

celebs

Bella Thorne on breaking free from 'difficult' Disney star image

Fox | Los Angeles

At the age of 14, Bella Thorne had amassed fame and fortune, notably for her breakthrough role on "Shake It Up" on the Disney Channel, after years spent modelling throughout her childhood.

Today, there's little the now 23-year-old star hasn't accomplished in the industry. She's a movie actress, singer, songwriter and director. On Friday, Thorne released a new song titled "Shake It," and promises two new singles and music videos on the way.

Thorne stressed this week in an interview with Fox News she's been "lucky enough" to work at home amid the coronavirus pandemic. After years of being picked and prodded to fit a certain mould and character -- beginning with her start at Disney over a decade ago -- she believes she's reached a phase in her life where she's calling the shots, and it's exactly where she wants to be.

"There are definitely a lot of pressures in the Disney eye to be so perfect and I think that's where Disney in a sense goes wrong because they make their kids seem perfect," Thorne reflected of her early years in the spotlight.

The squeaky-clean image young stars are expected to uphold is unrealistic, Thorne says, and something she could never

relate to.

"That image is very difficult. It's also never been me," Thorne added. "I always just like to do whatever no one else is doing."

"Little kids growing up don't need to see perfect people. Kids need to see real. They need to see diversity, they need to see intriguing," Thorne said.

In recent years, Thorne has spoken candidly about her personal life. In 2018, she bravely spoke up about enduring sexual and physical abuse as a child up until the age of 14. She also penned a poetry book, "The Life of a Wannabe Mogul: Mental Disarray," touching on her family struggles. In 2019 at the age of 21, she came out as pansexual, revealing that she doesn't base her love life on gender nor sexual identity.

Thorne said breaking free of the Disney label and sharing her most painful secrets has resulted in a deeper connection with her fans than any of her onscreen work. "People that are real talk about real things. I think that was much more

important than my image. The Disney image was much less important," Thorne added.

She also noted that sharing her poetry with the world has proven to be her greatest accomplishment so far.

"My life has changed in a lot of really amazing ways. Now when fans come up to me, they don't always say, 'I love you from this movie, that movie.' They say, 'Oh my God, I read your book and I connected to it so much because of this terrible time.'"

"They tell me these stories and we connect. We usually both cry a little bit, and we hug.

The book has curated me these beautiful moments in time that I get to fully be in," she said.

Thorne isn't shy when it comes to sharing her provocative side. A quick glimpse at her social media feeds shows she's not afraid to share details about intimacy.

"I feel real -



Bella Thorne

Sarah Harding's autobiography on stands in March

IANIS | Los Angeles

Singer Sarah Harding, who was a member of the now-defunct band Girls Aloud, announced that her autobiography will be on stands in March.

Titled "Hear Me Out", the book draws its name from the title of a song she wrote on the second Girls Aloud album. In the caption of her post, she also wrote



Sarah Harding

about her battle with cancer and the dark phase she encountered during her battle with the disease.

"Hi everyone! I hope you are keeping safe and as well as possible with everything that's going on. I know I'm not really that present on here which I promise I'll try to get a bit better at, as honestly it means the world to me when I come on and see all your well wishes. Thank you for

the love and support, on bad days it helps me so much. So

"I want to show people the real me. Or perhaps remind them. Because, somewhere - amongst the nightclubs, the frocks and hairdos, the big chart hits, and the glamour of being a popstar -- the other Sarah Harding got utterly lost"

SARAH HARDING

here's a little update from me... Mum, the dogs and I had a really lovely but quiet Christmas together, which was different to my usual, but seemed a fitting way to end such a strange year. And since then, in between treatments and hospital visits I've managed to finish my book! I can't believe I've actually gone and done it and it's now at the printers! I'm so excited for it to come out," she wrote.

"I can't rewrite history; all I can do is be honest and wear my heart on my sleeve. It's really the only way I know. I want to show people the real me. Or perhaps remind them," she added.

Kate Winslet thought she died during 'Avatar 2' underwater sequence

IANIS | Los Angeles

Actress Kate Winslet had to shoot a seven-minute underwater sequence for James Cameron's much-hyped upcoming Avatar 2, and she admits the experience almost initially literally scared her to death. She admits she thought she had died while shooting the scene.

"God, it's just wonderful. Your mind completely drifts off. You can't think about anything, you can't make lists in your head, you're just looking at the bubbles underneath

you...My first words when I resurfaced were, 'am I dead?' Yes, I thought I'd died," Winslet said in an interview with Observer Magazine.

The actress plays Ronal in the upcoming film. In fact, her husband Ned Rocknroll helped her learn free diving for the role. "You have to have someone there. Ned trained with me and he got quite good at the breath holding as well. But he did black out," she says.



Kate Winslet

Louise Redknapp regrets not trying to save her marriage

IANIS | London

Singer Louise Redknapp feels she should have worked harder to save her 21-year marriage with her ex-husband, former Liverpool and England football star Jamie Redknapp.

"I should have paused for a minute and thought about other people and had just a bit more time to work out why I felt I couldn't do it anymore. All I know is, I wish I'd tried (to save the marriage?)" Louise said in an interview with You Magazine.

The singer spoke her heart out three years

"I should have paused for a minute and thought about other people and had just a bit more time to work out why I felt I couldn't do it anymore. All I know is, I wish I'd tried (to save the marriage?)"

LOUISE REDKNAPP



Louise Redknapp

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Yesterday's solution

3	8	1	7	4	6	5	9	2
4	9	6	8	5	2	7	3	1
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6	5	9	4	2	7	8	1	3
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7	2	3	5	6	1	9	4	8
9	1	8	2	7	4	3	6	5
5	6	4	3	9	8	1	2	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- Conceal, as a card; 5- Buddy; 10- Galf-length skirt; 14- Et... (and other men); 15- Gal's guy; 16- Work without...; 17- Legal claim; 18- Meat option; 19- Gee whiz!; 20- Breeding stallion; 22- Lofly nest; 23- Big... Calif.; 24- Sprinted; 25- Pals; 29- Any part of the face; 33- Tumults; 34- Green land; 36- On or towards the Mediterranean, for example; 37- Motor City gp.; 38- Finished, terminated; 39- Med. specialty; 40- Let's just leave... that; 42- Empty; 43- Poker Flat chronicler; 45- Scarlet bird; 47- Craftsman; 49- Moving vehicle; 50- City in GA; 51- Swiftless; 54- Equipage; 60- Equal; 61- Complete reversal; 62- Switch back?; 63- Bring home the bacon; 64- Phase; 65- Baseball team; 66- Psyche's love; 67- Yielded; 68- Driving aids;

Down
1- Friends; 2- Settled down; 3- Stead; 4- Inclination; 5- To meet the expense of; 6- Gola of Israel; 7- Troubles; 8- Elation; 9- Feedbag morsel; 10- Purplish red; 11- Are you... out?; 12- Ricky's portrayer; 13- Spillane's... Jury?; 21- Vandals; 22- Battery size; 24- Oboe, e.g.; 25- Edible plant product; 26- Lasso; 27- Herbert Hoover, for one; 28- Spanish Mister; 29- "Band of Gold" singer Payne; 30- Software buyers; 31- Oscar de la...; 32- Devoured; 35- Despot Amin; 38- Flat; 41- Inns; 43- Web address starter; 44- Illness; 46- Wander; 48- Came down; 51- Graf...; 52- Fleshy fruit; 53- Architect Saarinen; 54- Novel ending; 55- Campus area; 56- Hankering; 57- Buffalo's county; 58- Zilch; 59- Some digits; 61- Home of the Trojans;

Yesterday's solution

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