebrity couples came armed the second time around on the battlefield of love and came out on top:

1. Kourtney Kardashian and Scott Disick: Kourt and Scott's relationship has been public since the debut of *Keeping up with the Kardashians* in 2007. Their relationship proved to be the most entertaining in the E! hit reality show thanks to Kourtney's headstrong, sarcastic personality and Scott's wacky, drunken behavior. The couple was known for their rocky relationship, the majority of the blame being placed on Scott's infidelity and immature lifestyle. Kourt pulled the plug on Scott multiple times during their relationship as well as her pregnancy with their first child, Mason. By this point, we all thought Scott had crashed and burned for the last time. Scott finally straightened up his act after Kourtney banned him from seeing Mason. And now seven seasons later, the two are going stronger than ever with the recent birth of their second child, Penelope. If this couple can bounce back, there's hope for us all.

Related: [Celebrity Couples Who Made Love Last](#)

2. Miley Cyrus and Liam Hemsworth: The relationship between Miley and Liam is nothing but a match made in heaven. The grown-up Hannah Montana star met the blue-eyed Aussie in 2009 while filming *The Last Song*, where they played the roles of young adults who fell in love over summer break. As it so happens, their love story transferred off the big-screen into real life... taking both the good and bad. In the movie, the couple actually breaks up, much like they way they did in 2010. The exact reason may not be known, but the two just couldn't stay away from each other. Cyrus and Hemsworth gave it another try in 2011. The actor popped the question to the singer earlier this year and have been engaged for nearly six months. If there was ever a sequel to "The Last Song," this would be it!

3. Sammi Giancola and Ronnie Magro: If you've ever seen *Jersey Shore*, you know all about Sweetheart Sammi and Ronnie the Guido. The only thing their relationship was known for was extreme inconsistency and drama. Ronnie's unfaithfulness led us to believe their relationship was practically doomed. Sammi and Ronnie's relationship was without doubt unhealthy, opening doors to verbal and what appeared close to physical abuse. After breaking up countless times throughout multiple seasons, we all anticipated when their rocky romance would end for good. We now know the answer to that: apparently never. The couple is still together today. The good news is that they seem to actually be in a functioning relationship these days. Their love has proved strong enough to overcome their seemingly irreparable past.

Related: [Celebrity Couples Who Are Better Off Apart](#)

4. Audrina Patridge and Corey Bohan: Audrina Patridge is known for her role on *The Hills* but her relationship with BMX biker Corey Bohan was displayed on her VHL reality show *Audrina*. Her Aussie beau was prince charming until the show revealed one of his less favorable qualities: possessiveness. Throughout the season, Audrina struggled with her controlling boyfriend who proved to also have a bit of a temper. By the end of the season, Patridge dumped Bohan with the support of her mom. But little did we know that the couple would rekindle their flame a couple months later. Since the show's end, we haven't heard much on their relationship besides the occasional romantic getaway or public event, but everything seems to be in the clear. They have been going steady since the summer of 2011.

What other celebrity couples have made the biggest comeback in their relationships? Share your thoughts with us!

Leaving Your Mark: Celebs Who Profess Their Love with Tattoos



By Nic

Baird

The rich and famous get tattoos for the same reasons as everyone else: They're about self-expression and an unchanging reminder in a changing life. A celebrity's brand is their image, and that's often something to consider when deciding between Mike Tyson's tribal face design or Drew Barrymore's navel butterfly. While we common folk might get a little attention for a bold new tat, it doesn't compare to the [celebrity news](#) created by famous new ink. Here are some of the reasons celebs get tattoos. For the most part, they're not

that different from anyone else!

Celebs And Their Ink

1. Self-expression: Maybe our expectations of rock stars like Amy Winehouse push artists to mark themselves as such. Music superstars seem like credible artists with some eye-catching body art. *Rock Of Love* 2 runner-up Daisy de la Hoya was a human canvas. Her iconic three-quarter sleeve led to her own dating spin-off show and attracted the attention of heavily painted rocker Tommy Lee. The bottom line is that whether it's for the fans or for themselves, real rock stars get ink.

Related Link: [LeAnn Rimes Announce Love for Eddie Cibrian with a New Tattoo](#)

2. Proof of change: [Miley Cyrus](#) went under the needle again last month to get a Teddy Roosevelt quote on her wrist. She may be trying to remind us that she isn't 14-year-old Hannah Montana anymore but instead a more serious – or at least more tattooed – adult celeb. Actress [Angelina Jolie](#), who seems to be the lead celebrity spokesperson for tattoos, described them to *USA Today* as “something permanent when you've made a self-discovery, or something you've come to a conclusion about.” Just as a serial killer might etch the names of victims into his skin, you can record important life events by marking the occasion on your body. Jolie takes this to a whole new level.

3. Memory makers: Fond memories and self-discovery inspired Jolie to collect at least 14 tattoos over the years. Her body is a map of her life. A Buddhist Pali incantation to protect her adopted Cambodian child sits on her left shoulder blade. All six of her children have a place beside it on her shoulder where geographical coordinates represent their scattered birthplaces. Jolie says she uses body art to remember the good times. When it comes to relationships and love, a lot of

celebrities are guilty of this celebratory use of ink.

Tattoos For Celebrity Couples

4. For love: In fact, Jolie's infectious love of tattoos has spread to husband Brad Pitt. He's been marked with his celebrity loves' birthday in Khmer script on his chest. Thankfully, tattoos are not really all that permanent for those who can afford to get them removed. Jolie knows this because she was able to laser off three pieces of Billy Bob Thornton memorabilia and a Japanese symbol on her arm she had shared with Johnny Lee Miller. She also covered several others; after all, not everyone is comfortable sporting memories of their celebrity exes! Rocker Avril Lavigne shares four matching tats with her former boyfriend, reality TV's Brody Jenner, including his name under her right breast. And she's still hanging on to two with ex-husband Deryck Whibley of Sum 41, despite being engaged to Nickelback's Chad Kroeger.

Related Link: [Angelina Jolie's Tattoo Is 'for Brad'](#)

5. Brand billboard: While it's clear that celebs mostly get tattoos for all the usual, relatable reasons, there are exceptions. Pop icon Lady Gaga is blurring the line between self-expression and self-marketing. Recently, she gave her nearly 29 million Twitter followers and 53 million Facebook fans a look at her tenth tattoo. A picture showed ARTPOP printed along her wrist, which was also revealed as the title of her upcoming album. The confidence is admirable at the very least.

The only problem after getting inked up is regret. People change, but tattoos don't. It seems ironic to commemorate something as fleeting as a celebrity couple with something as lasting as a tattoo. But artists at every level have always been attracted to body art. For Gaga's sake though, ARTPOP better not bomb.

What are some unforgettable tattoos that you've seen? Comment below.

Musician Kimberly Cole Says to “Embrace the Butterflies” When Dating



By Steven Zangrillo

Reality TV has become a melting pot for people from all walks of life. There are those people who take part for the spectacle, and others who use it as a springboard for bigger

career opportunities. Although not a star on Oxygen Network's *The Bad Girls Club*, musician Kimberly Cole used reality television to jumpstart her music career by promoting the show with the hit single "Smack You" off of her 2010 album, *Bad Girls Club*.

Cole chatted with us about the challenges she faces as an artist, shedding perspective on what creative personalities deal with as they navigate their career. She even spoke about her love for fashion and how what you wear can translate on the first date. The most important take-away from our conversation with Cole is that being true to yourself and doing what you feel is in your heart is the best approach.

Perhaps this philosophy can be best explained in Cole's recent single, "U Make Me Wanna," which features an infectious dance beat with Keith Apicary (Nathan Barnatt) who is absolutely killing it on the dance floor. "We originally had this 'video vixen' idea for the shoot, so it was really surprising that Keith came out and blew us away with his moves," Cole gushes. When you get a good look at Apicary, he embodies the kind of feel-good goofiness that pop music does not always seem to embrace.

His audition was classic, and the video, even better.

In addition to her singing career, Cole hosts FM (short for Fashion + Music). "When you create a song, you immediately think about what you're going to be wearing. When you put on an outfit, it creates a mood – even a 'swag.'" Cole successfully combines the two. When asked about fashion advice for a first date, Cole's response: "Well, that depends... do I or don't I want to see this person again? If it's someone who I think I'm interested in, I'll definitely pare it down a little bit."

Cole feels that being an artist poses a unique circumstance.

“There really shouldn’t be any rules in fashion. Artists walk a fine line, and sometimes, we catch criticism for it. Obviously, you wouldn’t be out wearing a meat dress like Lady Gaga on a first date. At the end of the day, wear something that makes you feel good. It’s hot to be comfortable in what you’re wearing.”

Of course, this discussion brought up the question of Cole’s personal love life, which she navigated with stealth. “I do keep a few things under wraps,” she says. “However, I will say that if you’re not exploring relationships, feeling the highs and the heartbreaks, then you’re not gaining much inspiration. That inspiration definitely comes out in my music.”

Delving even deeper into her dating philosophy, Cole believes that “we all have those butterflies. If navigating a relationship was easy, it would be no fun!” She continued, “There aren’t any real tricks for moving past that nervousness – but I will say that it is what makes us human. We should embrace that.”

Related Link: [Amy Laurent Tells Us How to Navigate a New Relationship and Go From ‘8 Weeks to Everlasting’](#)

As far as her upcoming projects, she has a ton of new music coming out. Throw that together with her work at FM, some new television projects and preparation for an upcoming tour – it’s safe to say she has a full plate. “A lot of hard work is paying off, and I couldn’t be looking forward to it more,” she says.

You can find out more information about Kimberly and catch the latest FM episodes, which are part of Stylehaul, at www.youtube.com/stylehaul. And, of course, don’t forget to check out “U Make Me Wanna” on iTunes!

'L.A. Hair' Reality Star Anthony Pazos Says He'd Ask Khloe Kardashian for Love Advice



By Jessica

Nappi

If you haven't heard of celebrity hairstylist Anthony Pazos yet, you'll certainly be familiar with some of his clients. From reality queen Khloé Kardashian to 'Twilight's' Ashley Greene, Pazos is in the fast lane with his star-studded

clientele. He's even become a star himself, taking center stage in the reality television show 'L.A. Hair' on WE tv. As fortunate as he's been in his career, it looks like he's even luckier when it comes to love.

Pazos is in a six-year "committed and monogamous" relationship with his partner whom he "loves to death." Like Pazos, his partner is not shy in front of the camera. Unlike Pazos, whose radiant personality can be seen on reality TV, his partner is an actor who wishes to remain anonymous. But Pazos assured us that we've "probably seen him in some stuff."

Related: [Five Top Tips On How To Find "The One"](#)

Even with his hectic schedule, he says that he always makes time for his one and only. "We both have goals, so we understand that during the day, even if we don't see each other, we still love each other," he shares. "Then at night, it's our chance to reconvene and connect."

Pazos' relationship wisdom comes both from his own experiences and the abundance of clients who spill their hearts out to him. His best advice? "Write down what you need in a man, get out there and date. See if all those requirements are being fulfilled by that guy – but just know that nobody's perfect."

If Pazos wanted love advice from any of his clients, he said he'd choose Khloé Kardashian. "I've seen Khloé and Lamar [Odom's] relationship first hand, and they are very much in love," he says with confidence.

Related: [Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

Speaking of reality TV, Pazos defends his show, saying, "People think that the show is not real, and I want to make it clear that the show is very real. Everything you're seeing is really happening – it's not scripted." That means that even Pazos insulting Omarosa, the infamous 'Apprentice' star, is

true: he really did say that she had “camel breath” after she offended him.

Giving us the behind-the-scene dirt on this showdown, Pazos reveals that Omarosa’s people ended up tweeting him. “They wrote, ‘We don’t want you tweeting Omarosa anymore saying that she has camel breath.’” Pazos stood his ground and did not apologize.

Whether he’s planning a date night with his partner or getting into egotistical fights on ‘L.A. Hair,’ Pazos believes that “love makes the world go round.” Given his fast-tracked career and big personality, we are sure that his time in the spotlight is only beginning.

Of course, staying true to his background as a hairstylist, he leaves us with this date night advice, “Never be afraid to pop in some hair extensions!”

Catch Anthony Pazos every Thursday on ‘L.A. Hair’ at 9/8c on WE tv. You can also check out his Facebook fan page or follow him on Twitter.

‘The Bachelorette’ Contestant Sean Lowe Struggles to Say ‘I Love You’





Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying “I love you” to Emily Maynard. According to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

What are some ways to get over your fear of saying ‘I love you’?

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot

of impact and implied commitment behind it. If you know you are ready to say it, but can't seem to find the words, follow these guidelines to overcome your fear:

1. Plan it out: If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you'll feel less pressure and won't fear getting it wrong.

2. Say it out loud when no one is around: Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.

3. Remember why you love your partner: The pressure of saying 'I love you' can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

How did you get over your fear of saying "I love you"? Tell us below.

**'Remodeled's' Paul Fisher
Wants a Woman Who is
Beautiful Inside and Out**





By Nisha

Ramirez

Paul Fisher is surrounded by beautiful women everyday – he is a modeling agent, after all. The passionate, no-nonsense agent, who has represented fashion icons like Naomi Campbell and Kimora Lee-Simmons, made it big in the 90's and is now the star of television reality series *Remodeled* on the CW Network. But, *Remodeled* isn't just another show about models; it actually provides Fisher with a platform to change the face of the modeling industry and what society deems beautiful.

From doing drugs to getting dumped, Fisher opens up to us about his career, love life and his fight to redefine beauty. He admits to being “girl crazy” and spiraling out of control as he climbed to the top. “When I decided to get back into the modeling industry again, I had to beg for forgiveness because I was an animal for 20 years. I did drugs; I slept with the girls; I was just an animal,” he explains. “But I did find my faith about five years ago. I walked into The Kabbalah Centre, and it literally changed my life.”

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[of Control](#)

Fisher decided to rejoin the modeling world and transform the industry into a safe place for young models. In doing so, he created The Network, a company that helps to create models who are also role models instead of models who are defined by their looks and beauty. It's quite the undertaking. Right now, his firm is comprised of 12,000 models represented by small agencies around the world.

Comfortable with his role behind-the-scenes, Fisher first declined to star in *Remodeled*. He says, "My partners came to me, but I'm a private man. I didn't want to be out there in the public eye; that's just not who I am. Then they came back to me and said, 'Paul, this show could really expedite our mission.'"

What is the mission? To contact the fashion magazines and designers and ask them to rethink their definition of beauty. "I want to go to war with any designer that has a thin, 16-year-old girl walk down the runway, who inadvertently encourages young girls around the world to put their finger down their mouth because they think they have to weigh 116 pounds," he says. "The average woman is 5'4 and 143 pounds. That is beautiful. That is sexy!"

Expanding on this idea, Fisher believes that the fashion industry has created a false picture of what a woman should look like. Through The Network and his work on *Remodeled*, he inspires his female and male models to be confident and healthy in an industry that scrutinizes their every feature. The powerhouse agent knows that self-esteem issues caused by magazines and designers extends to real women everywhere.

Related Link: [4 Things Men Worry About](#)

"This isn't a business to me. It's a movement, and you're a part of my movement. I'm really working, with every fiber of my being, to change the industry," he reveals. "And I am going

to sit at a Calvin Klein fashion show a year or two from now, and we're not going to see skinny kids walking down the runway."

Since Fisher is representing models in an industry that he calls "destructive," he tells his clients that beauty is only skin deep. "You are going to find a man or woman out there who is going to think that you are perfect and that you shouldn't change one little thing about yourself. Your physical reality is irrelevant anyways."

Despite his work in an industry that focuses on appearance above all else, Fisher believes that looks aren't everything. "I've dated the most beautiful women in the world, and I've lived with the most beautiful woman in the world," he says. "Yes, physical attraction is important, but much more important is being on the same path spiritually, wanting the same things as far as giving back to the world and truly trying to make a difference."

Fisher is looking for a woman in his personal life who is beautiful inside *and* out. "About two years ago, right before I was supposed to get married, I got dumped by my beautiful fiancée, and I have not been with anyone since then."

Related Link: [Rachel A. Sussman Helps Us Recover After a Breakup in 'The Breakup Bible'](#)

Going into more detail, he adds, "I am very passionate about my family, my faith and The Network because I really believe that we're trying to do something special. I hope that soon, I become passionate about finding my soul mate because I certainly would love to have children and be a role model for a couple of kids."

With a mission to reinvent the fashion industry like he reinvented his life, Fisher is excited for the new season of *Remodeled*. As he explains, "We're creating some stars, and it's pretty damn exciting. I give these models some pretty

damn tough love, and I think people are going to really enjoy it.”

If you want to be a part of Paul Fisher's fashion movement and learn more about The Network, check out his www.TheNetwork.com. Remodeled returns to the CW network on Monday, July 9th at 9/8c – be sure to tune in!

‘The Bachelorette’ Season 8, Episode 7: How to Express Your Love, Bachelorette Style



By Marni

Kinrys, of winggirlmethod.com

That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of The 5 Love Languages, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

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

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on ‘The Bachelorette’ Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef’s love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night’s episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!

‘The Bachelorette’ Season 8, Episode 2: Soccer, Cookies, and Muppets: Emily Maynard Keeps it Real



By Marni Kinrys, Ultimate Wing Girl

Has reality TV suddenly gone real? This season of the Bachelorette is actually shocking me because it's *real* (or as real as reality can get). They're in Emily's hometown. She's living in her own home with her daughter. Friends and family surround her while she seeks romance. Looks pretty real to me. We can only hope that the bachelors match up to that sentiment.

Every time the show wants to veer into la la land, it immediately gets brought back to reality, with Emily. Her life is real and the decisions she makes will not only reflect her, but also her 6-year-old daughter. Things like this completely changes the game for her and the guys on the show.

As dynamic as a date can get, there is huge reality reminder

right in front of every guy, at all times. Emily is a mother, and the winner will end his experience with a new wife and child. That should definitely weed out the competition hungry contestants vs. the sincere men who are there for the girl.

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

I'm loving how assertive and hard hitting Emily has been right off that bat. For her it's essential. But is it reality?

I work with hundreds of thousands of guys all over the world. I tell them how to attract, date and get any woman they want. My first date advice to them is always "keep it light" but keep your eyes open and don't avoid red flags because she's pretty.

When the show ended I turned to my husband and said, do you think those questions would fly in the real world? His first response was "hell no". Then he thought for a second and said, there are some people that are just really comfortable putting it all out there because it's important to them. When you have a kid involved, that intensity is already increased for you. If you're with a guy who can't handle a little serious conversation on the first date, then he's probably not the guy for you. I think it's totally acceptable to get real on a first date as long as you don't let your emotions carry you away.

For Emily, dating is about finding a partner in life not a tennis partner for a match this weekend. In real life, you are free to bring up anything that you want on a first date, second, third, twentieth. But you want to make sure you are bringing it up the right way and for the right reason.

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In open conversation there is no room to get emotional i.e. defensive, angry, moody, aggressive. Open conversation, is

meant to be handled exactly as it was shown on last night's episode. Over a candle light dinner in a beautiful mansion ☐ Kidding. Open conversation, whether it's on the first date or the hundredth, is about expressing what you think and feel and then listening to what the other person has to say.

Do: Feel comfortable to talk about real things to pertain to you and your life. Talk openly and honestly with tact

Don't: Throw up your emotions and insecurities all over your date

Do: Listen to your date's views/opinions even if they don't reflect your own

Don't: Let your ego dictate your responses. No ego's allowed at the mature conversation table.

No ego's allowed at the conversation table.

So far, Emily is far exceeding my expectations. She is in this for love and family. I'm really hoping she finds her match in that garden of fine men and will be smart enough to pull out the weeds as quickly as possible.

Reality Stars Who Found Real Love





By Samantha

Mucha

For the past decade, the world has become infatuated with reality TV shows. However, most people are less interested in the everyday lives of the featured stars, but rather their drama-filled love lives.

There have been beds flying across rooms, as seen on MTV's *Jersey Shore* with Ron and Sam, and a couple of weddings on *The Bachelor* and *The Bachelorette*. We've been in shock, we've laughed and we've cried with reality stars as we sit on our couches and watch them make the same mistakes over and over again. No matter how many times the things happens, we're drawn in and simply cannot take our eyes off the screen.

Through all of the deceit and drama, most reality relationships end in failure; however, there are a few couples that beat the trend and have ended up happy and successful together:

1. Nicole "Snooki" Polizzi and Jionni LaValle: With Polizzi and LaValle expecting their first child and discussing future

wedding plans, they proved they were able to make their love last ... at least for now. This couple fell in love quickly after meeting in New Jersey and began dating after hooking up with each other on *The Jersey Shore*; but when Polizzi left to film in Italy, they ran into some issues. After a major argument and break up, the two lovebirds were able to restore their romance and are now happier than ever.

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

2. Trista and Ryan Sutter: After being the runner up on *The Bachelor*, Trista went on to become the star of the first season of *The Bachelorette* where she met the love of her life, Ryan. They have been happily married for the past seven years and are now the proud parents of son, Max, and daughter, Blakesley. Although this pair's love story began on television, they opted out of raising their family in front of millions of viewers and cherish their "normal" life in Colorado. Trista told *Parade*, "We never would have met have if it had not been for the show, so we're thankful for that. For the most part, we do live a quiet life out here, and I think it's definitely helped to keep us grounded and together."

Related: [How to Avoid the Reality Show Relationship Curse](#)

3. Matt Hoover and Suzy Preston: This duo's romance began after meeting on *The Biggest Loser* and quickly grew as the two took long walks while getting to know each other. Eventually, Hoover and Preston dined at a healthy restaurant for their first date after the finale and have been together ever since. Their success on *The Biggest Loser* gave them a unique foundation for their romance, and Hoover proposed to Preston live on the *Today* show. "I saw him at his worst, absolutely," Preston told *People*. "And he saw me at my worst. He saw me sweating and passing gas." Luckily, their sweat and hard work not only led them to healthy lifestyles, but to a happy marriage as well.

4. Heidi Montag and Spencer Pratt: Ex-friend Lauren Conrad's show *The Hills* led this couple to meet. Although the show destroyed Montag and Conrad's relationship, it caused Pratt and Montag's relationship to blossom. Through struggles and hardships this couple has managed to have a lasting marriage.

5. Nick Lachey and Vanessa Minnillo: Who would have thought a relationship could bloom out of recovery from a marriage gone wrong. This Hollywood duo began dating after Minnillo, the *Total Wipeout* host, starred in Lachey's music video "What's Left of Me" in 2006. The couple is happily married and are expecting their first child! Minnillo told *Dailymail*, "I can't wait to meet my new son or daughter!"

Who are some other reality couples that have found real love?
Share your comments below.

Shannen Doherty Says Married Life Is 'Phenomenal'





Shannen

Doherty is chronicling her wedding planning process in a new reality show called *Shannen Says*, which premieres Tuesday, April 10, at 10 p.m. ET on WE tv. According to [People](#), the actress is truly enjoying life as a newlywed. “Things couldn’t be better. Married life is amazing, and I can only say that because of my partner, because of Kurt,” said Doherty. The actress has been married twice before, but both marriages were short-lived. “Marriage to me is such a gigantic commitment that it’s not something I’d ever go into lightly anymore,” she added. “I’ve learned my lesson.”

What changes do you need to prepare yourself for when you get married?

Cupid’s Advice:

Getting married is one of the biggest changes you will experience in your life. Here are some ways to prepare:

1. Living together: Living together first isn’t a requirement, but it’s doesn’t hurt to practice for marriage by cohabiting. You’ll learn about each other’s quirks and habits.

2. Having a second half: Marriage is a union that binds you to someone for better or for worse. You will always need to consult your partner before making any major decisions.

3. Making time: Spending quality time with your partner is important when dating, but it's even more important once you've tied the knot.

Should marriage be considered a sacrifice? Share your opinion below.

'The Bachelor' Season 16 Finale: Jesse Csincsak Discuss Ben Flajnik's Decision to Choose Courtney Robertson





By Steven

Zangrillo

Matterhorn Madness! It was the ending we saw coming. Courtney Robertson got her ring. America groaned. Life went on.

And so, we've come to the conclusion of the 16th season of The Bachelor. While it would be difficult to attach superlatives like "best" to the rhetorical descriptive of this season, "most weird" would definitely be a fine way to describe it. This season was beyond weird. Aside from the usual batch of girls who didn't quite make the cut, we saw a strange dynamic develop between Ben Flajnik, Courtney Robertson and Lindzi Cox. You would imagine that, at first glance, Lindzi would be the runaway favorite. A girl like Courtney, who chafes and bothers everyone she's in the same room with, shouldn't have made the cut. Lindzi is a self-made, sharp, talented professional who sustains and supports herself. However, Courtney is, ahem, a skinny dipping model. Unfortunately, for America that's what Ben seemed to be looking for in a wife. Lindzi was sent packing. Ben worried that the feelings "wouldn't last a lifetime." These are the ebbs and flows of The Bachelor.

Below, Jesse gives his take on Ben's big decision and whether he flubbed it, or not.

1. Ben's sister Julie acted as if it would take a lot for her to like Courtney. Were you surprised with how quickly she changed her mind?

Jesse: Nope! She drank the Courtney Kool-Aid. Plus, the producers could have told her what to say and how to act. They probably edited it in a way to make us see it that way.

2. Did Ben look stiff and awkward to you while Lindzi was opening up and being vulnerable to him on their date?

Jesse: Ben always looks a bit stiff to me but, yes he seemed awkward. Listen up ladies... if you tell a guy *numerous* times that you love him and he doesn't say it back... it's *game over*.

Related: [Courtney Robertson Says She Tried Hard To Be Nice to the Other Women](#)

3. Was there any time during the episode that you thought maybe, just maybe the whole thing would be twisted and Ben would choose Lindzi over Courtney?

Jesse: Nope. People love to hate. Choosing Courtney meant ratings. Mike Fleiss loves that!

4. Any advice for Lindzi given that she was rejected on National television?

Jesse: Keep on keepin, girl. You're the whole package. You'll be *just* fine.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. When Ben was preparing to propose to Courtney, he said "but." What was your reaction?

Jesse: Just a production adlib. They made him include that in his proposal.

6. After watching The Final Rose, have your feelings about Courtney changed?

Jesse: I still don't believe her, but I think Mike Fleiss and his production team have sold out Ben for ratings.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

7. Do you think that Ben should have been there by Courtney's side throughout the media backlash?

Jesse: Of course. If you chose her you should defend her, bro. Stick by what you do!

8. Any predictions for this couple?

Jesse: Best of luck!

Chris Harrison Invites Tim Tebow to Be the Next 'Bachelor'





If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart instead. The NFL star has been approached to be the next *Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

How do you pick and choose a mate when there are a lot of options?

Cupid's Advice:

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or wanting to take things slow, choosing can be difficult. Cupid has some advice:

1. Figure out similarities: This is probably one of the most

important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

2. Consider attraction: Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

3. Introduce to your loved ones: While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

What are some things you consider before dating someone? Share your preferred qualities below.

'The Bachelor' Season 16 Episode 9: Ann and Jesse Csincsak Discuss Ben's Final Dates in Switzerland





By [Lori](#)

[Bizzoco](#)

On this week's episode of The Bachelor, it was time for Ben Flajnik to narrow the girls down to two. The scene for the infamous one-on-one fantasy suite dates was set in Switzerland where Nicki, Lindzi and Courtney had the opportunity to get some alone time with Ben. In the middle of it all, was an unexpected twist. Kacie B. decided to return. She timidly knocked on Ben's hotel room door and wanted him to give her a reason why he let her go. His reasoning being simply because they were "world's apart." Personally, we didn't think he could muster up the courage to say that her parents were too old-fashioned for his taste (e.g., they were opposed to having their daughter move in with him before she was married).

Kacie then continued the conversation by letting Ben know that Courtney was up to no good and could break his heart.

This all happened directly following Ben's one-on-one talk with Courtney about this very issue. Nevertheless, when it came to the final rose ceremony it wasn't Courtney being sent home; it was Nicki. Sometimes, a man has to do, what a man has to do. And, then there were two! As if we didn't know

who was “winning!” Here’s a look at the weekly Q&A from your resident Bachelor Couple, Ann and Jesse Csincsak:

1. Overall, what did you think of tonight’s episode? What was your favorite part?

Jesse: It’s was very uneventful! I was glad to see Kacie come back; it made it a little more interesting.

Ann: I enjoy watching the show more towards the end because you’re a little more invested in the girls and who goes home and who stays. In the beginning, I don’t care as much about who gets cut!

2. Ben seems extremely confused (for good reason), is there anyone he can call or talk to about his feelings or is it all on him?

Jesse: Nope! He’s all alone on this one. He really isn’t even supposed to talk to his family.

Ann: No, the producers are not the ones to talk to because to be honest they are probably the CEO’s and Board of directors for Team Courtney, THEY want him to pick her.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

3. That scene where Ben and Nicki were dropped off on the cliff by helicopter, how long do they leave them there in the middle of nowhere?

Jesse: A couple of hours they just film a couple of shots and all the producers and camera men are there.

Ann: I would say they were up there long enough to get a good shot and kiss and that’s about it. It just made for good TV because it was so dramatic to be standing on a cliff.

4. Why do they keep making Lindzi do these daring dates

instead of giving her a romantic one-on-one? Do you think these type of dates work for or against someone?

Jesse: She told producers she was afraid of heights so they play on that. I think he likes her at this point so the dates are just for show.

Ann: They have her do it 1) because she is afraid of heights. 2) He is probably not as romantically interested in her. They just have a really good time together. I think in the begging these stunts work well for women because it shows a sense of adventure in them but towards the end it just feels like a repeat of the daring ones from the beginning.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

5. What's really going on in the fantasy suite?

Jesse: Exactly what you think happens in the fantasy suite happens in the fantasy suite.

Ann: N/A

6. Do you think Courtney was sincere in apologizing? Do you think she really likes Ben?

Jesse: Yes and no. I think she's sorry she is getting flack but not sorry she's gotten so much attention.

Ann: I think she likes the idea of ben and WINNING! That's it.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What did you think of Kacie B's return? Was that done by the producers to position her as the next Bachelorette like we've seen many times before?

Jesse: Totally produced! I don't think she'll be the Bachelorette but you'll see her again on the pad.

Ann: I think she will be forgotten by the time the next Bachelorette (after Emily) comes around, so no. But it was producer planned and it made for a few minutes of excitement. I kept thinking he would let her come back.

8. What would you do if you were Ben and everyone kept warning you about someone you had strong feelings for?

Jesse: Ignore it! People do what they want in the end.

Ann: It would depend on how I felt for that person. There are plenty of people my friends have dated that were bad news and me telling my friend made no difference to them. Maybe it gets someone thinking but in the end people have to decide for themselves.

9. Anything you hope to hear or see on the tell-all next week?

Jesse: A whole bunch of drama! Haha! They are gonna destroy Courtney and she can't even defend herself. Oh well!

Exclusive: Former 'Bachelorette' Winner Jesse Csincsak Rescues Mother and Son from Same Area as First Date with His Wife





By Daniela Agurcia and Steven Zangrillo

When Former 'Bachelorette' winner Jesse Csincsak treads deep into the Colorado woods, he should bring a few lotto tickets with him. On Friday, February 17, the Breckenridge local was snowmobiling 15 miles in the middle of the backcountry in Vail when he came across a lost mother and her son. Mother, Hilary Skye, and son, Dillon, had been stranded before Jesse came to the rescue. This isn't the first (or second) serendipitous encounter to sneak up on the professional snowboarder as he's navigated the trails of the Rocky Mountains. Last year Thomas Pazerunas had also lost his way 15 miles behind the Vail Resort with no cell service until Csincsak helped him.

As if playing backwoods Superman wasn't enough, Csincsak also notably brought his wife, 'Bachelor' Season 13 contestant Ann Csincsak, out into the same backcountry chill for their first date.



Meeting a new flame's friends is hard enough in the first place... but on a weekend getaway in -10F degree weather? Very bold. Ann made it through without a hitch. That's the textbook definition of a "keeper." Ann is proud of Jesse for the lives that he has saved and when asked if he's a hero Jesse says, "I'm paying Karma forward and would want someone to do the same for my wife and son." Looks like Ann has a keeper as well.



So, while it is definitely ill-advised to foray off the trail through the woods in 9 feet of snow, isn't it nice to know that Jesse could swoop in to save the day at any minute?

Maybe the chances are unlikely, but it's nice to see someone fusing star power and humility with such harmonious ease. Be it first dates, hitting the slopes, or completing acts of heroism, it looks like the snowy ranges of Colorado are a place of serendipitous success for Jesse Csincsak.

Photos: Courtesy of Jesse Csincsak

'The Bachelor' Season 16 Episode 8: Ann and Jesse Csincsak Discuss Hometown Dates (Three Girls and a Wedding)





By [Lori](#)

[Bizzoco](#)

This week on The Bachelor Season 16 with Ben Flajnik, we were taken to the horse country, the Bible Belt, a Texas-style dress-up party and a mock wedding. Yes, three women and a wedding. Lindzi got to show Ben what it was like to race horses, ride horses and grow up with horses all around her.

She said she rode before she even walked. Nikki's fun-loving spirit led Ben into a Texan cowboy store where they both bought hats and boots and sported being a Texan all day. Ben said it was something that he always wanted to do. Courtney invited Ben not only to meet her family but to meet his future wife (her) in a full-course wedding with an officiant and all.

They exchanged vows in what some Twitter followers say was a rip-off of Sex and the City. Overall, the parents seemed down-to-earth and warm towards Ben. However, the one family that didn't welcome him as easily was Kacie B. Unfortunately, their traditional values and lack of alcohol consumption (after all, Ben is a wine maker) probably got in the way of his feelings for her. At the end of the episode, she was the one who was sent packing.

Here's this week's Q&A commentary from Ann and Jesse Csincsak:

1. What are your thoughts on Ben's horse date with Lindzi?

Jesse: Umm Lindz is the whole package! She is down-to-earth and fun. Her parents are super fun and she is not bad to look at either.

Ann: Very cute! It seemed very true to who she is. Not just sitting around the house but outdoors enjoying life.

2. What did you think of the coincidences between Lindzi's parents and Ben and Lindzi's first date?

Jesse: Her parents are easy going and I think they would be fun to have as in-laws.

Ann: I thought it was funny Lindzi didn't know any of that stuff about her parents but very funny coincidences...

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize](#)

3. Do you think Kacie B's conservative family had anything to do with Ben not choosing her? Why?

Jesse: No one and I mean NO ONE wants to have in-laws that are up tight and tell you how you're gonna live your life with your other half. LET PEOPLE LIVE THERE LIVES!!

Ann: Yes!!! I think that was most of the reason. If Jesse asked my dad if he could marry me and my dad said no that would be a big deal. Ben must have sensed that after meeting them.

4. Thoughts on Bachelor Ben in a Texas cowboy get up?

Jesse: I know nothing about fashion but I am sure my wife would call it a #FashionFail

Ann: Gag! Ben looked hilarious in that hat. Thank God he didn't audition for Sweet Home Alabama.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. There were four bottles of wine opened on this episode (maybe more) over promotional? normal? or on the brink of alcoholism?

Jesse: Producers pump you full of alcohol and try to get you to say things that you wouldn't normally say- PERIOD.

Ann: Most people would call that alcoholism on the bachelor it's just another Monday night!

6. What did you think about Courtney's family? She obviously picked up the skinny dipping hobby from her dad if you saw the last few moments of the episode!

Jesse: Courtney's family seemed ok but she still seems to act like she is better than them or above them. I can't really put my finger on it. The producers are definitely realizing that they need to redeem Courtney and her image and as far as I am concerned it's just too late. And the wedding was a total repeat of a date Ashley Hebert had on her season. I really wish the producers would stop recycling dates!

Ann: They seemed nice but very negative and skeptical. Probably where she gets it from! I hope she didn't steal skinny dipping tips from her dad.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What would you have done if you were the Bachelor/Bachelorette and someone played out the whole marriage scenario like Courtney did?

Jesse: I would refuse. Marriage is the real deal not

something fun to do for a joke on a date.

Ann: I wouldn't do it. It would be funny for a second but vows and a ring exchange was too much. Being married and having that moment is serious and shouldn't be cheapened for a good TV episode.

8. Do you think Courtney took a risk setting up the whole wedding or she smartly played right to the cameras?

Jesse: It was totally produced. It was a cut and paste date from Ashley H.'s season.

Ann: I think the cameras and producers set it all up and Courtney said YES! They have very little to do with the dates.

9. Any thoughts or surprises with the final rose ceremony?

Jesse: I thought Nikki could be the one to go home but Kacie's parents shot any of her chances down. It's okay Kacie; you're a doll. You will be just fine.

Ann: I was surprised Kacie B. went home but not surprised after her family's reaction to Ben. Her family doesn't even drink and he MAKES WINE for a living... Those two don't add up.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Talk Skinny Dipping, Ball Playing, Sick of Being Single Bachelorettes](#)

10. Are you looking forward to watching Emily on the next season of 'The Bachelorette'?

Jesse: I think Little Miss Golddigger's season will be the worst one yet. How can you watch someone that you know is a LIAR? She claims that she hates the press and the cameras but yet she's The Bachelorette? Sorry, not interested in seeing you send 24 guys home and choose an ARMDOLL to prance around with for a few months after your season is done. Total fail

in my opinion. Her season will be as fake as it gets!

Ann: Yes, but to be honest it's to see her fashion choices. She has great style.

11. They showed what looked to be a dramatic trailer and a surprise appearance on Emily's season, who do you think comes back?

Jesse: Honestly, I think we will either see Brad or Bentley. Either one would be stupid to come back for her.

Ann: That scene was from her season with Brad but I think it might be Brad that shows up or at least I hope it is.

12. Do you think the producers will do what's needed to keep Emily's daughter, Ricki close by? Do you know what took place when Jason Mesnick went on the show?

Jesse: I think Emily bringing them to the south to film is going to be a total train wreck and having her daughter close by is a sketchy situation at best.

Ann: I believe Ty stayed home with Jason's family, not sure. I think Ricky will either stay with family back home or Emily's family is staying in LA with Ricki to be close by.

13. Have you heard anything about Bachelor Pad 3 yet?

Jesse: Nope, but I am sure they have all their producers chipping away at it.

Ann: No but I have a few good guesses for the new cast!

14. Anything to add?

Jesse: I will be surprised if this show gets resigned after Emily's season.

'The Bachelor' Season 16 Episode 7: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize



Welcome to Belize. This week's episode of 'The Bachelor' had quite a few break downs. Lindzi gets a Blue Lagoon type date with Ben and they spend their date hunting for food caveman style. They end the date by writing a fairy tale love note, putting it in a bottle and sending it out to sea (cheesy). Nikki has break down #1 complaining that she needs a one-on-one with

Ben.

Breakdown #2 was in full swing by Courtney after she becomes enraged at her 'boyfriend' for betraying her by giving Emily a date card. Unfortunately for Emily, there was absolutely no on-air chemistry between them although viewers had to witness their disgusting display of tongue action (gross)!

When Courtney receives the final one-on-one date card, she tells the other girls "he listened to me." Noting earlier, that she better get a date card if he "knew what was good for him." On the date, Courtney makes Ben work for her love by telling him that she may have lost a spark. Sweet and lovable Kacie B. gets a rose on the three-on-one shark diving date with Rachel and Nikki but gets our vote for Breakdown #3 when she opens up about her disdain for Courtney. During the rose ceremony, Emily and Rachel are eliminated.

Next week we are off to the hometown dates!

1. Of the four girls left, who do you feel has the most chemistry with Ben when you watch them together on television?

Jesse: Well let's see. Who has gotten naked for him? Courtney. Who rode him naked in the ocean? Courtney. Who plays the "I-don't-know-if-you-can-meet-my-parents" card? Courtney.

Ann: Kacie B by far! The funny thing is, I don't think he even has chemistry with Courtney. They have a lot of sexual chemistry, but not the romantic kind.

2. Who do you feel has the least amount of chemistry with Ben?

Jesse: Nikki.

Ann: Nikki. I actually thought she was going home and Rachel was staying!

3. What if Lindzi said “no” to jumping out of a plane on her date because she was too scared?

Jesse: It would have made their date a lot more interesting.

Ann: I would have pushed her in! Just kidding. I think they would have bullied her into jumping. Don't underestimate the power of the producers to get you to do something uncomfortable if it makes good television.

4. Is she allowed to say, “no?”

Jesse: This is reality TV. There are no rules. The rules are what the producers say they are in that exact moment! If one of the girls wanted to walk up to Chris Harrison and kiss him, they would let it fly if it created ratings.

Ann: Yes, she is allowed to say no, but they would have made it really awkward for her. At this point, the producers are her “friends.” I use that word lightly – it would have been like all of your friends making you feel dumb for something.

5. If Ben liked her, wouldn't he still like her even if she didn't do it?

Jesse: If Ben is a *real man*, he knows that women almost never do what you ask them (sorry, honey).

Ann: I think Ben is genuine enough that if she hadn't done it he still would have liked her. Do I think she is going to win the show regardless? NO!

6. Are the stunts they do on the show dangerous or is it just made to look that way (shark diving, helicopter jumping)?

Jesse: People do shark diving every day in places like that and people jump out of planes from 4,000 feet in the sky not 30 feet over the water, totally safe in my book!

Ann: They are all things any tourist could do with enough

money. So, they're definitely not that dangerous. The show would be over if anyone died from one of these things.

7. Why does Ben keep saying, "I could see myself spending the rest of my life with (insert the person he just went on a date with)?" Or, "I could be falling in love with this person." We hear this after almost every date. Is this true or a canned response?

Jesse: All those lines are done post show. So after the finale, they make Ben and the winner go back and do voice overs, saying all the lines they need to fill in the show. Those just happen to be the lines that they use!

Ann: If you watch closely, his hair is different in some of these shots and it sounds very generic. They use clips from all throughout the season and paste them together (gotta love editing). Aside from that, one of the main requirements to being the 'Bachelor' or 'Bachelorette' is being able to play ball with the producers. Meaning, they have to say certain things on camera if the producers request it or suggest it.

8. Doesn't Courtney "losing the spark" send a red flag that she may do the same thing in a relationship with Ben once the cameras are off and things get "real?"

Jesse: She got naked and rode him in the ocean, need I say more?

Ann: Yes, Yes and YES! If she weren't such a TV gold mine she would be gone by now. This is the "bad boy" syndrome in reverse. Ben is attracted to her because she plays hard to get.

9. Are you excited to see how Courtney acts among her family and what they have to say about her?

Jesse: Nope. I am pretty sure her parents are just like her – they think they're better than the rest. *Sad, really.*

Ann: No, I am sure her family is a lot like her. If they aren't, THANK GOD! I would love to see her family put her in her place, that would make for good TV, but after her mothers article that came out I doubt that will happen.

10. Were you shocked at the outcome? Emily going home and Nicki and Courtney staying?

Jesse: The only one who I thought would stay was Rachel and that Nikki would go. Courtney will be in the final two. She makes the show; otherwise no one would watch!

Ann: YES! I dramatically gasped outloud. I actually thought Rachel would stay instead of Nikki. Oh well.

Emily Maynard is 'Scared to Death' to Date on TV Again





When Emily Maynard and *The Bachelor's*, Brad Womack, ended their engagement, she had absolutely no intention of being the star of the next season of *The Bachelorette*. But, next month, that's exactly what she'll be doing. "I had no intentions of ever being the next Bachelorette. I genuinely meant that," said Maynard. "I feel like the biggest hypocrite because I said that, and now I'm doing it." According to [People](#), though she knows dating on TV can work, she admits to being scared about diving into the reality TV dating pool once again. The blonde beauty also admits that it's difficult to date as a single mom. The show will be filmed in Charlotte, North Carolina, where Maynard is raising her 6-year-old daughter as well as in other locations.

How do you get over the fear to date again after a failed relationship?

Cupid's Advice:

After a failed relationship, it's okay to take some time off dating. But, when you fall down, you need to get back up

again. Cupid has some advice:

1. Go out with friends: You don't need to actually go on a date to put yourself out there in a social situation. Go out on the town and socialize.

2. Try online dating: With so many relationships beginning online these days, it never hurts to look. Plus, there's no doubt that it's convenient. You can filter by the qualities you do and don't like before the first date!

3. Reward yourself: Give yourself small rewards for taking steps to get back into the dating scene. It can certainly be easier said than done.

What are some ways to put yourself out there in order to get back into the dating scene? Share your thoughts below.

'The Bachelor' Season 16 Episode 5: Ann and Jesse Csincsak Talk Skinny Dipping, Ball Playing, 'Sick of Being Single' Bachelorettes





By [Lori](#)

[Bizzoco](#)

The drama shifted to Puerto Rico this week, where Ben and the remaining ladies visited the island of Vieques. Nicki got the first date, but with a downpour of rain and no umbrellas, the duo was forced to do some shopping for “authentic” and dry Puerto Rican threads. Ben gave Nicki a rose that evening.

For the group date, Ben took the ladies to the historic Roberto Clemente Stadium where they were divided into two teams and went head-to-head in a baseball game. The winning team would enjoy a wonderful beach party with Ben. Kacie B.’s team won and she got the group rose that night but directly following it, Courtney stole Ben at fourth base with some baseball playing of her own.

The next one-on-one took place on a private yacht with Elyse, the same environment as where Ben fell in love with Ashley.

Unfortunately, “sick of being single” Elyse will have to suffer because Ben sent her packing. After the one-on-one with Elyse, Courtney decided to “make good” on her promise to

skinny dip, so she surprises Ben at his room. A Bachelor first, the two take off their clothes, the film is edited and the rest is left to our imagination. At the rose ceremony, Ben admits that he feels “crappy” about what happened, Emily bashes Courtney again and the “best kisser” Jen is sent home.

It's anyone's guess what will happen next week. Here's what Ann and Jesse had to say about the episode:

1. After tonight's episode, which two women do you think have the best shot at being the last ones standing?

Jesse: I think Kacie B, Courtney, and Lindzi have a good shot.

Ann: N/A

2. What did you think of Nicki's one-on-one? The wedding scene? The rain? And most importantly, her neon nail polish?

Jesse: The only thing interesting about this date was the rain.

Ann: Nicki's date was cute and seemed very relaxed. She handled herself well with the rain, most girls would have ran for the first cover they could find (me included, due to having curly hair, haha). As far as her neon nail polish, although cute, I think little things like that show peoples age and she is still very young in her actions and personality.

3. On Elyse's one-on-one she said she was “sick of being single.” Do you think that hurt her chances of getting a rose? What would you have done differently to secure a rose if you were her?

Jesse: I think if she said that to me, she would have been sent home. I wouldn't want to be the “I-dont-want-to-be-single” choice.

Ann: Yes! She sounded very sincere about finding a guy but not sincere about finding BEN. I think she forgot that she wasnt just talking to a girlfriend about her wanting to be in love

again she was talking to a guy she was "dating." I think that was the exact reason she went home this week. My one complaint with girls sometimes is when they ask "what they did wrong?" If a guy breaks up with you or ends things dont ask what you did wrong, thank them for admitting that they weren't right for you. They're saving you time and more heartache. I felt like we hadn't heard a lot from her as far as her feelings for Ben until this episode and then all of a sudden she went in high gear to tell him she liked him...too much too fast. I would have told him that I liked him and would like to see where this goes. Not: I want to fall in love with whoever and you happen to be here.

4. Okay, we are dying to know your thoughts on the skinny dipping scene.

Jesse: Courtney is a *skank*. I bet Ben's mom was pumped to see what kind of person she really is when she saw this!

Ann: OMG! The bachelor is gettin scandalous! I am very surprised that Ben went along with this. I know she is gorgeous and what guy wouldn't be into that but I think the producers egged that on and he did it in the end because of production value as well as shock value and IT WORKED! Courtney is the girl you have a fun fling with not settle down with.

5. Do you think Ben and Courtney went all the way? If so, how does this change the game for the other girls?

Jesse: I would have to go with 100% "Yes." As far as changing the game for the other girls, I don't think it changes the game at all.

Ann: No, I don't think they did. I think he is too smart for that. That would ruin the rest of his time on the show cause the other girls would find out and never let him live that down. It's not ok to get physical like that for at least another 4 dates! Kidding. I guess it will be ok to let your boyfriend sleep with other girls when theres only 4 left.

6. If Ben really felt “crappy” then why did he go skinny dipping in the first place? Unless he picks Courtney in the end, won’t the girl he picked get pretty upset at that scene?

Jesse: I think the producers pushed that scene for the drama factor.

Ann: I think he just said that and maybe was feeling a little guilt because he has feelings for some of the other women. If he didn’t pick Courtney, I can guarantee whoever was watching that scene got very upset and that is going to be a game changer whether they are still together or not.

7. Do you think Emily staying on another episode was something the producer’s decided or do you think Ben really picked her again?

Jesse: Plain and simple, the producers of the show picked her and are keeping her around.

Ann: Producers, plain and simple. He obviously is getting annoyed with her but it makes for good TV, so she is sticking around till they can’t get anything else out of her.

8. Why was Jennifer’s departure so anti-climatic? Ben didn’t even say anything to her. It went from a great date to him kissing her before the rose ceremony tonight to a good-bye with barely any words and a cold embrace.

Jesse: Sometimes this show has moments where it makes absolutely no sense, and this was one of those instances.

Ann: Again, I think the producers gave him a small choice between one of the other women and Jennifer and he might have liked the other woman more and that’s why she left. When it gets down to the end Ben has feelings for very few women, and the rest are there as fillers and drama. Sad as it may be, that’s the truth and they won’t know what part they are playing till they are cut from the show. Jennifer seemed very sweet, I think it was too bad she was blindsided by that.

9. Anything you want to add?

Jesse: This was the most boring episode I have ever watched.

Ann: N/A

'The Bachelor' Season 16, Episode 4: Ann and Jesse Csincsak Give Emily Dating Advice



Drama continues in Park City, Utah where Rachel had the first one-

on-one date with Ben and got Rose 1. Then came the group date where the girls rode on horseback through the woods, and spent an afternoon fly fishing. Ben was testing their ability to be in the country and in a group setting. Unfortunately for some (Samantha Levey), it didn't work out in her favor. Tensions mounted when Courtney Robertson pulled Ben away and actually caught a fish in the process! Then, she stole Ben again and told him that she needed reassurance where she won his heart and got Rose 2. While she was gloating, Samantha was told by Ben that she was too "emotional" and he sent her packing before the Rose Ceremony. The last date and final rose went to the shy and reserved Jennifer Fritsch (then again, Ben did vote her best kisser). On their one-on-one, the new Bennifer plummeted into a 300 foot crater together. After it was over, they ran through pouring rain to an outdoor concert by country singer, Clay Walker and she was given date Rose 3. With Samantha already gone, there was only one more person to eliminate that evening. Say good-bye to Monica Spannbaauer. And then there were 12.

1. What are your initial thoughts about Rachel?

Jesse: I think Rachel is down to earth; she really seemed to like the lake and canoe date. I think it's pretty rad that she is normal and can enjoy the simple stuff.

Ann: My initial thoughts were: I love her bangs. But passed that, I haven't seen or heard enough from her to form an opinion. I have barely noticed a lot of the girls this season, because they either don't talk very much, or they are going to be cut early on, so the producers aren't showing them too often.

2. Did Ben make the right decision sending Samantha home right there and then? Did you witness her being "emotional" on the group dates?

Jesse: Absolutely – that girl is what's wrong with women in

America. She wears high heels, and has blonde hair, but no brains. Did you hear her say, "OMG I am so scared of horses?" It's like, who is scared of horses? Our country was founded on horseback. Pull it together Blondie!

Ann: When Samantha went home, I looked at my husband and asked, "Where did she come from? I hadn't noticed her other than her amazing Nicole Miller dress at the last rose ceremony. I did appreciate the fact that Ben did not beat around the bush on that one, that he kicked her to the curb faster than Kim Kardashian did her last husband.

3. Did you like the way Courtney played Ben for the rose on the group date? Do you think he'll eventually see what Emily and some of the others see or do you think that maybe Courtney IS a nice person?

Jesse: I despise few things in life, but diarrhea and Courtney are now at the top of my list. She is the worst. I get a headache every time she gets a rose.

Ann: I thought it was weird because it seemed like Courtney hardly had any friends, and then last night she had a BFF that popped out of the woodwork. The producers are showing us what they want to, so even though I think Courtney is not a keeper, she may not be as bad as they are portraying her; except for her laugh, that is truly unnerving.

4. What advice would you have given to Emily?

Jesse: DO YOU GIRL! Don't sweat the stupid models.

Ann: My advice to Emily is the same advice that I would give my daughter or my best friend. Focus on your relationship not anyone else's. The more you tune all the rest of the women out, the faster your relationship with Ben will have the opportunity to blossom (yes, I just used the word blossom).

5. Kacie B., Rachel, Courtney and Jennifer all seem completely

different. What do you think Ben's doing with such diverse women?

Jesse: Ben didn't pick them, production did, and each of these different girls appeals to a different audience, which equals ratings, which in turn, equals money.

Ann: I think if anyone were to look at the people they have dated, they would realize they are all completely different.

It's one of those things I guess, you just don't know unless you try!

Here are two more questions from our visitors:

6. If Ben decides after four episodes that he found the right girl, what are his options? Must he continue the season? If so, does he have the liberty to pick the same girl for a one-on-one each episode or must he change it up?

Jesse: Ben picks his final 4 girls on night one and the producers pick the one-on-ones and the group dates. If he does find the final one, it's the producer's job to keep him interested in at least one other girl for the sake of the show. If he were totally set on one girl mid-season the show would tank, and it wouldn't be fun to watch.

Ann: I would say on any given rose ceremony, Ben gets to decide only about half the women that get to stay. I think he gets input on what girls he wants one-on-one time with, but at the end of the day he doesn't write the "date cards." I do think, however, that he gets to say if there is someone he really does *not* want to go on a one-on-one with, AKA Samantha.

7. I've heard a lot of complaints about the 20-30 crowd not really knowing what they want and clearly it's hard to make the relationships stick afterwards. What do you think about having an older gentleman 40-50 on the show?

Jesse: I have said forever, that I think they should do a few

seasons with non-related Bachelor people involved to make things fresh. I am totally game; lets do it!

Ann: Brad Womack (38) is a good example of someone who was a little older, and it still didn't work out. It doesn't matter the person's age; 'The Bachelor' is not a normal dating situation no matter how you spin it. A "normal, everyday date" on the bachelor still includes a helicopter so the reality is, after the show it's going to be hard to keep the relationship strong, no matter how old someone is. If you want an example of how to make it work after the show just ask Jason and Molly Mesnick, they stayed out of Hollywood and out of drama and they are still happily married because of it.

8. Anything more that you want to add?

Jesse: The guy who puts the black boxes over the naked people is going to be busy next week!

EXCLUSIVE: Former 'Bachelor' Contestants Prepare to File Class Action Lawsuit against ABC Producers





In a move that would be the first-of-its-kind in reality television history, former contestants of the ABC hit reality television shows, 'The Bachelor' and 'The Bachelorette' have spoken to attorneys and are in discussion to file a class action lawsuit, against creators Mike Fleiss and Elan Gale.

This information was disclosed to us in an exclusive interview today by former contestant and 'Bachelorette Season 4' winner, Jesse Csincsak.

"Once you're on the show, they own you," Jesse said. "Even when your contract is up, they still interfere in your life and prevent you from promoting other brands and making money."

Jesse notes that the last straw for him came when Gale contacted his business partners and other companies telling them not to work with him. He says that the producers have also contacted former 'Bachelor,' 'Bachelorette' and 'Bachelor Pad' contestants threatening to blacklist them if they participate in any of Csincsak's events.

Related: [Jesse Csincsak Hosts 'Bachelorette Pad Beatdown' on RTVZone.com](http://RTVZone.com)

Since appearing on 'The Bachelorette' Jesse has remained in the spotlight by hosting annual bachelor reunion gatherings with the former contestants and most recently he launched the successful web show 'Reality Smackdown.'

Discussion about a class action lawsuit surfaced this month after Csincsak was reviewing his rights with his attorneys.

"I had planned to file my own lawsuit last month but after discussions with numerous people and former Bachelor contestants, we realized that this issue is much bigger than me," he said.

Related: [Former 'Bachelor' Couple Ann and Jesse Csincsak Answer Questions about Season 16](#)

This isn't the first time ABC has been to court regarding the hit show. In 2003, the show's producers filed suit against former 'Bachelor' Season 4 star, Bob Guiney for breaking his contract by promoting his new CD '3 Sides,' and his music video. Guiney won the case.

Last month, spoiler blogger, Steve Carbone (a.k.a Reality Steve) was slapped with a lawsuit by the producers of ABC for coercing former contestants to breach their confidentiality contracts to help reveal spoiler activities for his website.

Jesse a retired pro snowboarder, who won the heart of DeAnna Pappas on Season 4 of 'The Bachelorette' is now married to former 'Bachelor' Season 13 contestant Ann Leuders.

'The Bachelor' Season 16,

Episode 3: Ann and Jesse Csincsak Discuss the Return of Shawntel Newton and Emily's Fear of Heights



By Jennifer

Harrington

The city of San Francisco provided the back-drop for what ended up being one of the most dramatic episodes in recent history of *The Bachelor*. Ben and Emily climbed to the top of the Golden Gate Bridge, Brittney left before her one-on-one date with the winemaker, Shawntel (the funeral director from Brad Womack's season) re-surfaced to confess her crush, and one of the ladies fainted at the rose ceremony! Wow, what an

episode. To help us make sense of the craziness, here are insights from *Bachelor* experts Jesse and Ann Csincsak.

1. We saw Ben's relationships with several of the women blossom this week. Who do you think that he had the best connection with this week?

Jesse: I don't even think Ben is sure who he likes the most yet! He just can't believe he gets to kiss more than one girl at a time!

Ann: He seemed to have a good connection with Emily, his partner in the climb up the Golden Gate Bridge. She seems laid-back, despite being a little riled up at the rose ceremony. That ceremony definitely did not show anyone in a good light.

2. Was Emily's climb up the Golden Gate Bridge, the most daring date you've seen on the show?

Jesse: When you apply to be on the show, they make you fill out a packet telling them everything, including things that scare you. For the past few seasons, they take one of these "fears," and make it happen. This episode was almost a total repeat of what they did to Michelle Money on Brad's season of the show, and it seems like each season we see a different person facing a fear of heights.

Ann: I am freakishly scared of heights, so that would have been a nightmare for me. It was a daring date, but not the craziest thing I've seen so far. Personally, I found the rose ceremony to be more suspenseful to watch.

3. What do you think was behind Brittney's decision to leave the show before her one-on-one date with Ben?

Jesse: I think Brittney was tired of being told what to say and do by producers, and realized that you can't fall in love in a scenario like that. She made the decision to say "I'm

out!"

Ann: I think she thought the necklace was not that cute and split (joke). In all seriousness, I think she felt that Ben wasn't into her and she wanted to leave before being asked to leave. Never underestimate the power of a woman's intuition.

4. It was shocking to see Shawntel arrive in San Francisco. What did you think when you saw Shawntel get out of the car, and did you think that it was fair she had a chance to join the cocktail party?

Jesse: I think it's totally fair; all is fair in love and war. Shawntel is a great down-to-earth person, and he should have kept her around if he liked her, regardless of what the other girls thought.

Ann: Agree to disagree with Jesse. I get where she was coming from. She wanted her last chance with Ben before he was potentially engaged, but that's like interrupting a date and saying "Sorry to interrupt, but I love you and wanted to let you know." There's a better time and place to do that, and if you missed your chance, so be it. However, with that being said, I think the reaction from the girls was nothing but insecurity all the way around. They went way overboard and were incredibly nasty to her. I can't even imagine sitting on that couch being Shawntel. I even heard the line "Brad's dumpster trash." Have some class, those types of statements are just unnecessary, no matter how upset you are.

5. When you saw Erika fainting/collapsing and Jaclyn crying during the rose ceremony, what was your reaction? Did you think their emotions were genuine or simply last-minute attempts to capture a rose?

Jesse: I think they need a Bachelor with a serious backbone, like Dave Good or Wes Hayden. The type of man who would tell those girls to hit the road when they pull that nonsense.

Ann: I think their reactions were genuine... genuinely ridiculous. I think the fainting was from too many cocktails and standing there for an hour during the rose ceremony. Never lock your legs, every good bridesmaid knows that. The crying was from embarrassment. If you watch closely, they show her crying but in the wide pan shots she's not, I think she cried at the end and they showed it over and over again (gotta love editing)!

6. Given the fact that the other girls observed "chemistry" between Ben and Shawntel, were you surprised Ben didn't offer her a rose?

Jesse: Not at all, I think Ben was afraid. It's sad, really. As the Bachelor, you should be able to call your own shots, but it seems like he's not.

Ann: Absolutely! They obviously had chemistry but she never would have been given a fair chance if she had stayed. Everything happens for a reason and I think he made the right decision for him and protecting the relationships he was establishing with the other girls. I wish her nothing but the best she is a gorgeous girl who will have no problem finding a good guy.

7. Courtney seems to be getting more obvious and vocal about her feelings towards the other girls. What do you think it will take for Ben to take notice of Courtney's problems with the other girls?

Jesse: This is TV. Of course he won't see what's really happening, and that's what makes it so fun to watch.

Ann: She will do herself in soon enough. Likely, one of the other girls will tell Ben and then he will start to notice it on his own. Her "see ya later" to Shawntel was not classy; not to mention her pause during the "will you accept this rose." Heidi Klum is a smoking hot model and I guarantee she didn't stand in front of her husband and pause when he asked

if she would go out on a date. Guys don't want a girl who plays games and Courtney is going to find that out the hard way.

Be sure to tune in next Monday night for the next installment in Ben's journey to find love (in Park City, Utah), and while you are watching, send CupisPulse questions about the episode for Jesse and Ann to answer.