

Lifestyle | Gossip

Mike Johnson thinks Demi Lovato is 'absolutely fantastic'

The 31-year-old TV star - who recently admitted to dating the pop star - has heaped praise on Demi, but also insisted he's not feeling under any "pressure". Speaking to E! News, Mike shared: "I'm just getting to know Demi. I think she's absolutely fantastic and I don't want no pressure on her, no pressure on me, we're just trying to get to know each other. That's all." Asked whether there were any other women in his sights, Mike - who has also sent flirty messages to the brunette beauty via Instagram - added: "No, it's just Demi. That's the only person I'm talking to." Demi has had a tough few months, but she recently admitted she was "sober and grateful to be alive" following her previous overdose. She wrote on Twitter: "If I feel like the world needs to know something, I will tell them

MYSELF. Otherwise people stop writing about my recovery, because it's no one's business but mine. I am sober and grateful to be alive and taking care of ME. Someday I'll tell the world what exactly happened, why it happened and what my life is like today ... but until I'm ready to share that with people please stop prying and making up stuff that you know nothing about. I still need space and time to heal. "I would love to set the record straight on all the rumors out there but I literally don't owe anyone anything so I'm not going to. All my fans need to know is I'm working hard on myself, I'm happy and clean and I'm SO grateful for their support. I'm so blessed I get to take this time to be with family, relax, work on my mind, body and soul and come back when I'm ready."



MILEY CYRUS AND KAITLYNN CARTER HAVE SPLIT

The 26-year-old pop star and Kaitlynn, 31, have decided to go their separate ways after less than two months of dating, although the high-profile duo intend to remain friends. An insider told PEOPLE: "Miley and Kaitlynn broke up. They're still friends." Miley started dating Kaitlynn following her much-discussed split from movie star Liam Hemsworth. And although her relationship with Kaitlynn has ended in abrupt fashion, she intends to remain on good terms with the blonde beauty. The source added: "They've been friends forever and were there for each other when they were both getting separated, but they're just not in a romantic relationship anymore." Meanwhile, Miley previously denied rumours she cheated on Liam prior to their split. The chart-topping singer confessed to making numerous mistakes during her young years, but insisted she was committed to trying to make their marriage work. She explained: "I can accept that the life I've chosen means I must live completely open and transparent with my fans who I love, and the public, 100% of the time. What I cannot accept is being told I'm lying to cover up a crime I haven't committed. I have nothing to hide. "It is no secret that I was into partying in my teens and early 20s. I have not only smoked, but advocated for weed, I've experimented with drugs, my biggest song to date is about dancing on molly and snorting lines in the bathroom. I lost a massive Walmart deal at 17 for ripping a bong. I swung on a wrecking ball naked. But the truth is, once Liam & I reconciled, I meant it, & I was committed. There are NO secrets to uncover here. I've learned from every experience in my life. I'm not perfect, I don't want to be, it's boring. I've grown up in front of you, but the bottom line is, I HAVE GROWN UP."



Kate Beckinsale takes her own Food to work

The 'Farming' actress is very "self-sufficient" and has learned it's easier to bring her own meals onto set than risk an allergic reaction from the catering provided. She said: "I'm incredibly self-sufficient and I always bring my own food. "I'm allergic to enough things that it's pointless for me to try the curry. "I have to just make sure I have protein every few hours or I'll keel over." The 46-year-old actress may sometimes have exhausting moments on set but she refuses to take a nap in her downtime in case she falls victim to a prank. She told Total Film magazine: "First of all, I would never, ever - I've thought about this - I would never fall asleep in front of other people. That's very risky. "You could wake up with no eyebrows or a moustache or a sanitary towel stuck to your head. "But when it's very early mornings... Sometimes when you're working at 3 in the morning, I don't care so much about eating but I really need to sleep." And as a result of her pledge, Kate found herself "hallucinating" on one of her early movie experiences because she spent so long filming. Asked the longest day she's had on set, she said: "24 hours. We were doing a French film. "It was very low budget, and I was about 19. I think I probably started hallucinating. "You really get quite giddy after 24 hours. It was very low budget and we were shooting in Paris in locations they hadn't paid for. "I think we were in the Gare du Nord, but completely illegally. We had to wait until nobody was looking."



Olly Murs is reportedly dating a city high-flier

The 35-year-old singer is said to be planning a romantic holiday with Amelia Tank - who works in the finance industry and moonlights as a body-builder - after they exchanged flirty messages on Instagram over the summer. A source told The Sun on Sunday newspaper: "Amelia's Instagram feed caught his eye and they started swapping flirty messages. "They met up at an Essex gym in July and the chemistry was instant. "Olly thought Amelia was gorgeous, and she was very impressed by him too. They agreed to a date and since then the romance has been going well. "They wanted to keep things quiet at first but three months down the line they are more relaxed about people knowing they are together. "They went for a low-key date at a pub recently and were spotted getting quite cosy there." Olly - who has upped his workout regime over recent months - has apparently invited his new girlfriend to some auditions of 'The Voice' next month. The insider shared: "Olly has told Amelia he'd like her to come along to support him. "At the end of the month they are planning a sunshine break. It is early stages but he seems really smitten." Meanwhile, Amelia previously admitted that her love of fitness had undermined her social life. She said: "My social life is at an all-time low while training. "Most nights I get into bed at 8.30pm to allow my muscles to grow and have enough energy for early starts before work. "It has been really tough not going out with friends. Every year my family hosts an Easter party. The first comp was two weeks before but I knew I'd be surrounded by food and prosecco."

Reese Witherspoon 'likes' her wrinkles

The 43-year-old actress - who has Ava, 20, and Deacon, 15, with ex-husband Ryan Phillippe and Tennessee, six, with spouse Jim Toth - enjoys seeing the signs of herself ageing on screen because she knows she has "worked hard" throughout her life. She said "One of the things that struck me about 'Big Little Lies' was how I saw my own life reflected in each of the characters because I was a divorced woman, I'd been a single mother, a married mother, and I had another child in a second marriage." "When I saw the first version of it in the editing room, I immediately noticed the little lines on my face and said to myself, 'I like them, I got them one by one... I worked hard to get these wrinkles. "Now I can play women who have lived more and gone through a lot of changes, not simply because I'm in my 40s but because I've gone through that kind of evolution myself." And Reese believes the 40s are the "best years" for women because they are more confident but also going through "great personal growth". She told Closer magazine: "I think the 40s are the best years for women. "You have a much clearer idea of who you are and you know exactly what you want. "So you surround yourself with the best people, you have a much better idea of what you want in a relationship and you're much bolder and less afraid. "It's a time of great personal growth where you have much greater self-awareness." The 'Cruel Intentions' star - who set up her production company, Hello Sunshine, five years ago - is thankful for the support of her husband. She said: "I've had a lot of encouragement from him. "He told me not to back down when it comes to asserting myself and fighting to get a project made. "For years he's been telling me I would make a good producer. And I finally did it!"



Harry Styles gave Liam Gallagher £3,000 worth of fish

The 25-year-old singer and Liam, 47, are good pals, and as a mark of his affection, Harry treated the former Oasis frontman to more seabass than he could dream of. Liam shared: "I was in the studio with Harry ... I love that geezer. "I was telling him about when I was in Marks & Spencer and I was getting seabass for a week. "This little old lady was in there and she was looking at all the seabass. She was about 90. She was taking all the fish. I couldn't have that..." At the time, Liam thought that Harry had been largely ignoring his story, joking that he was "just looking at his painted fingernails". But, as it transpired, Harry was paying very close attention to the tale. Speaking to the Daily Mirror newspaper, Liam added: "Anyway, two days later a big bag of seabass comes to my studio, the door goes, ding dong, and it's three grands worth of seabass. "It's from Panzer's Deli in St John's Wood. It's top fish. He's gone and got it and hand-delivered it. We weren't in the studio when he did it, so we got it sent over to the house. "I love that man but it was too much for our fridge, so I gave it to my brother Paul." By contrast, Liam recently slammed his older brother Noel, calling his former Oasis bandmate "an insecure little idiot".



Kim Kardashian has got two new puppies

The 'Keeping Up With the Kardashians' star already has a tanned teacup pomeranian called Sushi, which she bought for her daughter North's fourth birthday two years ago, and has decided to add two other pet pooches - one white female and one black male - to her clan but she's struggling to name them. Taking to her Instagram account, the brunette beauty uploaded a photograph of her cuddling her new furry friends and wrote: "Meet our new babies! We just need names! North came up with names that go with our other Pomeranian Sushi. She wants white baby girl to be named Saki and the black baby boy either Soba (Noodle) or Soy Sauce. Please comment below any ideas you have!!!! (sic)." The 38-year-old reality TV star's decision to add two new fluff balls to her home will no doubt come as a surprise to fans as she really struggled to train Sushi when she first got her and ended up calling in celebrity trainer Cesar Millan - who is known as 'The Dog Whisperer' - to help her as her barking was driving her mad. In scenes from the an episode of 'Keeping Up With the Kardashians' back in 2017, Kim told Cesar: "For my sanity, all I wanted was a really calm dog." The renowned animal trainer - who has helped celebrity clients including Jada Pinkett Smith and the late 'Playboy' tycoon Hugh Hefner - watched Kim and North playing with Sushi and quickly spotted the mistakes they were making. Cesar told Kim that Sushi's bad behavior was down to lack of structure and he offered her some guidance to help get the pup on the straight and narrow. Kim said at the time: "It's really exciting to know that Sushi's issues are fixable, and she's just a part of the family now, so we gotta work on it." — Bangshowbiz

