celebs

Selena Gomez

Selena Gomez: Wizards of Waverly Place changed my life

Bang showbiz | Los Angeles

Selena Gomez's "whole life changed" when she joined Wizards of Waverly Place.

The 33-year-old actress auditioned for a series of TV shows, including the spin-off of Lizzie McGuire, before she joined the cast of Wizards of Waverly Place, the hit Disney Channel sitcom.

Selena - who starred on the TV show between 2007 and 2012 - said on the Therapuss with Jake Shane podcast: "It was actually a weird thing because I was on three pilots for the Disney channel. One was the spin-off of Lizzie McGuire. One was the spin-off of the Suite Life of Zach and Cody and the last one was Wizards.

"So by then all of them didn't get picked up and I was just kind of at my wits end, but not in a bad way just kind of thought 'okay, well this is not going to work out' and Wizards got picked up and my whole life changed after that."

Selena still feels proud to be part of the "Disney high school experience".

The brunette beauty - who has also enjoyed huge success with her music - reflected: "It was an immediate feeling of oh I achieved my dream at that point in time.

"I was such a huge fan of the channel. I was a huge fan of what they did for our generation, and it was an honor. I wear it proudly. I definitely am not ashamed of being part of the Disney high school experience ... It was all of us, all from the Jonas Brothers, to Miley [Cyrus] and Demi [Lovato], and then it was Zendaya. It was just so cool to see all the people you so 'went to school with' if you will. It's good to see them all do their thing."

Despite her success, Selena's family tried to ensure that she remained grounded.

The actress - who is now engaged to record producer Benny Blanco - said: "I just remember my mom being on my a** all the time about making sure that any sort of sudden exaggerated fan moment is meant to be treated with respect."

Jessica Alba is learning to 'let life happen' after Cash Warren breakup

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Jessica Alba has learned to "let life happen" after her split from Cash Warren.

The 44-year-old actress announced her breakup in January after 16 years of marriage to her ex - with whom she has Honor, 17, Haven, 13, and seven-year-old Hayes - and filed for divorce a month later, listing their date of separation as December 27, 2024.

Reflecting on her life since the split, she told Extra: "I think everybody can relate to, you try to plan so much, especially as a mom, you're always trying to plan, plan, and control things.

"And I think you just realize, especially as time goes by, that what's meant for you is actually what's going to show up and what's going to happen.

"Sometimes, you just have to let life happen and enjoy yourself and things will fall into place. Trust the process."

Around six months after confirming her breakup from the 46-year-old film producer, she was seen on vacation with Marvel star Danny Ramirez, 32, in Cancun, Mexico, and they've since been spotted packing on the PDA.

Cash is pleased for his ex, and recently told TMZ: "I'm happy for her. I don't know him, but he seems like a good guy."

Asked whether he is seeing anyone, he replied: "No, not yet. Let me know if you got anybody."

On July 29, Jessica and Danny were seen kissing outside Beverly Glen Deli in Beverly Hills.

The Honey actress announced her split from Cash via a social media post in January.

She wrote: "I've been on a journey of self realization and transformation for years - both as an individual and in partnership with Cash.

Jessica Alba

Emma Stone's daughter is her 'greatest gift'

Bang showbiz | Los Angeles

Emma Stone has described her daughter as the "greatest gift" of her life.

The Oscar-winning actress welcomed Louise Jean, four, with her husband Dave McCary in 2021 and says that parenthood tops any acting role.

Emma, 36, told Vogue: "There's nothing I feel luckier about. She's the greatest gift of my life, for sure."

The Poor Things star explained that her daughter has "simplified" her acting career as she weighs up whether to accept parts depending on how long she will be separated from her child for.

Stone said: "It's streamlined everything. It's a cliched thing to say, but it changes everything. And simplifies everything."

The La La Land star also discussed how becoming a parent has impacted her performances in front of the camera.

She explained: "I do think it unlocks things. I don't know if it's specifically that, but I feel everything I could possibly feel, because everything has exploded."

Emma shaved off all her hair for her role in Yorgos Lanthimos' picture Bugonia and said that there is "no better feeling in the world" than cutting off your locks.

She said: "The first shower when you've shaved your head? Oh my God, it's amazing."

Emma Stone

Pamela Anderson

Pamela Anderson has 'cracked the code' for social media

Bang showbiz | Los Angeles

Pamela Anderson believes she has "cracked the code" for living with social media without getting "depressed".

The former Baywatch star, 57, fears many people get stressed out by platforms such as Instagram because they have the ability to create the perfect version of themselves through editing tricks - but Pamela is adamant she looks exactly the same as her pictures in real life and it means she doesn't have to "fret".

She told Glamour magazine: "We're going through a time when people are taking a lot of pictures of themselves, there's a lot of social media, but they don't really look like their social media.

"I've cracked the code: I actually look in the mirror like I do on social media. Then you don't have to get so depressed. Or [if] I see a bad picture of myself, I don't fret over anything like that anymore."

She went on to add her new state of mind is linked to her decision to scale back her use of make-up, adding: ""Maybe it's accentuated or maybe it's not relatable because I've been in this business, but I think people can relate a little bit.

"They're always doing selfies and putting them on their [feeds], and then they're like: 'Oh, I don't look like that', or 'I look bad right now', when really you just look like you!

"I didn't plan on not wearing make-up as a political statement, but I'm glad it's resonating. I really just did it for me so I could - I had to - get off the crazy train."

> I've cracked the code: I actually look in the mirror like I do on social media. Then you don't have to get so depressed. Or [if] I see a bad picture of myself, I don't fret over anything like that anymore
>
> PAMELA ANDERSON

Pamela previously described her decision to ditch make-up as a "social experiment", telling Times Radio: "I've always known that beauty does come from within, and that physical beauty is perishable.

"As much as my mom wants me to go out with an eye on, I'm experimenting. This is a social experiment. I'm doing what I think is right right now."

She continued, "I'm not against make-up. I just feel like this is a chapter for me that I'm trying to figure out who I am."

SUDOKU

9		7	1			3		4
								1
	1	8					2	
	8	2	5	3				
5		9				2		7
				7	2	5	8	
	7					4	1	
3								
6		4			1	7		8

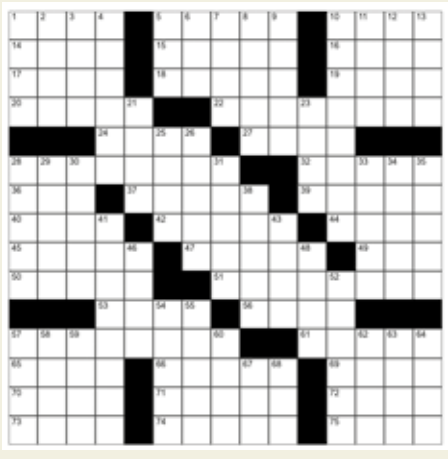
Yesterday's solution

4	8	1	3	5	9	2	7	6
5	9	7	2	4	6	3	1	8
2	3	6	8	1	7	5	4	9
6	1	5	9	8	2	7	3	4
3	2	9	7	6	4	8	5	1
8	7	4	1	3	5	9	6	2
7	6	8	4	9	3	1	2	5
1	5	2	6	7	8	4	9	3
9	4	3	5	2	1	6	8	7

How to play

Place a number in the empty boxes in such a way that each row across, each column down and each 9-box square contains all of the numbers from one to nine.

CROSSWORD



Across

1- Meat-grading org.; 5- Chilean pianist Claudio; 10- Prepared to drive; 14- Retail store; 15- Door handles; 16- Gaelic language of Ireland or Scotland; 17- Monetary unit of Ireland; 18- ... who lived in __; 19- Cape Canaveral org.; 20- Kingdom; 22- Learned; 24- Turner of "Peyton Place"; 27- Heroic; 28- Horse with a golden coat; 32- Try to bite; 36- Jackie's second; 37- Imitating; 39- Old anesthetic; 40- Hang in the balance; 42- Gaze fixedly; 44- Hanna-Barbera bear; 45- Inquired; 47- Unescorted; 49- Never, to Nietzsche; 50- One in second, say; 51- Unfortunate; 53- Soccer legend; 56- This can be guilty or not guilty; 57- Directed toward one's residence; 61- Reptile; 65- Economist Greenspan; 66- It's a trap; 69- Soft drink choice; 70- Russo of "Get Shorty"; 71- Duck with soft down; 72- Cabinet dept.; 73- Old oath; 74- Pee Wee of the Dodgers; 75- Visualized;

Down

1- Manipulative one; 2- Elisabeth of "Leaving Las Vegas"; 3- "David Copperfield" wife; 4- Son of Zeus; 5- Alias; 6- Hosp. staffers; 7- Architect Mies van der __; 8- Home; 9- Deplete; 10- Stick-to-it-iveness; 11- Part of QED; 12- "__ quam videri" (North Carolina's motto); 13- Six feet under; 21- Baby's cry; 23- Movie theater; 25- Bites; 26- Singer Baker; 28- Pertaining to Benedict XVI; 29- You __ right!; 30- Rings of a chain; 31- __ fours (crawling); 33- Call; 34- Protection; 35- Attempts; 38- Small assemblage; 41- Intensified; 43- Business letter abbr.; 46- Sketched; 48- Squeezes (out); 52- Knights' weapons; 54- Modern surgical tool; 55- Tennessee __ Ford; 57- Fabled loser; 58- Couturier Cassini; 59- "Give that __ cigar!"; 60- Florida's Miami-__ County; 62- First class; 63- Swiss artist; 64- Acquire through work; 67- Hi-__; 68- Bard's "before";

Yesterday's solution