The Bachelor remains as trashy as ever — and thank God for that

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ARTS & CULTURE

When I first found out that Sean Lowe had been chosen to star on the latest season of The Bachelor, I have to admit I was less than thrilled. Sean Lowe? The guy who placed third on Emily Maynard’s season of The Bachelorette? The one who basically looks like a Ken doll and has the personality of a loaf of white bread? Basically, I was devastated. For a reality TV junkie like myself, there couldn’t have been a less inspired choice to be the new Bachelor.

Now that the show has finally begun, I can safely inform you all that I was not wrong about my initial thoughts on Sean. He’s just as boring and hokey as we all assumed — though perhaps nicer, if the first two episodes of the show are any indication.

Thankfully, the women contestants have made it their mission to make this season of The Bachelor as entertaining as possible for us all. While this season arguably has more intelligent and culturally diverse women than any of the previous appearances, there are still the usual token crazies that we love to marvel at.

Take, for instance, midwestern hairdresser Ashley. With a penchant for cats and an obsession with playing out fantasies from Fifty Shades of Grey, she exclains at one point, “I have no idea why I’m still single!” Well, maybe it’s the fact that you got drunk at the Bachelor cocktail party, pulled a tie out of your cleavage and then suggestively told Sean that you wanted to show him how to use it. I don’t know, just a guess. Sean showed enough sense to get rid of her on the first night, so at least there’s some hope for him.

He did, however, keep schoolteacher Lindsay around. She thought it would be a good idea to show up in a wedding dress. Honestly, you’ve barely spoken so words to the guy. Let’s not scare him off with the sound of wedding bells yet. The fact that she chugged back drink after drink and drunkenly tried to make out with him later seemed to make her an obvious choice for elimination on the first episode and yet, no such luck.

And then there’s the likes of Kacie B. and Paige. Some will remember these ladies as the runner-up of Bachelor Ben Flajnik’s season and a contestant on Bachelor Pad 3, respectively. I just see two women who are desperate for more attention, and apparently gluttons for punishment, since they’re both back for more selection with Sean this time.

This is just a sampling of some of the drama-filled ladies that have found their way onto our TV screens this winter, and they promise a cringe-worthy season of The Bachelor like never before. For all the reasons some people hate The Bachelor, you have to hand it to the producers — at least they never leave us bored.

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For most of us, waking up in time for an early class or work shift is no easy task. Thankfully, the Sleep Cycle app makes the arduous experience of getting up in the morning a little easier.

All you have to do is place your phone face down on the corner of your bed during the night, and while you get some much-needed beauty rest, the app does all the work. When we sleep, we go through different sleep states — ranging from light sleep to deep sleep — and our movements in bed change accordingly. The app calculates what stage you’re in at what time based on those movements. Sleep Cycle also takes into account factors like the length of time spent in bed, sleep notes — like whether you ate late, drank coffee or had a stressful day — and your mood upon waking up to analyze the quality of your rest.

But the best part of Sleep Cycle is the alarm check system. The app can be set to a wake-up phase of 10-90 minutes, and gradually nudges you awake in small intervals until it’s time to get up. The point of this is to wake you up in your longest sleep phase, which leaves you feeling more rested.

While you may be skeptical as to just how accurate the Sleep Cycle app is, rest assured that it does actually work. For anyone out there looking to improve the way they sleep or make getting up in the morning a little easier, the Sleep Cycle app is a godsend.

Dat App is a weekly feature that highlights the best apps out there.

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