



Ambre Lake was living in Chicago and co-hosting the program *Health & Lifestyles Weekly* when she received a call that changed her life. "Being a television host in Chicago, I was usually invited to many different things or asked to participate in one thing or another," said Ambre. "Someone called me about season two for Rock of Love and asked me if

I was interested. I had remembered the first season of the show and didn't consider myself to be like those other women. After I thought about it, prayed about it, I finally decided "Why not?" I didn't want

to go through life wondering "What if?" so I agreed to go on the show. After that, it all happened the way it was supposed to."

She continues, "I looked at it this way; there were twenty of us and everyone had a different beauty about them. Some of the women were genuinely looking for love with Bret. It was his decision and whomever he felt the connection with. I kept an open mind and an open heart the entire time. It changed my life significantly."

Rock of Love aired for three seasons in which many women competed for the heart of rocker, Bret Michaels. Ambre was the one he chose at the end of season two. She had been a fan favorite and still is. There is more to Ambre Lake, however than having had a romantic relationship with one of rock's top front men.

"I grew up on a farm in Alabama and always wanted to be an actress. I would sing to the cows, pigs and chickens and anyone else who would listen to me and be my audience," laughs Ambre. "I recently spoke with a third grade class and stressed that even though it's important to have dreams and pursue those dreams, it's also important to get your education." Ambre attended undergrad at Troy University in Alabama then went on to Michigan State University where she majored in acting

and dance.

"I would like to get back to my passion, back to my roots, which is acting. I'm auditioning for some different roles in Hollywood," said Ambre. "My manager is negotiating two movie deals for me and we'll see what happens. I just wrote and produced my own story and what I have been doing since I was on *Rock of Love* so hopefully that will be coming out very soon. I feel very fortunate and excited about everything that is happening."

Ambre moved to Los Angeles from Chicago after *Rock of Love*, thinking she would give herself one year to be out there and see how things would go but two years later, she is loving her life in California and plans on staying put awhile longer. "I've met amazing people and made some great friends. I can go hiking and love that I can find places for peace and quiet."

Once season two of *Rock of Love* was over, Ambre and Bret dated for ten months while she was still living in Chicago. "Bret's life is really being on the road. It's really hard to develop a lasting relationship with someone who is always traveling," explains Ambre. "Bret would surprise me sometimes and show up in Chicago to see me when he

By Helen Marketti



Bret and "Rock of Love" winner Ambre Lake

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was on tour. But without having a lot of time together to develop a relationship plus trying to keep the media out of it and keep things private... it was just too difficult so we parted as friends. It was rough for awhile but you have to keep your level headed."

With health concerns that put Bret Michaels in the public eye even more in recent months along with his time on Celebrity Apprentice, Ambre has definite thoughts about Bret's situation. "He has come up against a lot of adversity and still managed to come out on top. He is a walking miracle. I

am happy for him and proud of him."

Moving on with her life is what Ambre Lake is doing to the best of her ability. "As of now, I am dating. I'm still trying to figure it out. It has taken me awhile to move past *Rock of Love* and Bret. I'm working through that right now and happy with my life."

She has no regrets what so ever about her time with Bret or being on the show. "I didn't expect things to be as popular as they turned out to be on *Rock of Love*. I did a lot of soul searching and kept my heart open. I feel very glad-very happy that I had the time I did with Bret. He is such a fantastic, terrific person. He supported me, loved me and surprised me. Through it all, he always was a genuine, down to earth person who I felt I could be myself when I was around him. I stayed true to myself. Everyone loves Bret

because he is genuine, like attracts like. Never change yourself or who you are for anyone because there is only one you."



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