

CELEBS

celebs

Mark Wahlberg reflects on 30-pound weight gain for 'Father Stu'

Fox | Los Angeles

For Mark Wahlberg, gaining weight to play a boxer-turned-priest packed a major punch.

On Tuesday, the actor appeared on "The Kyle and Jackie O Show" in Australia where he detailed how he physically prepared for the upcoming film "Father Stu."

"I would say it's easier to stay in shape than it is to get in shape," the former Calvin Klein model admitted. "I put on 30 pounds... that was really difficult. I'm not getting younger."

The 50-year-old chronicled his transformation for his 18.1 million followers on Instagram.

According to the outlet, the star put on the pounds in six weeks for the role.

Back in July, Wahlberg revealed on "The Tonight Show" that stepping away from his

no-nonsense fitness routine wasn't easy.

"Unfortunately, I had to consume, for two weeks, 7,000 calories, and then for another two weeks, 11,000 calories," Wahlberg said at the time. "Even when you're full, I would wake up after a meal to have another meal. I was eating every three hours. It was not fun."

The father of four remarked that gaining and losing weight for a role has become harder with age.

"Once the metabolism starts to slow down, it gets really difficult," Wahlberg explained. "I was trying to get

this movie made for six years, we only had 30 days to shoot it, and so I wanted to really make it happen."

"And [I] was also crazy to have financed a lot of it myself," he shared. "So I knew I was on a ticking clock on my own dime, and you get things done pretty quickly when that's the case." In May, Wahlberg told Jimmy Kimmel he planned to gain 30 pounds in six weeks by eating a "20-piece chicken nugget and 20-piece

hot wings from Kentucky Fried Chicken with a six-pack of beer," as quoted by Men's Health.

The assignment seemed fun for the actor - at first. "I'm like, 'Dude, I've been on such a regimen for so long, I just want to eat everything in sight,'" said Wahlberg. "I want to go to bakeries, I want to go to Denny's, I want to get pancakes. I want to get everything that I could possibly get my hands on."

Wahlberg has since returned to hitting the gym. In January, he posted a video of himself baring his toned torso and biceps.



Mark Wahlberg

Mark Wahlberg remarked that gaining and losing weight for a role has become harder with age

Charlie Cox opens up about being cast in 'Spider-Man: No Way Home'

ANI | Washington

Actor Charlie Cox of 'Daredevil' fame has opened up about the phone call he received from Marvel studio boss Kevin Feige about joining 'Spider-Man: No Way Home'.

During an interview with The Hollywood Reporter, Cox recalled that he did not anticipate hearing the voice of studio boss Feige when he picked up the phone in June 2020. "You never know. It was wild," he said of the surprising moment.

"It was a pretty surreal, I'm not going to lie. Bear in mind that it's been a few years. I was pretty convinced it was over," the British actor explained, referring to the 2018 cancellation of his Netflix series 'Daredevil'.

Cox revealed, "Kevin said, 'We've got some ideas, but I wanted to make sure that you, in principle, are interested.' And I was like, 'I'm very interested.' And then I didn't hear from anyone for two months. And I got to the point where I wondered if I dreamt it."

Lucky for him, it wasn't a dream. He was secretly brought in to the 'No Way Home' set, wearing a giant cloak, to film a scene with Tom Holland and Marisa Tomei.

"I felt pretty comfortable being able to fit into that scene. I played the character almost every day for four years," Cox said of his role as attorney-turned-vigilante Matt Murdock.

He added, "I feel like his essence is deep within me now. I didn't worry too much about it, but I was still pretty nervous on the day, which I haven't been for a while."

The actor also

YOU KNOW WHAT

Prior to the movie's release, Cox had denied his involvement after rumours circulated online that his character was featured in the 'No Way Home' trailer

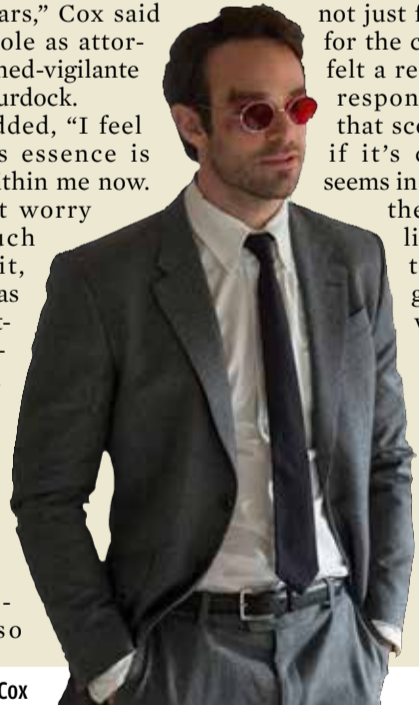
opened up about the challenge after filming the movie of keeping the secret, admitting, "I hate lying."

"But I really don't want to ruin it for anyone. My feeling is, if someone asks you, and you say, 'I don't know ... We'll have to wait and see.' That gives it away! It's obvious! No one is going to say that if you're not in it. I am relieved it's over," he said.

Prior to the movie's release, Cox had denied his involvement after rumours circulated online that his character was featured in the 'No Way Home' trailer.

In his chat with The Hollywood Reporter, Cox shared that he saw the return of Murdock as a victory, which might open more doors for both himself and the character.

"It's a big moment, not just for me, but for the character. I felt a real sense of responsibility. If that scene works, if it's cool, if it seems in place, then the sky's the limit where this could go. And it would be great for Matt. I feel attached to him, even though that sounds a bit strange," he confessed.



Charlie Cox

Rihanna: You will still get music from me

IANS | Los Angeles

Singing sensation Rihanna has said her pregnancy and impending motherhood won't stop her from releasing new music.

She told 'Entertainment Tonight': "Well, yes ... You're still going to get music from me."

When jokingly asked if she will release lullabies, she laughed: "Oh my goodness, not a lullaby. My fans would kill me that they waited this long for a lullaby!"

In December, the 'Talk That Talk' singer promised new music is coming "soon, soon, soon", reports femalefirst.co.uk.

In an exchange with a paparazzi, who asked: "Any new music? Anything?", she replied: "Soon soon soon."

Rihanna previously promised her new album will be 'worth the wait', while she has teased fans can expect a "completely



Rihanna

"I'm always working on new music. Just because I haven't released an album in a few years doesn't mean I haven't been working on it

RIHANNA

different sound".

The 'Rude Boy' hitmaker said she is "always" working on her music and despite fans' pleas for her to share her latest material, she wants to wait until she's completely satisfied.

She said: "I'm always working on new music. Just because I haven't released an album in a few years doesn't mean I haven't been working on it. I'm not just going to put music out because people are craving it. I'm going to make it worth the wait - and it will be worth the wait."

Kanye West pens apology for 'harassing' Kim Kardashian on social media

ANI | Washington

After deleting all of his Instagram posts once again, Kanye 'Ye' West is reflecting on his recent public statements.

The 44-year-old Grammy winner took to Instagram on Tuesday with an apologetic note.

"I've learned that using all caps

makes people feel like I'm screaming at them," Ye wrote alongside a photo of himself on stage, his first post since he wiped his account. "I'm working on my communication. I can benefit from a team of creative professionals, organizers, mobilizers and community leaders. Thank everybody for supporting me."



Kanye West

Jaime King joins the cast of 'Lights Out'

IANS | Los Angeles

American actress Jaime King has been signed for the upcoming action movie 'Lights Out', which is currently in production.

The film, a modern gritty action film, brings together the essence of 'Road

House' and 'Kickboxer' against the backdrop of the underworld of Los Angeles, reports Variety.

In addition, the film also stars Frank Grillo, Mekhi Phifer and Scott Adkins and features an original screenplay by Garry Charles and Chad Law. As per Variety, filmmaker Christian Sesma has taken the director's chair under the banner of Brandon Burrows of Firebrand.



Jaime King

SUDOKU

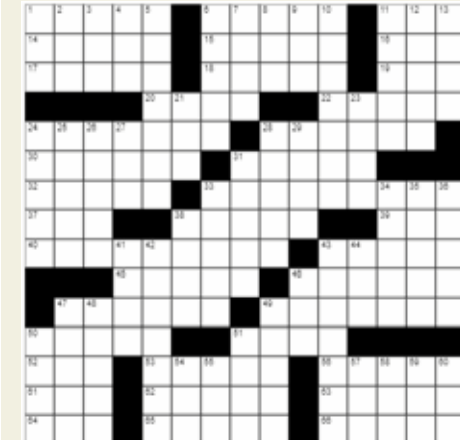
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				7	3			1
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Yesterday's solution

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

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



Across

- 1- Warning; 6- Reasoning; 11- Nipper's co.; 14- French composer Erik; 15- Musical drama; 16- Awfully long time; 17- Overturn; 18- Unit of volume; 19- Pester for payment; 20- Land in water; 22- Holmes's creator; 24- Ill-fated; 28- Teased; 30- Oppose; 31- Polynesian porch; 32- Reef material; 33- Drying; 37- What... bid?; 38- Gets under control; 39- Water tester; 40- Expressed in a symbol; 43- Use a soapbox; 45- Nut of an oak; 46- Dry red table wine; 47- Sandy; 49- Liturgical prayer; 50- Gay; 51- Actress Harper; 52- Part of UNLV; 53- Farm birds; 56- Emcees; 61- Pothook shape; 62- Scheduled; 63- Western; 64- Frat letter; 65- Approaches; 66- Les...Unis;

Down

- 1- Tempe sch.; 2- One circuit; 3- Dug in; 4- Oysters... season; 5- Curative; 6- Hard candy; 7- Mayberry moppet; 8- Acquire; 9- High dudgeon; 10- Pertaining to the heart; 11- Color anew; 12- Was able; 13- Actress Heche; 21- Wild blue yonder; 23- Auricular; 24- Remove a covering; 25- Model Campbell; 26- Song part; 27- Born in the...; 28- Swiss city on the Rhine; 29- Black cuckoos; 31- Geneva's lake; 33- Pyramid category; 34- Maker of Pong; 35- Short letters; 36- Effectiveness; 38- Horse's gait; 41- Follow; 42- Polygon having eight sides; 43- Comfortably familiar; 44- Far out; 46- in Charlie; 47- Grind together; 48- Martini's partner; 49- Hangs on to; 50- Util. bill; 51- Nicholas II was the last Russian one; 54- Chemical ending; 55- Greek H; 57- Muesli morsel; 58- RR stop; 59- Hanoi holiday; 60- Grads-to-be;

Yesterday's solution

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