



Chris Hemsworth recalls ‘out of body experience’ as he played drums at Ed Sheeran gig

Bang showbiz | Los Angeles

Chris Hemsworth had an “out of body experience” as he performed with Ed Sheeran.

The Thor actor joined the Bad Habits hitmaker on stage at a concert in Bucharest, Romania in front of 70,000 fans after learning to play the drums for his National Geographic series Limitless: Live Better Now and recalled how he felt as if he was “floating”

Chris Hemsworth

during the gig.

Speaking at a Q+A for the show, Chris said: “(It was) very much a kind of out of body experience and there’s something about being in unison and in time with, not just a band, but a mass group of people.

“And I imagine it was sort of like a universal prayer or whatever, where people get together, and this sort of intention to point towards something positive in the same direction that there would be some interconnected experience.

“And that’s what it felt like. I felt like it was kind of beyond me

at that point. I was just floating along for the ride.”

Hemsworth admits that it was challenging to come up with ideas for the new series after he had been “killed emotionally and physically” by the initial programme Limitless with Chris Hemsworth in 2022.

The 41-year-old star said: “The first series almost killed me, emotionally and physically. That was by design.

“We discussed, what, if we’re going to do a second season, what could we tackle? What new science is there? What could we

expand upon.”

Chris discovered during the making of Limitless that he was considerably more likely to suffer from Alzheimer’s disease because of his genetics but he is prepared to “embrace death” as he doesn’t think it can be cheated.

The Rush star told the BBC: “Suffering comes from denial of our inevitably of death - we all have an expiration death.

“If you were told you had 200 years guaranteed you’d become more complacent and reckless. The idea that life can be taken away at any second is a beautiful reminder to appreciate every moment.”

Hemsworth hopes that he can educate others about Alzheimer’s after learning that he is at significant risk of the disease - which robs sufferers of their memories.

He said: “That warning sign was further motivation to take care of myself.

“It also felt like a great opportunity to offer up education and a better understanding for people navigating it as Alzheimer’s is something a lot of people face.”

Rita Ora ‘records song for Love Is Blind UK

Bang showbiz | Los Angeles

Rita Ora has recorded a new song for Love Is Blind UK.

The 34-year-old pop star has recorded a new track called Joy, which will feature in the second series of the hit Netflix show.

A source told The Sun newspaper’s Bizarre column: “It’s no secret that Rita loves love so she jumped at the chance to record a track for Love Is Blind UK.”

Joy won’t feature on Rita’s new album, but she jumped at the chance to contribute to Love Is Blind UK.

The insider continued: “Joy is very much a mini side-project rather than being part of the new album.

“The song will be used on the show and be available to stream but there are no plans for a video or to send it to radio.”

Meanwhile, Rita recently revealed that she wants to “celebrate [her] sexuality” through her new music.

The pop star released her single Heat in June, and Rita suggested that it was a taste of things to come.

The chart-topping singer told People: “The whole theme of this record is re-

ally about being instant [and] really direct with my messaging and stripping everything back behind me, production wise.”

Heat was co-written by Troye Sivan, and Rita admits that she has “a lot in common” with the music star.

The singer - who is married to Hollywood film director Taika Waititi - shared: “I love his sexuality and the celebration he has with that.

“I was really inspired for me and my womanhood to really kind of celebrate my sexuality, my sexiness and get back into my body, you know? And this really just embodied that.”



Rita Ora

Lady Gaga leads nominations for 2025 MTV Video Music Awards

Bang showbiz | Los Angeles

Lady Gaga leads the nominations for the 2025 MTV Video Music Awards (VMAs), scoring an impressive 12 nods.

It marks the third time the pop idol has topped the nominations list - a feat no other artist has matched in VMA history.

Gaga’s strong showing is followed closely by Bruno Mars, who earned 11 nominations, and Kendrick Lamar with 10.

Pop favourites Rosé and Sabrina Carpenter are not far behind, each collecting eight nominations, including in major categories like Best Pop and Artist of the Year. They’re joined by Ariana Grande and The Weeknd, who both picked up seven nods.

Elsewhere, Billie Eilish earned six nominations, while Charli XCX is up for five, including Best Collaboration and Video of the Year.

A number of major artists landed four nominations apiece, including

Bad Bunny, Doechii, Ed Sheeran, Jelly Roll, Miley Cyrus and Tate McRae.

There are two new categories this year for Best Country and Best Pop Artist.

Artist of the Year will be a battle between Bad Bunny, Beyoncé, Lamar, Gaga, Morgan Wallen, Taylor Swift and The Weeknd. Up for Best New Artist are Alex Warren, Ella Langley, Gigi Perez, Lola Young, Sombr and The Marias.

Bad Bunny (Debí Tirar Más Fotos), Kendrick Lamar (GNX), Lady Gaga (Mayhem), Morgan Wallen (I’m the Problem), Sabrina Carpenter (Short n’ Sweet), and The Weeknd (Hurry Up Tomorrow) will contend for Best Album.

The winners will be announced during a star-studded bash on Sunday, September 7, at the UBS Arena in New York City. For the

first time, CBS will simulcast the awards live alongside MTV, while Paramount+ will also stream the show for viewers around the world.



Lady Gaga

Tom Holland doesn’t want to be overworked as an actor

Bang showbiz | Los Angeles

Tom Holland is wary about “overworking”.

The 29-year-old actor has a busy year in store in 2026 with movies The Odyssey and Spider-Man: Brand New Day both scheduled for release and he has suggested that he will “take a bit more time off” the following year as he looks to manage his workload.

Tom told GQ magazine: “I feel really blessed to be at a point in my career where I can take time off,

reset, and come back ready to go.

“You can’t be in every movie, and you can’t do your best work when you’re burnt out.

“What I’ve learnt is that it’s important to set boundaries - to be mindful about overworking. I’ve got a slightly busy year next year, and then I’ll probably take a bit more time off in 2027. We’ll see.”

Holland has been tipped as a potential replacement for Daniel Craig as James Bond and admits that playing 007 would represent

the “pinnacle” of his career.

He said in conversation with celebrity chef Gordon Ramsay: “Dude, I mean every young British actor, it’s the pinnacle of working in our industry.

“I already consider myself to be the luckiest kid alive you know, I could not have dreamed to have the career that I have.”



Tom Holland

SUDOKU

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

Yesterday's solution

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

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

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
15												
16												
17												
18												
19												
20												
21												
22												
23												
24												
25												
26												
27												
28												
29												
30												
31												
32												
33												
34												
35												
36												
37												
38												
39												
40												
41												
42												
43												
44												
45												
46												
47												
48												
49												
50												
51												
52												
53												
54												
55												
56												
57												
58												
59												
60												

Across

1- Not as much; 5- Madame de ...; 10- Professional charges; 14- Pearl Harbor's island; 15- Stressed; 16- Norway's capital; 17- Gator's cousin; 18- As ... resort; 19- Pre-owned; 20- Performed surgery; 22- People of courage; 24- Bullring cheer; 25- Damon of "Good Will Hunting"; 26- Entertained; 29- Bow and arrow skill; 33- Gift recipient; 34- Vocalize melodically; 36- Future flounder; 37- Old Ford; 38- Ahead of time; 39- This ... test...; 40- Debtor's letters; 41- Comply; 42- His and her; 44- Respire; 47- Selected; 48- Hideout; 49- For ... a jolly...; 50- Not up; 53- The Mona Lisa or Guernica; 58- Lustful look; 59- Sacred song; 61- Earth Day sub.; 62- Nipple; 63- Band together; 64- Use a surgical beam; 65- PC programs; 66- Goes it alone; 67- Dagger;

Down

1- Nuts; 2- Wyatt of the West; 3- Foot covering; 4- Sugar; 5- Declared; 6- Prefix with conference; 7- Collections of anecdotes; 8- Curvy letter; 9- Sopor; 10- Next after the third; 11- Canadian gas brand; 12- Robt. ...; 13- Lays the lawn down; 21- Nautically sheltered; 23- And so on; Abbr.; 25- Virile; 26- Go off-script; 27- Engine; 28- Unwarranted; 30- Great Lakes tribesmen; 31- Comic O'Donnell; 32- Pine; 34- Cavalry sword; 35- Anger; 38- Extinct small horse; 42- At that point; 43- Lodginghouses; 45- Warns; 46- ... kwon do; 47- Rings bells; 50- Neighbor of Sask.; 51- Leak slowly; 52- Jump; 53- Bucket; 54- Choir voice; 55- Volunteer's words; 56- It runs in the cold; 57- Merriment; 60- ... Cat;