```java
import java.util.ArrayList;
import java.util.List;

class ArrayList3 {

 public static void main(String[] args) {
  List<String> names = new ArrayList<String>();
  names.add("Brian");
  names.add("Ross");
  names.add("Steve");
  names.add("Rachel");
  names.add("Steve");

  //Checking whether any element is present or not
  if (names.isEmpty()) {
   System.out.println("No names are present!!");
  }

  //Displaying the number of names
  System.out.println("Number Of names: " + names.size());

  //Creating newNames list
  List<String> newNames = new ArrayList<String>();
  newNames.add("Emily");
  newNames.add("Melissa");

  // Adding elements of newNames list into names
  names.addAll(newNames);

  //Displaying all names
  System.out.println("The list of names after adding all the names from newNames to names: ");
  System.out.println("========================================");
  for (String name : names) {
   System.out.println(name);
  }
  System.out.println("========================================");

  // Checking whether the name Ross is present or not
  if (names.contains("Ross")) {
   System.out.println("This name is already present!");
  } else {
   System.out.println("This name is not present!");
  }

  //Converting list to array
  Object[] namesArray = names.toArray();

  // Deleting all the names from the names list
  names.clear();
        System.out.println("========================================");
        System.out.println("Checking whether the names list is empty or not : ");
        //Confirming whether all the elements are deleted or not
  System.out.println(names.isEmpty());

 }
}
```