

Juliette Lewis,

what's your advice for someone trying to break into acting?

The biggest thing in the arts is that you really have to love it, because it can be challenging to create a livelihood in this industry. I didn't really go to acting classes. I started working at a very young age, and I learned a lot on the job. But before that, I spent a lot of time in my imagination—I think that's productive. I loved imagining people's lives, what their rooms looked like, what challenges they were facing. I guess it's helped me develop a deep empathy for people who are different than me. I think that it's healthy and productive to people-watch and daydream. Nothing is wasted time.

Catch Lewis in season two of *Sacred Lies: The Singing Bones*, streaming on Facebook Watch.

Kevin Jonas,

how do you go
about making music
that matters?

You have to be honest with yourself. It's all about telling your story and having your voice in those songs. It's hard work but it pays off so dearly. Also, working with collaborators. My brothers and I get into a room and just talk for a while with the people we're writing with and hang out and connect—once you connect, something will spark. Really hone your craft and focus on making the music the best part of what you do.

Catch The Jonas Brothers during their Las Vegas residency at Park Theater at Park MGM through April 18.



Troy Aikman,

what's your advice for young kids who want to play sports?

I encourage kids to play all sports. I see them being asked to pick a primary sport and focus on that at a young age, and I don't really see the benefits in that. Had I focused on one sport at the age these kids are today, I never would have played football. I almost gave it up my freshman year of high school to just play basketball and baseball because I thought I wanted to focus more on my baseball career. I think a lot of the specialization in club sports has been more of a benefit for the coaches than it has been for the players. What I see is kids who, at a very young age, start club sports, and by the time they get to high school, they're totally burned out. I believe the more sports the better.

On Feb. 2, catch the former quarterback on FOX's broadcast of the Super Bowl.