

# Prince Harry to team up with Serena Williams



**P**rince Harry will be joined by Serena Williams at an event next month. The Duke of Sussex will be in his role as Chief Impact Officer for professional coaching and mental health organization BetterUp when he teams up with the tennis ace - who is close friends with his wife, Meghan, Duchess of Sussex - and the company's CEO Alexi Robichaux for a conversation about "cultivating the power of mental fitness through a bold commitment to Inner Work on 3 February. The discussion will form part of the company's virtual Inner Work Day and will see the trio share "personal stories" about their own experiences. An agenda for the event stated: "From creating companies and foundations designed to inspire others to achieve their best to tackling challenges and finding success both in and outside of work,

Serena, Prince Harry and Alexi share their personal stories and unique perspectives." Harry's role with BetterUp was announced in March 2021 and last month, the prince - who stepped down as a working royal two years ago - caused a stir when he said people who quit their jobs because it doesn't bring them joy should be "celebrated". In an interview with tech news website Fast Company in his role for BetterUp, Harry was asked about the impact of the coronavirus pandemic on increased job resignations. He replied: "While on the surface it looks like these last couple of years brought all these issues to the foreground, the reality is these struggles and issues have been brewing for quite some time. "We're just at the beginning of the mental health awakening. "This work has never been more important because people are finally paying attention, and a big compo-

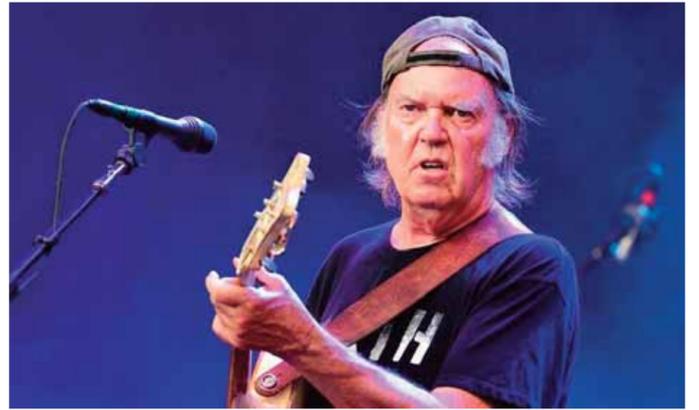
ment of this mission is building awareness and continuing to pioneer the conversation. "I have actually discovered recently, courtesy of a chat with [BetterUp science board member] Adam Grant, that a lot of the job resignations you mention aren't all bad. "In fact, it is a sign that with self-awareness comes the need for change. "Many people around the world have been stuck in jobs that didn't bring them joy, and now they're putting their mental health and happiness first. This is something to be celebrated." The BetterUp app charges users £364 a month, but Harry revealed 1,000 free memberships had been offered to young leaders from the Queen's Commonwealth Trust, a charity of which he was formerly president.

## Bradley Cooper has a 'crazy' work ethic

**T**he 47-year-old actor admits that his passionate approach to work can occasionally make life difficult for some of his co-stars. Bradley - who has starred in films such as 'American Sniper', 'A Star Is Born', and the 'Hangover' franchise - explained: "Love equals discipline. If I love something, I can have the discipline. "I have a crazy work ethic. That is definitely true. So much so that the jobs that I have taken in the last five or six years, the people that I've worked with, I have said, 'I work really hard, and this isn't going to be easy.' And



it's because I love it so much." Bradley dreamed of working in the movie industry during his younger years. And he's now desperate to make the most of every opportunity that comes his way. The Hollywood star told Variety: "The thing that I just cannot live with myself is if I didn't use that time to work as hard as I could to get it to the best place it could be. I grew up with this idea that we do what we do for a living; I dreamt it." Bradley suggested he's already surpassed his own career expectations. However, he doesn't have any intention of slowing down anytime soon and his passion for making movies remains as strong as ever. He shared: "I don't know if I ever dreamt this big. I don't even know if I allowed myself to. Shame on me if I don't work hard, and I'm here now. I'm not going to squander this. No way, man. No way. It all comes from love."



## Neil Young's music is being removed from Spotify

**T**he 'Heart of Gold' hitmaker issued an ultimatum to the streaming service earlier this week over his frustration that they are "spreading fake information about vaccines" through some of its output, citing comedian Joe Rogan's podcast 'The Joe Rogan Experience' as an example, and now the company have confirmed they are in the process of taking his songs down, though they hope to "welcome him back soon". A Spotify spokesperson told The Hollywood Reporter: "We want all the world's music and audio content to be available to Spotify users. With that comes great responsibility in balancing both safety for listeners and freedom for creators. We have detailed content policies in place and we've removed over 20,000 podcast episodes related to COVID since the start of the pandemic. We regret Neil's decision to remove his music from Spotify, but hope to welcome him back soon." The 76-year-old singer/songwriter had made the request in an online letter to his record

company. He stated: "I want you to let Spotify know immediately TODAY that I want all my music off their platform. They can have [Joe] Rogan or Young. Not both. "I am doing this because Spotify is spreading fake information about vaccines - potentially causing death to those who believe the disinformation being spread by them. Please act on this immediately today and keep me informed of the time schedule." Rogan, 54, has come under fire many times throughout the ongoing pandemic due to comments he has made about coronavirus on his podcast. Earlier this month, 270 doctors, scientists, health-care professionals and professionals addressed an open letter to Spotify expressing their concerns about the medical misinformation being shared by Joe on his show, which reaches 11 million listeners. They requested the streamer to "establish a clear and public policy to moderate misinformation on its platform" and said the popular show had a "concerning history of broadcasting misinformation, particularly regarding the Covid-19 pandemic". They argued that the company had a "responsibility" to minimize the falsehoods stemming from their service. It read: "Spotify has a responsibility to mitigate the spread of misinformation on its platform, though the company presently has no misinformation policy." This is not the first time Young has wanted to take his songs off the streaming service. In 2015, he removed most of his back catalogue from Spotify - and their competitor Apple Music - citing concerns over sound quality.

## Aziz Ansari has stopped using the internet

**T**he 38-year-old actor has revealed he's totally disconnected himself from the internet and stopped using email four years ago. He shared: "However many years ago, I kind of started turning off the internet and, you know, I deleted all social media and all this stuff, and I've slowly just kept going further and further. I stopped using email maybe like four years ago." Aziz described his decision to disconnect from social media and email as a "mental diet". He told Kevin Hart on Sirius XM's 'Comedy Gold Minds

with Kevin Hart: "It all kind of ... it's almost like I kind of started thinking about, you know, everyone thinks about their diet and what they eat - at a certain point, it's also about thinking about your mental diet and what you're putting in your head. "Whether it's like, oh, looking at the same four websites, constantly checking The New York Times 50 times a day. At a certain point, yeah, that's not really helping." Despite this, Aziz acknowledges that a lot of people don't have the option of quitting social media or email. The comedy star knows that he lives a privileged lifestyle as a celebrity. Aziz - who played Tom Haverford in 'Parks and Recreation' - said: "I mean, look, I know all this stuff is like, oh yeah, I'm in a position where I can do that and have, you know, whatever certain privileges to be able to pull it off. "An assistant or whatever - but all that stuff I do I think helps me get more done, kinda



taking care of stuff or whatever, whether it's working out or meditating and all that kind of stuff."

## Mary J Blige likens half-time show to 'an Oscar nomination'

**M**ary J Blige thinks performing at the Super Bowl is like "getting an Oscar nomination". The 51-year-old star - who has been nominated for two Academy Awards during her career - can't wait to take to the stage at the Super Bowl in Inglewood, California, on February 13. Mary - who only had a small role in her first Super Bowl performance in 2001 - said: "This time I'm going to be front and centre - Mary J. Blige, in her glory and greatness and swagger." This year's star-studded half-time show will also feature the likes of Dr Dre, Eminem, Snoop Dogg and Kendrick Lamar. And Mary thinks the Super Bowl is the perfect platform to introduce hip-hop music to the world. She told the February issue of Elle magazine: "Hip-hop is East Coast. Hip-hop is West Coast. Hip-hop is Europe. This is why it's going to be so major, because this is what the Super Bowl is showing to people: It's not just one thing. [Hip-hop] is everywhere." Last year, Snoop revealed he's preparing "one of the greatest Super Bowl half-time shows" of all time. The rap legend explained that he was about to ramp-up his plans. He said at the time: "Me, Dr Dre, Eminem, had a light discussion about what we're trying to do. It's about to go full speed ahead." Snoop, 50, is determined to give fans a show to remember. Looking forward to the event, he explained: "I tell you, this it's gonna be one of the greatest Super Bowl half-time shows that you ever witnessed."



## Dua Lipa feels proud of her family roots

**T**he 26-year-old pop star was born and raised in London, but her family hail from the Balkans and Dua thinks it's a "big part" of her identity. She explained: "It's such a big part of who I am. Given my parents and how they came to the U.K., [the refugee situation] has always been something that's really close to my heart." Dua - who lived in Kosovo during her teens - won't allow anyone to deny her "identity". She told WSJ Magazine: "I read a lot of comments from people telling me that I don't have a country, I don't have an identity, Kosovo doesn't exist. "I lived in Kosovo, I know the lives that were lost [during the war]. So for somebody to deny me my identity and my experience, it's hard for me to stand back and not speak up about it. So that's something that I will always do." The 'Levitating' hitmaker previously revealed that she loved her time in Kosovo and that she felt safer there than she did in London. Dua explained: "I got to Kosovo and I really loved it there. It's way safer than London. There was a sense of community and safeness - everyone knows everyone in Kosovo, especially in Pristina." Dua "learned a lot" from her time in Kosovo and she also has fond memories of her time at school. She recalled: "I was the youngest in my year, which was different and exciting. It was fun, we'd go out to the city center and they'd show me around, I learned a lot from being there. "My parents felt a lot more comfortable letting me go out with my friends, as long as I was back by a certain time."

## Sean Penn worries for the future of cinema

**T**he 61-year-old actor fell in love with cinema at an early age, but with the rise of streaming platforms and the impact of the pandemic, he wonders what the future holds. He shared: "The business I knew is not the business of today. Especially with the lingering effects of the COVID pandemic, you know, on every level of the business or the creative filmmaking, one wonders what the future is going to be. "With the injection of streaming, the convenience, capability of seeing films at home theatres and so on - which would not have been my guidance ... I'm still a guy who fell in love with the girl whose name is cinema in a movie theatre in the dark with strangers. I think the kinds of stories that interest me are the ones that want to be experienced in that way." Sean likened streaming to a huge bookstore in which people never cross paths. The acclaimed actor told Sky News: "It seems to be a less unifying experience for culture and society at any given time than it was when I fell in love with it." Sean also believes that the industry has become "very treacherous" for up-and-coming actors. He said: "For actors getting involved in the world today, you're talking about very prestigious things in terms of how the business is perceived, which is to get a part in a series. Well, that part in a series might mean you're not going to do any other parts for six years. "The actor's career, I would find it very treacherous were I starting today ... I think all of the things, from the audition process to the selectivity to the competition, I think it's all on a much higher level than it was." — Bang Showbiz



## JENNA USHKOWITZ IS PREGNANT

**T**he 'Glee' star - who played Tina Cohen-Chang in the musical comedy-drama series - and her husband David Stanley are expecting their first child, a daughter, together. She wrote on Instagram: "Our hearts are so full... Baby Girl Stanley coming in June" The couple's pregnancy news comes just six months after they got married. In July, the 35-year-old actress revealed she and David enjoyed "the day of [their] dreams", as they wed in an outdoor ceremony in Los Angeles. She said at the time: "We were elated and so grateful that we didn't have to push our wedding and that we got to have the day of our dreams. "It was such a gift that we were able to share it with our friends and family." The actress admitted the coronavirus pandemic had forced the pair to alter their original plans. However, she also revealed the restric-

tions helped to focus their attention during the planning phase. Jenna - whose wedding was attended by 104 guests - said: "We always dreamed of a wedding on the smaller side, but with COVID, we definitely had to scale back more than we anticipated. "Having our closest family and loved ones there (safely) was a priority for us. By setting the expectation from the get-go that we had to limit guests, we were able to focus our planning and ensure that we could stay flexible in case any element of the day needed to change." Jenna announced her engagement via social media in August 2020, revealing David popped the question after just over two years together. She showed off her engagement ring in a photo and captioned the image: "Yes, a million times, yes."

