

celebs

Salma Hayek reveals secret to looking so youthful

Celebretainment | Los Angeles

Salma Hayek has revealed "meditation" is the secret to looking so youthful. The 57-year-old star left fans stunned earlier this month with a series of stunning bikini snaps to mark her birthday, and now she has opened up on how she avoids being bothered by growing old. She told 'Entertainment Tonight': "I really believe it is. People say it's exercising. I think it's meditation. "You have to find your way. For me, exercising is hard... It's really, really difficult to have the discipline to do it. "But meditation is a walk in the park, because it's my own form of it. You sit in a moment with yourself, that's already meditation. But do I do it every day." Salma also reflected on her friendship with Angelina Jolie - who she starred opposite in 2021 Marvel blockbuster 'The Eternals' - noting that their bond "keeps growing". Asked what she loves most about her pal, she added: "Everything. She's been very enriching in my life, in so many ways - as mothers, you know. Most of all, as artists." Over the summer, Salma delve into her "strange meditation" process, insisting she doesn't "feel the time" when she's in the zone. During an appearance on

Kelly Ripa's 'Let's Talk Off Camera' podcast, she explained: "I know what it is. Because of a lot of things in my body and health issues, somehow I developed this strange meditation that I keep evolving. I can do it for hours because I don't feel the time. It's so much fun. "It's actually feeling the energy. It moves and it dances inside of you, different feelings and sensations." The Hollywood star actually notices a change in her appearance she doesn't meditate.

Salma Hayek



Britney Spears deletes Instagram again

Celebretainment | Los Angeles

Britney Spears has deleted her Instagram account again. The 'Toxic' singer - who briefly left the platform in January - has been a prolific user of the platform since her conservatorship ended almost two years ago, but after posting to seemingly criticize fans for approaching her in public, she took down the post and then later deactivated her account entirely. Sharing a photo of herself in her underwear, the 41-year-old star's last post had read: "When people say everywhere I go ... 'we missed you we missed you' I'm like so enthralled that I'm so relatable you can speak to me when when you're not spoken to ... because I CARE [middle finger emoji]," she wrote. "I mean ... should I not let you guys miss saying hi and disturb the peace [peace sign emoji] ???(sic)" Britney - who split from husband Sam Asghari last month - previously blasted fans and said she felt "gaslit and bullied" when police were called to carry out a welfare check when she deactivated her Instagram account earlier this year. She said in a statement shared on Twitter: "As everyone knows, the police were called to my home based on some prank phone calls. "I love and adore my fans but this time things went a little too far and my privacy was invaded. "The police never entered my home and when they came to my fate they quickly realised there was no issue and left immediately. "This felt like I was being gaslit and bullied once the incident made it to the news and being portrayed once again in a poor and unfair light by the media. "During this time in my life, I truly hope the public and my fans who I care so much about can respect my privacy moving forward. All the love, B." Britney Spears

Britney Spears



Jared Leto kicked being 'professional' drug abuser thanks to 'moment of clarity'

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Jared Leto overcame his time as a "professional" drug abuser thanks to a "moment of clarity". The 'Requiem for a Dream' actor and Thirty Seconds to Mars frontman, 51, said he was exposed to illegal substances from a young age which made him "always in-

terested" in drugs. He told Apple's 'The Zane Lowe Show' about how his time experimenting with them grew into a frightening habit: "I grew up in an environment where there were drugs around. I mean, I knew what the smell of weed is, as a very, very young kid. "I remember walking by some

trees, like bushes or something as a young kid, very young kid, maybe, I don't know, fourth grade or something, and saying to the other kids, 'Oh, someone's smoking pot there.' "They're like, 'What do you mean? What's pot?' They didn't know what that certain spice was. But for us it was pretty normal.

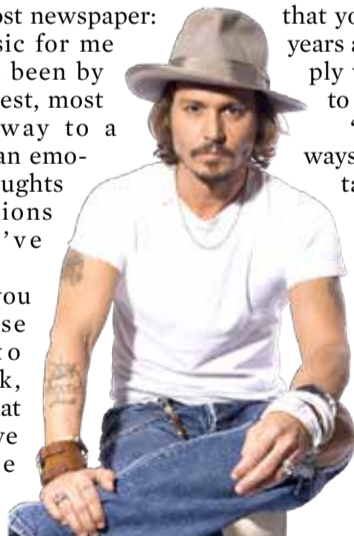


Johnny Depp reveals music is his most healing outlet

Celebretainment | Los Angeles

Johnny Depp has always found refuge in music. The 'Edward Scissorhands' actor has been on tour with his Hollywood Vampires supergroup - alongside bandmates Alice Cooper, Joe Perry and Tommy Henriksen - since he won his defamation case against ex-wife Amber Heard, 37, in 2022, and has now revealed playing guitar and singing has always been his fastest way to connect with his emotions. He told the South China

Morning Post newspaper: "Well, music for me has always been by far the fastest, most effective way to a feeling, to an emotion, to thoughts and situations that you've lived. "And if you apply those things to your work, you know that you can live inside the moment



that you experienced 30 years ago, or you can apply various memories to things. "So music has always been super important, it was always somehow connected with that lonely blues guitar. The beauty of it for me, was that it was automatically rock 'n' roll, but at the same time, it's Bach. It's Mozart as well."

Nicolas Cage says it's 'always' 'good' when his late father August Coppola, appears in his dreams

Celebretainment | Los Angeles

Nicolas Cage says its "always a good thing" it his late dad August Coppola "shows up" in his dreams. The 'Moonstruck' star admitted he likes it when his father - who died from a heart attack in 2009 aged 75 - comes to him when he is sleeping as he "hasn't seem in person" since he passed away. The 59-year-old actor - who changed his last

name when he entered Hollywood - told People magazine: "I always like it when my father shows up. I haven't seen him in person since he passed on. So when he shows up, that's always a good thing." Nic - who named his and wife Riko Shibata's daughter August Francesca after his dearly departed dad - joked about how he was "transport-

ed" to the Toronto International Film Festival following the tot's first birthday on 7 September. He continued to the outlet: "It's becoming a tradition. She had her first, one-year birthday party yesterday. And here I am today. I'm just like sort of transported. The 'Pig' star - who also has son Kal-El, 17, with his ex Alice Kim, 39, and son Weston, 32, with his ex Christina Fulton, 56 - dubbed it a "tradition". Nic said: "I think it's a good tradition. We had a nice time together yesterday." The 'Dream Scenario' actor also revealed his top four movies of all time.



SUDOKU

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

Yesterday's solution

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

14	13	12	11	10	9	8	7	6	5	4	3	2	1	14
13	12	11	10	9	8	7	6	5	4	3	2	1	13	
25	24	23	22	21	20	19	18	17	16	15	14	13	12	11
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18
39	38	37	36	35	34	33	32	31	30	29	28	27	26	25
42	41	40	39	38	37	36	35	34	33	32	31	30	29	28
49	48	47	46	45	44	43	42	41	40	39	38	37	36	35
56	55	54	53	52	51	50	49	48	47	46	45	44	43	42
63	62	61	60	59	58	57	56	55	54	53	52	51	50	49
70	69	68	67	66	65	64	63	62	61	60	59	58	57	56

Across
1- Broadcaster; 6- Cries of discovery; 10- Rampant; 14- Garden figure; 15- Ultimate; 16- I smell ...; 17- Savory jelly; 18- Sommer of film; 19- ... Blanc; 20- Sound investment?; 22- Attention; 24- One ... million; 26- Abounding in trees; 27- Opportunely; 31- Multitude; 32- Swell up; 33- Sidewalk eateries; 36- Delt neighbor; 39- Tolerate; 40- Bent; 41- Dynamic beginning; 42- Swiss river; 43- Name; 44- Prize money; 45- Unit of energy; 46- Moved with the current; 48- Low bow; 51- Gal of song; 52- Needy; 54- Most cunning; 59- Internet writing system that popularized "pwn3d" and "n00b"; 60- School orgs; 62- Country album?; 63- "Rule Britannia" composer; 64- Pre-Easter season; 65- Kofi Annan's home; 66- Wagers; 67- Outer limit; 68- Conger catcher;

Down
1- Turkish titles; 2- Technical sch.; 3- Weapon in Clue; 4- Islamic chieftain; 5- Proof of purchase; 6- Schooner fill; 7- Sentry's shout; 8- Off-kilter; 9- Abnormally narrowed; 10- Open shelter; 11- Golf clubs; 12- Imagination; 13- Kitchen addition; 21- John Lennon's middle name; 23- Evil is as evil ...; 25- Horse race venue in England; 27- Swedish pop band whose hits include "Waterloo"; 28- This can be guilty or not guilty; 29- Din; 30- Implement used when rowing a boat; 34- Punching tool; 35- Eats; 36- Like a mix; 37- Scottish Gaelic; 38- Like some dorms; 40- Nickname for New York City; 41- ... Wiedersehen; 43- Pitfall; 44- Plunder; 45- Makes rhapsodic; 47- ... Tafari (Haile Selassie); 48- One cubic meter; 49- Ain't right?; 50- Doled (out); 52- Hunk; 53- "Consamit!"; 55- Spillane's " ... Jury"; 56- Airline to Tel Aviv; 57- All there; 58- Nicholas II was the last Russian one; 61- Canonized Mlle.;

Yesterday's solution

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