

CELEBS

Jennifer Aniston is a ‘workaholic’

Bang Showbiz | Los Angeles

Jennifer Aniston is a “workaholic”. The ‘Morning Show’ actress is trying to “force” herself to take more time off and enjoy the chance to look after herself because it isn’t something she is very “good” at. She told People magazine: “I’m a bit of a workaholic, so I’m forcing myself to try to take some time to travel and not work. “It’s so critical, I know, but I’m not good at it. “Our work is diminishing returns at the end of the day, if you’re just working so much that you don’t have any wonderful life experiences. “I’m trying to take it easy, because this was a really intense few years of work.” The 52-year-old star is taking her first steps to lessen her workload by taking advantage of technology to delay having to address her messages. She laughed: “I’m trying desperately to learn how to create those auto replies when emails and texts come in, where it’s like, ‘I’m away forever. But call me in December, I’ll be back.’ “ If she does have a day off from work, Jennifer prefers not to make any plans. Asked what her perfect day off would look like, she said: “It looks like a blank schedule — there’s not one thing on it. “That’s a perfect day, and then can I figure out what that day looks like as it goes.” While she finds it hard to take time off, Jennifer thinks there is a lot of value in people putting themselves first. She said: “There’s a lot that we need to not focus on, because it’s so awful and ugly. So we need to also remember to focus on the beauty and the positivity that’s also existing in our world right now.” Meanwhile, although the former Friends star wants to ease up on work, she’s still got some professional ambitions to fulfill, including a Broadway show. She said: “I definitely want to do a Broadway play, That’s on my bucket list but it’s finding the time and finding the right piece, the right material. “But I have to absolutely have to do a play on Broadway.”

Jennifer Aniston

Justin Timberlake: I feel beyond blessed to be a dad

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Justin Timberlake feels “beyond blessed” to be a dad. The 44-year-old singer - who has sons Silas, ten, and Phineas, four, with actress Jessica Biel - took to social media to reflect on his experience of parenthood. Alongside some family photographs, Justin - who has been married to Jessica since 2012 - wrote on Instagram: “There’s no bigger reward or responsibility that I have ever felt in my life above being a father. To teach and to learn at the same time... I feel beyond blessed. “I see my two dads, my grandfathers, my uncles more and more clearly every year that I get to experience this life with them. And I see myself more and more clearly in every moment I have with my sons, watching who they continue to become. You would actually prompted him to reflect on his own “childhood trauma”.



Justin Timberlake

The chart-topping star acknowledged that various incident during his childhood - including his parents’ divorce - have had a long-lasting impact on him. Justin shared: “You go through your life with your own traumas, big and small, and think, ‘It’s not that bad, I have a lot to be thankful for, my parents did the best they could.’ “Then you have a child of your own, and suddenly it opens all the floodgates, and you’re like, ‘No, no, no! That childhood trauma really did f*** me up!” Justin starred on TV shows as a child, before switching his focus to music. And the award-winning star now admits that his childhood was unusual. He said: “I think we can all agree that I did not have a normal childhood.”

Rebel Wilson ‘went into beast mode for Bride Hard’

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Rebel Wilson went into “beast mode” in preparation for Bride Hard. The 45-year-old actress has revealed that she embarked on an intense fitness plan in preparation for the new action-comedy film. Rebel - who previously starred in Bridesmaids and the Pitch Perfect film franchise - told People: “I often put my body on the line for physical comedy.” The actress pushed herself to her physical limits in preparation for the new movie. However, Rebel actually enjoyed the challenge of getting herself in tip-top shape for Bride Hard. She said: “I was pretty strong during this movie. I trained for a full five weeks and did conditioning for it, and then I had to be really kind of in beast mode, but I really enjoyed it, getting paid to almost be fit, which is really good.” Rebel uses curling irons like nunchucks in the new movie, and she admits to taking inspiration from movie icon Jackie Chan. She shared: “When I lived in South Africa, basically to pass the time I would watch Jackie Chan videos and his comic timing, and I just loved all the movies. Even if they weren’t subtitled and I couldn’t even understand the dialogue, I just loved all his comedy-action scenes. “They were so good. So I guess that’s why I originally picked up

nunchucks, to try to be a bit like Jackie Chan.” Meanwhile, Rebel recently revealed that she was almost “permanently disfigured” while filming Bride Hard. The Hollywood star - who portrays a secret agent named Sam in the upcoming movie - was smacked in the face by a gun during her final night of filming, leaving her surrounded by a “pool of blood”. Rebel told Access Hollywood: “In a fight scene, a gun accidentally got whacked across my face. “It was just a freak accident, and my nose got split open, so I left set. It was my last night of shooting. I was like, ‘How unlucky can I be?’



Rebel Wilson

Khloe Kardashian felt ‘more confident’ before weight loss

Bang Showbiz | Los Angeles

Khloe Kardashian felt “way more confident” before she lost weight. The 40-year-old reality star has opened up about her fitness journey and the public’s reaction to her weight loss as she hit out at the “gross” response from certain people. Speaking on her own Khloe in Wonder Land podcast, she told fitness influencer Whitney Simmons: “The bigger I was, I was way more confident. “I think because, like, what are

The bigger I was, I was way more confident. I think because, like, what are going to say about me? I know all the things you’re going to say. I would have my days that I would feel low and all of that

KHLOE KARDASHIAN

going to say about me? I know all the things you’re going to say. I would have my days that I would feel low

and all of that. “When I started my fitness journey and, like, becoming in shape, I felt such a need that I had to keep this up, like even if it wasn’t for me. I felt like, ‘Well, I can’t get fat again, because everyone is expecting that to happen.’ “ Instead, she found herself getting “a different type of attention”. She added: “It was also a different type of attention I was now receiving. “And then once I got a little older, I was like, ‘Wait, this is gross.’ I hated that that’s why I was getting more attention because I looked a certain way.” Khloe insisted she had the “same amount of people” sending her abuse regardless of her weight. She explained: “I’ve learned, no matter what, I’m never going to make people happy because I was once bigger, I was thinner, and I had the same amount of people, but from different ends. “When I lost weight, I was ‘a traitor to the bigger community’; I’m ‘not myself’; I’m ‘not funny anymore.’ I’m ‘not all the things’ that I still am at my core. “I just aesthetically look a little different, or a lot different, whatever you want to say.”

Although she has been through lots of ups and downs in her own life, Khloe is determined to achieve something positive using her “platform”. The star - who has daughter True, seven, and son Tatum, two, with her ex-partner Tristan Thompson - recently told PEOPLE magazine: “I feel like I was given this opportunity, these platforms, for a reason. “And it’s really easy to sort of believe the hype and forget really where you came from and just believe the BS because so much of it is filler. “We have to have some sort of core and heart and moral compass.”

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Yesterday's solution

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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

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Across

1- Problem with L.A.; 5- Gola of Israel; 9- That's _; 13- Subordinate staffer; 14- Golfer Palmer, to his army; 16- Dampens; 17- Casino machine; 18- Door handles; 19- Nautical speed unit; 20- Countess's husband; 21- Ich bin _ Berliner; 22- In the direction of; 24- Mayberry kid; 26- Actress Ward; 27- Bowling lane button; 29- Wool-clippers; 33- Magna _; 34- Chamber; 35- Designer Christian; 36- Hockey great Bobby; 37- Strikes out; 38- _ good deed; 39- Boxer Spinks; 41- Oklahoma city; 42- Women's wear; 44- Apprehended; 46- Tip off; 47- Understanding words; 48- Dismounted; 49- Schedules; 52- General on Chinese menus; 53- Hand-me-down; 57- Per; 58- Instruct; 60- City in Western Nevada; 61- Bog down; 62- Navigators Islands; today; 63- Light gas; 64- Bakery worker; 65- Small children; 66- Flat sound;

Down

1- Freelancer's encl.; 2- Uris's " _ 18"; 3- Skunk's defense; 4- Scram!; 5- Succeed; 6- Bert's roomie; 7- Party to; 8- Curved bone; 9- Clumsy; 10- Tuneful Horne; 11- Like _ not; 12- Cornerstone abbr.; 15- Values highly; 23- Suffix with pay; 25- Shade of green; 26- Did a blacksmith's job; 27- Less common; 28- Diamond flaw?; 29- Not hollow; 30- Down source; 31- Perch; 32- Ladies of Sp.; 33- Soft drink choice; 34- Actress Zellweger; 37- Abhors; 40- Nor's partner; 42- Half of MCI; 43- Comes back; 45- Opposite of NNW; 46- Island greetings; 48- Cravat; 49- Big rig; 50- Secular; 51- 160 square rods; 52- _ shanter (Scottish cap); 54- Meets with; 55- Slaughter of baseball; 56- Puts on; 59- Use, consume;