



Dwayne Johnson ‘ripped open’ past trauma to play Mark Kerr

Bang showbiz | Los Angeles

Dwayne “The Rock” Johnson “ripped open” trauma from his past to play MMA star Mark Kerr.

The wrestler-turned-movie star has revealed he had to “tap into” painful memories to portray the troubled athlete in new sports drama The Smashing Machine and he found the experience both

Dwayne Johnson

“scary” and “freeing”.

Johnson, 53, told Vanity Fair magazine: “You have to be willing to tap into all the stuff that you’ve gone through, and this was stuff that I had not explored on camera or otherwise.

“I’m not a big therapy person, even though I’m an advocate for whatever it is you need. I found it so scary, but also, so nourishing and freeing. I ripped it open.”

The Smashing Machine tells the story of Kerr’s rise to fame and his battle with substance abuse, and Johnson - who got

to know Kerr during his time as a wrestler - admits the story resonated with him.

He told the publication: “I lost a lot of my friends to addiction and to suicide - in the late ’90s, early-to-mid 2000s, there were a lot of untimely, very early deaths.”

Johnson added of the nerves he felt taking on the role: “It was very real. I had not experienced that in a very, very, very long time, where I was really scared and thinking, I don’t know if I can do this. Can I do this?”

“I realized that maybe these opportunities weren’t coming my way because I was too scared to explore this stuff.”

The Smashing Machine is due for release in October.

It comes after Johnson previously opened up about his tactic for dealing with “screwy or wobbly” moments in life, insisting he tries to focus on the positive.

He told ‘Extra’: “I think, trying to find joy around every corner, even if things are a little

screwy or wobbly, maybe in real life.

“So, I’ve had a tendency over the years to not sweep it under the carpet but just, I know funky s*** is going on and I’m dealing with it, but let me try and find a place over here where I can be happy or smile or try and access some happy and joy.

“I find myself doing that. It helps me deal with the not-joyous stuff.”



Jenna Ortega

Jenna Ortega: Beauty is the way you’re choosing to represent yourself

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Jenna Ortega’s beauty routine reflects how she wants to “represent” herself.

The 22-year-old actress - who is best known for playing Wednesday Addams in Wednesday, the hit Netflix series - has explained how beauty tips and tricks are important to her on-screen characters.

Asked how she uses beauty to get into character, Jenna told Who What Wear: “Beauty is the way that you’re choosing to represent yourself. It’s a pretty important piece of the puzzle.

“Often with characters, it’s one of my favorite parts of the job, speaking with the hair and makeup artist and establishing what the look is going to be, because it’s the character getting herself ready every day.

“It’s very interesting and insightful to know what is important to them and what they want to be seen as, so often, when I get ready for these characters, I play around with the makeup myself, and then we go from there, just so I have the experience of putting it on and figuring out what’s natural to me.

“But it also kind of naturally lends itself, sometimes, if you don’t know who the character is fully, and you try something on, they’ll tell you what they want or they don’t want. For example, [when playing] Wednesday Addams, it was very clear when something wasn’t pale enough or dark enough or grey enough; it’s very intuitive. When the makeup is wrong, it’s hard to do a scene because you feel silly.”

Jenna has become one of the most photographed women in the world in recent years, and the actress actually hates being seen on a bad hair day.

The movie star also revealed that she needs “messy bits and pieces” as part of her hairstyle.

Asked how she deals with a bad hair day, Jenna replied: “I think you hide.

“A bad hair day really messes you up. Maybe wash your hair again, or I guess, if I have to go out, I’m wearing a hat. I don’t like the way my hair looks slicked back. I need messy bits and pieces, and if it’s not going to listen, then you will not hear from me.”

Vanessa Hudgens: I’ve learned to slow down and enjoy the moment

Bang showbiz | Los Angeles

Vanessa Hudgens has learned that “time is a really precious thing” since becoming a mom.

The 36-year-old actress and her husband Cole Tucker welcomed their son - whose name has not been revealed - 13 months ago, and Vanessa admits that motherhood has transformed her life.

She told E! News: “Balance? I don’t know her.

“Life is crazy and time is a really precious thing. I am a person of extremes - I’m all in doing one thing

or another. So I guess that’s balance, if you call extremes balance.”

Vanessa - who is currently pregnant with her second child - has learned to “slow down and enjoy the moment” since welcoming her baby boy.

The brunette beauty - who has been married to Cole since 2023 - shared: “It’s so easy to focus on things in the future. Say, ‘I’ll be happy when,’ or, ‘Things will be easier when.’ But that’s not what’s important. What’s important is the moment that is in front of you.”

Vanessa previously revealed how

motherhood has influenced her sense of style.

The actress admits that her life has become “chaotic and hectic” since she became a mom, and Vanessa now prefers to “keep things cosy”.

She told E! News: “I’m such a comfy girl.

“It’s so funny because I used to be so about dressing up and themes every moment I could get. The older that I get, the more practical I get.

Vanessa Hudgens

Channing Tatum ‘feels like the radio contest winner’

Bang showbiz | Los Angeles

Channing Tatum has felt like “the radio contest winner” in Hollywood.

The 45-year-old actor is one of the biggest names in the movie business - but Channing has always struggled with his self-belief.

The actor - who worked as a stripper and as a model before finding success in the film industry - told Variety: “Anytime I see myself on the screen, it doesn’t feel like a real movie. I see everybody giving these incredible performances, and I don’t believe myself.”

Channing confessed to being surprised by his success in the movie business.

He said: “I always felt like the radio contest winner.

“I got called in at the right time, and I got the tickets backstage, and no one told me to leave. And once you let all that go, then you can really start.”

Channing thinks his acting has actually benefited from the ups and downs he’s been through in his personal life.

The movie star - who was married to actress Jenna Dewan between 2009 and 2019 - explained: “I’ve lived six or seven different lives.

“Life gives you fuel. If you’ve really been heartbroken, and really been



Channing Tatum

SUDOKU

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

Yesterday's solution

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

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	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78
79	80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100	101	102	103	104
105	106	107	108	109	110	111	112	113	114	115	116	117
118	119	120	121	122	123	124	125	126	127	128	129	130

Across

1- Rent...; 5- Watery hole; 10- Type of D.A.; 14- Ear part; 15- Machine for lifting heavy loads; 16- Shakespearean king; 17- Make beer; 18- Name; 19- Capri, for one; 20- Book of maps; 22- Most strange; 24- Quantity of paper; 27- High schooler; 28- Blind alley; 32- Pulitzer category; 35- Org. that banned DDT; 36- Nabisco's...Wafers; 38- Chopin piece; 40- Exon predecessor; 42- Secret supply; 44- Clapton of rock; 45- Fortune tellers; 47- Take...at (try); 49- Latin lover's word; 50- Attempts; 52- Never converging or diverging; 54- Slaughter of baseball; 56- Depend; 57- Escort; 60- Goodnight girl of song; 64- Spellbound; 65- Twangy, as a voice; 68- Angers; 69- Take...Train; 70- Hang with cloth; 71- Hissy fit; 72- Business letter abbr.; 73- Perfect Sleeper maker; 74- Prefix with conference;

Down

1- Jessica of "Dark Angel"; 2- Bud of "Harold and Maude"; 3- Cain's victim; 4- Recompense for hardship; 5- Fall mo.; 6- Mr. Onassis, to friends; 7- Fill to the gills; 8- Small bay; 9- Hit the roof; 10- Make hostile; 11- Cong. meeting; 12- Preservative; 13- Uno + due; 21- Observed; 23- Able was...; 25- Sale condition; 26- Island near Sicily; 28- So-so grades; 29- Unexpected victory; 30- Coherent light beam; 31- Necklace fastener; 33- Wall painting; 34- Stop on...; 37- Is Born; 39- Environmental sci.; 41- Eastern; 43- Fabled runner-up; 46- Transport, mail; 48- Indonesian resort island; 51- Noises; 53- Ancient musician; 55- Frighten; 57- "All the Way" lyricist Sammy; 58- Crude cartel; 59- Russian ruler; 61- Fish-eating eagle; 62- Singer Young; 63- Ferrara family; 64- AAA suggestion; 66- Liable; 67- Open field;

Yesterday's solution

N	A	T	O	A	S	A	P	B	A	R	A	
E	L	E	V	S	A	M	O	A	E	G	A	
V	O	L	E	S	L	E	D	S	A	E	R	O
A	G	E	R	I	E	N	H	A	R	D	E	N
S	A	S	S	E	T	C	H					
S	C	E	N	T	N	U	R	T	U	R	E	S
A	L	I	E	N	T	O	R	A	G	O	E	S
M	I	T	A	N	N	O	Y					
I	D	E	A	R	O	O	S	R	E	G	I	S
D	E	S	S	E	R	T	S	T	E	P	E	E
A	L	E	F	I	O	O	I					
D	E	B	R	I	S	S	S	S	E	R	A	
E	S	A	U	T	R	E	E	S	O	L	E	S
E	A	R	L	S	T	A	R	E	D	A	N	A
R	I	S	E	E	T	E	S	E	L	A	N	