MEL SPICES UP PARTY NIGHTS



MELANIE C likes to sneak into other people's karaoke booths and sing Spice Girls songs.

The singer once gate-crashed a party with former bandmate Emma Bunton.

Mel, 48, said: "I had a birthday one year, so I got a big gang of girls together including Emma, my sister and lots of friends.

"We went to a karaoke bar. For Emma and I, it's a bit dangerous... we do like to go into other people's booths and sing Spice Girls songs.

"Can you imagine, a couple of quite drunk Spice Girls turning up and singing Wannabe?

"I'd love to see the CCTV footage."

Marathon sex switch

RUNNERS applying for next year's London Marathon can identify themselves as non-binary for the first time.

Event director Hugh Brasher said: "This is a significant step forward."

AI 'may kill off humans'

ARTIFICIAL intelligence may make humans extinct by outcompeting us.

Google AI researchers say it could view humans as "potential threats" and "use all available energy" to get what it wants.

DAILY STAR SHOP

MAGIC BULLET KITCHEN EXPRESS

ONLY £69.99 +£3.99 P&P

NEW! FROM THE MAKERS OF THE WORLD FAMOUS NUTRIBULLET



Video Available Online

- **The all-in-one time saving device:** Magic Bullet Kitchen Express is the all-in-one device designed to save you time in the kitchen. This compact multitasker combines the compact blending power of the original Magic Bullet with the versatility of a food processor.
- **Blend, chop, mix, slice, shred and more:** the 250-Watt motor base comes complete with 2 compatible attachments - a 830ml work bowl ideal for preparing virtually any ingredient for virtually any meal and 2 Tall Cups perfect for your favourite smoothies.
- **Slice** everything for a fresh salad, potatoes for home-made oven cooked crisps or even all the trimmings for the perfect burger.
- **Shred** carrots for salads, courgette for a low-carb spaghetti alternative or even cabbage for homemade coleslaw.
- **Chop** garlic, onions and vegetables for all kinds of cooking or make a fresh chunky salsa without the mess.
- **Whip** up homemade baby food, creamy soups, or homemade houmous in seconds. **Blend** silky smooth nutritious smoothies and protein shakes. And with the handy To-Go Lid you can take your drink wherever you go.
- **Grind** coffee beans a deliciously fresh brew.
- **Sleek & Compact:** Designed for everyday use, the Magic Bullet Kitchen Express is compact and counter-top friendly.
- **NutriBullet quality you know and trust:** Just like the NutriBullet, the blades are made from stainless steel and the bowl and cups are made from durable, BPA-free plastic.
- **Hassle-free cleaning:** Everything except for the power base goes right in your dishwasher for easy clean up.
- **The complete Magic Bullet Kitchen Express system:** you get everything you need to prepare delicious meals and smoothies in seconds. The 250W Motor Base, 830ml Work Bowl with Feed Chute, Food Pusher, Stacked Chopping Blade, Reversible Slice/Shred Disc, Cross Blade, 2 Tall Cups, To-Go Lid and the User Guide.

To order Call us on 0871 664 3474*

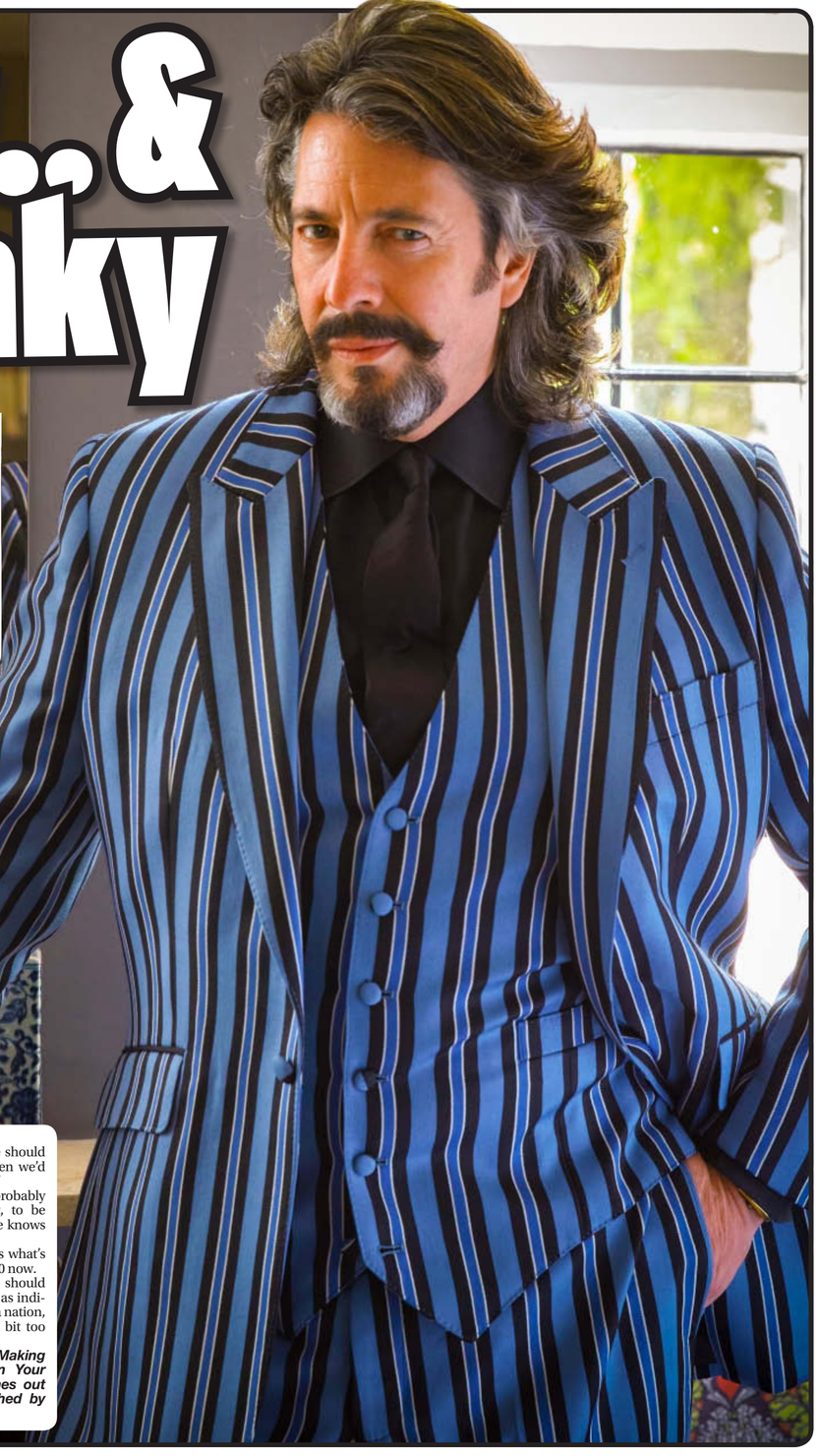
www.shop.dailystar.co.uk/MBkitchenexpress QUOTE ROST1430

HIGH STREET TV, READER OFFER ROST1430, PO BOX 769, HARROGATE HG1 9QY

If you prefer to receive information and offers from organisations carefully selected by the Daily Star, please tick here []. To see how your data is processed please refer to Reach ÂÂs Privacy Policy: https://www.shop.dailystar.com/privacy. This offer is provided by High Street TV (Group) Limited (company number 6577510) Central House, Beckwith Knowle, Otley Road, Harrogate, North Yorkshire, HG3 1UF. Offer subject to availability. For queries on refunds please contact High Street TV. Calls cost 12p per minute from a BT landline plus network extras. Calls from other networks and mobiles may cost more. Please see High Street TV ÂÂs Terms and Conditions for further details (https://www.highstreettv.com/terms-and-conditions). Offer ends 30/09/2022.

CHANGING ROOMS' LAURENCE LLEWELYN-BOWEN FEELS PACE

I am 57 now.., & getting creaky



EXCLUSIVE
■ by NADINE LINGE

LAURENCE Llewelyn-Bowen has revealed he's no longer in touch with his original Changing Rooms co-stars.

And the flamboyant interior designer reckons it's good Channel 4 didn't bring back the likes of Carol Smillie and Linda Barker for the reboot, in case it became a decorating version of The Golden Girls.

The revived show's second run ended last night and featured Laurence alongside fresh faces including interior designers Micaela Sharp and Whinnie Williams.

And he says: "I'm not really in touch with the people from the original series. Carol and Linda left the original series, so there were points where I was doing it more or less on my own anyway.

"The idea of them coming back for the reboot – you're going to have everybody in their late 50s.

"You've got to have new people, young people, or else it's The Golden Girls of MDF."

Laurence, who releases new book More More More today, admits it's been harder rocking his signature leather trousers this time around.

He says: "I'm bit creaky. The last time I did it I was 37, I'm now 57.

"The leather trousers are certainly a lot bigger than they were back then.

"I often feel as if I'm haunting the show. I feel like Rentaghost, still wandering around in my leather trousers and my frock coat."

So will he still be sporting those leather trews when he turns 60?

"I think as long as there's enough room for incontinence pants I'll be fine," he says.

Despite being a self-confessed "boomer" LLB is a fan of "woke", adding: "The problem with boomers is we were brought up with the belief we had to be allowed to say whatever we want. I'm not sure that's right if it upsets people.

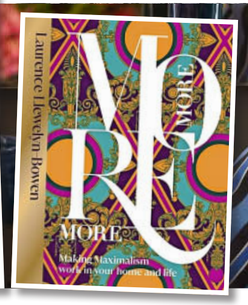
"Free speech is great but it shouldn't be at the expense of other people.

"Yes, I would also say we're probably overcompensating a little bit, but sometimes you need to do that to get things back on track.

"I'm a lot more enthusiastic for the future and I think woke is a part of that. But I also feel we will get to the stage where woke just becomes integrated into the way we do things."



LEATHER BACK: In 1998. Above, with original Changing Rooms team. Right, book





TO MAX: Johnsons

His new book is all about the joys of "maximalism" – decorating your home with bold colours and patterns, filling it with all your favourite objects and making a room reflect your personality.

Laurence says: "It is a total celebration of the fact we've all now decided to do things we want rather than have spaces that are all about their real estate value or whether Mrs Hinch would approve of the way you clean it. Everyone got bullied by estate agents and Phil and Kirstied into painting everything beige.

"The world has never felt colder or scarier – we have everything going wrong.

"The last thing we want is to have everything going wrong in a minimalist 'greige' (grey and beige) dining room."

Former Prime Minister Bozo Johnson and his wife proved they were fans of maximalism after a controversial Downing Street revamp that featured rolls of £840 gold wallpaper.

But Laurence says: "Boris and Carrie got it so wrong because that whole maximalist makeover they had, we should have all seen it and then we'd have been fine about it."

He adds: "He's probably quite a difficult client, to be honest. I don't think he knows his own mind.

"But goodness knows what's going to happen to No10 now.

"Our Prime Minister should find a way of making it as individualistic as we are as a nation, but it might be a little bit too distracting for her."

● ***More More More: Making Maximalism Work In Your Home And Life comes out today and is published by DK at £20.***