

'The Bachelorette' Season 7 Premiere Preview: Only Three Days Left!



By Jennifer Harrington

We're only a few days away from the season premiere of *The Bachelorette* with Ashley Hebert and according to ABC, there are three words to describe the 25 bachelors competing for Ashley's heart: *Ooh La La!* Check out this teaser clip below.

In addition to a montage of the guys who will be in the hunt for roses, you can hear Ashley proclaim, "I can say my husband is here!" We can't wait to see if Ashley's predictions are correct and she ends up with her Mr. Right. Recently, Ashley told [People](#) that she's happy with way things turned out for her.

So while the handsome men in the teaser certainly deliver on the *Ohhh La La*, we know Ashley wants more than just good looks: she is looking for a guy who makes her feel comfortable and somebody with a positive outlook who will be be supportive and loyal. Mark your calendars and set your DVRs for **Monday, May 23 at 8 PM/7PM Central** to see if Ashley finds what she's looking for. We can't wait to see what happens to early favorites Blake, West and William!

'Bachelorette' Stars Ali Fedotowsky and Roberto Martinez Celebrate One Year Engaged



The fire is still

burning for *The Bachelorette*'s Ali Fedotowsky and fiancé Roberto Martinez. The couple spent their one year engagement anniversary last week reliving some of their special moments from the reality show that brought them together. They traveled to the island of Bora Bora, where Martinez proposed to Fedotowsky on the finale of *The Bachelorette*. Fedotowsky was thrilled with how they spent their one year engagement.

"We made it to the one year mark!" she told [People](#). "The engagement took place last year on May 8th, and when Roberto proposed it was so beautiful. It was great to go back and reflect on the year because it was very special."

How do you make your first anniversary extra special?

Cupid's Advice

The first anniversary is one of the most important to get right. Cupid has some advice on how to make yours extra special:

1. Re-live your honeymoon or proposal: Why not take a cue from Ali and Roberto and revisit your honeymoon destination or even the place that he popped the question? It's romantic and brings back lovely memories.

2. Plan a special vacation: The perfect way to make your first anniversary special is to take a trip to a new place the two of you have been dying to go to and share in some new experiences.

3. Have a romantic night: If you don't feel like traveling for your one-year anniversary, indulge in a romantic dinner, come home and go through your home videos and photos from the year you've shared together and reminisce.

How did you make your first anniversary extra special? Share your experiences below.

Exclusive Giveaway: Jesse Csincsak Chats About 'The Bachelorette's Ashley Hebert, 'Bachelor' Reunions and Life as a New Dad



This post is sponsored by Lubriderm, Powerbar, Gilchrist and Soams, Beauty Society, "Skinny on Willpower" by Jim Randel, Popchips, Panda Licorice, Alterna Haircare, Cheek'd, Buddah Balm, Eight O'Clock Coffee, Eat Whatever Breath Mints and Pajama City!

By Jennifer Harrington

As we anxiously wait for the new season of ABC's *The*

Bachelorette to begin, several of the former contestants are spending the hiatus having fun mingling and mating up. One of the most talked about events was in Breckenridge, Colorado last month at the semi-annual *Bachelor* and *Bachelorette* reunion. Hosting the shenanigans as always was former contestant, Jesse Csincsak, who received the final rose in Season 4 from DeAnna Pappas. Although Jesse and DeAnna's relationship didn't result in a lifelong romance, Jesse *did* find love through *The Bachelor* and married Season 13 contestant, Ann Lueders.

A cold sore ruins
romance.

One dab, eruption
prevented!



We had the chance to speak with Jesse and he shared his thoughts on life as a new husband and dad, *The Bachelor* reunion parties and of course, this season's *Bachelorette*, Ashley Hebert! Check out what he had to say:

First of all, congratulations on being a new dad! How has your life changed since being on *The Bachelorette*?

After coming off *The Bachelorette*, life took a huge turn. I wanted to fall in love. I knew it was possible after I came off the show, so I started hosting reunions with *Bachelor* alums. I wanted to bring people together, and in turn, I met my wife. I met her at a reunion. Next thing I knew we were getting married and having a little bambino. My son Noah is the light of my life and I couldn't ask for more. The show brought me to everything I wanted in life – it's amazing!

You coordinate such great reunion weekends for the former contestants. The buzz during last month's party centered around Vienna Girardi and Kasey Kahl. What can you tell us about them as a couple?

They have been dating for a little while. I think the reason their relationship works is they are both happy-go-lucky, carefree people who want to have fun. I think they'd both also be a great fit for the *Bachelor Pad*, I'd love to see them on that show.

We're getting excited for next week's premiere of *The Bachelorette*. Recently, show creator Mike Fleiss was quoted saying Ashley will be a "different kind of bachelorette" because of her career ambitions. What do you think?

Ashley is very young-hearted. She's still in school. She will need a guy who is comfortable enough in his own skin to know she is her own person and she'll be going to class with lots of young, hot guys, but she will come home to him. If they can find a guy who is confident in his own skin and knows she has a lot going on, she will have herself one heck of a relationship. She is one of the youngest bachelorettes they've ever had, and I think that will make for an interesting season.

Do you think the new contestants will be scared off by Ashley's independence?

The announcement that Ashley would be the bachelorette came very early, so the guys know who she is. It's not tough these days to Google someone to figure out about their past. What is tough is that a lot of people come on the show with ulterior motives. You have to be careful of the knuckleheads to find the diamonds in the rough.

What tips would you give the men this season?

You don't realize the demographic the show reaches – it's syndicated in Europe, and even when you go overseas, people recognize you from the show. I didn't realize that it would affect everyone in my family with my surname. Don't go on the show because you want people to know who you are; go on the show for the right reasons. Be yourself. Don't let anyone

convince you to do something you wouldn't otherwise do. That way, when you're off the show and your life has moved on, people say "you're just like you were on the show." I was lucky – I was me no matter what, and it worked out for the best.

The time period between when the show wraps and when it airs for the public, seems to be the most trying time for the *Bachelor/Bachelorette* couple. Given your experience, what advice can you give Ashley and her new guy to keep their relationship alive during these months?

Go into hiding and get to know each other. Do as many get-togethers as the production company will let you and really take the time to get to know the other person. Do things out of the ordinary that will test your patience with one another. In my relationship experience, that's how you really start to understand how someone is going to be down the road. Another thing to observe is how the other person talks to their parents. If they are respectful when they speak to their parents, that's likely how they will talk to you.

Are you planning for the next *Bachelor* reunion yet? When and where will it take place?

There will be a reunion this summer. I can't tell you the location yet, but it will be in the warm weather and plans are underway. And we're in talks to do an online competition so one lucky fan would be able to join the reunion with the *Bachelor* alums for a weekend. I can promise you, this will be the biggest reunion of all-time!

Thanks Jesse, we can't wait! And, thanks for taking the time to speak with us. To read more about Jesse's take on the upcoming season of *The Bachelorette*, check out his website at www.jessecsincsak.com or visit him on Facebook.

~~**GIVEAWAY ALERT:** CupidsPulse.com has teamed up with Jesse to give away One Swag Bag from the last 'Bachelor' Reunion~~

~~Weekend. To enter for your chance to win, tell us where you think the next *Bachelor* reunion should take place and why in a comment below. One winner will be randomly selected. Please be sure to use your real email address so we have a way of contacting you if you've won. This giveaway will run until 11:59 PM EST on Monday, May 23. Good luck!~~

'Bachelorette' Preview: Meet Ashley's 25 Bachelors!



By Jennifer Harrington

We watched Brad Womack say goodbye to Ashley Hebert in South Africa and cheered when she was named the next *Bachelorette*. We've all speculated about what kind of guy will get Ashley's final rose, and we're excited to review the 25 bachelors on her season and make some early picks!

But before we speculate about Ashley's Mr. Right, here's a refresher on what this fourth year dental student is looking for in a man. She told *People* magazine that she was hoping to find a guy that "makes me feel comfortable, somebody with a positive outlook on life, who's going to be supportive and loyal."

With that said, here's who we think may have what it takes to be rewarded with Ashley's final rose:

Blake, a 27-year-old dentist from Colorado seems like a natural pick for Ashley. They're both passionate about dental health and close in age. Given that Blake's most romantic date was at a natural hot springs, we feel confident he'll know how to bring romance into his relationship with Ashley!

However, West, a 30-year-old lawyer, also seems compatible with Ashley. West says he's equally comfortable in the country and in the city, and we saw Ashley question where she wanted to eventually settle down last season, as she grew up in rural Maine but now calls Philadelphia home. West was also asked what he would bring to a deserted island and he provided an extremely practical and wise answer: a boat!

We also think William, a 29-year-old sales consultant, is a strong contender. Not only is he handsome, but humor is obviously important to him, as he sees himself doing stand-up comedy in five years! And since Ashley is a bubbly and fun woman (as well as a hardworking one), a man who can make her laugh could bring much to her life.

Here's the full list of all season 7's bachelors:

Ames, 31, a portfolio manager from New York, NY

Anthony, 28, a butcher from Wyckoff, NJ

Ben C., 28, a lawyer from New Orleans, LA

Ben F., 28, a winemaker from Sonoma, CA

Bentley, 28, a businessman from Salt Lake City, UT

Blake, 27, a dentist from Greenville, SC
Chris D., 25, a sports marketing coordinator from Chicago, IL
Chris M. 27, a construction company CEO from Edmonton, Canada
Constantine, 30, a restaurant owner from Atlanta, GA
Frank, 29, a college admissions director from Murfreesboro, TN
Jeff, 35, an entrepreneur from St. Louis, MO
Jon, 26, an e-commerce executive from Vancouver, WA
J.P., 34, a construction manager from New York, NY
Lucas, 30, an oilfield equipment distributor from Odessa, TX
Matt, 28, an office supply salesman from Bridgewater, MA
Michael, 29, a technology salesman from San Diego, CA
Mickey, 31, a chef from Cleveland, OH
Nick, 26, a personal trainer from Tampa, FL
Rob, 27, a technology executive from Monroe, MI
Ryan M., 27, a construction estimator from Royal Oak, MI
Ryan P, 31, a solar energy executive from Corona Del Mar, CA
Stephen, 27, a hairstylist from Manhattan Beach, CA
Tim, 35, a liquor distributor from Long Beach, NY
West, 30, a lawyer from Chapin, SC
William, 30, a cellular phone salesman from Galloway, OH

Based on their bios, who do you think will win the final rose and who will break Ashley's heart? Let us know your early predictions in a comment below and be sure to watch **ABC at 8PM EST/7 PM Central on May 23** as Ashley's journey to find love begins!

New 'Bachelorette' Ashley Hebert Meets 25 Suitors



Ashley will show Brad that two can play at his game. After previously being rejected *The Bachelor* by Brad Womack, Ashley Hebert will return to ABC as *The Bachelorette* on May 23. We hear from UsMagazine.com that this soulmate searcher already knows one of her 25 bachelors, Bentley. Unfortunately, a former cast mate revealed he may have hidden reasons for appearing on the show. "Do you promise, on national television, to date 25 men simultaneously without complaining?" Jimmy Kimmel asked Hebert humorously on his show. "Do you promise to make sure the hot tubs are clean and have enough chlorine and their bacteria levels are low?" *The Bachelorette* responded with, "I'll do my best with that!" Could the second time be the charm?

What are the perks of dating around?

Cupid's Advice:

Even Cupid needs to let loose now and again. Serious relationships get boring, so why not change it up? Here are some reasons that dating around can be great:

1. No strings attached: You never need to check in, and you can do whatever you want. Sometimes that just the kind of relationship you need!

2. Full benefits included: If you're single, you can have it all. Bored with one? Onto the next. There's no massive heartbreak involved. As one wise single said, "It's like a buffet table."

3. Self-esteem makeover: So, you have options. How does that make you feel? Probably pretty good. Casually dating can enhance your self-esteem, and we all need that little boost once and awhile. Embrace it, feel pretty and keep doing your thing.

Are there more perks to dating around that you can think of? Share your thoughts below.

Roberto Martinez Says Ali Fedotowsky Is Not a Bridezilla





Bachelorette couple

Ali Fedotowsky and Roberto Martinez can't wait to tie the knot. However, according to [People](#), they have yet to announce their wedding date to the public. Lucky for the groom-to-be, the former reality star is no wedding diva. "She's not a bridezilla, thank god," Martinez said. "I'd be scared to death if she was, but no, she's awesome." It looks like the world of reality TV can count on one less bridezilla.

How do you know if your partner is a bridezilla?

Cupid's Advice:

Even the nicest of your friends can turn into a bridezilla when it comes to his or her big day. Here are the signs to look for to see if you have a bridezilla on your hands:

- 1. Most of the people attending the wedding are bridesmaids:** A true bridezilla will start bulking up the troops ASAP. If you're in a wedding where there are 25+ bridesmaids, chances are you're dealing with a bridezilla.
- 2. The bride begins to speak like a drill sergeant:** If the bride is starting to sound more like a general than a blushing bride, she is probably a little too wedding-obsessed.
- 3. The tears at the wedding aren't tears of joy:** Many

friendships have died as a result of wedding drama. Don't let your partner's need for a perfect wedding day go too far.

Have you ever had to confront a bridezilla? Tell us your story by commenting on this post or tweeting [@CupidsPulse](https://twitter.com/CupidsPulse).

Cupid's Bow Aimed on Love for Season 7 of 'The Bachelorette' With Ashley Hebert!



By Jennifer Harrington

It's been a few months since Brad Womack bid Ashley Hebert farewell, as she left South Africa brokenhearted and in tears, but starting May 23, the season 15 contestant will be back on

ABC – and this time, *she'll* be handing out the roses! The spunky 26-year-old dental student from Maine will be the seventh lucky lady featured on *The Bachelorette*, with 25 eligible bachelors vying to be her husband. We had such a great time watching Brad and Emily Maynard's love story on *The Bachelor*, and we can hardly wait to see what's in store for the newly brunette Ashley!

In a recent article from [People](#), Ashley proclaimed her excitement for the upcoming season and said, "I'm open hearted and interested in meeting the guys," and added that hopefully, she'll "fall in love." Cupid's Pulse shares her enthusiasm for her upcoming journey to find love, and we'll be right there with Ashley every step of the way through each rose ceremony!

Before the season starts, check back for more information about Ashley and the 25 bachelors. We'll also explore why, after several beautiful, accomplished past bachelorettes (Trista Rehn, Meredith Phillips, Jen Schefft, DeAnna Pappas, Jillian Harris and Ali Fedotowsky) *Bachelor* creator Mike Fleiss believes Ashley "will be a different kind of bachelorette."

On May 23, make sure your DVR is set and mark *The Bachelorette* on your calendar for Monday evenings! And of course, check in with Cupid every Tuesday morning to read our recap of the episode, some insights into her decisions, and our predictions on who we think will get the final rose. Along the way, we want to hear from you about Ashley's dates, men and choices, so please comment and tweet us ([@CupidsPulse](#))!

In the meantime, stay tuned for an exclusive interview with a past *Bachelorette* winner! Until then, guess who it is in a comment below!

Cupid Exclusive: 'Bachelor Pad' Couple Tenley Molzahn and Kiptyn Locke Talk Love and Dating

Cupid's Pulse
* Celebrities. Love. Opinions. *



By Erika Hymowitz

Vujnovich

America fell in love with Tenley Molzahn and Kiptyn Locke when they each competed on *The Bachelor* (season 14) and *The Bachelorette* (Season 5). Their mission? To find a love of their own. However, it wasn't meant to be at the time, and both ended up runner-ups on their respective seasons, forced to jump back into the dating pool.

Fast forward to last August as they took another chance at

love on *The Bachelor* spin-off, *Bachelor Pad*, where 19 unforgettable contestants from past seasons lived together under one roof to compete for a grand prize of \$250,000.

Despite losing the competition, Tenley and Kiptyn embraced their stint on the show and literally danced their way to the final four, finding themselves moving in a “Locke” step towards a true relationship – with each other.

Even before their appearance on *Bachelor Pad*, the two developed a solid friendship based on their tremendous respect for one another. They were there for each other during their days of public heartbreak, and that support set the stage for what ultimately came to be.

Cupid’s Pulse had the wonderful opportunity of exclusively interviewing Tenley and Kiptyn, and asked them a handful of questions based on their dating experience on and off the show. The key lessons they learned in their quest to find love are here for Cupid’s Pulse readers to embrace and take to heart:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Tenley: Being on *The Bachelor* really helped me regain confidence and trust in dating. I put myself in a very unique position dating a man that was dating several other women; I really had to let go and not think so much and just enjoy my time with him. Because of that, I really do believe that I’m different now in my relationship.

Kiptyn: Big picture – it really didn’t change much. The one thing the ol’ super speed-dating factor of *The Bachelor* did do was teach me to reflect, process and communicate things sooner.

2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?

Tenley: Well, I came out of *Bachelor Pad* with my special someone, so it's changed in the best way! I have someone in my life that I may have not met had I not been through the experience of the show. I also love that we have both been through very similar experiences. I think that is something that the two of us share that would be hard for anyone else dating either of us to understand.

Kiptyn: Since *Bachelor Pad* I've only dated one woman, Tenley. We went from being friends to romantic, to now a strong combination of the two, and it's all good. It's been an adventure and we've grown together a lot.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Tenley: I believe it's possible. But my own relationship with Kiptyn was built on a friendship at first. Our relationship began because we were put in a setting where our chemistry couldn't be denied anymore, but I know that our friendship away from cameras gave us a great foundation.

Kiptyn: Answering honestly, I do think you can find love on TV, but it helps a ton to have a real world foundation in place first.

4. What piece of dating advice can you give to our single visitors?

Tenley: Be yourself when dating. Never try to mold yourself into someone else just for the person you're dating. I always think of *Runaway Bride* – know who you are; you want to be with someone who has fallen for you, because you are who you are!

Kiptyn: There's nothing wrong with being single and there's no rush to get into a relationship. When you look for someone, don't look for who is good "on paper"; look for who makes you feel the best – it's about compatibility.

There certainly is no rush. Take the time to understand

yourself and what you're ultimately looking for in a relationship. There's nothing better to base a relationship on than friendship, and that friend of yours, who you never thought of in that special way, might be the one. Just like Tenley and Kiptyn, you may find love when you least expect it!

Visit us tomorrow for a preview of the season finale of ABC's The Bachelor!

Cupid Exclusive: Former 'Bachelor Pad' Exes Elizabeth Kitt and Jesse Kovacs Offer Advice on Dating and Love



By Kari Arneson

Elizabeth Kitt and Jesse Kovacs are no strangers to finding love on reality television, as they both competed on *The Bachelor* and *The Bachelorette* series respectively – Elizabeth on season 14 with Jake Pavelka and Jesse on season 5 with Jillian Harris. The two seemed to find love as they cozied up with one another during last summer's reality hit spin-off series *Bachelor Pad*, but like the majority of *The Bachelor* franchise unions, their relationship didn't last after the cameras stopped rolling.

Oftentimes, lack of communication in a relationship can lead partners down two totally different paths: Kovacs wanted something more casual while Kitt wanted to fall in love. Nevertheless, the couple's strong bond and competitive spirit led them into the final six, just a few steps away from winning the big pot of cash.

With another season of *Bachelor Pad* coming this summer, we asked Elizabeth and Jesse for their insight on dating, relationships and finding love on reality TV:

1. Did being on a reality dating show change your perceptions/expectations about dating?

Elizabeth: I think watching myself on the *The Bachelor* and *The Bachelor Pad* really helped point out some areas I can improve upon in terms of my approach to dating. With Jake I could tell I was very guarded, and unable to open myself up to finding love with him. On the *Bachelor Pad*, I was too open with falling for Jesse Kovacs. I knew he didn't have the same feelings for me, but I chose to ignore that and I hoped it would change. I think the more I pushed for it, it pushed him away. (Had the roles been reversed, it would have pushed me away as well!)

Jesse: Yes, being on a reality dating show did change my perceptions and expectations about dating. You have to make the most of your time. If you're not feeling it, then call it

like it is and shut it down. But if you like the person and see some potential, you have to let them know so it's not a waste of time for both parties.

2. What has your dating experience been like since *The Bachelor/ette* and *Bachelor Pad* ended?

Elizabeth: I think my dating experiences are a little different since the shows. I am definitely stronger in who I am, and what I'm looking for in a relationship. I keep my heart open, but I'm a little more cautious about who I give it away to. There is a balance. It's a bit more challenging as well, since I don't typically like to date guys who recognize me from the show. I can see why real celebrities have trouble dating. The fame aspect can be tricky.

Jesse: It's been strange. I found someone now that had no clue I was ever on these shows, but before that I was going out with girls who already knew me and had their opinions.

3. Based on your personal experience as a Bachelor/Bachelorette contestant, do you believe that love can be found on reality TV?

Elizabeth: I think love can find us anywhere. A lot of people are skeptical about the *Bachelor* process, but I'm a believer. Does being on the show ultimately mean you're going to fall for the Bachelor? No. I didn't fall for Jake. But I think it CAN happen if it's meant to be. There are some relationships that have formed after the fact at our *Bachelor* reunion parties too, so you just never know. You have to have an open mind, and you can't be afraid to take a chance.

Jesse: Absolutely. There is no difference from meeting someone randomly at a Christmas party that you're not invited to, or on a TV show. Both are weird situations, but it could happen.

4. What piece of dating advice can you give to our single

visitors?

Elizabeth: Keep an open mind when it comes to finding love. I think we decide at a young age what our life is going to look like, and sometimes it doesn't always turn out the way we thought. But if we keep an open mind and an open heart, it can turn out to be even better than we ever dreamed! Be optimistic. Learn from past relationships. Don't be in a rush. And most importantly, loves finds us, we don't find it. In the meantime, enjoy your single life!! Every day should be a new adventure, whether you're alone or with someone. Life is precious, and life is short...so live it up!!

Jesse: Stop having dating rules. "I only do this," or "I only date this kind of guy," is a bad way to start. Having an open mind and taking the pressure off finding the perfect guy on paper will allow some you to meet some really great people.

Stay tuned tomorrow as we hear from Bachelor Pad power couple, Tenley Molzahn and Kiptyn Locke.

For more information on *The Bachelor*, *The Bachelorette* and *Bachelor Pad*, visit ABC.com.

'The Bachelorette' Star Ali Fedotowsky and Roberto Martinez to Wed in 2011





When it comes to Ali Fedotowsky and Roberto Martinez's relationship, what *Bachelorette* host Chris Harrison loves the most, "is that they're living their lives." According to *People*, Fedotowsky recently began a gig as a correspondent for the local Fox station in San Diego. Her groom-to-be has opened a new office for his insurance business as well. Friend and former *Bachelorette* bachelor Kiptyn Locke suggested, "It's important to be away for a while and get to know each other so then when you go do those things, it's all real." With things going so well, it doesn't seem that a 2011 wedding will surprise anyone.

What should you know about your partner before getting married?

Cupid's Advice:

While you might feel that you know everything there is to know about your partner, it doesn't hurt to ask a few additional questions. Cupid's got three topics to discuss before tying the knot:

1. Skeletons in the closet: Nicole Kidman had to deal with Keith Urban's addictions early on in their marriage. Having a past isn't something to be ashamed of, so ask your partner to

be honest with you.

2. Finances: While commercials for freecreditscore.com might sing about extreme financial sorrows, they aren't kidding! No one enjoys talking about their financial situation, but rather than let this become an obstacle after you've walked down the aisle, get it over with now.

3. Home sweet home: If you or your partner are currently living separately, discuss where you plan to live after getting married. Jobs, family and the economy can affect possible locations your partner will consider living.

ABC's Bachelor Pad Winner David Good Gives Dating Advice to Women in his New Book 'The Man Code'





**“Women have the power to control how men treat them,
how we act and how we are in society.”**

By [Lori Bizzoco](#)

David Good got a bad rap when he appeared on *The Bachelorette: Season 5* ([Jillian Harris’ Season](#)) in 2009. Most infamous for his altercation with former contestant Juan Barbieri and the negative way he used the phrase ‘Man Code’, Good had the opportunity to redeem himself earlier this year on the all-star, spin-off competition Bachelor Pad. Not only did Good surface from the show as the house favorite (and leader), he won the grand prize of \$250,000 with partner Natalie Getz. Now, the 29-year-old first-time author is using a portion of his winnings to set the record straight about the true meaning of “Man Code” in his new book, *The Man Code: A Woman’s Guide to Cracking the Tough Guy*.

Good gave Cupid a view of his softer side, while opening up about his country boy roots in West Alexandria, Ohio, and the importance of bringing back more of what he calls the “John Wayne” types. Of course the interview wouldn’t be complete if we didn’t ask about his relationship status, too. So, here’s what he had to say:

What was your objective for writing “The Man Code”?

The whole point of the book is for women to realize how much power they have over how men in our country act. We conform to act the way you want us to in order to get your attention.

Think about this: 80% of women get the children after a divorce, so there is a high percentage of single women raising sons. Women have control right from the beginning.

What is one way a woman can tell if she's with a “Man Code” man?

Honesty and truth. A Man Code man will start out a relationship with nothing, but honesty. He won't lie about anything. Nothing. There's no reason to. If a guy's lying to you from the beginning, ditch him. It's fine not to disclose your deepest thoughts and secrets right away. But when those things do come up, it's important to be honest.

How can a woman break down the wall of a tough guy?

Don't break his trust. If a guy opens up to you and he confides in you and you run and tell your friend that he shed a tear or got emotional about something and it gets back to his buddies and they laugh at him, he's going to emotionally shut down from you for a long time. Once he confides in you, you don't want to embarrass him or break his trust. If your guy is finally opening up to you and showing his sensitive side and you run and tell your friends that he was crying in your bedroom and he hears that, he will not open up to you for years to come.

When you used the term “Man Code” on the show, what did the other men think?

A lot of them thought I meant the whole “Bros before Ho's” thing. That's the other side of it. I did use it in that way when Juan was changing his clothes and being fake and not doing a shot. But, when they made a mockery of it, that's when I was like, that's not what Man Code is really about.

Where I'm from in the heartland of America, it's a very

serious subject. Men take their work and the way they treat women seriously. They take pride in what they do. That's what provoked me to write the book, because it was taken all out of proportion.

How did the "Man Code" originate?

It started when I was 23 and working with my father. I was in a grocery store in a small town where I'm from. I saw a guy who was manhandling his wife out loud and in front of other men in the store. Nobody was doing anything. So, I walked over to this guy and just declassified the guy right off his feet. The lady that he had pushed down on the ground got up and started screaming at ME. I was so surprised, I didn't know what was going on. So, I left my groceries because I didn't want to get in trouble, and I walked out. I told my dad what had happened, and somehow we started talking about Man Code. And that's kind of how it all originated. We would always kid around about writing a book about it.

We understand that some of the proceeds from the book are going to cancer research. Is there a reason you chose that cause?

Yes. Last year, I was at my best (girl) friend's house on vacation, and I was asleep when she woke me up because her doctor just called saying that she had cancer. She was only 29 (she's 30 now), and to go through that experience with her really hit home. Then a few weeks ago, my grandfather was diagnosed with stage III cancer. A percentage of every book sold will go to cancer research.

The question we all want to know David is are you with Natalie? Were you ever with Natalie?

Natalie and I had a great run on the show, and we were good friends before the show, but no, we aren't together. I would never say that we were necessarily boyfriend/girlfriend, but we were put in a very unique situation. It's reality TV, but there's not a lot of reality about flying in private jets, staying in villas and driving Lamborgini's around. It's hard

not to fall into all of that. I really like and respect her.

Obviously, she's beautiful, but I live 2,000 miles away from her. We're great friends still, and we still talk, but "no" we're not in a relationship.

Good is about to embark on a 120+ city tour. Dates and locations are still being determined.

'The Bachelorette' Couple Ali Fedotowsky and Roberto Martinez Make Holiday Plans



Engaged *Bachelorette* couple Ali Fedotowsky and Roberto Martinez aren't sure of their holiday schedule yet, because "scheduling is difficult," says Fedotowsky. One thing that is for sure, however, is that

the blonde *Bachelorette* wants a yellow beach cruiser and Christian Louboutin shoes “really bad” for Christmas, according to [Us Weekly](#). Unfortunately, there’s one issue with her wish list. Martinez says, “I don’t know what they look like!”

How do you resolve holiday scheduling conflicts with your partner?

Cupid’s Advice:

Once you bring a partner into the picture, it can be tough to make everyone in your family happy over the holidays. Cupid has a few suggestions:

1. Prioritize: Take time to discuss what’s important to both you and your partner. Make sure to at least satisfy number one on each of your lists.

2. Consider your family situation: If one side of your family has 15 people getting together for the holidays and the other side only has five, go by the numbers. Go where your presence will be most appreciated.

3. Compromise: If you and your partner’s families live close to one another, split up your time. Spend Christmas Eve with one family and Christmas Day with the other. If they live far apart, switch off by year instead.

‘Bachelor Pad’ Stars Tenley

Molzahn and Kiptyn Locke Think Marriage



Though reality stars Tenley Molzahn and Kiptyn Locke may have yet to win a reality show, but the couple has succeeded in finding love with each other. Both Molzahn and Locke came in second on [The Bachelor](#) and *The Bachelorette*, respectively, and then received the silver medal on *Bachelor Pad*, a new reality show that gave runners-up from *The Bachelor* and *The Bachelorette* a chance to win money and possibly find love. Now that the shows have all ended, the pair is looking forward to letting their relationship develop without the stress of the cameras. “On those shows you go straight into meeting the parents and talking about marriage, and there’s so much pressure,” Molzahn told [People](#). “But with the two of us together it’s just laughter all night long.” **Where are some unique places to meet your match?**

Cupid’s Advice:

While reality shows aren't where most people find lasting relationships, Molzahn went on the shows with a purpose. "You need to date the ones that you think you can marry," she says. "I don't believe in dating someone if you can't see them in your future." So where can you find the ones you think you can marry?

1. Where you're comfortable: If you want to meet a mate with something in common, try looking in places where you're already going: your art class, gym or even for chefs, at the grocery store. Not only will you be more at ease in your element, but you'll also have something to start chatting about.

2. Where you loved being: Think back to what you loved doing during your childhood for inspiration for a new hobby. Loved sports? Join a local recreational team. Loved playing music? Join a community class or band. By rediscovering new passions, you will add dimension to your life, and possibly find someone to share those passions and grow with you.

3. Where you want them to be: Are you looking for a guy who's nerdy chic? Try the Apple Store. Or how about a woman that's fashion-forward? Try chatting to someone browsing through Macy's. As long as you're somewhere you can be comfortable and natural, stepping outside of your usual stomping grounds to find a partner in their natural habitat will help you expand your horizons.

Love Lessons From ABC's 'The

Bachelor'



By Erika Vujnovich

While there's no question that *The Bachelor* and *The Bachelorette* are must-watch television shows, statistics show that out of a 19 seasons, only two couples have stayed together, while waiting to see how the latest relationship between bachelorette Ali Fedotowsky and Roberto Martinez ends up. These are programs designed to produce long-lasting marriages, yet we often wonder whether we can call them reality TV or merely fantasy, designed to whet the appetite of women and men everywhere. Season after season, the program dominates the ratings with an average audience of 10 million viewers taking part in a voyeuristic game of watching desperate singles attempt to find true love.

If you're looking for "happily ever after" and contemplating the reality show route, here are a few things to keep in mind:

- 1. Get real:** Each season, the contestants are whisked away to

some exotic location to fall in love. Viewers watch as the couples travel over the canyons in helicopters, fly through the sky on zip cords or bask in the sun on a tropical island with a breathtaking backdrop. These settings could make even the biggest skeptic feel like they're falling in love. Let's face it, reality isn't always having the luxury to lounge on the beach and sip champagne with your partner, but rather it's realizing how you couple cope with money problems, children and everyday monotonous routines.

2. Play the field, but keep it simple: For those of you not familiar with the concept of the show, the series revolves around one man or woman dating 25 singles in the hopes that they will find a partner for life. Throughout the season, the bachelor goes on a series of group dates, two-on-one dates and one-on-one dates. At the end of the journey, two contestants are left standing from which a fiancé is ultimately chosen. According to [Match.com](https://www.match.com), there are several benefits of dating more than one person at the same time, "Multi-dating isn't merely a tactic for doubling your pleasure. Rather, during your hunt for 'The One', it can be a way to achieve romantic wholeness by dating partners with differing interests and personalities." This may be true but you also want to make sure you don't let your emotions get the better of you. Dating several people at one time can stir up feelings leaving you confused.

3. Don't come across as desperate: Put 25 singles against each other in a competition to land the perfect mate and you are sure to see some desperation among the contestants. Think about it: they all came on the reality dating show with one sole purpose – to find love and get married (or at least that's what they said). Therefore, it's no surprise that drama always finds its way into the story. When dating, try not to make yourself too available or be the one always initiating contact. This could come across as desperate. Be confident, attentive and a bit assertive, but most

importantly, just be you.

The next season of "The Bachelor" returns to ABC in January 2011.

Ali Fedotowsky and Roberto Martinez Slow It Down



After finding love on the reality TV hit, *The Bachelorette*, Ali Fedotowsky and Roberto Martinez announced that they planned to elope. Though still head over heels for one another, the happy couple has decided not to tie the knot immediately. As Fedotowsky recently told [People](#), "Nothing has changed – we're still just as happy as we were when we were finished [with the show]; we were so excited. We were like, 'Oh, we're going to get married right away.'" But if you're rushing because you're in

love, why rush? [Just] wait. You're going to get married anyway. We're both sort of enjoying life." The soon-to-be newlyweds have moved to San Diego together and are considering wedding venues on the west coast.**Why is it important to take things slow?**

Cupid's Advice:

Taking things slow or slowing things down doesn't mean you are any less in love. Couples who mutually decide to jog to the alter instead of running there are simply doing what they feel is best for them:

1. Only fools rush in: Just because you're in love doesn't mean you have to walk down the aisle tomorrow. Take the time to enjoy each other's company and plan your dream wedding. This moment should only happen once.

2. You know best when the time is right: Your gut feeling is almost always correct. If the only rationale you have for taking it slow is that making the next move doesn't feel right, trust yourself. There's probably a reason you're internally hesitating.

3. Love knows no schedule: Don't let anyone tell you or your partner that it's time to get married or move in together. There are no deadlines when it comes to love.

Former 'Bachelor' Star Ali

Fedotowsky and Vienna Girardi Meet Again



Bachelorette Ali Fedotowsky recently ran into an unexpected woman from her past: Vienna Girardi, former fellow contestant and fiancée of Jake Pavelka. On season six of *The Bachelor*, Ali and Vienna went head-to-head in a competition for Jake's heart. In the end, Vienna snagged Jake, only to have their very public breakup displayed on Ali's season of *The Bachelorette* a few months later. The reality stars came face-to-face again at the Kari Feinstein Style Lounge at Montage Beverly Hills, where they kept the conversation short. An onlooker told [US Weekly](#), "Ali made sure to keep her distance while hanging with girlfriends," but both said 'hi' briefly.

Should you be friends with your ex's ex?

Cupid's Advice:

For many, running into an ex's ex can resurrect old feelings

of the past. If you chose to befriend this person, you may want to consider these simple points of advice first:

1. Be cautious: It's important to keep personal information to yourself until you get to know this person better. Trust is critical and you don't know if she's the type who will talk about you behind your back.

2. Learn more: If you've decided that she's trustworthy, you can use your new friendship as a way to better understand your own relationship with your ex. Learning about her relationship with him helps put your own in perspective.

3. Feelings for the ex: It's great to be friends with someone who can empathize with you, but if you still have feelings for him, it's important to be honest. You don't want to be surprised when you see the girl you thought was your friend back with the man you both agreed to leave behind forever.

Favored 'Bachelor' Turns Down Gig





Chris Lambton, the most recent runner-up on *The Bachelorette*, has reportedly turned down ABC's offer to become the *The Bachelor*'s main man, according to [E! Online](#) and [Entertainment Weekly](#). Fans of the show may be disappointed, as Lambton was the clear favorite among those being considered for the reality gig.

How do you know when you're ready for a new relationship?

Cupid's Advice:

When you come out of a serious relationship, it can be difficult to know when you're ready to give it your all in a new relationship. Cupid has some things to consider when making the decision to start dating again or stay single:

- 1. Fully recover:** Breaking up is rarely easy, and brings with it emotional stress. It's important to allow yourself time to fully recover before putting yourself out there again.
- 2. Deal with the truth:** Sometimes the truth behind why a relationship didn't work out is hard to take, so we continue to live in a false reality. Until you can confront the truth and deal with it, it's not time to move on.
- 3. Don't be afraid:** Easier said than done, right? The main thing that keeps us from moving on is fear, but you can't get

anywhere in life without taking risks. If you've dealt with your past breakups and are interested in meeting a new partner, it may be time to take the leap and see what happens!

'Bachelorette' Star Ali Fedotowsky Ignores Rumors



Former Bachelorette Ali Fedotowsky is glad to have fiancé Roberto Martinez by her side. [E! Online](#) reports that Fedotowsky “[doesn’t] pay attention to” rumors pertaining to past partying and racy photographs. Swirling rumors have bothered the blonde bachelorette in the past, but with a new attitude (and a new support system), Fedotowsky finds it easy to keep her head held high. Fedotowsky reveals that her new fiancé is extremely supportive and “always says, ‘Who cares, babe? It’s just us. It’s just about us. None of that stuff

matters.'" Fedotowsky says she counts herself "lucky to have a man like that to give me balance and keep me focused on what's important."**How can you help your partner deal with a stressful problem?**

Cupid's Advice:

1. Be a good listener: If your partner is having a problem at work or with friends, chances are they're going to want to vent. It is important to sit quietly and listen carefully to their worries. When they are done venting and you fully understand their insecurities about the problem at hand, offer your input.

2. Don't be overbearing: When a loved one is stressed, it's natural to want to help as much as possible. You can give them advice and offer your point of view, but you have to be careful. This is their problem and their decision, and you have to respect their opinion, even if you don't agree with it.

3. Honesty: When you must intervene in your partners decision-making process, you have to be supportive, polite, and honest. Gently remind them to consider all of their options before making a decision. Your honesty will help your partner resolve their problem effectively and without any resentment.

'The Bachelorette' & Her

Fiancé Step Out in Style!



Bachelorette Ali

Fedotowsky and fiancé Roberto Martinez were officially able to step out as a couple, [E! News](#) reported Tuesday. The two had to keep their romance under wraps after the show finished filming to keep the ending a secret before the finale aired Monday night on ABC. Cupid sends his congratulations to the happy couple!

What are ways to celebrate your engagement?

Cupid's Advice:

When Fedotowsky and Martinez were finally able to reveal the news, they did so in style. There are all kinds of ways to let friends and family know you're engaged. Let Cupid help:

1. Family style: For couple's who have tight-knit families, a simple dinner for both sides might be enough of a party to start things off. Have them over to one of your homes and make it a personal affair for everyone who matters most.

2. Night on the town: You could go the surprise route and invite all your friends for a night out. Don't mention the engagement, and see who notices the ring first. At that point, drinks all around will be a no-brainer!

3. Party time: To keep everyone happy, throw a large celebration for everyone in your life – the more the merrier!

'Bachelorette' Ali Fedotowsky Engaged to Roberto Martinez!



This season's *Bachelorette* ended with an unconventional bang! Ali Fedotowsky chose to not have her second last date with Chris Lambdton, and instead, sent him home early on Monday's finale. It turns out that Roberto Martinez had already won Fedotowsky's heart, [E! Online](#) reported Monday, despite rumors

that she hadn't chosen anyone, as Ryan Seacrest predicted in his podcast earlier that day. Other unexpected surprises of this season included Frank Neuschaefer's early departure to return to his ex on the July 19 episode. Cupid wishes reality TV's newest couple luck!

How do you know if the one you love is Mr. or Mrs. Right?

Cupid's Advice:

Reality TV sometimes gets a bad rap for being predictable, or staged. However, this season's *Bachelorette* got to the heart of everyone's true feelings, whether it was Frank leaving the show early, or Ali already knowing who the right man for her was. Cupid wants to help, and has some ways to help *you* decide if you've found the perfect mate:

- 1. It's all about honesty:** Infatuation can disguise itself as love by providing the surface feelings of the real deal. In order to be sure, dig into your heart and see how far down your lover is before making a lasting commitment.
 - 2. Let's talk about love:** In order to determine true love, don't just trust your gut. Talk it out together, and make sure you're both on the same page.
 - 3. Step back:** If you need to know if your feelings are what they seem, take a solo trip away from your partner for a week or two, and avoid or limit contact as much as possible. If true feelings are there, your love will remain when you return.
-

Frank Dumps 'Bachelorette' Ali Fedotowsky for Ex-Girlfriend



This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported NJ.com. Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

What do you do if you think you still have feelings for an ex?"

Cupid's Advice:

Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

- 1. Weigh your feelings:** Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.
- 2. Physical vs. emotional:** Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.
- 3. Talk to others that know you:** If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.

'The Bachelorette' Star Ali Fedotowsky Picks Her Man





Ali Fedotowsky began her stint on ABC's *The Bachelorette* with 20 eligible men vying for her love. Last week, [US Weekly](#) reported that she says she's confident she chose the right man as her future husband during the season finale. Fedotowsky narrowed down her contenders to three in last week's episode, and her final choice will be revealed during the ABC finale on August 2. Though the lucky guy has not been revealed, Fedotowsky told *US* that a 2011 wedding is in the works.

How do you know if you've chosen the right partner?

Cupid's Advice:

Most of us aren't lucky enough to have a slew of suitors at our door, but it's important that we weed out the good partners from the bad when potential lovers do come around.

1. Stranger danger: When you begin dating, you can't possibly know all of your partners' dirty little secrets, but remember that more times than not, the past has a way of presenting itself. Keep your ears and eyes open, and take the time to get to know someone before settling down.

2. Ask for directions: When choosing a long term partner, it's important that both people are heading in a similar direction, or are willing to compromise to make things work. For

example, if you want a commitment and he or she doesn't, or you want to live in the suburbs and they won't move out of the city, these differences could be a relationship deal-breaker.

3. Love and trust: The most important traits in a future mate is that they love you and treat you well. If you don't feel love, trust, or respect, then you should move on and wait for someone better.

Ali Fedotowsky: Stay-At-Home-Mom Not in Future Plans



(Spoiler alert!) Last week on ABC's *The Bachelorette*, a competitive reality dating game show, Ali Fedotowsky, had a one-on-one date with contestant Ty. She found out he ended his previous marriage because his ex-wife worked, and he was looking for a

traditional stay-at-home mom. Traditional is something that Ali is certainly not. "I imagine a lot of the women cringed when they heard Ty make the comment about women being presidents of companies," Fedotowsky told Reality TV Calender last week. "Ha ha. Trust me, I cringed too." Ty ended up being eliminated last night – Ali was still concerned about his traditional values.

What should you do if you're dating a man who expects a "traditional" wife, and you are anything but?

Cupid's Advice:

While more women opt to work and pursue a career than be a stay-at-home mom, many men still expect a 1950's housewife. Here's Cupid's take on dealing with this outdated stereotype:

1. Talk before you walk: Make sure you're both clear with what you are looking for from the other person. Also, consider that some men look at women working as a loss of power. In the book *Choices in Relationships: An Introduction to Marriage and the Family*, the author says many men who want a traditional wife think that a woman earning more money threatens their masculinity, and their status as head of the household.

2. Think of the kids: According to family therapist Gayle Peterson, studies show that children who have working mothers tend to have higher self-esteem, since working mothers feel happier with themselves, and those good feelings spread to family members. Also, some families might need that two person income to provide for the children.

3. Figure out work/life balance: Talk with your partner to figure out the best way to balance work and house duties. Map out schedules and share responsibility.