celebs

Anne Hathaway: 'It took me three years to recover after giving birth!'

Celebretainment | Los Angeles

Anne Hathaway took "three years" to recover after giving birth.

The 40-year-old actress is mother to Jonathan, seven, and three-year-old Jack with husband Adam Shulman and reminded women that there is no rush to "snap back" after pregnancy as she urged them to avoid expectations and "take care" of themselves.

She told People magazine: "People don't talk about this and it really made me feel better when I found out about it. It takes three years for your body to fully recover from a pregnancy. I didn't snap back. I want to be very, very clear about that. With my second, it took every minute of those three years. Let your body be a body. There's nowhere to get to. It's just now. Be present and take care of yourself and don't set expectations."

Meanwhile, the 'Les Miserables' star decided to give up alcohol for good almost a decade ago in order to be able to "live the life [she] wanted to" and now she is enjoying being able to "support herself" with good nutrition as she admitted that she wants to be able to talk to her younger self about the health choices she made back then.

She said: "In my 30s, I had to give up alcohol. I couldn't do it anymore. I couldn't lead the life that I wanted while drinking. And in my 40s I'm finding I have to support myself differently nutritionally. I want to go back and talk to my 25-year-old self who felt like she didn't have to do anything and just be like, 'Oh honey, honey, there's a whole other world out there and it tastes like an avocado."

Anne Hathaway

Emma Watson goes back to uni

Celebretainment | Los Angeles

Emma Watson has gone back to university.

The 33-year-old actress - who graduated from Brown University with a bachelor's degree in English literature in 2014 - has enrolled in a part-time Master's degree at Oxford.

A source told The Sun newspaper's Bizarre column: "The course is for older adults and can be done on a part-time basis, which is perfect for Emma's schedule.

"She only has to be on site for four or five days a year because she can do the rest of the course online from home."

And, Emma is expected to have a security team with her when she does attend the university, because she has suffered some safety scares recently.

The insider said: "Because she's a famous actress, she'll have a security team looking after her whenever she has classes to go to.

"There have been a few incidents recently and she is taking every precaution necessary to ensure her safety."

A man was arrested during a Ralph Lauren fashion show in New York this month on suspicion of attempting to gain access to her dressing room and Emma has been feeling concerned.

The source added: "She flew to Milan with a specialist team from the UK, and Prada provided another security detail to guard her room overnight.

"There were lots of famous models and celebrities staying at the Palazzo Parigi where Emma stayed. She was worried the people who had been messaging her could be among the fans outside."

The man has denied criminal trespass and disorderly conduct and will return to court next month.

Emma Watson

Emma is expected to have a security team with her when she does attend the university, because she has suffered some safety scares recently

Lana Del Rey reveals why she rarely performs on TV: 'I don't feel confident!'

Celebretainment | Los Angeles

Lana Del Rey struggles to feel "confident" on TV.

The 38-year-old pop star performed on 'Saturday Night Live' during the early days of her career in 2012 but it was infamously called one of "the worst performances" in the history of the show and she has now explained that she has appeared on television so rarely because there has "never been a right time" to do so since.

She told The Hollywood Reporter: "The offers are there. I think I've done two [TV performances]? Maybe that's something else I'll grow into more, like touring. And don't get me wrong. I toured for nine years of my life. It was nonstop. It was tough.

"But you know in your heart when it's the right time. And it's never been the right time. Maybe now, even if I didn't feel confident, I would do it anyway. But there was a reason not to feel confident."

The 'Video Games' hitmaker went on to add that she never thought such a performance would be "received well" but admitted that these days there are more ways to promote things differently and is flattered that the biggest stars of today have cited her as an inspiration.

She said: "I didn't know if it would be received well. But there's a lot of weirdos out there now, so, we're fine. We're in good company. I started at a time when things were very much one way. Little by little, there's a lot more room for storytelling and saying different stuff. You're seeing a lot more good girl songwriters, too. Well, who am I to say that? I like a lot of the singers out right now.

Lana Del Rey

'That's not how I would drop the news': Zendaya denies she is engaged to Tom Holland

Celebretainment | Los Angeles

Zendaya has denied she is engaged to Tom Holland.

The 'Euphoria' star has been dating her co-star for three years now, and fans speculated that the couple might have taken their relationship to the next level when she appeared to be wearing an engagement ring on that finger.

In a since-deleted post on her Instagram Story, she clarified: "I can't post anything, you guys.

"I posted it for my hat. Like not for the ring on my right hand, you guys, seriously.

"You think that's how I would drop the news? You think, like, what!"

She had captioned the original picture with a prominent ring on show: "Let me just put the full body back so y'all can relax lmao."

Tom recently admitted he is "lucky" to have found a partner who works in the same industry because they can talk about their respective experiences with mutual understanding.

Speaking on the 'SmartLess' podcast, Tom said: "I'm lucky that I have someone like Zendaya in my life. It's interesting being in a romantic relationship with someone that is in the same boat as you.

"You can share your experiences and all that sort of stuff — and that's worth its weight in gold."

The 27-year-old actor recently joked he has no "rizz", referring to charisma, so had to rely on on-screen chemistry to get Zendaya to fall for him.

He told BuzzFeed: "I'm happy and in love, so I've got no need for rizz.

"I have no rizz whatsoever; I have limited rizz.

"I need you to fall in love with me, really, for it to work. So, long game. Probably making a movie with each other — it definitely helps when the characters are falling in love with one another; you can sort of blur the lines a little bit."

And Tom also claimed Zendaya, also 27, fell for him thanks to his carpentry skills.

Asked about being a "trained carpenter from a long line of carpenters", he told UNILAD: "Carpentry is something I just really enjoy. I love it.

"I made my mum's kitchen table, I made my mum's office. I built all the cupboards in my bedroom. I built a little birdhouse with my granddad.

"I fixed my girlfriend's door once really early on in our relationship. I was hanging out at her house and her door was broken.

Zendaya and Tom Holland

SUDOKU

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	3			4				

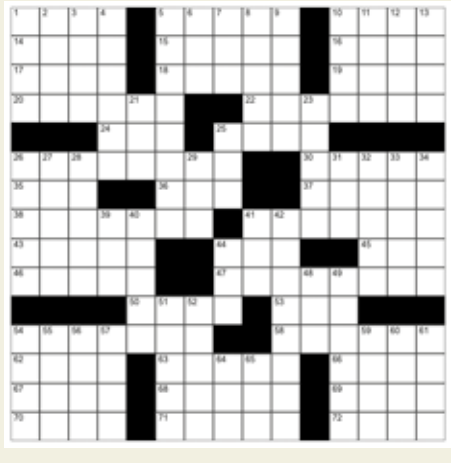
Yesterday's solution

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



Across

1- Molecular component; 5- Remain; 10- Low in pitch; 14- Meadow mouse; 15- Sophia of the screen; 16- Official records; 17- Mild oath; 18- Representative; 19- Gusto; 20- Roe of sturgeon; 22- Convulsion; 24- Dot follower; 25- Submarine; 26- Medieval church; 30- Every other person, approximately; 35- Before; 36- Actor Beatty; 37- Coeur d'__, ID; 38- Dizzying sensation; 41- Authorization; 43- Taken in; 44- Are we there __?; 45- Tool of a fisherman; 46- Atty.-to-be exams; 47- Furniture wood; 50- Charles Lamb's nom de plume; 53- Pasture used for grazing; 54- Premier player; 58- Establishes; 62- So long!; 63- Angry with; 66- Traditional passed-down knowledge; 67- National competitor; 68- Maker of Pong; 69- Victor's cry; 70- Change the decor; 71- Museum piece; 72- Lump of earth;

Down

1- Opposite of sans; 2- Garment of ancient Rome; 3- Norwegian saint; 4- Famed Florentine family; 5- Frightening; 6- Peat source; 7- Rage; 8- Compact; 9- Computer key; 10- Folk singer Joan; 11- Rights org.; 12- Toronto paper; 13- All there; 21- "You've got mail" co.; 23- Herbert Hoover, for one; 25- Taken in; 26- Miter joint; 27- Zones; 28- Simmons rival; 29- Boardroom bigwig; 31- On in years; 32- Funny Anne; 33- Composer Bruckner; 34- Wanting; 39- Hanoi holiday; 40- Atlas feature; 41- Give __break!; 42- Physically active; 44- Peruvian singer Sumac; 48- Done, to Donne; 49- Irish tongue; 51- Truman's birthplace; 52- Beside oneself; 54- Rent-__; 55- As it happens; 56- Put down; 57- Indifferent; 59- Monk's hood; 60- Small combo; 61- Convey; 64- Indian dish; 65- Uris hero;

Yesterday's solution