

Exclusive Celebrity Interview: 'Player Gets Played' Stars Discuss Moving On After Infidelity



By [Rebecca White](#)

Moving on is never an easy thing to do, but when the [relationship and love](#) ends due to infidelity, it's even harder. In a new Oxygen Media reality TV series titled *Player Gets Played*, each week, one woman with a lurking suspicion uncovers the heartbreaking reality that she is not the only love in her boyfriend's life. Once these ladies discover the truth, they join together to teach their "player" boyfriend a lesson. In our exclusive celebrity interview, four of the

stars of the show open up about being cheated on and building trust with a new partner.

Reality TV Stars Open Up About Dating After Infidelity in Exclusive Celebrity Interview

Brittany, Meghan, Nyira, and Jessica all have one thing in common: Their boyfriends cheated on them, and now, they have to open themselves up to love again. “After being cheated on, it took me awhile to finally move on and give someone a chance to even walk up and talk to me,” Brittany shares. “I am still not in the right ‘place’ to get back into a relationship.”

Related Link: [You’ve Cheated, So Now What?](#)

While Brittany wanted to take some time before entering a new relationship and love, Nyira was ready to jump right back in. “It took me about a month to move on,” she says. “I couldn’t allow myself to dwell in that hurt. I just prayed, forgave, and let it go.”

Once you move on, though, there’s still a long way to go. Meghan and Jessica both understand that trusting a new partner isn’t as easy as it used to be. “I’ve moved on, but I don’t let down my walls, and I’ve become more difficult to penetrate mentally, physically, and emotionally,” Jessica shares in our exclusive celebrity interview. “I find that, with a new partner, he has to love me more. I know how to love and be faithful in a relationship, so if he loves me more, then I feel like we’re equal. I don’t think he’ll cheat because he appreciates me more than just in a physical sense.”

Meghan also learned that she no longer trusts as easily. “I actually don’t let my walls down so quickly,” she explains. “I always trusted any guy, but now, I don’t trust someone until

it is earned.”

While trusting a new partner after infidelity isn't easy, it's important not to judge every relationship based on previous ones. “If I go into another relationship expecting to be cheated on, then it's going to happen!” Jessica says. “Our thoughts create action. The thing is, you can never tell. You just need to give every person their own blank piece of paper and let them have a fresh, untainted start.”

Related Link: [Can Cheaters Ever Change?](#)

Brittany also believes that you need a clean slate in order to build a new flame. “Once you start dating, you have to let your guard down a little, or you will never know if there is a connection between you and the other person,” she shares.

No matter what, you have to keep taking chances. When asked about their best love advice, these reality TV stars encourage you to be patient. “You can't go your entire life being scared to love,” Nyira says. “Yes, you may get hurt, but you will grow stronger from it. Then one day, that special man that you have been dreaming about will come and sweep you off your feet. Those walls will slowly come down until there is a heart full of love, ready to meet another. Once those two hearts meet, a beautiful love will blossom.”

For more information about Player Gets Played, check out their website, www.oxygen.com/player-gets-played! Be sure to watch the show on Oxygen on Wednesdays at 9:30/8:30c.

Reality TV Newcomer Chantelle Fraser Talks Relationship Status & Blood, Sweat and Heels Finale



Interview by [Lori Bizzoco](#). Written by Jenna Bagcal.
On this season of the Bravo reality TV show *Blood, Sweat and Heels*, fans welcomed newcomer Chantelle Fraser to the show's cast. The UK native and founder of Flawless NYC made her television debut on the popular show and forged strong friendships and even some rivalries along the way. In this [exclusive celebrity interview](#), CupidsPulse.com Executive Editor Lori Bizzoco caught up with Fraser who shared details about her time on the show, who she's dating, and what's next

for her.

Reality TV Newcomer Discusses Her Experience on the Show

Fraser joined the cast of the Bravo reality TV show in its second season, and cites her experience on the show as “surreal.” She reveals, “Well it’s obviously surreal watching yourself on television, especially because I haven’t been on television before, seeing myself *being* myself. So that’s always interesting.” Fraser adds that she was pleased with how she portrayed herself, but wished that the show reflected more depth regarding disputes between cast members.

Related Link: [‘Blood, Sweat and Heels’ Reality TV Star Brie Bythewood Says, “I Don’t Know How to Be Anyone Other Than Me”](#)

One of Fraser’s biggest disputes this season was between herself and fellow cast member Demetria Lucas D’Oyley. Fraser says that the feud between the two women was not portrayed as well on the show. “Me and Demetria had a bit of beef on the show and I kind of felt like it didn’t really reflect what truly went down from the cut, which was unfortunate,” she says. Currently Fraser confirms that the two women “don’t have a relationship” after the events on the show transpired.

Despite this feud however, the young businesswoman says that she has formed great friendships with some of her fellow cast members including Geneva Thomas and Daisy Lewellyn, both of whom she speaks with regularly.

Bravo Star Shares Relationship Details and What’s Next

Before appearing on *Blood, Sweat and Heels*, the reality TV star was romantically linked to Mario Singer, the ex-husband

of Ramona Singer from *Real Housewives of New York*. Rumors surrounded Fraser and Singer, who were reportedly believed to be a celebrity couple. However, Fraser revealed that she is currently in a celebrity relationship with one of her ex-boyfriends. She shared that she and her current flame, who is a New York City lawyer, have been dating since the show wrapped almost one year ago and that fans can “forget the rumors” that she and Singer are an item.

Related Link: [Celebrity Video Exclusive: ‘Blood, Sweat and Heels’ Star Geneva Thomas Moments Before Brawl with Melyssa Ford](#)

Although she has had a mostly positive experience on the show, she says that being in the cast presented challenges as well. “The biggest struggle I think is staying focused on day to day business activities because people want to pull and push you in different directions. It’s great, but at the same time I still need to keep an eye on my business.”

A new project that the entrepreneur is currently working on is *flawless-living.com*, which she says is a weekly website that is “focused on self development.” Fraser shares “My goal is to be the best version of myself, and I know that it’s the the goal of many other people too. It’s a journey, so we’ve enlisted experts in nutrition, health, wellness, beauty and love.”

After five months of filming, Fraser says that being on the show is better than she imagined. She reveals that the positive feedback from the media as well as the support of her fans have been “overwhelming.” She also adds, “I’m all about growing and learning. By watching myself on TV for better or for worse, I can grow and I can learn.”

Catch up with Chantelle on Twitter @chantyfraser.

Celebrity Video Interview: Tim Gunn Talks First Date Fashion and Summer Trends



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

Make it work! Whether it be in relationships and love or the latest fashion trends, Tim Gunn's catchphrase holds true. The Emmy award winning co-host for Lifetime's *Project Runway* shares where to go on a first date and what he's most excited about for the new season of the hit fashion show. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the fashion expert about summer trends and all things *Project Runway*. You don't want to miss this celebrity news!

Related Link: [Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards](#)

Tim Gunn Talks First Date Looks and Summer Fashion Trends

First dates can be nerve-racking, but you shouldn't worry about what to wear or where to go. "Dress up!" Gunn exclaims. "Dressing up says 'I want you to see the best of me.' It's about respect for yourself and the person you're dating." When it comes to finding the perfect first date outfit, Gunn has three essential elements that need to be balanced: Silhouette, proportion, and fit. "When those three elements are in harmony, you will look fabulous no matter what you're wearing," he says.

Choosing a location is also very important when it comes to the beginning of a relationship and love. Gunn's love advice is to always go out to eat. "I believe that a first date should be a meal, because you need to know how they interact with the waitstaff, what table manners they have, and how they interact with you during a meal," Gunn shares. "I think it's all telling."

Related Link: [OWN Star Kiki Haynes Shares Love Advice: "If the Heart Behind It Isn't Genuine, Then I'd Rather Not Have It"](#)

If you're going out this summer, then remember that accessories are more important than apparel this season. Whether it's a new hat, eyewear, or wedges, accessories work with many different looks. Also keep in mind that '70's Bohemian is coming back, so splash into summer with this revived look. "Independent of trends, there is something for everyone," Gunn shares. "Think about what's in your closet and what will enhance it. And always try it on! Under all circumstances, make no assumptions about fit."

Fashion Icon Discusses *Project Runway*

If you're eagerly awaiting the new season of *Project Runway*, then you'll love to hear that filming for season 14 starts in a few days. Unfortunately, this season Gunn was not able to go on the auditions to see the broad range of talent. However, he did get to look over the new contestants that were chosen. "I'm excited about working with them, they have a lot of personality," he says. "I hope they don't cancel each other out with that personality!"

But being on a show for this long doesn't mean it's perfect. Gunn says that if he had to change one thing, he would like to be in the workroom when the designers fit their models. "I've never seen so much delusion presented to me," he says. "I'm always asking how the fittings went and invariably it's 'Oh, they were great.' Then, I look at the work on the runway and I'm like 'What? Is there a new definition of the word great?'"

You can keep up with Tim on Twitter @TimGunn and www.facebook.com/TimGunn.

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

Find Out 'The Bachelorette' Kaitlyn Bristowe's Worst Date

Moment So Far



By Meranda Yslas

This season of reality TV's [The Bachelorette](#) is just getting started and there are already intense moments happening with Kaitlyn Bristowe and her men. On her blog for [People.com](#), she wrote that having a group boxing date idea was fun, but there were a few moments where the bachelorette was nervous about how competitive the contestants might be. When Ben Zorn and Jared Haibon stepped into the ring to fight, "I was terrified. I think you could actually see my heart beating out of my chest! At least it felt like it. The hit Jared took was my worst nightmare." The episode ended with Kupah James being eliminated and storming off in anger.

This 'Bachelorette' is starting things off with a bang! What are three unique things to do on a first date?

Cupid's Advice:

First dates can set the tone of how the rest of the relationship and love will continue, so it's important to start off on the right foot. Great dates don't have to be extravagant or over the top, but creativity does count. Here are a few relationship tips for planning a fun and unique first date:

1. Go rock climbing: If you and your new partner are into physical activity, strap on a harness and go rock climbing. Many cities have indoor facilities where you two can show off your competitive edge and see who can make it to the top first.

Related Link: [Spoiler Alert! This Season's 'Bachelorette' is Revealed](#)

2. Homemade dinner: Going out for dinner is a classic first date idea, but making it yourself adds a unique twist. You and your date can go grocery shopping together, pick out the ingredients and start cooking. It's a fun way to get to know your date in a stress free environment.

Related Link: [New Photos: The Countdown to 'The Bachelorette' Begins with Britt and Kaitlyn](#)

3. Take a class: There are many places you can go to take a fun and short class, such as pottery or painting. Plus, at the end of the date you two will have a cute souvenir to take home!

What did you and your partner do for a first date? Share below.

OWN Star Kiki Haynes Shares Love Advice: “If the Heart Behind It Isn’t Genuine, Then I’d Rather Not Have It”



By [Sarah Batcheller](#)

Kiki Hayne's tremendous personality is impossible to ignore. Whether she's on-screen starring as Keisha Jones in Tyler

Perry's *For Better or Worse*, which airs on the Oprah Winfrey Network, or divulging her best love advice, she never fails to make her audience laugh. The television star knew at a young age that acting was her passion. After meeting Bill Cosby and other cast members of *The Cosby Show* early in her acting career, she became determined to pursue a successful career in the entertainment industry. Since then, she's captivated fans with her riotous, sassy attitude. In this [exclusive celebrity interview](#), the New Jersey native opens up about her thriving career and the importance of keeping your head up.

OWN Star Discusses Castmates in Exclusive Celebrity Interview

The *For Better or Worse* star explains that she and her castmates are like family. "We're all team players. It's gotten to the point that we know each other so well that we play off of each other," Haynes gushes. "We just have a good time while we're filming! It's kind of like having a best friend who you don't have to say anything to; you can just give each other that look."

In addition to having such supportive friends, the OWN star names her faith as being what helps her keep her head up during tough times. "It is everything," she says of her beliefs. "This business will tear you apart. There are always more actors than there is work, so everybody's trying to get those two or three roles. My faith in God makes me feel a comfort that, when I don't get a role, no matter how great I was or how hard I worked on the audition, it just wasn't meant for me. A lot of people think, 'What did I do wrong?' It's not that you did something wrong; it just wasn't meant for you. I know for a fact that my faith taught me that – it keeps me sane!"

Related Link: [Girl's Night Movie Pick of the Week: 'The Single Moms Club'](#)

When it comes to her *For Better or Worse* character, Haynes admits that Keisha is very different from her true self and draws her inspiration to play a villainous woman not only from people she's known in real life but from reality TV as well. "I've met people like Keisha before! They're not necessarily friends of mine, but I've been in settings where I've witnessed people bring on the drama," she reveals. "And I've watched reality TV shows like *Bad Girls Club* and *Basketball Wives*. I look at the drama they bring and use those kinds of mannerisms for Keisha. It's so much fun!

"But I also find a truthful side to her because I wanted the audience to still have a heart for her," she adds. "She is a lot of trouble, but underneath is a woman who's hurt."

Kiki Haynes Offers Old-Fashioned Love Advice

Haynes's sweet disposition is evident in her outlook on love. Like many single celebrity women, she describes herself as a "renaissance woman" but still values chivalry when it comes to dating. In our exclusive celebrity interview, she points out, "I have a modern outlook that women should be in more powerful positions and be able to be independent, but I still like tradition in my dating life. I like old-school courtship. I want a guy to actually come and ring the doorbell and open the car door for me. I also like it when guys ask me about me; I've been on dates when guys talk more about themselves. Don't just try and sell yourself to me – get to know *me!*"

The Jersey girl's best love advice comes from the early days of a past relationship, in which she claims if she could go back and do the relationship over again, she would have known better from the get-go: "On a date one night, we were talking at dinner, and he asked me about things I had never done, so I told him things like parasailing and canoe riding. On the next date, we went parasailing, went to breakfast afterward,

then went on a gondola ride, had champagne and strawberries, then dinner, and finally went to a huge Latin dance concert. He had the full date planned out from top to bottom. I really felt like a princess!” she shares. “But it was too good to be true because it was all for show. As much as I enjoyed it all, if the heart behind it isn’t genuine, then I’d rather not have it.”

Related Link: [Celebrity Interview: ‘The Real’ Co-Host Jeannie Mai Shares Recycling Tips and Beauty Advice](#)

Of the same relationship, Haynes continues, “Another thing he did was that, every time he came to my house, he would spend a long time in my bathroom, and I found out he actually made a mental note of all of the products I used and stocked his bathroom with the same shampoo, deodorant, etc. so that I wouldn’t have to bring things back and forth. He did all of that in the first month! Not that anything is wrong with that, but I could probably have waited another two to three months. After six months, he showed his true character.”

So what did she learn from this failed partnership? “If someone does too much too fast, they’re probably on a schedule. Why did he have to plan that date in one day? It was too much, too fast! If I could go back and do it all over again, I would have known to run for the hills,” she says.

For more from Kiki, be sure to keep up with her on Twitter @iamkikihaynes, www.facebook.com/kiki.haynes, and www.instagram.com/kikihaynes/.

Season 11 'Bachelorette' Contestants Revealed!



By Emma L. Wells

For the first time in [Bachelorette](#) history, the men have the power...at least for for the May 18th premiere. 25 lucky lads will get to vote on which two ladies – Kaitlyn Bristowe or Britt Nilsson – will be the *Bachelorette* for season 11. Both women made their reality TV debut on last season of *The Bachelor* and are back again on their search for a relationship and love. After the men make the decision, the power will transfer back to *The Bachelorette* who will pick 19 of them to move into the house. And who are these special guys? See the full list on [UsMagazine.com](#).

***Bachelorette* stars Kaitlyn Bristowe and Britt Nilsson will have their pick of well qualified men come May 18th. Why is it a good idea to consider your partner's occupation before starting a relationship?**

Cupid's Advice:

There are many factors to consider when deciding whether someone is a good romantic match for you. While you might be inclined to think that occupation isn't important Cupid has some love advice on why this factor shouldn't be ignored:

1. Time is money: Can your significant other give you the time commitment you're looking for? If your new beau has a high-powered career that probably means long hours and less time with you. If you're looking for a serious relationship, then this probably isn't an ideal situation.

Related Link: [Exclusive Celebrity Interview: 'The Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

2. Get down to business: No matter what the fairy tales say research shows that relationships between people with similar education levels usually have a higher rate of success. While there are always exceptions to the rule it can be prudent to look for a partner who has had a similar education and work path as you. This way you'll automatically have a better understanding of each other's situations.

Related Link: ['The Bachelorette' Celebrity Couple Desiree Hartsock & Chris Siegfried Get Married!](#)

3. Work hard, play hard: Knowing a potential suitor's career ambitions can be very important. Are they up for a promotion that's going to take them to an office out of state? Are they looking for a job where they have to travel consistently? If you're looking to stay put then this isn't an ideal match. Minimize the possibility for heartbreak by making sure you and soon-to-be sweetheart have similar life goals and plans.

Is work a factor in determining your relationships? Tell us below!

Celebrity Interview: 'American Idol' Winner Nick Fradiani Is Single!





By [Rebecca White](#)

And the winner of *American Idol* season 14 is...Nick Fradiani! While the 29-year-old singer started out on the reality TV show as the underdog, in recent weeks, he quickly worked his way up as one of the front runners in the vocal competition. As he became more confident, he also became more comfortable on stage and finally began to break through his shell like the mentors and judges have been telling him to do all season. In our [celebrity interview](#), the reality TV star talks about relationships and love and how he will remain relevant as an artist in the future.

***American Idol* Winner Talks About His Relationship and Love Life**

We first got to know Nick Fradiani when he auditioned for this season of *American Idol* with his girlfriend Ariana Gavrilis. However, the now famous couple has not been seen together in recent months, and Gavrilis wasn't even at the finale. So all the ladies want to know: Is Nick Fradiani single? Sure enough,

during our celebrity interview, the performer confirmed that he is currently single and that being a musician and maintaining a relationship and love is hard. "Being in music has always made it difficult to have relationships, especially if I've been traveling a lot," the singer shares.

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

Winning will also put his love life on hold for a while. "I'm sure it will make things more difficult, but I try not to look for those things. Hopefully, the right thing just happens," he says. Still, Fradiani knows exactly what he wants in a future girlfriend. He has three must-haves in a partner: humor, trust, and comfort. "I like to laugh and have fun, so I need to be with somebody who is funny," he adds. "I also need someone that I can be myself around."

Nick Fradiani Talks About His Post-*Idol* Plans

Now that the winner has been crowned and signed to Big Machine Records, how will he avoid the fate of recent *American Idol* winners and actually stay relevant? "To me, the biggest thing is the songs," the singer says. "I think winners that come off the show and don't have a hit song have a tough time. The time of coming out with a new single can be damaging." Fradiani has no reason to worry though: His single "Beautiful Life" is already at number two on iTunes. "I think this single will do well," he explains. "I'm really confident as an artist in my songwriting ability and my ear for pop music, so I think I'll be able to succeed because of that."

Related Link: [‘American Idol’ Eliminated Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”](#)

Next, the star will meet with Scott Borchetta, Big Machine

Records founder, to discuss where they will go with the new album. “Beautiful Life” is the type of music that he wants to play and put out in the world. “I lucked out big time – I love the song,” he shares. “I’m hoping to write with some cool co-writers as well.”

He may even branch into country music. Borchetta and Fradiani have talked about him going country, but the singer says that won’t happen for a while. “Maybe in a couple years that could be an option,” he says.

You can keep up with Nick Fradiani on Twitter @nickfradiani!

Celebrity Interview: ‘American Idol’ Runner-Up Clark Beckham Says, “Right Now, It’s Like I’m In a Relationship with Music”





By [Rebecca White](#)

The American Idol season 14 runner-up Clark Beckham first started singing in a gospel trio with his parents when he was 8 years old. Now, the 22-year-old finishes the [reality TV](#) competition with a platform large enough to become as famous as season 2 runner-up Clay Aiken...or as forgotten as previous contestants who have had no luck gaining fame after the show. In our celebrity interview, Beckham says he wants to model his career after singers like Bruno Mars, Robin Thicke, and John Mayer, although he plans to take his own approach to balancing his career and relationship and love life.

***American Idol* Runner-Up Talks Relationships and Love**

Beckham leaves the reality TV show with fond memories of being a finalist in one of the top vocal competitions in the country. On Tuesday night, the singer had one of his best performances with "Ain't No Sunshine," leaving the judges and America very impressed. [Jennifer Lopez](#) commented on the song

by asking who Beckham was singing to because of the passionate performance. "I remember her asking that, and I was like, 'Oh Lord, do not ask me that,'" he shares.

But don't worry, ladies: The blushing Tennessee native is single and not in a committed relationship and love. "The song is about the person being gone, so maybe it is appropriate because there is no one," the star says with a laugh. "I think I was really able to get into that heartbreak, but there was no one specific that I was thinking of."

Related Link: ['American Idol' Eliminated Finalist Rayvon Owen Says Love "Is the Most Universal Thing"](#)

In terms of how being a musician has impacted his dating life, Beckham says that sometimes it's helpful because of the initial attraction people feel towards musicians. However, it's not always easy. "In the past, when I've been dating someone, she was worried that I would choose music over her, and that's an interesting balance," the singer reveals in our celebrity interview. "Right now, it's like I'm in a relationship with music. I really am in love with her, and I can't imagine a life without her."

He adds, "Sometimes, being a musician can get in the way of my relationships, but I believe that, when it is right, it won't be conflicting. Instead, it will elevate and help the relationship."

Clark Beckham Reveals What He Learned on *American Idol*

During season 14 of *American Idol*, the runner-up has faced many critiques from the judges and Big Machine Records founder Scott Borchetta. The mentors and judges have often stated that Beckham's musical style isn't modern, and they've told him to perform for the audience instead of himself. However, the

singer disagrees. "I think the most modern is when an artist can understand and play music that is coming right now and is just on the brink and is right around the bend," he explains. "I really believe the music I put out is what's going to come around the bend."

Related Link: [‘American Idol’ Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey](#)

While the performer stayed true to himself and his music, he did learn a lot from the judges and mentors. "Keith Urban said, 'Don't sing and play what you can; play and sing what you *must*.' That's the best advice from the judges that I got," Beckham shares. Now that the show is over, the musician says that he's learned to be more conscious of pitch and that he's transformed as an artist from this experience: "I'm able to get more into the song emotionally and get into the music and get into character."

You can keep up with Clark Beckham on Twitter @ClarkBeckham and on his website, [http://clarkbeckham.com/!](http://clarkbeckham.com/)

New Photos: The Countdown to 'The Bachelorette' Begins With Britt and Kaitlyn





By Emma L. Wells

The countdown begins for [The Bachelorette](#) season 11 premiere and in order to get us even more pumped up for the reality TV show ABC released some stunning photos from a shoot with the two *Bachelorettes*, Kaitlyn Bristowe and Britt Nilsson. [People.com](#) reports that Bristowe and Nilsson have ditched the usually colorful gowns we're accustomed to seeing on *Bachelorettes* and opted for some silvery grey numbers which fit the season's tagline, '50 Shades of Cray.' The two girls, who battled for Chris Soules on season 19 of [The Bachelor](#), will once again face off for relationships and love in a two part premiere on May 18th.

Britt Nilsson and Kaitlyn Bristowe let their personalities shine through their grey dresses for 'The Bachelorette' promo shoot. How can

you make a good impression and pick the perfect first date outfit?

Cupid's Advice:

Most people don't like to admit it but we often judge others based on their appearance the first time we meet them. That's why a first date outfit can have a big impact on whether or not someone asks you out again. Have no fear, here is some love advice on how to put together the right ensemble...

1. Be appropriate: The first thing you should consider when picking your first date outfit is what you're going to be doing on the date. Different outfits are more appropriate for dinner and a movie versus a hike and a picnic. You may have a great pair of sparkly stilettos but you probably shouldn't wear them if you and your date are headed to a street fair. If you don't know where you're going then try to pick a neutral outfit such as a loose dress or jeans and a nice top.

2. Be yourself: If you're the type of girl who wears jeans and a t-shirt 99% of the time, you'll give the wrong impression of yourself if you show up to your date wearing your roommate's body-con dress. When you're picking your outfit select something that represents the "real" you. If the date you're going on doesn't really allow you to dress like yourself, consider asking him nicely if you can do possibly do something else.

Be on time: Being fashionably late is acceptable for a large party but not for a one-on-one date. It's easy to overthink a decision like this. Don't get anxious and wrapped up in your head. If you can't find the perfect first date outfit don't worry, just be sure to wow him with your personality!

What's your go-to first date outfit? Tell us below!

Reality Star Bill Rancic Defends Wife Giuliana Rancic After 'Fashion Police' Controversy



By Maggie Manfredi

They don't call them partners for nothing! According to UsMagazine.com, The season one *Apprentice* winner Bill Rancic spoke out on the recent drama pertaining to the comments made by his celebrity wife on *Fashion Police*. Reality star Giuliana Rancic got some serious heat for her comments made around

Zendaya's hair at the Oscars. She said that the dreadlock look might smell like patchouli oil...or weed. Later she came forward clarifying this was a hippie joke, but ultimately the damage was done and the Rancics decided to ride out the storm. Bill spoke to their celebrity marriage during the chaos, saying, "We made a plan. We were gonna just kinda weather it. We've got a strong marriage. We love each other. And we knew that she didn't do anything wrong. And obviously these situations bring us closer together. They can either tear you apart or bring you closer together, and we're a team."

These reality stars are sticking up for one another. How do you stand up for your partner in important situations?

Cupid's Advice:

This reality star power couple really shows how partners can be stronger together. Cupid has some ideas on how you can be there for your partner:

1. Be a listener: Whether it's a bad day at work or family problems it is important to be the rock for your partner. Let them vent, let them release fully so they know you are there and supporting.

Related Link: [Giuliana Rancic and Husband Continue IVF To Have Baby](#)

2. Take a back seat: Sometimes even when your partner is in a negative light it can still be in their best interest for you to back down. Bill could have jumped all over the press and fought for Giuliana but instead he let her make a statement and he waited until the storm blew over to comment.

Related Link: [Giuliana and Bill Rancic Are Expecting a Child](#)

3. Say I love you: One of the best ways to protect and aide your partner is to show them unconditional love. No matter what happens or what battles you face, face them together...and say I love you every day.

How are you there for the people you love? Share your trials and teamwork below!

Celebrity Interview with Founders of 'Reality TV Awards': "We're Not Going to Hide Anything!"





By Jenna Bagcal

On any given day of the week, millions of people sit down on their couches with some good snacks, and tune into their favorite [reality TV](#) shows. But what many people might not know is the amount of hard work and dedication that goes into the production of each show. Whether it's *Keeping Up with the Kardashians*, *American Idol*, or *The Bachelor*, massive teams of people put in hundreds of man hours every week to make these shows possible – and the cast and crew of these shows will be honored at the 3rd annual *Reality TV Awards* on May 13. In this celebrity interview, the founders of these awards, Kristen Moss and Andrew Ward, discuss the production of the award show, who we can expect to see, and the future of reality TV.

Reality TV Awards Founders Discuss Awards Show Process

As it approaches its third year, plans for The Reality TV Awards are bigger than ever. Moss and Ward, the founders and executive producers of these awards say that there is a lot to

expect in terms of number of guests and a few other surprises.

“This year we’re going to have over 700 attendees.” Says Ward. “The first year we had about four or five hundred, so it’s grown a lot. We even have the cast of *Dance Moms* coming and the full cast of *Deadliest Catch*. It’s really exciting to see the variation of cast members that are coming to this because all of your favorite reality TV shows in one room is almost like a reality TV show in itself!”

Moss adds that in addition to reality television stars, a great number of networks and production companies will be in attendance that night. “Essentially how we start out is we call production companies and networks, and we have them submit their shows to the categories.” She says. “So as we’ve grown, we’ve seen the support of each of those production companies and networks, which is really important to us. We’re inviting all of them to come this year to show how it [the awards] benefits their shows, their company, the networks, and how their fans are really supportive of them.”

Related Link: [Will Chris Soules Be Tuning in to Watch His Celebrity Exes on ‘The Bachelorette’ Season 11?](#)

Another development in this year’s awards is the increase of fan involvement. This year marks the first time when fans can attend the award show as well as stream it live online. The venue for the show is the Avalon Hotel in Beverly Hills, which Ward says makes this possible. “The great thing about this year is being in a bigger venue, so we added a fan section. We have a very limited amount of tickets on sale to the public, but this gives the public a chance to see what’s actually inside the show, which has never been done before.”

In addition, Ward says the live stream of the awards will not only give fans a chance to feel like they’re guests, but also to get a backstage look of the event. “It’s going to be the nitty gritty, we’re not going to hide anything, and we know

that people love to see everything there is to do backstage.”

Related Link: [Reality TV Stars Kirk and Laura Knight Share Tragic News](#)

Moss and Ward are two people who know the world of reality television very well, especially how much work goes into the production of a TV show. Although audiences only get to view the final product, they reveal that there are hundreds of people working to make things run smoothly.

“I worked on *Master Chef* for a couple seasons,” says Ward, “and a lot of people don’t realize that you have 150 crew members working behind [the scenes.] There’s actually so many people that it takes to film a given episode, which is why we do these awards. It’s recognizing the talent on screen, but also the entire team of people that work behind them.”

Moss says that for this reason, her favorite award show category is “Bad Ass Crew,” which honors the behind-the-scenes crew of reality TV. “It really gives a nod to the production crew who has to endure the hours and temperatures of whatever world they’re put into. A lot of time when people are watching these shows, they don’t think about the guy who’s capturing these moments. But there is somebody out there capturing the moments and putting their own life in danger, whether they get recognized or not.”

Kristen Moss and Andrew Ward Discuss the Future of Reality TV in Celebrity Interview

After being in the reality television industry, Moss says that the new trend for future shows will be “risk” based shows, specifically in the realm of dating shows. She discusses that the show *Married at First Sight* falls into this category. “I think what it is with *Married at First Sight* is, it’s

a wedding, but what's going to be so shocking at this wedding is that these people are meeting for the first time.”

Ward adds that the show has a huge fan-base who are extremely active on social media. “There are a lot of fan groups for it, and we follow them. I saw a post today that people wanted to know how the couples from season 1 are doing because it's such a faux pas concept, and that's what reality TV really is. They want to see if something like that can actually work.”

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

When asked about the future of reality show concepts, the pair said that creators will never run out of original ideas. “Any time I think they're going to run out of ideas, somebody approaches us or with a new idea, even if it's a game show, that I had no idea could be possible.” Says Ward.

Watch the Reality TV Awards live on realitytelevisionawards.com at 9PM EST/6PM PST on May 13.

Celebrity Interview: ‘The Real’ Co-Host Jeannie Mai Shares Recycling Tips and Beauty Advice





Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

We all know that, when we take care of ourselves, it not only makes us look good, but it makes us feel good too. And if you're single and looking for that special someone, that positive attitude and glow will project in everything you do. In our [celebrity interview](#) with *The Real* co-host, fashion expert, and reality TV star Jeannie Mai, she explains the importance of taking care of our planet by recycling and shares her best beauty advice for summer date nights.

Reality TV Star Jeannie Mai Talks About the Importance of Recycling

Mai isn't just promoting recycling for the sake of it; she's married to hunter and conservationist Freddie Harteis, who stars in the reality TV show, *The Hollywood Hunter*. Giving back by recycling and helping to keep our land beautiful and healthy for generations to come is something that is very dear to the celebrity couple. This beauty guru says that, for many, recycling means just throwing their cans in a separate garbage bin, but there's actually so much more

to it. She explains that recycling isn't only limited to the kitchen, saying, "Most people do know that you can recycle – that's fair bones. But other people don't realize you can recycle many things that happen to be in your bathroom. Today, most Americans have at least eight bottles of plastic in their bathroom." All that plastic could be used and recycled in many different ways, but unfortunately, it's ending up in the trash.

The reality TV star goes on to say, "I think that, once people are educated about it [recycling] and when they see the difference it makes, when they see what it does to relieve the amount of waste in the landfills, it will make people feel differently," she shares. Mai goes on to explain that "there are 29 million tons of plastic that end up in landfills every single year, just because we're not aware."

Related Link: [Celebrity Couples Saving the Earth](#)

Beauty Advice for Summer Date Nights

As host of the Style Network's *How Do I Look?* and digital correspondent for NBC's *Fashion Star*, Mai not only knows how beautiful it is to recycle, but she knows what women can do to look their best when it comes to date night too. Here, she gives us her best three tips:

1. Take care of your skin: "When it comes to the way that you feel and the way that you look, your skin is everything," she says. "It's what your guy feels; it's what he's looking at; and it's the way that your expression glows on top of the beautiful skin on your face."

2. Consider the lighting: The daytime host warns, "God knows what kind of lighting you're going to walk into in that coffee shop or restaurant or wherever you're going to meet your guy!

So I always focus on having a good highlighter. I love a good powder that's a little pigmented, like either a gold or a tawny bronze, just to highlight the planes of your face so that your skin shines and has that luminescent glow."

3. Create angel eyes: "Take a quarter-lash and just stick it on the very ends of your eye lashes so that your eyes project a beautiful, soft bedroom eye," the beauty expert explains. "It's super easy, and you don't need much makeup at all to apply them."

Exclusive Celebrity Interview: Behind-the-Scenes with *The Real*

When Mai isn't out recycling or working on her fashion segments, she is one of the five hosts on the talk show *The Real*. "Every single day before the show, we pray that the women who are watching feel like we are their girlfriends," she reveals in our celebrity interview. "It's loud; it's exciting; it's energizing; and it's funny."

The other hosts are celebs Tamar Braxton, Tamera Mowry-Housley, Loni Love, and Adrienne Bailon. The *Fashion Star* correspondent shares, "I'm learning something new about the ladies everyday. These ladies are ladies I want to know and learn more about. I want to become more like them in different ways. It's so cool to be a part of a group of women that are just awesome in every way."

Related Link: [Celebrity Pregnancy: Tamera Mowry-Housley Is Expecting Second Child](#)

It's not surprising, then, that Mai has created strong relationships with her fellow co-hosts. "I'm close to all of them for different reasons. If I want to talk about spirituality and motherhood or if I have questions, Tamar and Tamara are really helpful to me. Tamar also helps me to stand

up for myself. Sometimes, I have problems voicing my opinion if I'm afraid it's going to hurt someone's feelings. She helps me with that – to be able to just be real and know that it comes from a good place,” she candidly says. “Lonnie helps me laugh; she makes everything brighter every day. Adrienne is that girl who teaches me to have fun and party and have a good time because she does that all the time.”

To get people more conscious and excited about recycling, Mai is promoting a giveaway hosted by Unilever. To enter the giveaway, contestants just have to take their picture and post it on Instagram or Twitter with the hashtags **#reimaginethat** and **#sweeps**. “All they have to do is take a picture of how they recycle,” she says. “It can be in their bathroom – that’s where I took mine that I put up on Instagram. It can be anywhere – by your recycling bins or by your plastic containers.”

To keep up with Jeannie Mai, you can follow her on Twitter @JeannieMai. For more information regarding the giveaway, check out Unilever’s website, <https://brightfuture.unilever.com/>.

‘American Idol’ Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey



By [Rebecca White](#)

American Idol reality TV star Tyanna Jones has been pursuing music since she was five years old. Growing up in Jacksonville, Florida, the 16-year-old has had a rough upbringing and was even homeless at one point. Her *American Idol* journey was no less emotional. In our [celebrity interview](#), the eliminated contestant says that the show “at times can get really hard. My faith and my beliefs have helped me through a lot of that.”

Behind the Scenes of Tyanna Jones' *American Idol* Journey

Making it into the top five of the singing competition is no easy task and all of the contestants have had good weeks as well as bad weeks. Jones was no different. The Jacksonville

native had her own rough patch during the middle of the show. The judges were constantly questioning her choices, even though she was a front runner and power house from the beginning of the competition. The performer says, "My rough patch was a result of all of my feelings at the time and the stress and frustration that comes with the show."

Related Link: [‘American Idol’ Eliminated Contestant Adanna Duru Says the Reality TV Show “Is Like Superstar College!”](#)

As an emotional artist, when Jones was eliminated she started to break down when the montage of her time on the show began to play. "I was watching how far I had come," the singer shares. "It really showed me how much I've grown." Even though she didn't make it into the top four, Jones still sang a send-off song, Beyoncé's "Who Run the World." The performer says that Beyoncé is one of her main influences. "I have wanted to do that song for so long," Jones shares. "I knew that I had to make sure it was one of my best performances because it was one of Beyoncé's songs."

Jones hopes to be a role model for her fans, just like Beyoncé and her other favorite artists have been to her. She hopes that "seeing someone their age get to do this and be here will inspire fans." She plans to use her position on the summer tour to make an impact in people's lives. "I know many of the people I look up to now were a part of this tour," Jones says. "Now, I'm going to be someone people look up to."

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

After being eliminated, the singer feels like she has learned a lot from being in this competition. Big Machine Records founder Scott Borchetta has pushed her as an artist to find herself and truly understand what kind of music she wants to put out there. Similarly, the judges, Keith Urban, Jennifer Lopez, and Harry Connick Jr. told her to continue being

herself and she'd be successful. As she moves forward with her musical career, Jones says, "I'm not the type of artist that puts myself in a box. Whatever I can sing or do to connect with the audience, I'll do it."

You can keep up with Tyanna Jones on Twitter @iamtyannajones and [www.facebook.com/IamTyannaJones!](http://www.facebook.com/IamTyannaJones)

Will Chris Soules Be Tuning in to Watch His Celebrity Exes on 'The Bachelorette' Season 11?





By Emma L. Wells

The premiere of [The Bachelorette](#) season 11 is less than three weeks away. We know we'll be watching, but what about former *Bachelor* Chris Soules? It's understandable that he may not want to tune in to the reality TV show to watch two of his celebrity exes – [Kaitlyn Bristowe](#) and [Britt Nilsson](#) – search for a relationship and love. "Kaitlyn and Britt were obviously a part of my life, and I'm interested to see how their journey goes," Soules told [People.com](#). "Honestly, right now, I'm okay with that part of my life being behind me." Since *The Bachelor*, Soules certainly seems to have moved on to a happy celebrity engagement with his fiancé Whitney Biscoff. However, just because Prince Farming is busy with *Dancing with the Stars* doesn't mean he'll be able to avoid *The Bachelorette*. "Whitney will definitely be watching, so I'll probably be watching," he joked.

Former *Bachelor* Chris Soules says

he still cares for his celebrity exes. What are some ways you can be friends with your ex after your relationship and love ends?

Cupid's Advice:

When it comes to relationships and love, just because you have ended your romantic partnership doesn't mean you don't want to see your ex anymore. Being friends after a break-up isn't easy, but Cupid has some tips on how you can make it work:

1. Don't force it: You shouldn't force a friendship on anyone, ex-lover or not. Similarly, forming a platonic relationship with your ex has to happen naturally. If romantic feelings or resentments remain, it won't be possible. Give yourself time to grieve and move on. Once you've adjusted to life apart, then it may be time to offer your friendship. Don't rush into this phase immediately following a split.

Related Link: ['The Bachelorette' Battle Begins as Season 11 Promo is Released!](#)

2. Think about your language: It'll be easier to be friends if you don't refer to them as your ex anymore; you're heading in the right direction once you can introduce them simply as your friend. You should be prepared for a bit of an awkward phase to start out. Recognize that it's an adjustment; eventually, you two will figure out how to act around each other.

Related Link: ['The Bachelor' Season 19 Contestant Britt Nilsson Faces Her Fear For Chris Soules](#)

3. Consider your new significant other's feelings: If you are able to form a friendship with your ex, keep in mind that your new partner may not understand. Be mindful of their feelings.

Additionally, if you feel yourself getting jealous of your ex's new boyfriend or girlfriend, you might be harboring some residual romantic feelings. In this case, it's probably best to take a step back from the friendship until you can work through them.

Have you remained friends with any of your exes? Tell us your story below!

'American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships





By Jenna Bagcal

Conceptual, artistic, bold, and distinctive are all words that describe 21-year old Quentin Alexander. The New Orleans, Louisiana native was a contestant on season 14 of [American Idol](#) and made a name for himself during his time on the reality TV show. He blew audiences away with his performances each week, combining his emotion-filled vocals with stunning effects and clothing. The performer is self-assured in who he is, saying, “The type of artist I want to be is one that touches on all of the senses. A concert of mine would be something that would be just as appealing visually as it is musically.” In this celebrity interview, Alexander opens up about his experience on the show and his plans for the upcoming year.

***American Idol* Contestant Shares How New Orleans Shaped Him As An Artist**

New Orleans is known as a cultural and musical epicenter of America and is a place that Alexander is lucky enough to call home. He cites his hometown as a major contributor to his

artistry and personality overall. “Growing up there really played the biggest part in the way that I present my art and the way that I am,” he shares. “There are so many different musical and cultural influences, so many different ways of life all in one small bowl. It’s like a Gumbo pot, just a mixture of everything.” He adds that being from such a culturally-diverse city gives him a unique outlook and advantage in terms of his music and avant-garde fashion sense.

Related Link: [‘American Idol’ Star Joey Cook Opens Up About Her Celebrity Engagement: “He’s the Love of My Life!”](#)

In terms of relationships and love, Alexander reveals that having a partner who isn’t in the music industry makes for the best support system. “It’s always great to have that teammate supporting you from the outside, someone who isn’t really in the same kind of boat that you’re in,” he divulges. He also believes that the most important factor in a successful partnership is communication. “For anything to work, the best thing to do is to communicate and let each other know what’s going on,” he says.

Reality TV Star Discusses His Experience on the Show

Although he was eliminated from the reality TV show, Alexander has taken away many valuable experiences and pieces of advice from his time on *American Idol*. The most valuable tip came from [Jennifer Lopez](#), who told him to “hold on to your art – it’s the one thing that makes you *you*.” He adds, “It’s the truth. The one thing that separates me from everyone else is my art, my personal feelings, and how I go about doing things.” The singer says that the superstar’s comment assured him of his role in the competition and validated that he was going in the right artistic direction when he was questioning his choices. “Should I compromise my performances just to fit in this mold?,” he asks. “She confirmed for me that I

shouldn't. Just be yourself, and everything will work out like it's supposed to."

Related Link: [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

Now that his journey on *American Idol* is over, Alexander is excited to get home to New Orleans and attend the various festivals and events. "It's the greatest time of year in New Orleans to have all the music come in and all the people coming in from different parts of the world," he says.

In the future, aside from pursuing music, the performer plans on releasing some of his short films that include original music and fashion that he has designed. He also hopes to design an original clothing line within the next year. We can't wait to see what he does next!

Catch up with Quentin on Twitter @QAlexanderXIV! American Idol is on FOX at 8/7c every Wednesday.

‘Newlyweds’ Reality TV Stars Laura and Kirk Knight Dish Out Their Big Pregnancy News





By Kirk and Laura Knight

Kirk: Since Laura and I made the big decision to have a baby, we have been working hard at being healthy, including clean eating and workouts at the gym. Laura's workout regimen is frequent and very advanced. It's going to take everything I've got to keep up with her pace! Her motivation and drive encourages me to stay focused and incorporate some sort of physical activity every day.

Related Link: [Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day](#)

Laura: I understand that healthy living can lead to a healthy pregnancy – I'm trying my best to keep Kirk motivated at the gym in hopes that this will help us on our path while trying to conceive. Plus, when your body feels good, sex is more fun!

K: In preparation to get pregnant, Laura stopped taking birth control pills. Within a few weeks, my super sperm did not disappoint, and Laura surprised me with a positive pregnancy test. Although my confidence was extremely high, I did not expect her to get pregnant this quickly – my boys can swim!!!

We were so excited for this to have happened and couldn't wait to share this big news about our [relationship and love](#) with our family and friends. Everyone was thrilled for us.

L: One day, I was feeling unusually queasy, so I took a pregnancy test, and to my surprise, I was indeed pregnant! I wanted to tell Kirk the happy news in a sweet and clever way but couldn't come up with anything. He was in the living room, and there was no way that I could wait a day to put something together. I grabbed our video camera and called him into the bathroom, so I could capture his reaction – it was priceless! I was feeling two strong emotions at this point: First, it was complete and utter joy. And second, I only have nine months to learn everything I can about pregnancy and motherhood. So we went to the bookstore, and I bought the five best books I could find and began my research.

Related Link: [Robert Pattison's Celebrity Love FKA Twigs 'Really Wants Kids' Says Source](#)

K & L: We were on cloud nine – feeling very happy and in a great place. We had decided to have a child, and we were blessed with a pregnancy. For the moment, everything seemed to be perfect. The morning of the sonogram, we were excited to see the heart beat and first images of our little bundle of joy. As the sonogram began, our excitement immediately turned into fear as the tech could only see the pregnancy sack and not the embryo. We were emotionally panicked and felt like our happiness and joy was instantly deflated – only left with fear and anxiety, wondering what this meant. What we discover puts us on an emotional roller coaster. Watch our reality TV show tonight and find out what happens and how we deal with it...

What's up next for this celebrity couple? Tune in to the reality TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

New Celebrity Couple? Reality TV Stars Josh Murray and Ashley Iaconetti Party Together in NYC



By Emma L. Wells

Last Monday, [The Bachelorette](#) season 10 winner Josh Murray and *The Bachelor* season 19 contestant Ashley Iaconetti were seen with a large group partying in New York City, prompting rumors that these reality TV stars are a new celebrity couple. Murray posted a picture of the mostly gal group on his Instagram,

saying, "Had a great time, NYC, it's always nice meeting new friends." Only Iaconetti and one other woman were tagged in the shot of 13 party-goers. [People.com](https://www.people.com) reported that Murray was in New York working for fitness and nutrition brand AdvoCare. Despite sitting close and looking like a cute famous couple, both Murray and Iaconetti insist they aren't dating.

These two reality TV stars have denied being a celebrity couple, but given their similar experiences, we think they'd be a good pair! Find out how a common background can help your relationship and love be a success.

Cupid's Advice:

We've all heard that opposites attract. While a little disparity in a relationship *can* add some spice, being with someone who shares a similar history is a strong foundation for a new relationship and love. Cupid explains why below:

1. You have a better understanding: People are a product of their experiences. Understanding someone's experiences firsthand will help you better understand them and their intentions. Being on a reality TV dating show is not something a lot of people can relate to, which is one reason why Murray and Iaconetti could potentially match well as a celebrity couple.

Related Link: ['The Bachelorette' Winner Josh Murray Says He Doesn't Miss Celebrity Ex Andi Dorfman](#)

2. You share a common perspective: In most cases, having a similar background means that you will also have a similar perspective on certain issues. Whether it be politics, religion, finances, or family, when you share the same opinions, you'll be able to communicate better. These types of discussions can be difficult to have, but if you're of the same mind, you'll come to an agreement much easier.

Related Link: [‘The Bachelor’ Season 19 Contestants Treat a Relationship and Love with Chris Soules Like a Game](#)

3. There's an easier learning curve: If you are from different ways of life (religiously, culturally, socio-economically, etc.), it doesn't mean your relationship and love won't succeed, but it *does* mean that you'll have to take more time and effort to learn about your beau's background. When you date someone who has shared experiences, you get to skip that step.

Do you think these two reality TV stars would make a good celebrity couple? Tell us below!

Former ‘Bachelor’ Chris Soules Regrets Making ‘DWTS’ Partner Witney Carson Cry





By Emma L. Wells

It was a tough week for reality TV star Chris Soules. While preparing for his quickstep routine, the leading man on [The Bachelor](#) season 19 injured not only his calf muscle but also his partner's feelings. During a difficult rehearsal, he lost his temper with professional dancer Witney Carson. Thankfully, the dancing duo were able to hug it out and move on. According to [People.com](#), Soules said, "It was a tough week. People don't really understand how hard we work. We have a close relationship. But we were just both getting on each other's nerves. I wasn't getting it down, and she was getting frustrated with me. That happens in any partnerships in life. I don't know any partnership where two people don't have a little bit of a disagreement. It only made us stronger."

As the former star of *The Bachelor* can attest, it's easy

to get annoyed with your partner. What are some ways to handle frustration in your relationship better?

Cupid's Advice:

No matter how much you click, when you spend a lot of time with someone, you're bound to butt heads occasionally – like this *Bachelor* star and Carson did this week. It's all too easy to let little annoyances build into big problems. Cupid has some love advice on how to deal with your frustration:

1. Talk it out: Don't like the way your partner loads the dishwasher or leaves their shoes by the front door? Tell them! Simply say, "It bothers me when you..." Remember to be careful with your tone. You don't want to start a fight, but you do want to make them aware of your feelings. Your significant other is not a mind reader; they can't fix the problem if they don't know it's there.

Related Link: [Celebs Turn to DWTS to Heal Heartbreak](#)

2. Get active: When both partners are frustrated, fighting comes easily. But nagging and getting angry won't solve the problem. You need to find a way to get rid of your pent-up energy so you can have a discussion, not a battle. Try embracing your combative energy and go paint balling or go-cart racing. It may sound silly, but a playful, regulated, competition will get out your frustration and leave you in a better mood.

Related Link: [Chris Soules and Celebrity Love Whitney Bischoff Celebrate His 'DWTS' Performance](#)

3. Don't let it defeat you: No one mesh's with their partner

100 percent of the time. If you and your sweetheart agreed on everything, life would probably be a little boring! Your relationship and love won't be doomed just because you get a little irritated with each other. In fact, when you work through these moments of difficulty together, your partnership only gets stronger.

**How do you and your partner handle relationship frustration?
Tell us below!**

'American Idol' Star Joey Cook Opens Up About Her Celebrity Engagement: "He's the Love of My Life!"





By [Rebecca White](#)

Joey Cook will not only leave the reality TV show *American Idol* having gained experience and knowledge in the music industry, but she's also walking away with a [celebrity engagement](#)! Cook's longtime boyfriend Evan Higgins proposed a few weeks ago, and the now-famous couple shared the news on Twitter on Thursday, Mar. 26. In our celebrity interview, the performer opens up about the special moment, saying, "The proposal was really sweet. He's the love of my life!"

Behind the Scenes of Joey Cook's Celebrity Engagement

Even though *American Idol* keeps the contestants incredibly busy, Higgins whisked Cook away for ten minutes in between photo shoots to get down on one knee and put a ring on her finger. "There was this garden with a bench in the hotel we were staying at," the performer reveals. "He started out with all of this heartfelt stuff, and I thought he was going to break up with me! I was thinking, 'Wait until the show's

done!" Not only did Higgins find the perfect backdrop for a proposal, but he also made sure that the singer had her support system with her to make it even more special. "Evan called my family and made sure my mom was going to be there. My childhood best friend was there too," Cook adds.

Related Link: ['American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"](#)

The couple has carried out their relationship and love since 2009 and will celebrate their anniversary this summer – just in time for them to tie the knot. "I want to do the wedding soon because we've always wanted a summer wedding," the reality TV star gushes. "And it'll be six years this summer, so it's perfect!" Although we're sad to see her leave the competition, we're excited that she now has time to plan the perfect celebrity wedding with her beau.

***American Idol* Contestant Talks About What the Reality TV Show Taught Her**

Of course, Cook didn't just chat with us about her perfect celebrity engagement story. The eliminated contestant says that *American Idol* has provided her with so many resources for her future. "They've exposed me to millions of people," she shares. "I've never had vocal lessons before, and getting access to all of this information and being able to work with my vocal coach was amazing. I learned more about music in this last few months than I did in my whole life before now!"

The singer says she couldn't be more grateful for the life-changing experience, which taught her more about herself as well. "I wasn't confident as a vocalist before, and this show has shown me that, along with playing instruments and writing

music, I'm a singer, and that's what I do," she explains. "It's proven to me that I am good enough, and I am capable and deserving." We couldn't agree more!

Related Link: ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

After saying her goodbyes, Cook has a different vision of who she is as a performer. "Now that I've been soaked in the *American Idol* world, I see myself so much differently when it comes to what I can do with a show and a backdrop and little things like that," the singer says. "It made everything larger than life for me."

You can keep up with Joey on Twitter @IamJoeyCook!

Reality TV Star Lea Black Says, "Once You Find the Right Person, You've Really Got to be Committed to Having Equal Power"





By [Sarah Batcheller](#)

The ever-glamorous Lea Black has appeared on *The Real Housewives of Miami* since season 1. Her charm and sass – not to mention her whirlwind lifestyle among Florida’s elite – have drawn audiences in. With a steady celebrity marriage and beloved thirteen-year-old son, the reality TV star has also balanced a cherished domestic life with all the glitz. She hosts an annual charity gala to raise money for troubled teens and, in addition to her philanthropic efforts, is the president and CEO of The World of Lea Black, a multi-brand company that offers everything from jewelry and handbags to beauty products.

Now, in her upcoming novel *Red Carpets & White Lies*, Black has penned a fictional depiction of the scandalous, unpredictable lives of Miami’s top socialites. In this [exclusive celebrity interview](#), we had the chance to speak with the newly-minted author about her book, the *Housewives*, and her best love advice.

Reality TV Star Discusses Her Glamour-Filled Upcoming Novel

The spunky Texas native believes that the city of Miami is one of the best in the world, so it's no surprise that she wanted to capture its essence in her novel. "Miami is a very complex city, and it's very international – there's a very diverse crowd," she explains. "So I think it is one of the most exciting cities in the world because it really is a gateway to Central and South America. It's so multi-cultural; you get everything from the really serious intellectuals to the people who came here wanting to live the American Dream to the riff-raff who come and go and sort of reinvent who they are."

Related Link: [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

Of course, the best people to inspire the characters in Black's novel were none other than herself and her intriguing social circle. So we had to ask: Are her characters based off of real people? "They all are in a way," she confirms. "But they're compositions of people. I would take the personality traits of one person along with the character of another and kind of camouflage them."

Whether or not we'll see the *The Real Housewives of Miami* stars, whom readers may be able to identify in *Red Carpets & White Lies*, grace the small screen again is still up for debate. The reality TV star says, "Bravo continues to say they haven't made any decisions, and I think that's totally true. Our ratings were certainly close to some of the other shows that were renewed, so they *could* justify bringing the show back."

The network may be rethinking the cast too. "I think that some of the personalities on the show weren't as well-received by the audience as they would've hoped...and that may include me!"

she adds. Having formed friendships with other *Housewives*, including Lisa Vanderpump, whom she did business with in Los Angeles, and Kathy Wakile, it's safe to conclude that Black won't be falling off the radar anytime soon.

Related Link: [Top Ten Most Down-To-Earth Celebrity Wives](#)

Despite her busy career, her number one focus is always her family. Not only do the jewelry designer and her husband Roy love to have date nights when they travel, but they work to raise their son to be a respectable young man. "It's funny; I've sent my son twice now to etiquette and charm school! As for my husband, he does good and bad, so I point it out to my son when he does something that's not acceptable!" she reveals with a laugh. "I put a big effort into teaching my son manners. I think if you don't have an ounce of manners, then later in life, people will view you differently." As for their summer vacation plans, the family of three are planning to travel to Los Angeles, something they do each year.

Lea Black Shares Best Love Advice

The reality TV star's happy celebrity marriage can be attributed to her commitment to working at her relationship every day. She believes that communication is key. "You should communicate *before* things escalate, not after," she insists. "And you need to be on the same page in life. If you focus on the 'me' instead of 'we', then that relationship is not going in the right direction."

The beauty guru believes that, after you find the right person, you need balance. "Once you find the right person, you've really got to be committed to having equal power, an equal balance," she asserts. "That's why I'm so against guys who make girls sign prenups – because it situates the guy to have more power through money. You have to go in expecting both people to have an equal say."

Related Link: [Celebrity Couple Gabrielle Union and Dwayne Wade Signed a Prenup](#)

Black also thinks that, if you're facing disapproval from your friends and family, you need to make a decision about who's worth keeping in your life. "You have to tell your friends to support you unconditionally. If not, you can be friends with them at a distance and be amicable, but they can't be in your daily life," she believes. "If they're judging your relationship, then it'll just cause problems. If they're going to be in your life, they need to be supportive. They don't get to criticize your spouse unless it's something very serious that requires an intervention."

Keep up with Lea on Twitter [@leablackmiami](#) and [www.facebook.com/LeaBlackMiami](#). Don't forget to pick up a copy of Red Carpets & White Lies on May 5th!

Reality TV Stars Kirk and Laura Knight Share Baby News





By Kirk and Laura Knight

Kirk: I have really been putting a lot of thought into starting a family with Laura. I truly needed to make sure that I was ready to have a child and couldn't just succumb to any pressure. One of my fears was waiting too long and being in a situation similar to my father's, where he is spending his retirement years still tending to young children. I've loved being a young father and I want to be an active role model for our future children. Laura's going to be a great mom and she is already a great caretaker for me and our household.

Reality TV Stars Are Ready to Start a Family

Laura: Kirk and I have been talking about having a baby for years – agreeing that we wanted to have a child together, but not sure when exactly the “right time” would be for this next chapter in our lives . I've gotten to a point in our [relationship and love](#) where I am ready *now*. At 34 years old, my clock is ticking. I began to worry that Kirk was never going to be on the same page as me. Just as I was having my

doubts, my husband surprised me with his own revelation – he too was ready for a baby!!! Tears welled up in my eyes with joy at this happy news.

Related Link: [Reality TV Stars Kirk and Laura Knight Staying in Shape and the Possibility of Parenthood](#)

K: Now that its baby making time my confidence is extremely high and I know my super sperm will deliver. My excitement grows daily since I've made the decision to start a family, I am focused and can't wait for this to happen.

Celebrity Couple's Plans For Staying Healthy

L: We have a couple things to focus on in order to stay on track with our plan – eat healthy, exercise and make that baby!!!

Related Link: [Bravo Reality TV Star Kirk Knight Reveals Details of His Unforgettable Wedding Day](#)

K: One evening I was working on the fish tank, Laura called me into our bathroom and gave me the shock of the year. Watch tonight's episode of the reality TV show *Newlyweds: The First Year* to see what happens next.

What's up next for this celebrity couple? Tune in to the realty TV show Newlyweds: The First Year on Tuesdays at 10/9c on Bravo to find out!

'American Idol' Performer Qaasim Middleton Says, "My Girlfriend Has Been a Huge Impact in My Life!"



By [Rebecca White](#)

We haven't seen the last of Qaasim Middleton! The performer has been a busy actor and musician since his first appearance on television in 2007. With fame and fortune still to come his way, he keeps himself grounded with his faith and his girlfriend. This week, he was eliminated from the [reality TV](#) show *American Idol* after being in the bottom two with his performance of "Stronger" by Kelly Clarkson. But don't worry: In our celebrity interview, he says he has "so much in the

oven right now; it's just cooking!"

Qaasim Middleton Talks Relationships and Love

Related Link: ['American Idol' Eliminated Contestant Daniel Seavey Wants to Prove That He's "Not Just a Cute Kid"](#)

Middleton first got his start in the Nickelodeon show *The Naked Brothers Band* and is the guitarist of the real band of the same name. Still, his busy lifestyle hasn't stopped his relationship and love life from flourishing. He says that he's had a girlfriend for about a year and that she's been a "huge impact in my life!" He doesn't like to talk about his girlfriend very much because he wants to focus on his work instead. However, he does say that being with her has been "a great experience."

Middleton was in the bottom two based on his performance of the famous break-up song "Stronger" by Kelly Clarkson. During the performance, he wasn't thinking of a past relationship and love though. Instead, he was thinking about "my *Idol* save and how I came back strong from that." With the new fan save element introduced last week, he had to fight for his life on the show for the second time (as he received the judges save earlier in the competition). He sang the song "Hey Ya" by Outkast, which ultimately resulted in his elimination.

Post-American Idol Plans for Eliminated Contestant

While most eliminated contestants discuss their album plans, Middleton is thinking even bigger. He has a video game in the works, likes to MC, is a producer, and, of course, will be writing more music. "Being a versatile artist helps with the

professionalism and the craft,” he explains. “I’m going to do some big stuff. The game is about to be completely changed.” He plans to be the “next big stadium artist” and is excited to start boosting his career.

Related Link: [Eliminated ‘American Idol’ Contestant Maddie Walker Talks to Her Fans: “I Was In It For Them”](#)

Although we’ve all come to know and love the energetic and lively performances from Middleton, he says that’s all new to him. “I’ve been singing and playing guitar since I was 10, and I just started doing the dancing thing in December,” he shares. “This is all new to me. I was experimenting with how good I can do and be, and I found out that I’m pretty good at singing and dancing.” It’s clear the 19-year-old is starting to find himself and his comfort zone. We can’t wait to see what new things he has to offer!

You can keep up with Qaasim Middleton on Twitter @QaasimOfficial!

‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”





By Jenna Bagcal

We've all heard the phrase "love at first sight," but the [reality TV](#) show *Married at First Sight* takes this concept to a whole new level. During the first season of the show, viewers saw Jamie Otis and Doug Hehner say "I do" on their wedding day – which was also the first time that they met each other. The "social experiment" takes six singles and matches them up with their perfect partner with help from a team of experts, including a sexologist, a spiritualist, a psychologist, and a sociologist. In this exclusive celebrity interview, the married celebrity couple discusses their experiences on reality TV and give us the inside scoop on their first year of marriage.

Married Celebrity Couple Discuss Their Experience on *Married at First Sight*

The *Married at First Sight* alums recently celebrated their

one-year anniversary by renewing their vows in St. Thomas, where they honeymooned, for *Doug and Jamie's Wedding Special* on FYI. Still, they remember their first wedding as if it were yesterday. "I was so scared before I got *Married At First Sight*," says Otis. "I've never been the one to believe in love at first sight, but I was hoping to have chemistry and butterflies – which, looking back now, I realize is so unrealistic. He was a complete stranger! I was hoping to find my soul mate – and honestly, I believe I have."

Related Link: [‘Bachelor’ Alum Jamie Otis Marries Doug Hehner on New Reality Show](#)

Hehner adds, "I usually go into everything with an open mind, no expectations, and a positive energy. I was hoping to find my soul mate too."

Before they embarked on the marriage social experiment, they had to share their big plans with their loved ones. "When I first introduced the idea to my parents, they kind of brushed it off as another one of 'Doug's Ideas and Adventures' that would eventually play itself out. When I told my friends about it, they all had the same reaction," Hehner explains. "However, no matter how random or bizarre I get, my family and friends have always been super supportive, and they really do trust my judgment enough to just be there for me, no matter what."

Otis says that it was getting the approval of her siblings that mattered most to her. "They said I was crazy, but they'd support me if I believed in it," she reveals. "And then they instantly loved Doug – so much so that they encouraged me to give him a chance when I began to doubt it. I was shocked to hear them encouraging me!"

Otis is no stranger to the world of reality TV: Fans may recognize her from *The Bachelor* season 16 with Ben Flajnik and *Bachelor Pad* season 3, where she had a short-lived

relationship with Chris Bukowski. “If you saw *The Bachelor* and *Bachelor Pad*, then you know I am pretty miserable at dating,” she says with a laugh. “After *Bachelor Pad*, I had no intention of ever being vulnerable on TV again.” But despite her negative dating experiences on these shows, she was willing to give reality TV dating another try after she received a phone call that changed her mind: “When *The Love Experiment* called me (that was the original name of the show) and told me there were four experts who would help me along, it definitely caught my attention.”

Related Link: [‘The Bachelorette’ Contestant Chris Bukowski Wants His “Fairytale Ending”](#)

Hehner, who describes himself as “a leap of faith type of guy,” elaborates, “After meeting the experts and trusting that they were taking this experiment as seriously as if they were arranging a marriage for their own child, I had peace of mind knowing that, if they did match me with someone, it was going to be someone that I dreamed about. That is why I was very specific and honest about what I wanted in a mate!”

Reality TV Stars Jamie Otis and Doug Hehner Share Best Love Advice

Their first year of marriage has been full of surprises, and it only makes sense that the celebrity couple says they “still feel like they’re dating.” Hehner shares, “I think that, with any relationship, a strong foundation is key. So building a solid friendship was first on our list, and then, we needed to quickly learn how to be great roommates.”

Otis adds, “Although it’s been an emotional roller coaster, it’s also so awesome to have a teammate in life. It’s amazing to have someone you can count on.”

The reality TV stars obviously know a thing or two about

maintaining a healthy and happy marriage, no matter the circumstances. “I attribute the success of our relationship to taking the time to learn about each other and also being open and honest about everything from day one,” says Hehner. “In my opinion, you should never stop dating your spouse. That’s what keeps your relationship and love for one another fresh and exciting.”

Related Link: [‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’](#)

The pair believes that “it definitely takes a special kind of person to get *Married At First Sight*,” and they have some valuable love advice to share with the three couples participating in the second season of the show. “There are a lot of variables. If you don’t tell them exactly what you’re about and who you want, then they can’t do their job right,” Otis explains. “After they pair you, it’s really up to you to be open to it. It’s easy to be scared and feel weird about it because it’s the most bizarre feeling, but you have to trust the experts and trust the process.”

So what’s next for the adorable celebrity couple? They hope to one day have children but share that they have some things to work on before that happens. “Doug has a ‘Before Becoming a Daddy’ bucket list, and I want to really focus on my relationship with my mom and learn to forgive and heal,” Otis divulges. “Also, I want to be patient for Doug. We won’t have babies until we’re *both* ready.”

You can keep up with Jamie and Doug on Twitter @jamienotis and @DougHehner! Check out Married at First Sight: The First Year.

'Married at First Sight' Relationship Expert Dr. Joseph Cilona Says, "Each Day Is A New Learning Experience"



By [Rebecca White](#)

The cart comes way before the horse on the reality TV show, *Married at First Sight*. This series takes a social experiment to the extreme: Six people agree to be matched by experts and get legally married before ever meeting, seeing a picture, or having a conversation with their future spouse. Four experts – a sexologist, a spiritualist, a psychologist, and a sociologist – complete scientific experiments and extensive research to pair up each couple. The show then documents their

wedding days, their honeymoons, and the next six weeks of their marriages. After six weeks, each couple must decide whether to get divorced or stay together. In our [exclusive celebrity interview](#) with psychologist Dr. Joseph Cilona, he shares his expert relationship advice and reveals the methods used to determine compatibility on the psychological level.

***Married at First Sight* Expert Shares Best Love Advice**

Dr. Cilona's love advice will help any relationship as it progress from just dating to fully committed. "It's important for each partner to really discover their needs and wants," Dr. Cilona shares. "Recognize that each day is a new learning experience to get to know your partner and get closer to each other."

Related Link: [Jennifer Lopez Isn't Giving Up on Marriage](#)

However, for the couples on *Married at First Sight*, things may be a little different. The first step in making this social experiment successful is putting in some hard work. "Their relationships and love will obviously be different from a traditional marriage, as they didn't meet until they said 'I do,'" Dr. Cilona explains. "They need to be willing to put in the effort to learn from and grow with one another, communicate, and try to understand each other."

The relationship expert adds, "We're eager to see how these partnerships play out as they continue to get to know each other and build a marriage going from strangers to true spouses."

Dr. Joseph Cilona Opens Up

About Reality TV Show

Dr. Cilona confesses that he had no interest in participating in the series when he first heard about the concept. “I thought it was utterly absurd and politely declined to even discuss the possibility of being a part of a show like *Married at First Sight*,” he tells us in our exclusive celebrity interview. “I was eventually convinced to review the original Danish TV series. I was enthralled by it – it was poignant, touching, respectful, and very well executed. I really felt that it had depth and value.”

During the research phase, the four experts on *Married at First Sight* evaluate each individual and set them up with the most compatible person. If all four experts don't unanimously agree, then a match isn't made. “As the psychologist, I am primarily looking for ways that two individuals might be compatible, complementary, or both,” Dr. Cilona reveals. “My assessments examine over two hundred different facets of personality. The questionnaire explores things like deal breakers, personal history, needs, values, physical preferences, relationship dynamics, and more. It's a very thorough, intense, and detailed process.”

Related Link: [How to Know When It's Time to Get Hitched](#)

While this type of matchmaking seems extreme and uncommon, Dr. Cilona is confident in the process but admits that it might not be for everyone. “The data yielded by my assessments of the finalists for season two was over 3,800 pages,” he says. “I had information on each individual that averaged about 150 pages each. It took me almost 400 hours to go through that research to come up with my recommendations for matches.”

It's no surprise that the experts love watching the magic unfold between the matched couples; it's exciting to see their hard work come to life. “It's important to remember that our job is to use scientific tools to try and find individuals who

have the highest potential for romance. Just because a potential exists doesn't mean it can (or will) ultimately be realized," Dr. Cilona divulges. "This is what makes the show and science behind it so exciting: to watch how these couples work together, really get to know each other, and hopefully make their marriage last."

You can tune in to FYI or A&E at 9/8c on Tuesdays for season two of Married at First Sight! Keep up with Dr. Cilona on Twitter @DrCilona.