

'The Sorrentinos' Reality TV Stars Frank and Linda Sorrentino Talk Fashion and Dating Advice



Interview by Ashley Pacifico. Written by Stephanie Salsini. Does the name Mike "The Situation" Sorrentino ring a bell to you? If not, here's what you need to know: The reality TV star made his debut on the show *Jersey Shore* and has been an pop culture icon ever since. He was such a hit with fans that his family was offered a spin-off show on TVGN: *The Sorrentinos*. At *OK!* Magazine's New York Fashion Week celebration, CupidsPulse.com interviewed his brother Frank and his mother Linda for some inside scoop on fashion and [dating advice](#).

Related Link: [‘Jersey Shore’ Creator SallyAnn Salsano Dishes About Love in Italy](#)

Reality TV Stars Share Fashion Tips

Going on a first date can be scary. With that thought in mind, Linda reveals her best fashion advice. “It depends on where you are going. If you are going to a fancy restaurant, you have to look the part, maybe wearing a nice dress,” the family matriarch explains in our exclusive celebrity interview. “But if you are going some place casual for a drink, you might want to wear nice heels, jeans, and a blazer.”

Of course, Frank’s answer to what women should wear was a bit different from his mom’s: “Short and accessible,” he says with a laugh.

When it comes to dating someone with bad style, Linda recommends kindly suggesting alternative outfits. “There are staples that everyone should have, like a white shirt and dark jeans. Steer your man to that direction,” the reality TV star shares.

Related Link: [‘Jersey Shore’ Cast Against a Hook-Up Between The Situation and ‘DWTs’ Partner](#)

Linda Sorrentino’s Best Dating Advice

As fans of the show have seen, Linda’s relationship and love life has been filled with ups and downs, including a blind date and a bad experience with a matchmaker. “It wasn’t a great date, but that’s the chance you take,” she says of the latter experience. “I’m very open to that...because you just don’t know when the right guy will come along.” The best date, Linda believes, “is when you are introduced by someone. They already know that person; there is already a background; and

they aren't a stranger. So that's what I am hoping for."

Tune in tonight at 10/9c to see the season finale of The Sorrentinos on TVGN!

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

'The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"





Interview by [Lori Bizzoco](#).

It's every *Bachelor* couple's fairytale to walk down the aisle after finding true love on ABC's hit reality TV show. For happy celebrity couple Catherine and Sean Lowe, that fairytale turned into a reality when the couple got hitched in a televised wedding earlier this year. Our executive editor and founder Lori Bizzoco talked to the happy celebrity couple at *OK!* magazine's New York Fashion Week celebration to get the scoop on married life, their recent appearance on *Bachelor In Paradise*, and their [celebrity baby](#) plans.

***The Bachelor* Couple Talk Marriage and Celebrity Baby Plans**

Related Link: [Ok! Magazine New York Fashion Week Celebration](#)

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the pair. "I'm with my best friend all the time, so I can't ask

for anything more than that,” the former *Bachelor* adds.

As fans recently saw, the celebrity couple appeared on the finale of *Bachelor In Paradise* to give the final two pairs – Marcus Grodd and Lacy Faddoul and Cody Sattler and Michelle Money – a bit of relationship advice. While they believe that both reality TV dups will last, they’re particularly excited for newly-engaged Grodd and Faddoul. “If Lacy ends up moving to Dallas to be with Marcus, we’ll be doing some double dates,” Catherine says.

We couldn’t resist asking about their future plans for a celebrity baby. Not anytime soon!” Catherine shares. “But yes, of course, we want a family.”

Related Link: [Sean Lowe Writes, “My Wife is Hot and I’m in Love”](#)

In the mean time, the happy couple is enjoying their time together as husband and wife. When it comes to date night outfits, the fashionable graphic designer says, “There is never a go-to. It’s always, ‘What are we doing?’ I need to be appropriately dressed.” Looking lovingly at her hubby, she adds, “I like wearing my hair up because he likes my hair up.”

Keep up with Sean and Catherine on Twitter: @SeanLowe09 and @clmgiudici!

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

‘ The Bachelor ’ Winner

Courtney Robertson Tells All In New Book About Love: “I Really Didn’t Hold Back!”



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.

Everyone knows that with every episode of [The Bachelor](#) comes plenty of heartbreak and drama. However, one name has stood out during recent seasons: Courtney Robertson. Even though she was known as one of the most notorious villains of the franchise, *Bachelor* Ben Flajnik proposed to her at the end of season 16. Unfortunately, after the finale aired, the drama didn't stop for Robertson. She and Flajnik split, and the celebrity dating rumors about the former contestant continued.

Courtney Robertson Talks About New Book About Love

In her new book about love *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*, the reality TV star reveals the whole story, including intimate details about life before, during, and after her time on *The Bachelor*. "I wrote this book for fans of the show," she says in our [celebrity video interview](#). "I really didn't hold back. If it pertained to me finding a relationship and love and what led to me to go on the show, I put it in!"

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

After the roller coaster of drama, Robertson is now "happily single," focusing on her book, which she sees as her "labor of love," and her modeling career. Of course, *The Bachelor* will always be a part of her life. She remains friends with former contestants and is enjoying this season of *The Bachelorette* (she thinks Josh is "pretty cute!"). Fans can also catch her on a future episode of *Untold With Maria Menounos* where she'll spill even more behind-the-scenes reality TV secrets.

You can purchase *I Didn't Come Here to Make Friends* on Amazon or at your local bookstore.

Update: The paperback version of I Didn't Come Here to Make Friends is available from Dey Street Books as of January 6, 2015 for \$15.99. Buy it now!

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

Celebrity Video Interview: Chef Tim Love Talks Summer Traditions and Reality TV Show 'Restaurant Kickstart'



Interview by [Whitney Johnson](#).

May happens to be National Burger Month, and with summertime fast approaching, we could all use a tip or two to avoid the dreaded dry burger during our backyard cookouts. Luckily, chef Tim Love has teamed up with Hellman's to give America a Burgervention just in time for Memorial Day weekend. "The Hellmann's is what's going to keep the burgers juicy while you're grilling them," he reveals in our celebrity video interview. With Love's [foolproof recipe](#), you'll be grilling

like a pro in no time!

Celebrity Video Interview with Chef Tim Love

The reality TV star also talks about his upcoming show *Restaurant Kickstart* (think *Top Chef* meets *Shark Tank*). “You’re investing in people, ultimately,” he explains. “Those people have to have knowledge and skill, but at the end of the day, they also have to be great people.”

Related Link: [Color Your Love in Red, White, and Blue](#)

Apart from grilling up juicy burgers, Love says his favorite summer tradition is spending time outdoors with his family and playing some catch. When it comes to [date night](#), the chef and his wife like to keep things simple. “I always prefer to cook at home,” he says. “I don’t spend a whole lot of time there because I’m always working, so if I can sit outside in my backyard with a margarita, I’d choose that every time.”

Check out our celebrity video interview above for more great grilling tips!

Hungry for more? You can find even more tasty recipes for the summer on Love’s [website](#)!

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

‘ Mob Wives ’ Star Renee

Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.
Last Wednesday, Apr. 9, CupidsPulse.com Executive Editor Lori Bizzoco met up with *Mob Wives* reality TV star Renee Graziano at Barnes and Noble in Tribeca to discuss her new book *Playing with Fire*. Describing the novel as “loosely based” on her own life, she explains in our [celebrity video interview](#) that she has stacks of notebooks about Reign Grazi, the character who she’s developed since she was young.

Related Link: [‘Mob Wives’ Executive Producer Jenn Graziano Says, “I’m Not Anti-Marriage; I’m Anti-Ball and Chain!”](#)

Celebrity Video Interview with Renee Graziano

Of the hero in her book, the author says, "I've been searching for this man all of my life." However, she now knows he doesn't exist. "But I exist; I'm the hero. I definitely saved myself. I found my hero; now, I'm just looking for a man of his word who's close to God, has a good heart, loves his family, and wants to build with me."

Of her current relationship and love life status, the reality TV star reveals that she's "very much single." As for whether or not her future partner must be Italian, she says, "Not saying that I wouldn't, but after my past experiences, I pretty much got turned off to my nationality. The Italian men that I was around didn't work for me anymore."

Fans may be surprised to hear that she has a great relationship with her father Anthony Graziano. "We made up over two years ago, and our relationship is amazing," she shares in our celebrity video interview. However, they don't discuss anything to do with *Mob Wives*, and he'll never read *Playing with Fire*. Still, she adds, "But he's my dad – he's my hero."

Reality TV Star Talks About Season Four of *Mob Wives*

Of course, we had to ask the reality TV star about her hit show *Mob Wives*. When discussing the ups-and-downs of season four, she explains, "I think there was a lot of tension because the new girls felt they had to prove themselves. They're not New Yorkers, and they're not of direct descent of that underworld."

Related Link: ["Bigger is Better": Reality TV Star Big Ang](#)

[Launches New Wine Line](#)

While *Mob Wives* has been renewed for season five, Graziano remains mum about whether she'll be returning to the VH1 series again. There are rumblings of a spin-off show, which she says is "absolutely" a possibility. "I hope it does happen for me," she admits. "The second I know, everybody else will know! Trust me – that will not be something I'm able to hold in."

Check out *Playing with Fire* on Amazon or at your local bookstore. To keep up with Graziano, follow her on Twitter @reneegraziano.

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

**'Blood, Sweat and Heels'
Reality TV Star Brie
Bythewood Says, "I Don't Know
How to Be Anyone Other Than
Me"**





Interview by [Lori Bizzoco](#). Video by Rob O'Haire.

CupidsPulse.com Executive Editor Lori Bizzoco recently met up with *Blood, Sweat and Heels* reality TV star Brie Bythewood at the New Yorker Suite at the Carlton hotel, located at 88 Madison Avenue between 28th and 29th. The gorgeous 1,050 square foot penthouse includes a separate bedroom and living spaces with beautiful decor, as shown in the celebrity video interview above.

Related Link: [Blair Late from Bravo's 'Newlyweds' Chats About Divorce and Gay Marriage](#)

"I think we have a really great platform for a show," Bythewood said of Bravo's popular reality show. "We have an interesting and unique group of women. Whatever the formula, it worked, and it's been a success!"

Celebrity Video Interview with Reality TV Star Brie Bythewood

Given her crazy schedule, we had to ask: How does she manage it all? "In terms of balancing my relationship and love life

with work and the show and everything that comes with it, I would be lying to say it's easy – because it's not," she explains. "It's challenging. It varies day to day." For her, though, her job is her number one focus. "That's always my priority – my work – because that provides me with the life I'm able to lead."

Yes, that's right – Bythewood is in a very happy relationship! While she stayed mum on details about the lucky guy, she divulged that they've known each other for over a decade and that she believes that best relationships are built on strong friendships. As for whether or not he'll be on future episodes of the reality TV show, we'll just have to wait and see. "I wonder that too! I don't know. I'll have to see if I can talk him up to actually making an appearance," she reveals in our celebrity video interview.

Related Link: [Tabatha Coffey Says It's Important to "Connect and Continue to Get to Know Your Partner"](#)

Having finished filming the first season last June (the finale aired this past Sunday, Mar. 16), the real estate mogul shares that she's had time "to make amends of sorts" with the other cast members (Mica included) and cites Demetria and Geneva as her closest friends on the show. Of this Sunday's reunion episode, she says, "It's as true to this season as it can be. There are ups and downs, but at the end of the day, I think we can all survive together."

Be sure to tune in for the Blood, Sweat and Heels reunion show on Sunday, March 23rd on Bravo at 9/8c. You can follow Bythewood on Twitter @briebythewood. For more information about the Carlton hotel, check them out on Twitter @thecarltonny and www.facebook.com/TheCarltonHotel.

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

Exclusive Celebrity Interview: Reality TV Star Kendra Wilkinson Talks About Her Plans for Oscar Night



Interview by Shannah Henderson. Video by Sherilyn Henderson. With the Academy Awards airing on Sunday night, CupidsPulse.com was excited to catch up with [reality TV](#) star and former Playboy bunny Kendra Wilkinson at OK! magazine's Pre-Oscar event at Greystone Manor in Los Angeles.

Reality TV Star Reveals Her Favorite Films and Oscar Plans

At the party, sponsored by CIRÓS, Le Vian, Rock Your Hair, DSW, Cottonelle, and more, we chatted with the expectant blonde about her favorite films of the past year as well as her plans for Oscar night. Check out our exclusive [celebrity interview](#) with the reality TV star above!

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

Celebrity Video Interview: Molly Sims Talks About Her “Rocking Red” Hair: “I Feel Really Good!”





Interview by [Lori Bizzoco](#).

Molly Sims is known for her long blonde hair, but as of Tuesday evening, she traded in her golden locks for a red hue – and CupidsPulse.com Executive Editor Lori Bizzoco got the scoop straight from the star! “You know what, I feel really good,” the actress says of her new look in our [celebrity video interview](#). “I went from bombshell blonde to rocking red. I wanted a change – something different and fun and energetic and vibrant and bold.”

Celebrity Video Interview with Molly Sims

When it comes to keeping her red color, the former *Sports Illustrated* supermodel depends on [Nexus](#) Color Assure products. “If something’s going to save me time and make me look good, I’m all for it!” she enthuses.



Molly Sims. Photo: Francis Tulk-Hart

Sims certainly knows a thing or two about making a transformation – whether it’s with her hair color or her career. “My parents really taught me that I could be whoever I wanted to be,” she shares in our celebrity video interview. It’s important to have a positive attitude about change too: “Everyone gets stuck in a rut. You kind of just have to dig your way out.”

Related Link: [Molly Sims Celebrates Pregnancy at Baby Shower](#)

Of course, we had to ask the style icon about her best fashion and dating advice. She encourages women to keep it simple: “You feeling good in whatever you wear is the number one most important thing.” She recommends a leather jacket, tank, and great jeans with a pair of boots for your next date night.

To learn more about Color Assure, check out Nexxus on www.facebook.com/nexxus.

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

Celebrity Video Interview: 'Millionaire Matchmaker' Star Patti Stanger on How a Relationship and Love Changed Her: "I'm Much More Relaxed"



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.
This past Saturday, CupidsPulse.com Executive Editor Lori Bizzoco and *Millionaire Matchmaker* reality TV star Patti Stanger caught up at Match.com's Singles in America 2014 event where Stanger moderated a panel discussion with four sex and dating experts, including Celebrity Blogger Perez Hilton, Leading Sex Expert Dr. Emily Morse, *Cosmopolitan's* Sex and

Relationship Editor Anna Breslaw, and Chief Scientific Advisor for Match.com Dr. Helen Fisher. Prior to the event, we had the opportunity to sit down with the matchmaker, and in our celebrity video interview, we chat with her about online dating, her own personal love story, and her best dating advice for meeting The One.

Related Link: [Patti Stanger on Celebrity Relationships and Love in NYC](#)

Celebrity Video Interview with Patti Stanger

“I love Match.com! I’m the girl who dates online,” the reality TV star candidly shares. “This is the way to meet singles. 18 or 80, it doesn’t matter. We just need the tools and the ammunition to do it.”

As for how finding love with fiancé David Krause has changed her? “I’m much more relaxed. I love nesting; I love staying home.”

Watch our celebrity video interview above for more information.

Tune in for The Millionaire Matchmaker on Bravo on Thursdays at 9/8c, and check out Stanger’s line of jewelry at Shop by Bravo!

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

Celebrity Video Interview: 'Shake It Up' Star Bella Thorne on Having a Memorable Valentine's Day



Interview by [Lori Bizzoco](#).

Bella Thorne Shares Valentine's Day Date Night Plans

Disney's *Shake It Up* star Bella Thorne loves to show her affection at Valentine's Day by sending personalized cards to the special people in her life, like boyfriend Tristan Klier.

During her [celebrity video interview](#) with Executive Editor Lori Bizzoco, she provides creative ideas for how to craft handmade Valentine's Day card and mail them with the United States Postal Service's beautiful new *Cut Paper Heart Stamp*. When making cards herself, the actress loves to add glitter and jokes, "You know it's from me because it has the world's worst handwriting!"

Related Link: [Five Tips for Falling in Love in 2014](#)

The 16-year-old also candidly discusses her upcoming role in *Blended* (with dream team Adam Sandler and Drew Barrymore) and shares how she plans on spending her Valentine's Day date night.

For more information on Bella, check her out on www.facebook.com/bellathorne.

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

'Millionaire Matchmaker' Reality TV Star Marisa Saks Says Listening Is Key





Interview by Shannah Henderson.

Celebrity Video Interview with Marisa Saks

We love watching Marisa Saks on Bravo's hit reality TV show *Millionaire Matchmaker*, so we were excited to speak to the sassy matchmaker at OK! magazine's pre-Grammys party last weekend. In our celebrity video interview, she shares, "The best part about being on the show, I would have to say, is that we have our own little-big family."

Related Link: [Patti Stanger Has Three TIPS for Making Up After a Breakup](#)

Plus, the reality TV star shares her number one tip when it comes to a successful [relationship and love](#) life "Don't have loose lips. Listen, listen, listen!"

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

Celebrity Interview: Lance Bass Gives Relationship Advice and Says, “It’s All About Communication in a Relationship”



Interview by Shannah Henderson.

In our celebrity video interview with *NYSYNC member Lance Bass at the OK! magazine pre-Grammys party, we chatted with the singer about his Valentine’s Day plans and best

[relationship advice.](#)

Related Link: [Lance Bass is Engaged to Michael Turchin](#)

Lance Bass on His Upcoming Celebrity Wedding

“We haven’t started planning it yet,” he says of his upcoming celebrity wedding to fiancé Michael Turchin. “We keep saying that so we need to start. We are guys. We need to hire a wedding planner...that is our next step.”

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

Celebrity Video Interview: Singer Mike Posner Talks About New Album and Valentine’s Day





Interview by Shannah Henderson.

Celebrity Video Interview with Mike Posner

Singer Mike Posner first caught our attention in 2010 with his catchy song "Cooler Than Me." In our [celebrity video interview](#) at OK! magazine's pre-Grammys party, he talks about his album *Pages*, which features collaborations with Big Sean and Justin Bieber (he first met the pop star when they co-wrote the hit "Boyfriend"). Plus, he reveals where he'll be spending his Valentine's Day.

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

Reality TV Star Farrah Abraham Talks Next Career Move



Interview by Shannah Henderson.

Exclusive Celebrity Interview with Farrah Abraham

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

projects.

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

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

Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars





Interview by [Whitney Johnson](#).

In our celebrity video interview, we talked to fashion stylist Brad Goreski about the fashion at Sunday night's Grammys as well as his tips for [date night](#) looks. "The number one trend that I loved was the metallics," the reality TV star says, citing Taylor Swift, Chrissy Tiegen ("the golden goddess of the evening"), and Rita Ora as gorgeous examples. Plus, he reveals his predictions for the upcoming Oscars: "I think we're going to see an explosion of glamour."

Related Link: [Celeb Stylist Rachel Zoe and Brad Goreski Split](#)

Celebrity Stylist Talks Date Night Looks

When it comes to a date night, Goreski encourages women to look beyond what they're wearing. "Starting off with really good hair, makeup, and skin is super duper important," he explains. "Your skin should definitely be glowing on Valentine's Day!" He also says that you should invest in a show-stopping coat to amp up your look this winter. Watch the

celebrity video interview above for more!

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

HGTV Designer Sabrina Soto Shares Her Party Planning Secrets in Celebrity Video Interview



Interview by [Whitney Johnson](#).

“Food Is the Key to Passion”



Interview by Priyanka Singh.

Chef Claire Robinson is perhaps best known for her Food Network show *5 Ingredient Fix*. But does she use only five ingredients when cooking at home? “I’m all about few ingredient cooking, which really focuses on the quality of the ingredient and the balance within each recipe,” the reality TV host explains in our [exclusive celebrity interview](#). “I’m looking for power-packed punches of flavor!”

Related Link: [‘The Chew’ Host Carla Hall Talks Winter Dinner Date Ideas](#)

Reality TV Chef Claire Robinson Shares Recipe

Plus, she reveals how the Flavor Forecast by McCormick helps her overcome “writer’s block” when she’s developing new recipes. Celebrating the Chilies Obsession of 2014, she teaches us how to make the Three-Chile Mole Fondue. She also encourages viewers to introduce fun and exciting recipes to their partners – and she’s got just the way to do it. “Try some of these new flavors!”

And, of course, we had to ask if food is truly the key to a man’s heart: “Food is the key to memories; food is the key to passion,” she candidly shares in our exclusive celebrity interview. “It’s the one language we all speak.”

For more information on McCormick’s Flavor Forecast, visit <http://www.mccormick.com/Flavor-Forecast>.

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

‘Mob Wives’ Executive Producer Jenn Graziano Says, “I’m Not Anti-Marriage; I’m Anti-Ball and Chain!”





Interview by [Lori Bizzoco](#).

From VH1's *Mob Wives* to *Miami Monkey*, Executive Producer Jennifer Graziano transformed the realm of [reality TV](#). She now continues to expand her resume with exciting new projects like releasing a classic, family-inspired Italian cookbook and continuing the recent launch of reality TV star Big Ang's new wine line.

Related Link: ["Bigger is Better": Mob Wives "Big Ang" Launches New Wine Line in NYC!](#)

Celebrity Video Interview with *Mob Wives* Producer

Graziano recently sat down with CupidsPulse.com's Executive Editor Lori Bizzoco to talk about the *Mob Wives* franchise and how the series impacted her family and the rest of her career. And, of course, they talked relationships and love: Despite her hectic schedule, this accomplished bachelorette is open to the idea of getting married one day to someone who's willing to support her ambitions as a thriving businesswoman. As she

told us in our celebrity video interview, “I’m not anti-marriage; I’m anti-ball and chain!”

To learn more about Graziano, follow her on Twitter @jenngraziano. Don't forget to tune in on Thursday, December 5th at 10 PM ET/PT for the new season of Mob Wives: New Blood on VH1!

Video by Erik Erikson.

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

‘The Chew’ Host Carla Hall Talks About Thanksgiving Dinner and Date Night





If you're hosting Thanksgiving dinner this year and are tired of the same old marshmallow-covered sweet potato casserole, dried out stuffing, and gel-like gravy ladled over tough turkey, update your family's traditional meal with tips from *The Chew* host Carla Hall. Follow her advice on how to put personal pizzaz into classic Thanksgiving dishes. With the cool weather and holiday season quickly approaching, Hall also provides dinner date ideas for those chilly winter evenings spent with your sweetie.

Related Link: ['Top Chef' Alum Richard Blais on Healthy Holiday Cooking](#)

For more information on Hall, visit www.carlahall.com/.

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

How do you plan to revamp your family's Thanksgiving traditions this year? Share with us in the comments below!

'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. “My kids do cook. We’re getting them involved,” Blais shares of his daughters, ages five and almost three. “I think it’s really important to build a healthy relationship with food with your kids, whether that’s going to the farmer’s market, going to the grocery store, or getting them at the stove with you.”

He adds, “We just made one of these recipes at home – blue corn meal pancakes – with Benefiber.”

For more information, check out Benefiber on www.facebook.com/Benefiber.

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

AshLee Frazier Says, “I Want to Be Well-Rounded Before I Fall In Love”





Interview by [Lori Bizzoco](#).

Since vying for Sean Lowe's heart on *The Bachelor*, AshLee Frazier has been focusing on her career rather than her love life. Although the entertainment press says otherwise, the bubbly personality tells us that she hasn't done much dating since her time on reality television. "I want to be well-rounded before I find someone and fall in love," the personal organizer candidly shares.

The currently-single star also chats about what type of man she wants and what she learned from the show. "It's okay to really put yourself out there. I never would've done that before," she says. "Now, I'm looking for that feeling of being head-over-heels in love."

Related Link: ['Bachelor' Contestant Ashlee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

And, of course, we had to ask Frazier about her take on the new *Bachelor*, Juan Pablo Galavis! Listen up for her thoughts on the Venezuelan soccer star and her advice to next season's contestants.

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter [@ashleefrazier](https://twitter.com/ashleefrazier).

Video by Erik Erikson.

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

‘Bachelor’ Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event





It's no surprise that Match.com's "Spontuneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21st Street in New York City.

Related Link: [Play Your Way to Love With Match.com, Spontuneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontuneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great* game!

For more information about Frazier, follow her on

*www.facebook.com/ashleenfrazier and Twitter @ashleefrazier.
Stay tuned for a future interview with The Bachelor
contestant!*

Video by Erik Erikson.

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

Kelly Ripa on Electrolux and Her Marriage to Mark Consuelos: “We Still Dig Each Other”





Interview by [Lori Bizzoco](#).

In this exclusive interview, CupidsPulse.com founder and executive editor Lori Bizzoco chats with Kelly Ripa about Super Saturday, which was held this past weekend in the Hamptons; her relationship with co-host and “soul sibling” Michael Strahan; and her strong marriage to Mark Consuelos. “We just love each other. We still dig each other,” the television personality says of the secret to their marriage of seventeen years. “He does it for me, and I think I do it for him. Otherwise, I don’t think he’d still be here!”

The mother of three also discusses her partnership with Electrolux and their French Door Refrigerator with the Perfect Temp Drawer. Not only does she love their products, but she loves their philanthropic attitude as well. “They’ve been helping me raise money for ovarian research since I’ve been with them. When a company puts forth such an effort not only to make lives easier but also worrying about the health of women, I just think that says something.”

In addition to the event in New York City, Electrolux is inviting Americans to visit www.livelovelux.com through August

22 to enter the Electrolux Perfect Temp Sweepstakes for the chance to win a French Door Refrigerator and a trip to a climate with the Perfect Temp (the Bahamas!). For every entry or share, Electrolux will donate \$1 to the Ovarian Cancer Research Fund (OCRF). Visitors to the site can also download Kelly's favorite summertime recipes, including her famous spicy mango-peach Greek yogurt popsicle!

For more videos from CupidsPulse.com, check out our YouTube channel, [youtube.com/user/CupidsPulse](https://www.youtube.com/user/CupidsPulse)

Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire





By [Whitney Johnson](#)

Many fans – myself included – look to Alison Sweeney as a source of inspiration when it comes to living a healthy lifestyle. In our exclusive interview with *The Biggest Loser* host, she shares her tips for staying motivated and helping her family make smart choices when it comes to diet and fitness. For instance, when it's snack time for her two children, keeping her refrigerator organized is incredibly important. "I want those healthy choices front and center. I want them in their eye line, so that they see them when they open the refrigerator door," she explains. "I think that makes it much more likely to be something that they pick."

Plus, Sweeney shares some behind-the-scenes secrets from her upcoming film *Second Chances*, premiering on The Hallmark Channel on July 22nd.

Check out *Frigidaire* on [facebook.com/Frigidaire?fref=ts](https://www.facebook.com/Frigidaire?fref=ts) and Twitter @Frigidaire for more information.

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