

THIS VIEK

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BOUNCING BACK, EVERY WEEK!

Nuts EXCLUSIVE!

Partridgeis

His new Mid Morning Matters webisodes are screening soon - and we've seen 'em!

t's not South, it's not Suffolk, and it's not analogue... so it must be North Norfolk Digital!" Yes, our favourite DJ is back in the booth and back on the web with six new episodes! The series starts on 4 Feb and is likely to be the last new stuff from Alan until the film. So visit fostersfunny.co.uk every Friday at 11am for brilliant lines like these!

"In case you're wondering if Eddie Shepherd has had his adenoids removed or has finally cut down on the fags, neither is true - you're listening to Alan Partridge, and Eddie's adenoids continue to block the vast majority of his nasal passages and he continues to smoke like a gangster in a 1940s film. Who even the other gangsters think, you know, smokes to excess, and tell him so."

"Today's phone-in subject is: how many disabled parking bays are too many? Please keep those texts coming in on that."

"Coming up soon is Tuesday chat, our weekly celebrity interview, but first, 'What's Alan firing his friend's air rifle into?"

"Today's interview is Partridge/ Partridge. It's me talking to myself. Not like the man at the park, who stands by the pond. Yeah, it's quite sad, actually. He used to run the cycle shop but then it went bust. Now he seeks solace in cider and swans."

"I see they've opened the Norfolk Broads to wheelchair users. It might seem like a good thing, but how many people in wheelchairs do you actually know who want to go on the Norfolk Broads? I'd suggest it's 0.0000000001 per cent."

'We've all got our favourite gland. Mine happens to be the mammary"

"'Alan, what would you say has been your greatest achievement?' 'I think quite consistent resistance to dumbing down? I think if anything, I've tried to dumb up."

"Welcome back, time again for our daily instalment of radio Battleships, a game of tactic and nerve against Russian station Moda FM. We're joined as always by Andriy." "Good day to you."

"OK, are you ready?" "Ready."

"B4."

"Miss."

"OK, join us the same time tomorrow for more of Andriy on Mid Morning Matters."

"The answer to 'What's Alan firing his friend's air rifle into?' is: a beef tomato."

"Good evening, morning, afternoon, who cares? Who gives a flying monkey because today we're talking about things you don't see any more. Already, we have capes, tinned meat, Horlicks, sparrows, Hula Hoops (the crisps, not the toy), hula hoops (the toy, not the crisp), swimming pools with deep ends and asbestos!

We'll be asking should we bring all or some of them back, so do please text, Twitter, spam, fax, page, write and/or email."

'Now, a song from Michael **Jackson in** happier times. Before it was a mauling from Martin **Bashir that led** ultimately and directly to his death. And Diana's!"

"Abu Hamza would make a great pantomime baddie, I always think. 'Where's Abu Hamza, the boss-eyed Muslim cleric with a hook for a hand who incites racial hatred?' 'He's behind you!'"









Nintendo 3D5

Tiny console uses witchcraft to create 3D gaming without glasses!



With the "SpotPass" service, you can download content discreetly via Wi-Fi hotspots. Eurosport and Sky 3D have already signed up to provide 3D videos.

3D SCREEN

This 3.53in beauty has a resolution of 800 x 240 pixels. Fancy stereoscopic technology means you can see in glorious 3D without the need for special specs.

NEW CONTROLS

that extends to 4in long, a directional pad and microphone, plus a new analogue nubbin, officially titled the "Circle Pad".

3D SLIDER

If all that new-fangled 3D is too much for your tired old eyes, turn the effect down using this neat little switch. Does seem to be missing the point, though.

There's an adjustable stylus

C At 3.02in, the LCD

touchscreen is smaller than its big brother sat above it. The resolution is also lower, at 320 x 240 pixels.

TOUCH SCREEN

Some games! Must-buy titles. In glorious three dimensions! And no silly glasses!

SUPER STREET FIGHTER IV

Blast 3D fireballs at brawny men and weirdly strong young women. With a roster of 35 fighters, you also have the option of online battles. Hadouken!



KID ICARUS:

Back from a NES platform adventure 20 years ago, Kid Icarus: Uprising is less about jumping, and more about shooting. That's a good thing.



STEEL DIVER

From piloting subs to firing torpedoes and sinking ships, this is Battleships for 2011. Use the built-in motion sensors as a virtual periscope, to scan for enemies on the horizon. Fire!



hands on!

p until now, playing games in 3D has required a considerable amount of commitment and willingness to look stupid, as well as investing in an expensive new telly and pricey 3D glasses. And if there's one thing that feels dafter than wearing shades indoors, it's

shelling out several thousand pounds for the privilege.

Now that's all set to change with the arrival of the Nintendo 3DS. With the lid closed, this sleek little gadget looks much like the DS handhelds already out there. But open it up and you'll see what makes this machine so special – a 3.53in

widescreen display boasting bold 3D graphics, built-in motion sensors, touchscreen, and no glasses required.

For serious gamers, though, it's all about the software. Nintendo's promising 25 games will go on sale around launch time, with titles like *Mario Kart* and *Metal Gear Solid* to follow.

NOTE TO THE STATE OF

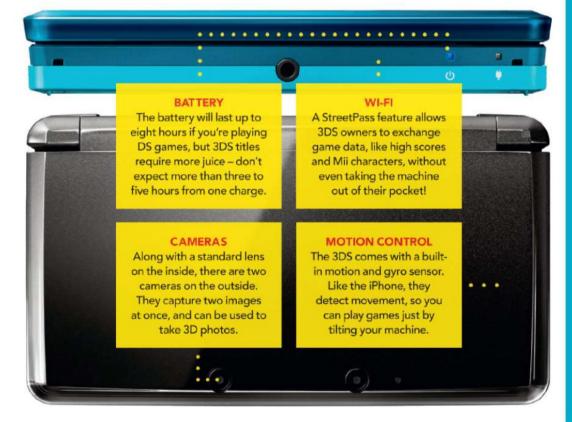
Want one? Course you do! You'll need £220 and be sure to mark 25 March in you diary. Because that's when it's out.

The Sciencey Bit...

How the heck does it all work, anyway?

Glasses-free 3D is all thanks to the 3DS's stereoscopic display, which actually comprises two LCD screens. The screen sitting on top is what's known as the parallax barrier. This generates rows of fine lines across the bottom image, enabling each of your eyes to see a separate set of pixels. Your brain then combines these two bits of information to create one 3D image.

The effect only works if you're looking at the screen straight on. This is why parallax barrier technology isn't so great for larger devices, such as TVs, which viewers might want to watch from different angles. But it's perfect for the 3DS, seeing as you're going to be holding the console right in front of your face anyway.



PRO EVOLUTION SOCCER 2011

Konami's massive football series makes the most of the 3DS's fancy features. Being able to view the field in 3D makes it easier to pull off passes and impressive shots.



RIDGE RACER 3D

Fast cars, neon-lit city streets – it could only be *Ridge Racer*. Highlights include the option to view those shiny car models in 3D and a drift button to take those tight corners.



LEGEND OF ZELDA

One of the bestloved, most critically acclaimed games ever gets a 3D makeover. It's an epic yarn about an elvish kid conquering evil and learning to love his horse, Epona.









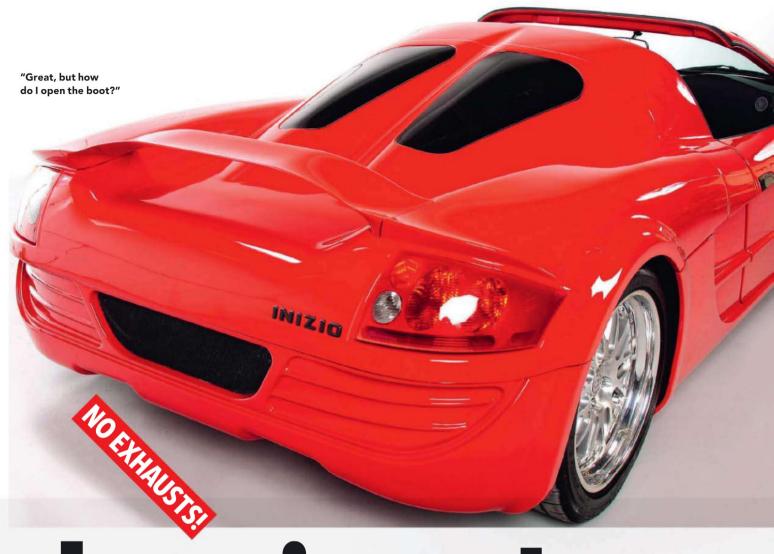


World's fastest

- Tesla may have created the first fully electric supercar, but it now has competition from a fellow American company. Based in North Carolina, the spiritual home of Nascar racing, the Li-ion company roped in a load of Nascar engineers to make
- this zero-exhaust emission, 170mph volt wagon.
- Underneath the Porsche Carrera GT-style rear clamshell is a tough-as-girders tubular steel chassis.
- There's a mix of influences from petrol-engined cars on the Inizio. Those back lights
- are from an Audi TT, and the scissor doors have a whiff of Koenigsegg about them.
- You can choose from three models: the entry level R (Rally), RT (Rally Touring) and the big daddy RTX (Rally Touring Extreme). The R and RT can muster 130mph with 12 batteries on board, while the RTX packs 24 batteries.
- Providing the grunt to the RTX's rear rims is a pair of electric motors developing 290kW. Mounted over the rear axle for decent cornering, the motors produce over 100lb-ft more torque than a Ferrari 599.
- The Inizio RTX promises to leave the lights and hit 60mph in 3.4 seconds.
- When it comes to topping up the batteries (every 200 miles, depending on how

- heavy your right foot is) the Inizio has a built-in charger. Charging can take eight to ten hours, but a four-hour fast charge is possible.
- The Inizio features heated and electrically adjustable Recaro racing chairs.
- No ABS, but traction and stability control are built-in with a four-speed, paddleshift transmission.
- There are no oil filters, belts or complicated servicing, the engine's just a load of laptop lithium-ion battery packs that can be recharged up to 2,500 times. You'll hear nothing apart from a strange whistle. And tyre squeal, if you're messing around!
- And the damage to your wallet? Between £87,000 and £155,500 – but what price a clear conscience, eh?







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Chase and Status

The mix masters on kiss chase, X Factor and DJing for Nuts!

i Chase and Status! Your album's full of famous people like Cee Lo Green and Dizzee Rascal, Did Cee Lo try to eat any collaborators? Chase: No. he didn't. We didn't get in the studio with him, it was all phone calls and sending stuff online. There was no eating of anybody digitally, either.

Is there anyone you wouldn't work with, like Jedward? C: We wouldn't work with Jedward. You can quote that! Status: No. I think it's pretty self-explanatory why not!

Matt Cardle, the guy who just won The X Factor?

C: No. I wish him all the best but I had no idea who he was until you told me just then.

Cher Lloyd? S: Hell, no. Definitely not!

Fair enough! Status, what's your current status?

S: My status is: "Status is mad with excitement about the forthcoming album."

Chase, what's your favourite chase - car, kiss or Chevy?

C: A toss-up between Chevy Chase - strictly for nostalgia and '80s humour - and kiss chase, because everyone likes a bit of kiss chase, don't they? You're currently the number one selection on the Nuts

office stereo. How do you feel about this accolade? C: Extremely honoured. flattered, speechless. As long as you didn't get a leaked

copy, I'm happy as Larry. How much would it cost for you to DJ at our office party?

S: For Nuts, it'd simply cost the attendance of a couple of the lovely girls from the cover. That's about it!

We could provide girls and some sandwiches...

C: I'm not really a cold sandwiches guy, you'd have to provide hot food for me. Mini pizzas?

C: Now you're swinging me. If you could put on some steak, you might get us. How does one differentiate

between Tinie Tempah and your vocalist Tempa T?

C: Have you seen him? He's not tiny! Someone once asked if he was Tinie and he just said, "Do I look tiny to you?" Thanks, Chase and Status! Finally, Professor Green gave us a gold disc last year. What are you going to give us?

C: He's kind! I'll give you a self-portrait of us in silver as you have some gold already. S: We're DJing at your next office party. That's enough!

No More Idols by Chase and Status is out on Monday



to be today?"

THE Nuts LIP-READER!



When he watches a match, he sees every word! John Cassidy is a real lip-reading expert. And an FA coach!



WEST HAM VS ARSENAL Upton Park, 15 January, 5.44pm Even worse, it's actually seven - but Arsenal still take an early lead.





LEEDS VS ARSENAL 9.48pm The United midfielder contests his late booking for a foul on Cesc Fabregas.





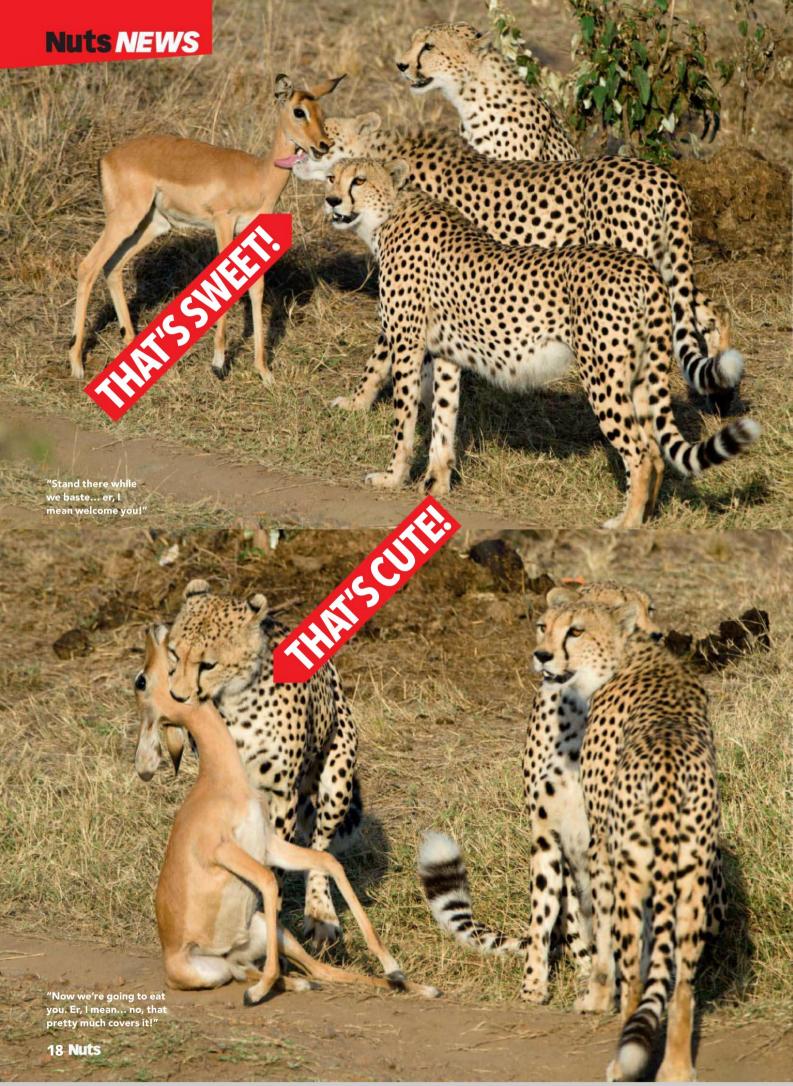
LIVERPOOL VS EVERTON Anfield, 16 January, 2.36pm The Everton keeper lets rip after Liverpool almost double their lead.

INE GOTALINE AT A TIME PAGE ET



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DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com



I landed face first in the road!

A rather careless car creams a cyclist's face!

n a battle between a little old lady and a 26-year-old lad, you'd expect there to be only one winner. But if the lady's driving a car and the guy's on a bike, the outcome's different!

On the receiving end was Josh Smith, a customer service advisor from Bexhill in Sussex. Josh tells *Nuts*, "I was riding my bike when a lady driving towards me turned right across my path and I suddenly hit her car and flew over the bonnet. Witnesses said I went five feet in the air, upside-down.

"I smashed face-first into the road and the grit ripped at my

face, like I was sliding along a cheese grater. When I sat up, I was soaked in blood.

"At the hospital, they put seven stitches in my head, and I was let out the same night. But for weeks, people kept staring at my face because I looked just like the Terminator!"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

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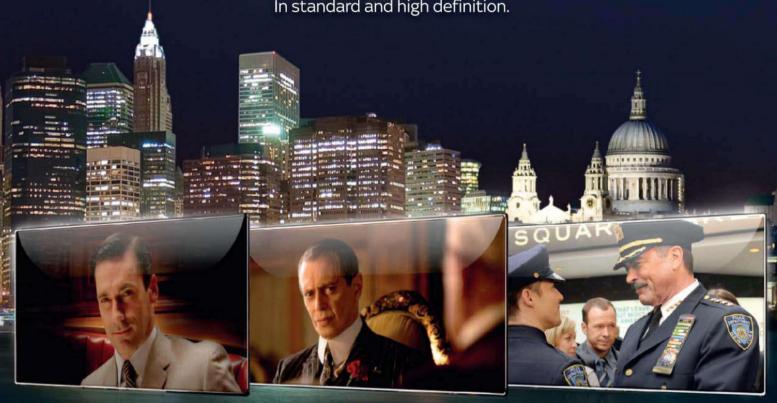
WE WONT BE BEATEN ON TRADE IN

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Tuesday February 1st, Sky channel 108. In standard and high definition.



Let The Stories Begin: Sky Atlantic Launch Night, 8pm

Launch night begins with a one-off special featuring exclusive interviews with the stars of Sky Atlantic. Mariella Frostrup will be asking the questions as big names from both sides of the pond, including Jon Hamm (Mad Men, pictured above), Sean Bean and Kelly Macdonald, discuss their shows and the best of what's to come on Sky Atlantic in 2011.

Boardwalk Empire, 9pm

Sky Atlantic's host of new drama begins with the dazzling crime saga Boardwalk Empire. Created by The Sopranos writer Terence Winter and directed by Oscar® winner Martin Scorsese, this Prohibitionera epic whisks you back to 1920s' Atlantic City - a land of gangsters, sex, jazz and illegal booze.

Blue Bloods, 10.30pm

After Atlantic City's underworld comes the life of law enforcement, New York-style. Tom Selleck leads an all-star cast as NYPD Commissioner and the patriarch of a family with policing in their blood. Gritty and unflinching, Blue Bloods is a compelling cop drama revealing life on both sides of the law.



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See a launch preview of Boardwalk Empire on your Smartphone. Simply scan the code or text 60505 ATLANTIC or visit pda.sky.com/atlantic © 2010 CBS Broadcasting Inc. All Rights Reserved. HBO* and related service marks are the property of Home Box Office, Inc. Compatible Smartphone with QR reader required. Mobile network and/or Wi-fi charges may apply. Contact your network providers for more details.







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PlayStation.







YOUR LET

The postman always laughs twice! Send your Letters to nutsletters @ipcmedia.com or to the address on p60



Kate = great

Dear Nuts,

Here's a pic of me in my prized Nuts vest and shorts!

Kate Houghton, via email

Looking good, Kate! Readers, you can buy Nuts kit like this at nutscollection.spreadshirt.co.uk





views of the cattle feed plant opposite!

Hit the red **button now**

Dear Nuts.

This satellite service in Turkey must have adult films galore.

Chris Teather, via email We tried tracking this place down but couldn't find it!



Ataxing

Dear Nuts.

Heard about footballers avoiding the tax man? Maybe Rooney looks like this when training!

Daniel Price, Pencaerau If only he was that good looking!

Eye-watering Dear Nuts, This quality programme from **Channel Five** sounds painful!

Adam, Falkirk

This sounds like what happened to us that time we zipped our jeans up too fast.





sexy camera- phone pic to 0771 388 8008*

Win great Durex stuff!

Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 60. The sender of the week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy. Visit www.durex.co.uk for more information.

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcmd

SHORTJOKES!

Last night, I tried to go out for an Italian meal but there was a huge, fat woman standing in the doorway.

I couldn't get pasta!

Wesley Champion, via email

Q: What's the difference between a purity ring and a wedding ring?

A: One means "I love you but no sex"... er,

Chris Massey, via email

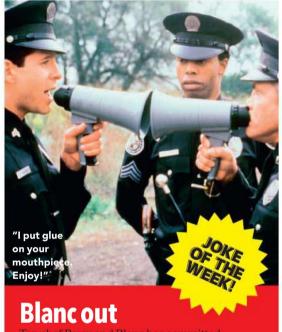
While driving home from work, I was disgusted with all the people using their mobiles, so I noted all their registration numbers in my Filofax!

Freddie Burns, London

Q: What did the man from Norfolk say to the baker?

Mike Guinness, Upminster

A: I'm in bread myself.



Cat. via email



Record breakers

Three blokes are chatting. "I genuinely think I've got the smallest head in the world," says the first.

"You might do," says the second, "but I think I've got the smallest arm in the world."

The third says, "Well, vou know what? I really think I've got the smallest willy in the world."

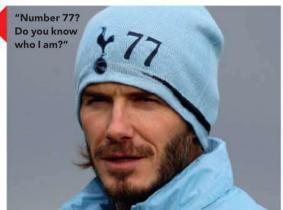
"Well," says the first

Stick of it

David Beckham's being interviewed about his move to Tottenham.

"David, you're planning a return to the Premier League after spending years at Man United," the reporter says. "Are you worried about the stick?"

"A bit, yeah, but I think it'll be OK," he replies. "Victoria loves London!" Marc G, Birmingham



Win PS3 gaming accessories!

The sender of this week's best joke* will win over £250 of PS3™ Gaming Accessories, courtesy of 4GAMERS™! This great prize includes a CP-NC2 Stereo Gaming Headset, three top PS3™ titles, a Move Starter Pack and accessories galore!



ia.com or to the address on p60

bloke, "why don't we go to the Guinness World Records people and see if we actually do?"

The blokes decide this is a good idea, and off they troop. One by one, they go into the office.

The first comes out and says, "I have the smallest head in the world!"

The second comes out and says, "Yup, I've got the smallest arm in the world!"

The third bloke finally comes out of the office with a frown on his face and says, "Who the hell is Justin Bieber?"

Joe Hyatt, Blackburn

FAMOUS BLOKES' JOKES!

LEE EVANS:

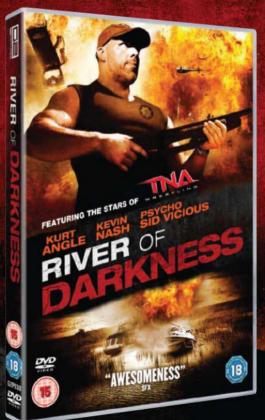
"When I was at school, I was perpetually punched in the head by other kids. So my dad sent me off to learn boxing, where - guess what?-I was perpetually punched in the head by other kids."

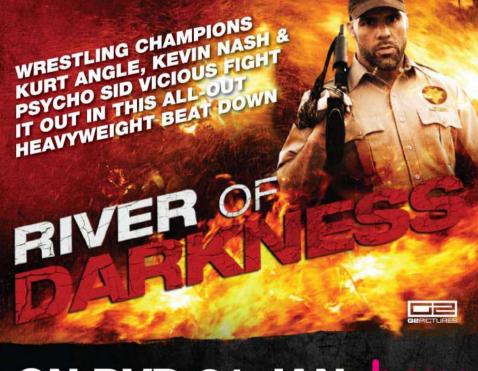
ALAN CARR:
"I was told by someone on
Twitter to get a life, and the
girl who said it called herself
'the real Anne Boleyn'.
At least I'm not pretending
to be a dead Tudor!"



"The French are pathetic. They've got a town called Brest and none of them think it's funny!"

THERE CAN ONLY BE ONE MAN STANDING





ON DVD 31 JAN

hmv.com





BECKS 21, from Exeter
"A game I invented – naked hide-and-seek!"



Email your pictures to nutspopout@ipcmedia.com

STEPHANIE 23, from Wiltshire
"Look closely and you may see I'm popping out!"



LAURA 23, from Redditch
"Me at my local second-hand furniture store."



ROXANNE 20, from Cornwall
"If it was pay-and-display, I'd have done well that day!"



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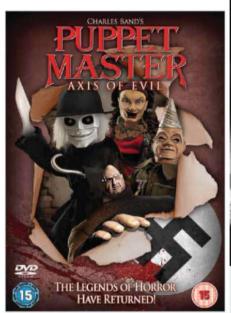
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DVD out 31 January

Featuring the lead stars of hit TV show True Blood, Stephen Moyer and Anna Paquin, Open House is an incredibly intense motion picture that isn't afraid to push the boundaries of horror cinema



£14.99

Blu-ray out now

The fast paced, horrifying thrill ride prequel to Dead Space 2, the game that bridges the events of the original with the hit sequel. Four terrifying visions told by several renowned international directors

also available on DVD









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charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 60.

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8008 (texts are free but standard network

THAT'S A WRAP!

"We thought clingfilming a car was a great idea, so we did our mate's!" **Anon, via text**



"I think it may be time to rearrange those shelves slightly!" **Ryan, Falkirk**



3 FOR 25P OR 99P EACH 11W BC Genie Bulb DUFF DEAL!

"It's safe to say the store's manager isn't too bright!" **Adam, Stourbridge**



"We couldn't resist coating our mate's car as his back was turned!" **Anon, via text**



"We felt the tape on this effort was a really nice touch!" **Anon, via text**





"I lost a bet on the outcome of the World Cup final – this £40 beauty was my forfeit!" Pat Thornton, Burnley







The Scottish comic on being posh and Frankie Boyle!

i Kevin! You're Scottish. Do you, Frankie Boyle and Billy Connolly live in a big house together? Yes, we do. I'm the cleaner. It's all about Frankie rather than me, this interview? Frankie was too busy for Nuts so you thought you'd go for his flatmate? I've got my answers prepared, though. Am I a t*ts or an arse man? Who'd win in a fight between Lorraine Kelly and a squirrel? Frankie has put me up a few times in London. He's very into his fitness. We went swimming and he challenged me to do 100 lengths. I managed about 87, while he did 124. Lots of food in Scotland is

deep-fried. Do you even own

a microwave or an oven? I've

got an 850W microwave. You

can cook a Rustlers burger in

about 30 seconds. We're

quite precious about what we deep-fry. Fish, obviously. Sausage. Pizza. You hear stuff about Mars bars but I've never seen one. So when are we going to get away from the regional racism and onto plugging the DVD? Soon. Honest. Apparently, your friends from home reckon you "put on a posh accent" on telly. Although, if we're being honest, we can hardly understand anything you're saying. That's the thing. People in Scotland think I speak posh. People in England can't understand me. It's probably only people in Newcastle who think I speak normally. Maybe you should come with a subtitle button? Aye. They say, "you shouldn't burn your bridges". What if we tried to burn yours? If you tried to burn my bridges? Yes. If we came round to your house and set fire to your bridge. I was having a conversation with a person in the audience recently about suicide. That's how well the gig was

going. He

asked, if

I was going to kill myself, how would I do it? I said that jumping off a bridge would only lead to ironic headlines. You're 23, which is young for a comedian. But if you were a professional gymnast, vou'd have retired. Do vou feel old? My gymnastics career ended pretty early doors. People refuse to believe I'm 23. Maybe that's the deep-fried stereotypes. I've looked like a darts champion since I was 17. You support Celtic FC. Do Scottish teams have to play in the Scottish Premier League because they're not good enough for the normal Premier League? Yes. That's exactly right. Where did you think of these questions? Did you get mugged by a Scottish guy this morning or something? Did he jump you in the queue for the bus? Er, no... Celtic were the first



British team to win the European Cup. People think the Scottish are a nation of alcoholic party animals. We can't wait to leave Scotland. That's why we want to get into the Premier League -'cos it'll be a proper day out. Scotland is massive. Teams like Aberdeen should get a head start because they're so far away. I'm not Scottish anyway. I was born in London. [He's joking – Ed] So you just affect the accent to confuse people? Yes. So people go, "Kevin Bridges? You know, the Scottish one." Your new DVD's called Kevin Bridges: The Story So Far. Have we got to wait 23 years for the next one? I could be dead by then. It'll be the same DVD, but with my obituary on the back of the box. Well, we weren't sure what you were saying, but thanks for the chat anyway, Kevin. No, thank you. I'm going to

Kevin Bridges: The Story So Far is out on DVD now. Kevin will also appear on the second series of Stand Up For The Week on Channel 4 in March

go and cry in the shower.



GURKHA REINFORGEMENT COMPANY SECURITY PATROL // KHAR NIKAH // HELMAND

Capt Bury: "These pics from the British Army photo competition really show what life's like for servicemen today. These Gurkhas are in the new body armour plate carriers. It's less bulky than the Osprey armour I wore in Afghanistan. It still weighs 20lb and can stop three rounds to the same spot, but distributes the weight better, making you more mobile, so less likely to get hit in the first place!"



CALLSIGN HADES AUTHOR PATRICK BURY ON PHOTOS BY BRITISH SERVICENEN

I SCOTS GUARDS // SOMEWHERE MEAR KUNJAK // HELMAND

Capt Bury: "These guys are resting up in a typical Afghan compound. The body armour's off, they look pretty relaxed. There'll be sentries on overwatch. This reminds me of a time when we were in a compound in Sangin. The Taliban knew we were in there and tried to spook us by creeping about outside, wailing like ghosts in the darkness. You could hear them all about you, trying to freak you out."



HOUSEHOLD DIVISION // HORSEGUARDS PARADE // LONDON, UK

Capt Bury: "Just six weeks before this picture was taken, this battalion had been fighting in Afghanistan. It just shows you the pressure that the Army's under, 'cos they'd have drilled long and hard to perfect the Queen's Birthday Parade. Interestingly, the drills you see at these ceremonies are essentially Victorian battle tactics, of the type Wellington used to defeat Napoleon."





Capt Bury: "This local isn't a Taliban, but he would have been questioned by the Afghan soldier at the head of the patrol. Afghan is are very tough. They have a saying there – 'Me against my brother, my brother and me against my cousins, me and my cousins against the other family, me and the other family against the village, me and the villages against the foreigners.' It's an incredibly survivalistic place."



IST BATTALION THE ROYAL GURKHA RIFLES // NAHR E SARAJ DISTRICT // HELMAND

Capt Bury: "Fighting in the green zone (the fertile land either side of the Helmand river) is like fighting in a jungle. Major Charlie Crow is taking a breather in a maize field here and you can see how dense the foliage is. The maize grows 7ft high and you can literally bump into the enemy. If you do, it often comes down to fighting with a bayonet. All this technology and yet it can get as primitive as that."



I ROYAL IRISH IN FIREFIGHT // NAD E ALL // HELMAND

Capt Bury: "This is my regiment in action. They wear shamrocks and netting on their helmets. The shamrock's obviously Irish and the Para mesh, as it's called, is because we're part of 16 Air Assault Brigade fighting alongside the Paras, who've worn it since the Second World War. It helps create regimental identity and unity 'cos, at the end of the day, you're like family. These men are your brothers."

















by storm. We wish she'd take our office in the same way!



MCMICHAEL Another BB lovely, another set of lovely BB boobs! You know, we might actually miss it a bit!



MADISON WELCH The 32FF bra-scarer once appeared on Top Gear. Bet even James May tried to drive quickly to impress her!



Charlotte's made a living out of coping in the wilderness. Or was that Ray? We're a wee bit confused!



ZOE STOLLERY If this was an A-Z of lovely ladies, we'd know it was time to hit the pub now. It's not, so let's just look at Zoe!



SOPHIE GRADON If we could give the lovely Sophie a superpower, it'd be invisible hands. Imagine how amazing this pic could be!



PETA TODD Peta's one of our fave ladies. In fact, you might say she's "Peta" than the rest if, like us, you're a bit rubbish!

VICTORIA MOORE

You're spilling your

ice cream, Victoria! It's melting

all over your boobs! Not that

we're complaining. At all!





LUCY BRIGGS Lovely Lucy is the proud owner of remarkable 32E boobs – and here they are in all their boobalicious glory!



THOMAS Imogen's Welsh, so why's she wearing Yank pants? Still, we'll let her off - she's smokin' hot!



IMOGEN



FERGIE
The Black Eyed Peas songstress can sing, dance and has boobs that bring tears to your eyes – she's perfect!



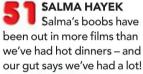
Die-hard Arsenal fan Elle wowed the *Soccer AM* faithful with her ventriloquism recently – and it was our idea!



BATCHELOR
Casey could make a killing
with Bachelor's Super Boobies
– no cooking required!



LISA SNOWDON
When Lisa decides
enough is enough and pops
off on hols, you can bet we'll
be there too – just look at her!





MEL B
Formerly known as
"Scary Spice", the only thing
scary about Mel is how her
boobs keep getting bigger!



CORIN FORSHAW
The proud owner of natural 30G boobs, it was only right that Corin revealed them for the first time in *Nuts*!



The Celebrity Big
Brother star is one hot little
biscuit. We don't know what
that means but it seems to fit!



Scarlett's pretty big in films, and she's got two pretty big things of her own to show off!



EMMA WATTSCross Emma Frain and

ANGELINA JOLIE

ANGELINA JOLIE
Angie might be
married to Brad Pitt, but we
still hold out hope for a date
with her. We're waiting, Ange!















NUTS SPORT

OVERCOMING THE ODDS, EVERY WEEK!

10 reasons why Blackpool rock! Nuts salutes lan

Holloway's men

obody gave Ian Holloway's Blackpool team much of a chance of surviving a Premier League season when they were promoted in May. But somehow, using a combination of genius tactics, beautiful football and players we've never heard of, the Tangerines have more than held their own, beating big teams and surprising everyone along the way. They're keeping it real in a time when other players are throwing their toys out of the pram over not getting paid enough! We love the Tangerines, we know you do, too (apart from you, Preston fans!) and here are just a few of the reasons why!

1 IAN HOLLOWAY!

Not only the funniest man in football, Holloway has shown this season that he knows exactly what he's doing. And he gives the most entertaining press conferences ever seen!

2 CHIARDADMIM!

Blanctiméire l'threma de cost al trea de c feetofeataattoftfa@@kastmeso Bandrerine planya plateirufiorst Colorandie a Andra Broy any hAndra stuffed Widdehltystfineerobin, tenad even Briottis Willbarar blays do een there!

54 Nuts

5 CHEARLIE ADAM!

PVoln elnesic idenetri stescheralteral rosule r the of 6500 is triag triagger loes Son Construction of the British, tv/recy/scaundelenplywtitt/med into a Scottescentstableteviren-Lionel Wileisshi arragb@esct@abeegas!

BIRINI BOSS



ONLY IN

"Hello Tottenham... oops, wrong shirt!"

Darren didn't do

have to say from the off that I don't blame Darren Bent for moving to Aston Villa last week in a massive deal from Sunderland. Is he worth £24million? No, he's not, but he's a goalscorer who's second only to Drogba and Rooney in the Premier League in the past five years, and Villa know what they'll be getting for their money - plenty of goals.

I think in Darren's mind, he believes Villa are a club on a par with Spurs in terms of size and potential, and he hasn't got over not succeeding at White

Bent hasn't got over not doing well at Spurs"

Hart Lane like he feels he should have done. Quite why Harry Redknapp didn't feel he could do the job at Spurs isn't something I know, but he's going to be a under a lot of pressure at his new club. I believe he wants to show the world that he can cope with the massive price tag.

His wages have more then doubled with this deal, and to those fans who think he's sold Sunderland out, I would ask them: if they had the chance, would they not do the same?

Sunderland fans will be rightly upset that Bent has chosen to leave them halfway through a very good season, but they have Danny Welbeck and Asamoah Gyan to play together up front, and Bent

didn't show any signs of being able to partner either of them.

Sunderland can invest the huge amount of money they'll get from the deal (though Spurs do take a chunk from clauses when they sold him to the Black Cats), and Bent leaving won't be the end of their season, just as long as Welbeck isn't out too long with his injury.

This isn't another story about a player who's only interested in money, more a player who believes he can really thrive at a club that could be (in his own mind, at least) as big and successful as Tottenham.

He wants to break into the England side and maybe he can do that at Aston Villa. He'll have to start scoring goals straightaway, though.

Bent's massive transfers



lpswich to Charlton – £5.3m



Charlton to Spurs – £16.5m



Spurs to S'Land – £10m



S'Land to Villa - £24m



The incomparable Ryan game for Man United last week, and is easily up there as the best player in the Prem's history





FATWITS Having fined Ryan Babel £10,000 for tweeting a pic of ref Howard Webb in a Man United shirt, shouldn't the FA donate that money to charity?





Kammy needs you!

Send your jokes, pics etc to kammy@ipcmedia.com. The sender of the best each week will win a signed Nuts T-shirt!

Denilson's right about Cesc!

A lot of fuss was made over Arsenal midfielder Denilson's tweets about his club captain Cesc Fabregas, when the Brazilian said he didn't think his skipper was a great leader. The truth is that Fabregas leads by example. I understand what Denilson's saying, like when a team has their backs to the wall, you need to hear words of encouragement. Fabregas has brushed it aside, but I still think the Spaniard will be heading for Spain and Barcelona this summer – perhaps Denilson is just after his skipper's place!

Chris' crystal ball! Chris predicts the week's big games!

1 BLACKPOOL VS MAN UTD 25 JAN, 7.30PM, ESPN/HD

"If United play the way they have been lately in terms of attacking, then I can see them exploiting the weaknesses in Blackpool's defence. Away win for me."

KAMMY SAYS: 0-3



Nuts SPORT

"I think Liverpool are turning the corner under King Kenny, and Fulham simply don't travel well at all. I reckon this'll be a steady win for the Reds."

KAMMY SAYS: 2-0



this time, with Chelsea to win the replay back at the Bridge."

KAMMY SAYS: 1-1 -



active 2



Nuts EXCLUSIVE!

Van der Vaart: 'Spurs can win the league!'

Nuts chats with the Prem's new Dutch import

iya Raf! You're scoring loads of goals and have taken to **English football** amazingly well. Were you surprised to sign for Spurs? It was a last-minute call, really. I saw how the manager reacted, which was great to see, and I think the club are happy with me. The fans come to White Hart Lane to see good things and good games. It's great to be playing here. I knew Harry, but I was also familiar with the players, so I knew I was going to play for a good team.

Were you scared by how tall Crouchie was when you first met him? Nah, he's fantastic. Peter is a nice guy and also a great player. He's a big guy but he also has great skills. For me to play behind a player like Peter is easy. You put the ball in the box, he heads it down and I'm always there to kick it in the net.

You've played in some of Europe's best leagues. What's the difference between them? Holland is the best school to learn football. It's a good league but not the strongest league in Europe. In Germany, it's very physical. And in Spain, they love to play football. They especially try to build up their technique. And then I came here. When I was playing my first game, I was not used to the speed of the game. It was so fast. Now it's getting better, but I did have problems. The league here is much stronger, because in Spain you only have

Barcelona and Real Madrid. Here, you have many good teams, and you have to fight every game to get the points. Who was your idol growing up? My biggest idol was always Romario. He was playing in Holland at the same time as me

and I loved him! His skills and his technique made him a great player. He's my idol and I liked his style. Sometimes for the whole game he was almost like he was sleeping and then one moment, he was there.

Who's the best player you've played alongside? There have been many good players, but probably Wesley Sneijder. I think we can play great together. There's a feeling between us. We were together at the Ajax youth team, through to the first team, and

then again at Real

Madrid and the

national team, it

meant something. How are you settling down in England? London lifestyle is totally different. In Spain, it was always nice weather. You can't say that about England! It's nice to be here though, because I like this kind of lifestyle, it's similar to Holland. It's a great city, a big

city, and I'm really enjoying my time playing football here. Do you get mobbed a lot? I'm a normal guy. I want to get into the lifestyle here in England. I'm not hiding. I want to go for nice dinners, I want to go shopping, you know? I want to do the

> normal things, and if someone wants a photo or an autograph, then it's no problem for me. With Jermain Defoe coming back soon, do you think you can form a good partnership with him? It's great to play with him. I think he is one of the best strikers in England. He scores so many goals. He played in front of me and is a great striker in terms of movement, and trying to find space where I can pass to him. It's really exciting to play with him.

What do you get up to away from football? I like

to watch television and teach my son to play football. Sometimes I like to play table tennis, but I'm quite a busy man!

Jermaine Jenas says you've got quite an interesting taste in music. What's on your iPod? Before a game, you always listen to your iPod. And I had some

Spanish music on, and some Dutch music but they didn't like it, so I got rid of it! I love Dutch music, but you won't have heard of it! Jermaine Jenas is the leader, he's like a DJ, so he's the main man. Because you're Dutch, you must love cheese, but what English food do you like? I'm not really into English food! What? Not even fish and chips? Not really, no! Can Spurs win the title? Yes, I think so. We have the squad. At home we play fantastic. I think everybody is scared to come to White Hart Lane. We also have to win, with respect, the little games, because against the big teams we have a good record. At Spurs, we believe we can win the league. It would be a dream for everybody. There's a long way to go and it's going to be difficult, but why not?

Do you think Spurs need any players to take them to the next level? No, I'm happy with the team because we have great players and we are going to play for more years together. I think in the future, Spurs are going to have a great team. I don't want to talk about players who have to leave or come, I'm happy with the team now.

Rafael van der Vaart wears the new Nike CTR 360 Maestri II, a boot that helps the playmaker to receive, control and distribute the ball to take control of the game. On sale now. For more info, visit www.nikefootball.com



he left!"



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4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU Tel: 020 3148 5000 Fax: 020 3148 8107

Email us at: nutsmagazine@ipcmedia.com Website: www.nuts.co.uk

Editor Dominic Smith

Deputy Editor Nick Soldinger 020 3148 6941 PA/Office Manager 020 3148 6948

Editor-At-Large Pete Cashmore 020 3148 6940

Associate Editor - Entertainment Sam Riley 020 3148 6921

Associate Editor - News Rory Buckeridge 020 3148 6917

Associate Editor - Features

TV Editor

Mark Spence 020 3148 6952 Danielle Graph 020 3148 6944

Art Director

Art Editor

Senior Designer

Simon Freeborough 020 3148 6934 Barney Hammond 020 3148 6933

James Jarman 020 3148 6931

Designer Nitish Mandalia 020 3148 6930

Picture Editor John Gooch 020 3148 6937 Senior Picture Researcher

Daffydd Bynon 020 3148 6928

Deputy Picture Editor

Picture Researcher

Financial Administrator Dan Brightmore 020 3148 6947

Colin Williams 020 3148 6938

Executive Producer - Video Phil Wallis 020 3148 6850

Online Editor Keith Walker 020 3148 6855

Andy Seal 020 3148 6927

Deputy Online Editor

Online Picture Editor Craig Bloomfield 020 3148 6800 Adrian Callaghan 020 3148 6851

Production Editor

Marc Gadian 020 3148 6915

Chief Sub Editor David Kenning 020 3148 6916

Sub Editor Mark Coughlan 0203148 6923 Sub Editor – TV Listings Mike Hall 020 3148 6946

Thanks to:

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Group Advertising Director Andy Goldsmith 020 3148 6700

Group Advertising Director's PA

Tribha Shukla 020 3148 6700

Digital Business Director Andrew Sanders 020 3148 6716

Head Of Agency Sales Rob Freeman 020 3148 6708

Advertising Manager Chris Dicker 020 3148 6709

Head Of Insight Andrew Marrs 020 3148 3645

Commercial Dev Manager Neil McSteen 020 3148 6707 Regional Business

Development Manager Oliver Scull 0161 872 2152

Insight Manager Verity Amos-Piggott 020 3148 6732

Agency Sales Team Adam Bulleid 020 3148 6704, Hollie-Anne Shelley 020 3148 6725

Sponsorship & Brand Solutions Director

Peter Edwards 020 3148 6723

Sponsorship & Brand Solutions Project Co-ordinator Kylie Wallis 020 3148 6726

Sponsorship & Brand Solutions Managers

Jade Bousfield 020 3148 6706, Chris Dehanev 020 3148 6724. Rob Hunt 020 3148 6721

Advertisement Production Laurie King 020 3148 6729

Classified Team Leader Robina Shahid 020 3148 2540

Inserts - IPC Innovator John Firth 020 3148 3704

Group Production Manager Becky Goode 020 3148 5429

MARKETING

Press Enquiries Chris Taylor 020 3148 5406 Syndication Sales Executive Cerie McGee 020 3148 5484 **Digital Marketing Manager** Sam Wight 020 3148 6780

Chairman and Chief Executive Sylvia Auton

Managing Director Paul Williams

Publishing Director Jo Smalley

Publisher Clair Porteous

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FOOTBALLERS' CARS! It's what your turnstile money pays for! In association with second

Anderson's new Mercedes SLS AMG!

It gets him to the bench on time!

here was good news and bad for Man United's Brazilian midfielder Anderson not long ago. The bad news? He pranged his Audi R8. And the good? Being a Premier League footballer, he just nipped out to the shops and picked up an awesome 200mph Merc tuned by AMG. Bet his team-mates didn't take the mick when he pulled up at training in this. They saved that for his hair!

The stats!

- 0-60mph: 3.8 seconds
- Top Speed: 197mph
- Max Power: 563bhp
- 6.2-litre V8 engine
- This Merc is on the cover of Gran Turismo 5! It's also so speedy, it was the safety car for last year's F1 season!



0-60 IN 3.8 SECS!

£160,000



active 2



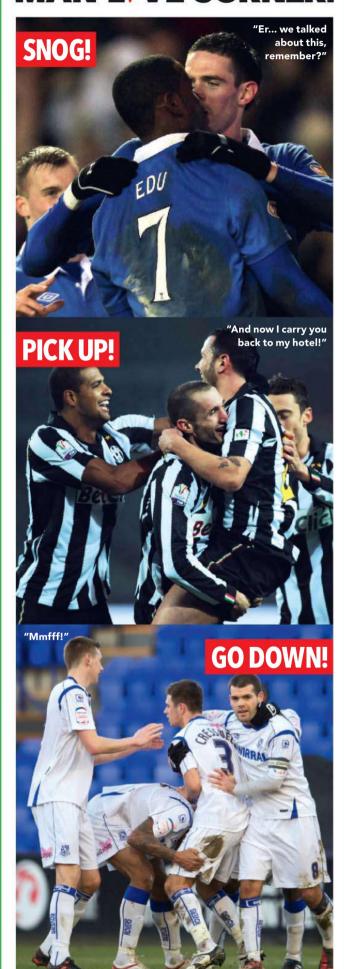
ASSOU-EKOTTO SAYS: "EA SPORTS Active 2 shows you how to stretch and warm-up properly. Don't dodge this - not only does it help avoid injury, your performance will be better!"





Nuts SPORT

MAN-LYVE CORNER!





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QUOTE ME ON THAT!

"Next season

I'll probably be lining up

for my mat(

Nuttv's

pub side"

career prospects don't sound great

This week's biggest match debaters! In association with pactive?



"You can smell the confidence in our

dressing room"

Are you sure that's what it is, Phil Neville?





"Wayne Bridge has got a bit of reserve-itis"

"Man City, Arsenal and Spurs have got the best chance of winning the title. **Apart from Chelsea and Man United"**

Terry Venables hedges his bets - big time



"If David Beckham practised a bit more and learnt to cross a ball, he could have a chance in the game"
Harry Redknapp spots

"Well done to West **Brom. They ran** off and took our female cockerels with them"

"I think Blackpool will finish between ninth and 11th"

"I wouldn't know which way Tuncay puts things into his computer"



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Sometimes it can get lost that I toss things off"

"As an international manager I have players all night" Sven Goran Eriksson -

night owl

"If only I had meat and two veg"

Sounds like West Ham **MD** Karren **Brady wants** some action





BENOIT ASSOU-EKOTTO SAYS: "Beer belly? Try 'Crunches With Punches' on EA SPORTS Active 2. It works both lower and upper abs, so by the summer, you'll have a six pack to show off on the beach!"

The Town - the heist

Welcome to Charlestown, where men make a living robbing banks!

obbing banks isn't easy, as you'll see in ace new heist movie The Town these are serious robbers pinching some serious money!

From the studio that brought you The Departed, it kicks off

Affleck, who also directed The Town) deciding to rob a bank in Charlestown, Boston, the bank robbery capital of America. But it goes pear-shaped when one of

the team, Jem (Jeremy "The Hurt Locker" Renner)

takes a rather attractive bank manager hostage!

It's an intense thriller, with more guns than you can shake a stick at, action, money and the

> FBI (led by John Hamm from Mad Men), not to

Blake Lively and Rebecca Hall! It's a new action classic! And the Blu-ray comes with a special edition extended cut. This is one heist film not to be missed!

Buy your copy on Blu-ray and DVD from 31 January.



movie of 2011!

Bank robbery gone wrong!

The bank robbers in The Town are a serious crew with every detail of every operation meticulously planned for success, unlike the idiots who carried out these failed heists.

- A bank in Germany was robbed at gunpoint and the thief escaped with €15,000 (£12,500). Witnesses said the suspect was a woman with "a very large backside". A few weeks later, one of those eagle-eyed witnesses was in a queue in the same bank when he saw the same bum. He said he'd "never forget anything that big".
- A 70-year-old who's been dubbed the "Geezer Bandit" held up five banks in San Diego in the summer of 2009.
 He escaped on foot, We're not sure how he wasn't caught – how fast was he going?
- A mum used her son as a getaway driver so she could pinch £150,000 from French and German

- banks last year. She claimed she'd carried out the hold-ups as "revenge against society and the banking system".
- In August 1975, three men were on their way in to rob the Royal Bank of Scotland at Rothesay when they got stuck in the revolving doors. They

were helped free by staff and sheepishly left. Minutes later, they returned and demanded £5,000. One bloke jumped over the counter but fell to the floor clutching his ankle. The other two tried to make their getaway, but got trapped in the revolving doors again. Priceless.

A group of men tried to steal 12 diamonds at the Millennium Dome in 2000. Little did they know, the real gems, had been replaced with replicas days earlier.



Bank jobs - the big numbers:

- There are 22 people on the FBI's most wanted list, all being sought for bank robberies.
- Just like in the movie The Town, in 1990, two robbers dressed as cops entered the Boston Museum via a security entrance, handcuffed the guards, bound them with duct tape and stole a whopping £200million worth of paintings! The museum were foolishly uninsured and couldn't claim a cent! Incredible!
- Charlestown in Boston, where The Town is set, is only one square mile with a population of 15,000, but it's famous as the bank robbery capital of America, with over 300 bank jobs a year carried out there – more than in any other US town.
- Back in 1987, two men entered a Safe Deposit Centre in Knightsbridge, London, and requested the hire of a box. Once they'd gained entry to the vault they pulled out some guns, overpowered security and let some of their crew in the building. They left with a weighty hoard of about £40million but police picked up a fingerprint and busted the gang.
- The Securitas Depot robbery, which happened in 2006, became the largest cash theft in British history when a group of thieves took the manager's family hostage as a way of persuading him to comply. It worked.









BEDROOM BABES!

Vote for your favourite - and she'll star in Nuts!

Vote for your favourite at www.nuts.co.uk/girls

Ladies, send us your pictures! Send your photos to Real Girls UK, Nuts, 4th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!

M Hattie

18, Amesbury, promotions "If a lad smells nice and wears decent trainers, it makes him

Sophia

22, Liverpool, finance

much more attractive!"

"I've got some super-sexy Victoria's Secret underwear that I wear in the bedroom!"

Laura

24, Ashby, hairdresser "My bum's very peachy, and I've got nice legs – they're the best parts of my body!"

Mallissa

23, Cardiff, tan therapist

"One day, I dressed in a really short skirt and had my way with a fella in his work van!"

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of Nuts! Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

ONLY IN REAL GIRLS, REAL PLACES!

Ladies, would you like Nuts to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 60. You must be at least 18 years old.

THIS WEEK:

Name: Rachael **Age:** 21 Boobs: 32EE. "I love having big boobs!" Likes: "Muscles!" Ever kissed a girl? "Yes, just for fun!" Strangest place you've had sex? "In the back of a van!"

Sex tip: "Lick my

ears!"

Rachael's tour of Crowborough

Nuts hits Sussex to find another cutie!

HELLO!

Rachael on... her home!

"We're in East Sussex. It has nice walks but there aren't many shops and there's only one pub, so it's a bit boring. I head out of town instead!"

Rachael on... keeping fit!

"I do a lot of exercise! I take pole-dancing lessons and lots of different exercise classes, and I do 500 sit-ups every day. Plus I walk as much as I can!"

Rachael on... sleeping!

"I go to bed at about two and get up every morning at nine. I'm a very agitated person, so I can't sleep unless I'm really tired. I'm a cuddler in bed!"



Goal-scoring on the go!

The top Facebook football game Soccer Hero is now available on the App Store



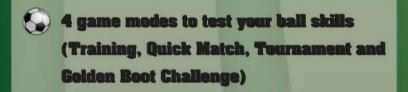






Put your goal-scoring skills to the test in this addictive high score chasing game.



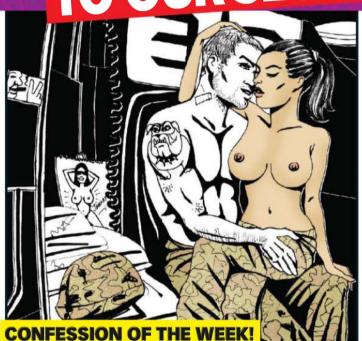


Challenge your Facebook friends to take on your weekly high score

Buy it now! On your computer, iPhone, iPod touch or iPad from

www.mousebreaker.com/iphone

IT'S LOU!



'His toned body turned me on'

Being on ops in Afghanistan is really tough, so any light relief's a bonus. After a patrol one day, we were back on base and had just parked our vehicles up for the night, when I noticed the lad I'd had my eye on was stood on his wagon topless, brushing his teeth, so I asked if I could take a look in his wagon. He smiled and pulled me up. I gave his bulge a cheeky squeeze and felt him growing harder, as he grabbed my hips and pulled me closer. I kissed him hard then, dropping to my knees, licked his shaft as he gasped and came. Afterwards, we went our separate ways, as if nothing had happened! It was the most enjoyable experience of my tour – and I'm looking forward to the next!

Shauna, Afghanistan

'I wanted to go with a woman'

My mate held an Ann Summers party with her older sister, who's very confident and sexy. After some cocktails and lots of fun trying on skimpy outfits and uniforms, I picked up my little bag of goodies and made for the door, only to find the sister jumping in my cab, too. Along the way, we started discussing our fantasies and I told her I'd always wanted to go with a woman but had never had the

right opportunity. She looked me straight in the eye and started to giggle. I felt my cheeks flush with embarrassment as I got turned on and gradually moved closer to her so we could snuggle on the back seat. Without saying another word, she moved her hand up my skirt and pulled my knickers to the side, then expertly pleasured me with two fingers as I tried not to make a sound or wriggle around in my seat too much. It felt so good and I'm sure the cabbie knew what we were up to!

Natalie, Essex

'I drove my boyfriend wild'

I was on a bus back home from a night out with my fella, when the lights suddenly went out. I didn't waste a second and started whispering dirty things in his ear, before cheekily biting his lower lip and working my hands into his jeans. He very quickly became aroused and I was so turned on by his bulge that my thong was soaking. I bent over to start working on him with my mouth, kissing him up and down. He loved this and soon let out a big groan. As I sat up and licked my lips, I noticed the two-way mirror over the driver's head. We both laughed, and thought that the driver probably got a good show that night. When we got home, we were still turned on from our antics and we did it for hours!

Megan, Dorset

'The windows steamed up'

Last weekend, my man and I decided to go to Alton Towers, but while we were queuing for one of the rides, we got caught in a huge rainstorm and had to run back to his car to dry off. As soon as we got inside, the sight of his soaked clothes sticking to his toned muscles really turned me on, so I pulled him close and gave him an enormous snog. He then eased my jeans down, pulled my knickers to the side, and slid straight inside me. Within seconds, the windows got totally steamed up and I desperately tried to hold back, as I could hear people all around us. It felt so amazing though, and I couldn't help myself as I started grinding down hard on him with all the energy I could muster. It felt so naughty knowing that loads of people were nearby, and I'm sure they guessed what was happening in the rocking car! But we really didn't care. I think it's safe to say that our wet frolic was the best ride my man got all day!

Jane, Winchester

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 60. The best one each week* wins £50!
Come on, girls!



DEAD SPACE 2 PC, PS3, XBOX 360



The terrific 2008 sci-fi-val horror gets a shriek-quel, and it's even more space-suit soiling than before. It's now set in a huge intergalactic city,

DVDS/BLU-RAY!

where you're fighting twisted human mutants in a more action-oriented, but no less unsettling, game. Plus now, there's a multiplayer option, too. Trust us, you need this in your life! ★★★★





59p of gaming goodness! It's a toony puzzler where you explode your man to his level exit

while collecting stuff and taking out sentries. Great fun for an amazing price! ★★★

CATCHA MOUSE



Silly strategy game where you set traps to stop rodents from jumping down holes so they have

no option but to hit a trap. Starts easy, becomes fiendish and a great fun journey-gobbler. ★★★



URBAN KRAV MAGA



Kick butt like Jason Bourne with 90 mins of mixed martial arts moves

anyone can learn! ★★★★★

NE, IPOD TOUCH, IPAD



Search what's on telly and the best bit remotely set your Sky+ with

it! Handy or what? ★★★★

BLACK DYNAMITE



Spoof of '70s blaxploitation crime thrillers, starring Michael Jai White as a former CIA agent out to rid the streets of drug dealers and

gangsters. Hilarious. ★★★★

BROTHERHOOD: SEASON 2



Excellent second series of the gritty drama following the lives of two brothers one a politician, the other a criminal involved in New

England's Irish Mob. ★★★

UFC 119: MIR VS CRO COP



Over five hours of footage from last September. including the main event – the dust-up between American Frank Mir and Croat

Mirko Filipovi. ★★★

MUSIC!



TI NO MERCY



Enlisting the likes of Kid Cudi, Eminem, The Neptunes and Pharrell,

Ti blitzes us all with assured, yet ultimately forgettable, chart-oriented R&B. ★★★

COLD WAR KIDS



Those smartypants rock fellows from America who've appeared on

Soccer AM thrust out their third collection. And a fine old shouty thing it is, too. ★★★★

This is Ferrell and McKay's fourth film collaboration

THE OTHER GUYS CERT 12 DVD & BLU-RAY



Brush off those January blues with some Will Ferrellinspired silliness! Directed by Adam "Anchorman" McKay, it follows

warring NYPD detectives Ferrell

and Mark Wahlberg after they're reduced to taking dull desk jobs in the force, until the chance to investigate one of the biggest crimes in years presents itself. Predictably, it doesn't go as planned, leading to action and hilarity in equal measure. ★★★



ZEBRA CROSSING

This British crime thriller is the real deal. The tale of four young men in south London falling into – and trying to scramble out of – a life of petty crime, drugs and violence



THE MECHANIC

Jason Statham is back in a remake of the '70s Charles Bronson thriller playing an elite assassin. Fast cars, gunplay and Swedish supermodel Mini Andén – it's got the lot! ★★★ is stylish, grimly realistic and heart-rending. An award-winner at fancy film festivals, this story of childhood friends on different paths is gripping stuff. ***



BIUTIFUL

Javier Bardem (the killing machine in the Coen Brothers' *No Country For Old Men*) stars in a grimy Spanish thriller from the makers of *Babel*. Top stuff! ****

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UTS

The best telly stuff for blokes, all in one place!

7-DAY TV **GUIDE!**









Secret Diary Of A Call Girl ITV2, 10pm

FRIDAY 28 JANUARY

TODAY'S



Comedy Rocks With Jason Manford ITV1, 9pm

COMEDY The funnyman welcomes Tim Vine and Pete Firman for

laughs, while James Blunt, erm, sings. ★★★



True Blood FX/HD, 10pm

Sookie's still on the search for Bill, while Eric does her

a favour and hooks her up with her werewolf protector Alcide Herveaux. Lafayette's also given the coolest car ever. ***



Alpha Dog BBC1, 11.20pm A drug dealer's gang kidnap a junkie's half-brother and hold

him to ransom over debts. The victim loves hanging out with them - until he realises they're going to have to kill him! ★★★

one

6.00am Breakfast 9.15 Wanted Down Under 10.00 Homes Under the Hammer (R) 11.00 Saints and Scroungers 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt(R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Ready Steady Cook 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 Climbing Great Buildings (R) 2.15 Instant Restaurant (R) 3.00 To Buy or Not to Buy 3.45 Flog It! 4.30 Perfection 5.15 Antiques Road Trip 6.00 Eggheads: Quiz show. 6.30 Great British Railway Journeys

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.30pm Everybody Loves Raymond (R) 7.55 Frasier (R) 8.25 According to Jim (R) 8.55 Wife Swap USA (R) 9.55 Desperate Housewives (R) 10.55 Gok's Clothes Roadshow (R) 12.00noon News Summary 12.05pm Three in a Bed (R) 12.35 River Cottage Bites (R) 12.50 FILM The Man Who Shot Liberty Valance 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Rory and Paddy's Even Greater British Adventure (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 FLM Fairfield Road: Romantic drama starring Jesse Metcalfe. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7pm The Simpsons Bart legally separates from his parents and moves into a place next to Blink-182.

7.30 The Simpsons Homer wins \$1 million on the lottery, but keeps it a secret from his family. (R)

8.00 Futurama Monster Yivo takes control of Earth. The little tinker. (R)

8.30 Futurama Bender takes action against Monster Yivo. (R)

9.00 Victoria Wood's Angina Monologues Stand-up comedy, sketches and music. (R)(HD)

10.00 Louie Spence's Showbusiness And, flick!

11.00 Got to Dance The audition process draws to a close. (R)(HD)

12.00m't Got to Dance More dancing dross. (R)(HD)

7.00 The One Show Topical jibber-jabber.

7.30 A Question of Sport With oldie Birmingham striker Kevin Phillips. (R)

8.00 EastEnders

More angry Londoners go around threatening to kill each other.

David Mitchell, Sean Lock and Alan Davies. Bound to be funny! (R)

The gang help out an old friend in the financial do-do.

10.00 News, Weather

10.35 The Graham **Norton Show**

The host does some inane grinning while listening to John Cleese.

11.20 The National Lottery Friday Night Draws

Presented by OJ Borg.

11.30 Alpha Dog

MUST-SEE Fact-based crime drama about a Californian drug dealer who kidnaps the brother of a debtor.

7.00 Julia Bradbury's **German Wanderlust** Exploring the story of Ludwig II.

7.30 An Island Parish

More Wicker Man-esque antics.

8.00 Mastermind Subjects include the England Football team in the World Cup. Blimev, Mastermind, it's Friday night! Why depress us?

8.30 Life in a Cottage **Garden with Carol Klein**

Petal-related piffle.

9.00 Can't Take It with You

Parents decide how to split their assets between their kids.

10.00 Fast and Loose

Improvised comedy, with Greg Davies and Jess Ransom.

10.30 Newsnight

11.00 The Review Show

Tim Marlow and guests discuss Channel 4's 10 O'Clock Live and new film Morning Glory.

11.50 Requiem for a Dream

The addictions of four drug users have tragic repercussions for those around them. Not exactly a slapstick comedy then.

7.00 Emmerdale

Jai discovers the extent of the damage to the barn. Blimey, what happened? Did the pigs trash it?

7.30 Coronation Street

Fiz is feeling flat. Or something.

8.00 Children's Hospital

Two school friends end up in A&E following an unsuccessful attempt to emulate Diego Maradona. This could be any number of things...

8.30 Coronation Street

A jubilant Eileen takes up a new job in the factory. Easily pleased then?

9.00 Comedy Rocks with Jason Manford

MUST-SEE With guests Tim Vine, Pete Firman and Lee Nelson.

10.00 ITV News, Weather

10.35 Take Me Out

A martial-arts champion, a singer, a car salesman and a street dancer take part. The big loons! (R)

11.50 30 Years of **An Audience With**

Ask your parents. (R) 12.40am The Zone

7.00 News

7.25 4thought.tv

7.30 Head Over **Heels in Rats**

A couple who think rats are great. Their names? Kevin and Kate Rattray, Coincidence?

8.00 Relocation: Phil Down Under

The presenter shows some galah round pads in Canberra. Strewth!

9.00 Embarrassing **Bodies**

The medics return to help treat more people's intimate problems. We'd rather not know.

10.00 The Million **Pound Drop Live**

Game show presented by shouty Davina McCall.

11.20 10 O'Clock Live

Current affairs show with David Mitchell, Jimmy Carr and Charlie Brooker. Cool! (R)

12.25am Music on 4: Countdown to the NME Awards

The artists nominated for an award.

12.45 **4Play: Skepta** A profile of the MC.

7.00 Five News at 7

7.30 Michaela's Zoo Babies

A skunk surprises everyone with its kittens. We bet it does! (R)

8.00 Ice Road Truckers

The brakes on Lisa Kelly's vehicle stop working properly during a run. We suspect this could be a problem.

9.00 The Mentalist

The president of a women's country club is killed. (R)

10.00 **CSI: Crime Scene Investigation**

More bother as a former chief of detectives is murdered. (R)

11.00 NCIS

You'll never guess - a Marine is killed! Oh, you did guess. (R)

11.55 Cops in Crisis Plod in peril. (R)

12.15am SuperCasino

1. 11am European Tour Golf, Sky Sports 1. 6pm World Snooker Shootout, Sky Sports 1. 7.30pm Bury vs Shrewsbury, Sky Sports 2. 7.30pm Bundesliga, ESPN. 12.55am New Zealand vs Pakistan, Sky Sports 1. 3.30am NBA Basketball, ESPN.

1.25am Sign Zone: At Home with the Georgians (R) 2.25 Horizon (R) 3.25 Antiques Roadshow (R) 4.25-6am BBC News

2.40 October Road: Drama (R) 3.30-5.30am ITV Nightscreen

1.00 4Play: Funeral Party 1.10 My Name Is Earl (R) 1.35 My Name Is Farl (R) 1.55 Comedy Lab (R) 2.40 Whisper of the Heart 4.35 ER (R) 5.20-6.05am Countdown (R)

3.55 SPORT Motorsport Mundial: Top action. 4.20 Rory and Paddy's Even Greater British Adventure (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor(R)

NutsTV

29 JANUARY SATURDAY



Everton vs Chelsea

SPORT ESPN, 11.45am An Everton side struggling to match last season's form take on a Chelsea side struggling to match etc. This should be an interesting contest, though. ***



Hulk ITV1, 1.50pm

FILM Eric Bana stars as scientist David Banner, whose experiments with gamma rays turn him into a powerful green giant whenever he gets angry. A strangely muted and sombre superhero flick. ***



From Dusk Till Dawn

Channel 4, 12.20am

Part road movie, part vampire flick, this stars George Clooney and Quentin Tarantino as brothers who kidnap a family and... just watch it! ****

one

6am Breakfast 10.00 Saturday Kitchen Live 11.30 Baking Made Easy (R) 12.00noon BBC News, Regional News, Weather 12.15pm SPORT Football Focus 1.00 SP Australian Open Tennis: The women's singles final. 2.00 IIVE Athletics 4.30 SPORT Final Score 5.15 BBC News, Regional News, Weather 5.40 Hole in the Wall (R) 6.10 All New Total Wipeout

TWO

6am CBeebies 7.00 CBBC 12.00noon FLM Never Cry Wolf: Wildlife drama based on a true story starring Charles Martin Smith. 1.40pm Coast(R) 1.50 Diagnosis Murder(R) 2.35 Flog It! (R) 3.35 Escape to the Country 4.35 FILM Rabbit-Proof Fence: Drama. 6.00 Are You Being Served? (R) 6.30 The Story of Are You Being Served? (R)

5.30am ITV News 6.00 CITV 9.25 Coronation Street 11.45 This Morning: Saturday 12.45pm Rosemary & Thyme (R) 1.45 ITV News, Weather 1.50 MUST SEE Hulk: Sci-fi fantasy starring Eric Bana. 4.20 Regional News, Weather 4.30 ITV News 4.45 LIVE FA Cup Football: Southampton vs Man United in the fourth round, kick-off 5.15pm.

6.05am Sali Mali (R) 6.10 The Hoobs (R) 7.00 SPORT The Track and Field Show (R) 7.25 GT Academy (R) 7.55 SPORT The Morning Line 8.55 T4: Friends (R) 9.25 Shooting Tinie Tempah 9.55 Friends (R) 10.25 Glee 11.25 Friends (R) 11.55 Lady Gaga: Real Stories (R) 12.55pm The Big Bang Theory (R) 1.55 LIVE Channel 4 Racing: From Cheltenham and Donny. 3.55 Come Dine with Me (R) 6.30 News 6.55 4thought.tv

7.00 Fantastic Four

his abilities to evil use. Mwuhaha!

9.00 The Million

Pound Drop Live

10.20 Along Came

A police psychologist goes in

search of a senator's daughter who

has been kidnapped by a psychotic

teacher. Morgan Freeman stars.

Davina McCall presents the rubbish

guiz show in which contestants can

win a million pounds - but never do.

6am Milkshake! 10.00 Meals in Moments (R) 10.10 Animal Rescue Squad (R) 10.30 How Do They Do It?(R) 11.00 Time Bomb Tunnel: Megastructures (R) 12.00noon Ice Road Truckers (R) 1pm FILM Before Winter Comes: Comedy drama starring David Niven. 3.00 FILM Corrina, Corrina: Romantic drama starring Whoopi Goldberg. **5.20** Five News **5.25** HIM Legally Blonde 2: Red, White & Blonde: Comedy sequel starring Reese Witherspoon.

7pm The Simpsons Lisa takes pity on a bankrupt Mr Burns and helps him build a recycling centre. (R)

7.30 The Simpsons Lisa discovers her mum was an A-grade student. (R)(HD)

8.00 Futurama Monster Yivo takes control of Earth and uses Fry as its messenger. (R)

8.30 Futurama Now Monster Yivo confesses his love for humanity! (R)

9.00 Lethal Weapon 2 Brill action thriller starring Mel Gibson and Danny Glover as hard-hitting LA cops on the trail of a murderous South

African drug trafficker. (HD)

11.10 Road Wars Cops crack car crime. (R)

12.10am **Drugs Wars: DEA** Docu going behind the scenes of America's Drug Enforcement Administration. (R)

Sky Sports 1. 10am Golf, Sky

Sports 1. 11.30am MUST-SEE

vs England, Sky Sports 1

erton vs Chelsea, ESPN. 4.45pm Southampton v

Man United, ITV1. 3am Australia

7.10 The Magicians With Neil Morrissey, Angela Griffin, and George and Larry Lamb.

8.10 The National Lottery: In It to Win It

Forget the quiz part – just tune in for the bit where you might get rich!

9.00 Casualty

More chest-pumping twaddle.

9.50 Come Fly with Me

Penny gets a visit from a member of the royal household. (R)

10.20 News, Weather

10.40 Live at the Apollo

Floppy-haired Irish funnyman Ed Byrne hosts the stand-up show from Hammersmith, with guests Adam Hills and Gina Yashere. (R)

11.25 The Girl Next Door

A teenager falls in love with a new neighbour - little suspecting she's a former porn movie star!

7.30 Dad's Army

It's the funniest sitcom ever! Well, according to your grandparents. (R)

8.00 From Haiti's Ashes

Docu following the rebuilding of the Iron Market in Port-au-Prince

9.00 QI XL

Brain-bothering quiz with Bill Bailey, Eddie Izzard and Danny Baker.

9.45 The Tudors

Lardy old Henry VIII invites Anne of Cleves back into the royal court.

10.40 Nurse Jackie

Dr Cooper vents his anger on Twitter when Jackie breaks the rules to speed up a boy's treatment.

11.10 Fast and Loose

Featuring David Armand, Greg Davies and Jess Ransom. (R)

11.40 Everything

Low-budget Ray Winstone flick about a married man who regularly visits a London prostitute, but isn't after sex. Winstone's daughter Lois also appears, fact fans.

7.20 Primeval

Former ARC member Jenny Lewis helps the team on her wedding day. Now that's dedication!

8.20 Take Me Out

A hockey champion, a drummer, a graphic designer and a gym manager prepare to be eaten alive.

9.35 Benidorm

Brandy seduces Mateo. (R)

10.30 ITV News, Weather

10.45 FA Cup Highlights

SPORT The day's fourth round leather-belting, including Southampton vs Man United, Everton vs Chelsea and Torquay vs Crawley. Sounds good to us!

12.15am The Cube:

Celebrity Special

a big glass box. (R)

Joe Swash and Kelly Osbourne try

to do really complicated stuff inside

12.20am From Dusk **Till Dawn**

a Spider

MUST-SEE Brilliant horror directed by Robert "Machete" Rodriguez, and starring George Clooney, Harvey Keitel and Quentin Tarantino, Not to be missed!

7.05 NCIS

McGee's sister believes she's gone and killed someone. (R) FILM Five astronauts develop superhuman powers during an energy storm in space, but one puts

7.55 **NCIS**

FBI agents try to seize control of an investigation. The swines! (R)

8.50 CSI: Miami

The body of a university student is found in a burnt-out car, triggering an investigation that leads the team to suspect a jealous boyfriend and a professional debt collector. (R)

9.50 CSI: NY

A gang leader by the name of Panthro Torres murdered? A gang member by the name of Fernando Flores suspected? It's a mess of Liverpool FC-sized proportions for Mac and the team to sort out

10.50 CSI: Crime **Scene Investigation**

A cosmetic surgeon's patients die mysteriously. (R)

11.50 Cops in Crisis Harrowing tales of survival told by

police officers. (R)

12.10am SuperCasino

<mark>UNDAY"S</mark> SPORT

6am Australia vs England, Sky Sports 1. 8.15am Tennis, BBC2. 11am Arsenal vs Huddersfield, ESPN. 1.30pm Notts County vs Man City, ITV1. 3.30pm MUST-SEE Fulham vs Spurs, ESPN. 6pm Spanish Football, Sky Sports 1.

1.10-6am BBC News

1.10-2.40am FILM The Delta Factor: Thriller starring Christopher George and Yvette Mimieux.

1.00 The Zone 3.05 The Starter Wife 3.50-5.30am ITV Nightscreen

2.10 The Wrong Turn (R) 2.15 Tourist Trap (R) 2.20 King Pylon (R) 2.25 Dirty Sexy Money (R) 3.10 Dirty Sexy Money (R) 3.55 Beauty and the Geek (R) 5.25-6.10am Countdown (R)

4.00 Emergency Bikers (R) 4.50 Meals in Moments (R) 5.00 Hana's Helpline (R) 5.10 The Milkshake! Show 5.35 Thomas & Friends 5.45-6am Roary the Racing Car

SUNDAY 30 JANUARY

TODAY'S **MUST-SEE**



Fulham vs Tottenham

SPORT ESPN/HD, 4pm It's West vs North as the two London sides clash in the FA Cup fourth round. The smart money's on 'Arry's boys, but don't forget "the magic of the cup" and all that! ***



Top Gear BBC2, 8pm

The trio take on their counterparts from the Aussie version of the show in a car-based version of The Ashes, including rallying, drifting and a doubledecker car race. Top stuff, as usual! ****



Being Human BBC3, 9pm

The nicest werewolf couple you could meet (if werewolves

were real) take in a vamp who's lost his food source, while Annie's become Mitchell's self-appointed guardian angel. ***

one

6am Breakfast 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00noon The Politics Show 1pm Bargain Hunt (R) 1.30 Escape to the Country (R) 2.30 EastEnders 4.25 My Family (R) 4.55 Songs of Praise 5.30 BBC News, Regional News, Weather 6.00 Antiques Roadshow (R)

TWO

6am CBeebies 7.00 CBBC 8.15 LIVE Australian Open Tennis: The men's singles final. 12.05pm Floq It! (R) 12.35 Diagnosis Murder (R) 1.20 FILM Becket 3.45 SPORT Figure Skating 5.15 SPORT Ski Sunday 6.00 Ray Mears' Northern Wilderness (R)

5.30am ITV News 6.00 CITV 9.25 The Crocodile Hunter Diaries (R) 9.55 SPORT FA Cup Highlights (R) 11.25 ITV News, Weather 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.30 LIVE FA Cup Football: Notts County vs Man City at Meadow Lane, kick-off 2pm. 4.25 Midsomer Murders (R) 6.00 Regional News, Weather 6.15 ITV News 6.30 Dancing on Ice

6.10am The Hoobs (R) 7.00 SPORT FIS World Championships 7.30 SPORT That Paralympic Show (R) 7.55 T4: Battlefront 8.10 Friends (R) 9.15 Hollyoaks 11.45 Glee (R) 12.50pm The Simpsons (R) 1.55 Jamie's 30 Minute Meals (R) 4.30 Deal or No Deal 5.35 Big Momma's House 2: Comedy sequel starring Martin Lawrence.

6am Milkshake! 10.00 Animal Rescue Squad (R) 10.15 Emergency Bikers (R) 11.15 Cowboy Builders (R) 12.15pm Red Sea Jaws (R) 1.20 The Fifth Element: Sci-fi fantasy adventure starring Bruce Willis. 3.40 FILM RV: Runaway Vacation: Comic road movie starring Robin Williams. 5.40 Five News 5.45 III Jackie Chan's Who Am I?: Martial arts thriller starring Jackie Chan.

7.30pm The Simpsons Bart and Homer go with Krusty to Oslo, where he hopes to collect a Nobel Priz. (R)(HD)

8.00 The Simpsons Bart decides to steal a kiss from his crush at school after taking advice from Grampa. (R)(HD)

8.30 The Simpsons Really old episode in which Homer takes Marge and the family to New York to retrieve his car. (R)

7.00 Countryfile

Julia Bradbury takes a journey on a train that doubles up as a pub. Hang on, did Countryfile all of a sudden become interesting? Probably not.

8.00 Lark Rise to Candleford

Queenie wins a pig. Bacon butties all round then! Brilliant!

9.00 Terry Wogan's Ireland Tel learns about his motherland.

10.00 News, Weather

10.25 Gavin & Stacey The Essex mob arrive for a day at the beach in Barry. (R)

10.55 Gavin & Stacey In the last of the series, Bryn and Jason put their secret to bed, and

Smithy has a chat with Nessa. (R)

11.25 Houseguest

Comedy starring Sinbad (the sailor?) and Phil Hartman, A man on the run from loan sharks passes himself off as a stranger's childhood friend. Hmm, doesn't sound funny.

7.00 The Funny Side of TV Talent

Clive Anderson presents a guide to the history of TV talent shows. (R)

8.00 Top Gear

MUST SEE The presenters go up against their Aussie counterparts in an carversion of the Ashes. This should be very interesting.

9.00 Arctic with **Bruce Parry**

How the oil industry has affected life in the far north of Canada. Hang on, there's life in the far north of Canada? It must be freezing!

10.00 The Paedophile Hunters

11.00 Never Mind the Buzzcocks

It's a star-studded compilation show, so it should be hilarious! (R)

11.35 Once

Romantic musical drama. Honestly, if you sit through this, you might as well watch Glee.

12.55-6.00am BBC News

8.30 Wild at Heart

Alice has a close encounter with lions Father! Go on!

9.30 Dancing on Ice: The Skate Off

A surprise twist as the two lowestscoring couples have a skate off. The twist? It's a skate to the death!

10.05 That Sunday **Night Show**

Alastair Campbell and Jenny Eclair join Adrian Chiles for topical chat.

10.35 ITV News, Weather

10.50 FA Cup Highlights

SPORT Highlights of the fourth round, featuring Arsenal vs Huddersfield, West Ham vs Forest and Fulham vs Spurs.

11.50 Comedy Rocks with Jason Manford

Tim Vine, Pete Firman, Lee Nelson and Russell Kane join Manford. Sadly, so do James Blunt and Enrique Iglesias though. (R)

Highlights of the weekend's pool matches, including Sale vs Dragons, Scarlets vs Saracens and Wasps vs Harlequins.

1.35 The Zone 2.00 FILM Hard

3.35-5.30am ITV Nightscreen

Target: Action thriller starring

Jean-Claude Van Damme

7.30 **News**

7.55 4thought.tv

8.00 Come Dine with Me

Four more totally unsuitable companions get together to throw the perfect dinner party/argue with one another. We'd serve KFC. Yum.

9.00 **P.S. I Love You**

PREMIERE Romantic comedy drama starring Hilary Swank as a widow whose dead husband sends her letters from the grave. There are so many reasons you shouldn't watch

this. Do we really need to list them?

11.30 Alan Carr: **Chatty Man**

Sherlock star Benedict Cumberbatch pops in for a chat, as does Kerry Katona. Well, you can't have it all. (R)

12.35am Comedy Lab: **Penelope Princess** of Pets

Odd comedy thing about an American woman with the ability to talk to animals. Leave it alone! (R)

8.00 Britain's Secret Schindler: Revealed

Docu telling the story of an unlikely hero who rescued hundreds of Jewish children from Germanoccupied Czechoslovakia. (R)

9.00 The Patriot

FILM Epic period drama starring Mel Gibson (we suspect he wouldn't enjoy the programme above), Heath Ledger and Jason Isaacs. A pacifist plantation owner is drawn into the . American War of Independence.

9.00 Wall Street

FILM Oliver Stone's drama starring Charlie Sheen and Michael Douglas, An ambitious young broker becomes the protégé of a ruthless corporate raider. It's very good! (HD)

11.25 Drugs Wars: DEA

The agents are in a bad situation against two drug dealers. Just say no, kids. (R)

12.25am House

An African dictator who has been charged with crimes against humanity is brought in for treatment. (R)(HD)

12.10am **UFC 40: Main Event**

SPORT Action from the event held at the MGM Grand in Las Vegas, featuring Tito Ortiz vs Ken Shamrock for the light heavyweight championship title. Come on!



Choose your download and text the KEYWOR 2 Download your product, sit back and enjoy

12.45am Anglo-Welsh Cup Rugby Union

1.00 A Family Portrait: Short film. Very short. (R) 1.05 Wedding House (R) 2.00 FILM Second Best 3.50 Brothers & Sisters (R) 4.35 FR (R) 5.20-6.05am Countdown (R)

1.10 Casino 4.00 Cowboy Builders 4.50-6.00am Meals in Moments

1.10am The Sky at Night 1.35 Sign Zone: Holby City 2.35 Making Scotland's Landscape 3.35 Climbing Great Buildings 4.05 Filthy Rotten Scoundrels 4.50-6.00am News

NutsTV

31 JANUARY MONDAY



Freddie Flintoff Versus The World

REALITY ITV4, 8pm The cricket hero travels across America to try

his hand at some extreme sports. ★★★



Episodes BBC2, 10pm

COMEDY This slow-burner comedy continues. Matt's out getting

wasted and it's up to his nemesis Beverly and her hubby Sean to come to his rescue. Cue an eye-opening night of drama! ★★★



Harry Brown

FILM Sky Movies Prem/HD, 10.15pm Michael Caine plays the lead who, tired of local thugs, decides to take

7pm The Simpsons

7.30 The Simpsons

Mr Burns wins a basketball

team in a poker game. (R)

8.00 Road Wars

largest-ever drug raid. (R)

9.00 Dream Lives

An Essex couple look for a

business in Spain. We bet

10.00 Mental

11.00 Inside:

for Women (R)

Prison Tactical

psychotic episode. (HD)

sunbeds are involved. (R)(HD)

A movie star claims he faked a

Life in the California Institute

for Sale

Thames Valley Police participate in Slough's

murderer. D'oh! (R)

Homer becomes the target of a

up arms to have revenge on them all. Ace drama that also stars Plan B. ★★★

one

6am Breakfast 9.15 NEW Wanted Down Under Revisited 10.00 Homes Under the Hammer 11.00 NEW Save My Holiday: Consumer show. 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

Chat about stuff in the news.

7.30 Inside Out Chat about stuff in the local news

8.00 EastEnders

More Cockney screeching.

8.30 The Battle for **Bomb Alley: Panorama**

The continuing struggle for control of Sangin in Afghanistan.

9.00 Silent Witness Harry and Nikki investigate a

shooting at the Dutch embassy.

10.00 News, Weather

10.35 A Question of Sport

How do you make a quiz about sport dull? Watch this and you'll find out.

11.05 Late Kick Off

SPORT A round-up of the weekend's lower-league footy action.

11.35 The Graham Norton Show

With oldie actor John Cleese. (R)

12.20am The **Apprentice USA**

Mad-haired tycoon Donald Trump tries to find more nutty Americans to employ.

1.25 The Apprentice USA: Reality

show. 2.10 Sign Zone: Ancient

Worlds (R) 3.10 Climbing Great

Buildings (R) 3.40 Wanted Down

Under (R) 4.25-6am BBC News

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Ready Steady Cook (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 Film 2011 with Claudia Winkleman 2.15 Instant Restaurant (R) 3.00 To Buy or Not to Buy 3.45 Flog It!: From Glenrothes. 4.30 Perfection 5.15 Antiques Road Trip 6.00 Eggheads 6.30 Great British Railway Journeys

7.00 Escape to

the Country A couple search rural Devon for their first home. Don't get lost! (R)

8.00 University Challenge

Geeks square-up.

8.30 Baking Made Easy

Fast and easy recipes for entertaining. Never underestimate the value of the takeaway.

9.00 Horizon: The **Secret World of Pain**

An insight into pain. Try to sit through ITV1 tonight and you'll find out all you need to know.

10.00 Episodes

MUST-SEE Sean and Beverly retrieve Matt from a seedy bar.

10.30 Newsnight

11.20 Mad Men

NEW The '60s-set drama returns with Don having difficulty adjusting to life as the public face of his new company. Jon Hamm stars.

12.05am An Island Parish Fr John Paul faces his first test on Barra. Finding an escape route? (R)

12 35 BBC News

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

Sheep-related chicanery,

7.30 Coronation Street Peter gets sozzled.

8.00 The Lakes

A hairdresser talks about his love of animals. Do you really think watching this is a good idea?

8.30 Coronation Street Or this, for that matter?

9.00 The Biggest Loser The one-time salad dodgers head to

Twickenham for a challenge.

10.00 ITV News, Weather

10.35 Total Emergency Firefighters in Sheffield tackle a building blaze. (R)

11.35 That Sunday **Night Show**

Alastair Campbell and Jenny Eclair join Adrian Chiles. (R)

12.05am Grimefighters

A cleaning crew deal with a nightmare of a house in Ipswich. (R)

12 35 The Zone

7.40am Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 According to Jim (R) 9.05 Wife Swap USA(R) 10.00 Desperate Housewives (R) 10.55 Relocation: Phil Down Under (R) 12.00noon Channel 4 News Summary 12.05pm The TV Book Club 12.35 FILM Pick-Up on South Street 2.05 NEW Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks

700 News

7.55 4thought.tv

The hopes and wishes of British Chinese people.

8.00 Birth of Britain

Tony Robinson goes in search of Britain's gold. Presumably armed with a map with a big "X" on it.

9.00 One Born **Every Minute**

Women pop out more kids.

10.00 Alan Carr: **Chatty Man**

The host is joined by Secret Diary of a Call Girl hottie Billie Piper.

11.05 The Joy of Teen Sex

Featuring a discussion about premature ejaculation. Avoid! (R)

12.10am Premier **League Poker**

Card-laying antics with two Heads Up matches from Maidstone Studios in Kent, featuring JC Tran vs Daniel Negreanu and Ian Frazer vs Roland De Wolfe.

6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Rory and Paddy's Even Greater British Adventure (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.10 FILM Aces 'N Eights: Western starring Casper Van Dien. 5.00 Five News at 5. Weather 5.30 Neighbours (R) 6.00 Home and

7.00 Five News at 7

7.30 How Do They Do It?

Away (R) 6.25 Live from Studio Five

How iron is turned into stainless steel with the addition of chromium. The problem? No-one cares!

8.00 Emergency Bikers

Biker paramedic Mark Hayes helps a man who has been hit by a bus.

9.00 Murder at 1600

11.10 Slow Burn

A district attorney tries to

after his assistant and lover is

dull as the title, by the way.

unmask an enigmatic crime lord

arrested for murder. It's about as

A detective and a Secret Service agent join forces to investigate the murder of a White House employee.

12.00m't Road Wars

Cops deal wth more bother behind the wheel. (R)(HD)

3pm Ski Jumping, Eurosport 2. Sky Sports 1. 9.45pm Football: Championship, Eurosport 2. 12.55am New Zealand vs

Pakistan, Sky Sports 1.

SPORT

6am New Zealand vs Pakistan, Sky Sports 1. 7pm Aberdeen vs Celtic, ESPN. 7.30pm West Brom vs Wigan, Sky Sports 2. 12m't College Football, ESPN. 2am College Football, ESPN. 3am Australia v England, Sky Sports 1.

4.00-6am BBC Learning Zone

2.35 The Jeremy Kyle Show (R) 3.25-5.30am ITV Nightscreen 1.10 Mosley (R) 2.10 The Genius of British Art (R) 3.05 Titanic: The Mission (R) 4.00 FR (R) 4.45

6.10am FILM The Little Norse Prince Japanese animated adventure

1am SuperCasino 4.05 The FBI Files (R) 4.55 Rough Guide to Adventures (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor(R)

TUESDAY 1 FEBRUARY



Secret Diary Of A Call Girl ITV2, 9.10pm

DRAMA

Belle's back! She's started sleeping with her mate Ben

(lucky!) and has become a madam! ★★★★



Boardwalk Empire

DRAMA Sky Atlantic, 9pm This new 12-part drama, directed by

Martin Scorsese and starring Steve Buscemi, is set in the '20s and is all about gangsters and political corruption. Top telly! ****



TODAY'S

Blue Bloods

DRAMA Sky Atlantic, 10.30pm

A new drama about a severalgenerations-strong clan of cops in New York, which includes Tom Selleck and Donnie Wahlberg! Worth a watch. ★★★

one

6am Breakfast 9.15 Wanted Down Under Revisited 10.00 Homes Under the Hammer 11.00 Save My Holiday 11.45 Cash in the Attic(R) 12.15pm Bargain Hunt (R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Ready Steady Cook (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 Climbing Great Buildings (R) 2.15 Instant Restaurant (R) 3.00 To Buy or Not to Buy 3.45 Flog It! 4.30 Perfection 5.15 Antiques Road Trip 6.00 Eggheads: Quiz with Jeremy Vine. 6.30 Great British Railway Journeys

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show: Shouty show. 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6.20 The Hoobs (R) 7.10 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.35 According to Jim (R) 9.00 Wife Swap USA(R) 10.00 Desperate Housewives (R) 10.55 A Place in the Sun: Home or Away (R) 12.00 noon News 12.05pm Jesse James 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 Animal Rescue Squad (R) 3.05 FILM Dancing at the Harvest Moon: Drama. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7pm The Simpsons Homer crashes a rented car into the Queen's carriage. (R)

7.30 The Simpsons Homer and Grampa visit Ireland. (R)(HD)

8.00 **Let the Stories Begin**

Mariella Frostrup previews the programmes that will be shown on Sky Atlantic, possibly the best new TV channel. Ever!

9.00 Got to Dance Dancing dumbos. (R)(HD)

10.30 A League of Their Own

Jack Whitehall and Michael Owen guest. (R)(HD)

11.00 Lie to Me

Lightman vets an art museum's staff for security leaks. (R)(HD)

12.00m't Mental

A movie star checks in claiming he faked a recent psychotic episode for publicity. (R)(HD)

ROVOLUTION

7.00 The One Show

Topical chinwagging.

730 FastEnders

Darren's night out ends in misery. Business as usual for Eastenders.

8.00 Holby City Hospital hell.

9.00 Silent Witness

A discovery at the Van Buren's home exposes a tragic secret. It's the last of the series, incidentally.

10.00 News, Weather

10.35 Film 2011 with **Claudia Winkleman**

The presenter looks at David O Russell's boxing drama The Fighter, starring Christian Bale.

11.15 The Hoax

FILM Comedy drama based on the true story of a fraudster, starring Richard Gere. A struggling writer fakes the biography of a reclusive billionaire. We can sum this movie up in one word: unappealing.

7.00 Natural World Docu about a couple who raised an orphaned lioness in Kenva, Aah!

8.00 A Farmer's Life for Me

NEW Not for us though. Watch the football on Sky Sports 2!

9.00 Do We Really **Need the Moon?**

Bit of a stupid question if you ask us. Even if the answer was no, what would we do? Blow it up? Pointless!

10.00 How TV **Ruined Your Life**

Charlie Brooker looks at why TV has the capacity to infuriate people of all ages. Expect some top ranting!

10.30 Newsnight

11.20 Mad Men

Peggy's delighted by Freddy Rumsen's return.

12.05am BBC News

4.00-6am BBC Learning Zone

7.00 Emmerdale

More farm-based "fun"

7.30 Grimefighters

A landlord is left a nasty surprise. A poo on a stick? Just a quess.

8.00 The Betty **Driver Story**

The life of the 90-year-old Coronation Street star. Nuff said.

9.00 Taggart

"There's been a mudder!" etc.

10.00 ITV News, Weather

10.35 Half Light

Rubbish supernatural thriller starring Demi Moore. A year after the drowning of her son, a novelist starts receiving messages from beyond the grave. Course she does.

12.35am The Zone

2.40 Crossing Jordan: Drama.

3.25-5.30am ITV Nightscreen

7.00 News

7.55 4thought.tv

8.00 Gok's Clothes Roadshow

Gok Wan heads for Harrogate, North Yorkshire, to help four postal workers boost their femininity. Even if our lives depended on it we wouldn't subject ourselves to this.

9.00 Big Fat Gypsy Weddings

A bizarre look at the everyday lives of Britain's traveller women.

10.00 Shameless

Micky and his family face ruin when the police are alerted to his new money-making venture.

11.05 Derren Brown: **Behind the Mischief**

A repeat of the fascinating docu into the private life of the illusionist. He's a mindblowing painter! (R)

12.10am European **Poker Tour**

ORT Action from the final table in London, as John Juanda, David Vamplew and Tom Marchese battled it out for the slightly impressive 900 grand first prize.

1.10 Bull Run **1.40** B-Boy Series **2.05** FIS World Championships

2.35 Basketball 3.30 KOTV 3.55

Triathlon 4.50 Bear Grylls 5.45-

6.10am Wogan's Perfect Recall

7.00 Five News at 7

7.30 Extraordinary Dogs

Docu profiling rescue dogs.

And there was us thinking it was about dogs that could do things like play the guitar and tap dance.

8.00 Gladiators: Rome Unwrapped Docu about the Colosseum.

9.00 CSI: Crime **Scene Investigation** A respected philanthropist is attacked in her home.

10.00 CSI: Miami

A crooked broker who made many enemies by cheating people out of money is murdered. (R)

11.00 **CSI: NY**

bodies of two scuba divers are

11.55 **CSI**

Grissom investigates the shooting of a photographer. (R)

4.55 Activity Wildlife SOS

The decomposed found.(R)



12.50am Super Casino

Holidays 5.10-6.00am



1.10am Sign Zone: See Hear (R) 1.40 Human Planet: Brill docu series (R) 2.40 Dambusters Declassified (R) 3.40 Wanted Down Under(R)4.25-6am BBC News

Nuts TV

2 FEBRUARY WEDNESDAY



Fulham vs Newcastle

SPORT Sky Sports 2/HD, 7.30pm
Fullham's second TV outing of

the week sees the Geordies head south as the home side go after a win to drag them away from relegation troubles. ★★★



Boardwalk Empire

DRAMA Sky Atlantic, 9pm After the Capone/Darmody robbery goes wrong, Nucky feels he's entitled to

a much larger chunk of cash. Jimmy also loses his job as a result of the foul-up. ****



Sons Of Anarchy DRAMA Five USA, 10pm Ethan

wants rid of the Sons, so he

floods the town with drugs and blames it on them. Elsewhere, Bobby takes over SAMCRO's porn studio. Sweet! ***

one

6am Breakfast 9.15 Wanted Down Under Revisited 10.00 Homes Under the Hammer 11.00 Save My Holiday 11.45 Cash in the Attic (R) 12.15pm Bargain Hunt(R) 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.30 Daily Politics 1pm See Hear 1.30 Car Booty (R) 2.15 Instant Restaurant (R) 3.00 To Buy or Not to Buy 3.45 Flog It! 4.30 Perfection 5.15 Antiques Road Trip 6.00 Eggheads: Quiz show. 6.30 Great British Railway Journeys

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6.20pm The Hoobs (R) 7.10 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Wife Swap USA(R) 10.00 Desperate Housewives (R) 10.55 Country House Rescue (R) 12.00noon News 12.05pm Jamie at Home (R) 12.30 FILM Cattle Empire 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks

6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 Extraordinary Dogs (R) 3.25 FILM Murder at the Gallop: Murder mystery starring Margaret Rutherford. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7pm The Simpsons Homer realises he knows next to nothing about Lisa. (R)

7.30 The Simpsons Homer is asked to help the Rolling Stones at a benefit gig. Woo-hoo! (R)

8.00 Dream Lives for Sale

Jonnie Irwin helps a family determined to build a new life in Tenerife. (HD)

9.00 Louie Spence's Showbusiness Grr... (HD)

10.00 Lie to Me

A beautiful woman entangles Lightman in a game of cat and mouse. Lucky old him! (R)(HD)

11.00 Victoria Wood's Angina Monologues Stand-up comedy, sketches and music. (R)(HD)

12.00m't Road Wars Vehicle crime. (R)(HD)

7.00 The One Show

Topical stories. 730 FastEnders

More squabbling in the Square. 8.00 Waterloo Road

High drama as a new teaching initiative causes controversy. Whoa!

9.00 Motorway Cops Road Wars by another name.

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws

Myleene Klass presents.

10.45 Match of the Day

SPORT Highlights of this evening's top-flight kickabouts, which included Liverpool vs Stoke and Blackburn vs Spurs.

12.05am In Dreams

FILM Supernatural thriller starring Annette Bening and Robert Downey Jr. A woman discovers she has a psychic link with a serial killer.

7.00 Top Gear

The presenters square off against their Aussie counterparts in an automotive version of the Ashes. Let's hope for a similar outcome! (R)

8.00 Michel Roux's Service

The contestants serve Gok Wan. Sophie Ellis-Bextor and Diarmuid Gavin. That's unfortunate for them.

9.00 Who Gets the Best Jobs?

Richard Bilton investigates social equality in Britain. Meanwhile, we suggest you examine Sky Sports 2.

10.00 Have I **Got News for You**

With guest host Jo Brand. (R)

10.30 Newsnight

11.20 Mad Men

Don heads to Los Angeles to visit Anna, but learns a worrying secret.

12.05am BBC News

7.00 Emmerdale

More tractor-related traumas

7.30 The Unforgettable Les Dawson

Profile of the comedian (R)

8.00 Midsomer Murders

More from the sleepy village with a crime rate to make the Bronx blush.

10.00 ITV News, Weather

10.35 The Secret Caribbean with **Trevor McDonald**

Magician David Copperfield provides a tour of Musha Cay, then makes it disappear. Maybe. (R)

Camera, Action! The technological arms race being waged on Britain's roads. (R)

12.30am The Zone

11.35 Police,

7.00 News

7.55 4thought.tv

A politician from Belfast shares her wishes for the Chinese New Year.

8.00 Beauty and the Beast: The Ugly **Face of Prejudice**

NEW Docu about facial disfigurement and discrimination.

9.00 Mary Portas: **Secret Shopper**

The presenter sticks her nose into the running of mobile phone stores.

10.00 The Joy of Teen Sex

How technology is affecting teenagers' attitudes toward sex.

11.05 Shameless

Micky and his family face ruin when the police are alerted to his new money-making venture. (R)

12.10am Music on 4: The Album Chart Show Spotlight

A round-up of the week's releases.

12.25 **4Play**: The Go! Team

12.40 My Family's Crazy Gap Year(R)

7.00 Five News at 7

7.30 Monkey Life Alison tries to save a chimp.

8.00 Cowboy Builders

A single mother from Camberley whose house is falling down.

900 NCIS

A prank-loving Marine is found dead on Halloween

10.00 Law & Order: **Criminal Intent**

More death as a well-known historian is poisoned. (R)

10.55 Law & Order: **Special Victims Unit**

A teenager claims she's been raped, but she's fibbing. (R)

11.55 **Poker**

SPORT The World Open VI from the Palm Beach Casino in Mayfair.

12.55am SuperCasino

vs Newcastle, Sky Sports 2. 7.45pm Palermo vs Juventus ESPN. 12.55am New Zealand vs Pakistan, Sky Sports 1. 1am NBA Basketball, ESPN.

SPORT

6am New Zealand vs Pakistan, Sky Sports 1. 7am Golf, Sky Sports 2. 11am Golf, Sky Sports 1. 2.30pm **Dubai International Racing Camival**, Sky Sports 1. 7.45pm Bari vs Inter, ESPN. 1am NBA Basketball, ESPN. 4am Basketball, ESPN.

1.45 Sign Zone: Country Tracks (R) 2.40 Natural World Special: Panda Makers (R) 3.40 Wanted Down Under (R) 4.25-6am BBC News

4.00-6am BBC Learning Zone

2.35 FILM Ned Kelly: Outback Western starring Heath Ledger. 4.20-5.30am ITV Nightscreen

1.35 Animal Madhouse (R) 2.30 Food: What Goes in Your Basket? (R) 3.25 FLLM Pom Poko (Dubbed) 5.25-6.10am Countdown (R)

4.05 The FBI Files (R) 4.55 Rough Guide to Short Breaks: Tenerife and Laos. (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor(R)

THURSDAY 3 FEBRUARY



Human Planet BBC1, 8pm

DOCU It's a jungle out there! Seriously, it actually is for the people featured in this, as we follow man's survival techniques in the tropical forests, including hunting tarantulas for lunch. Yum. ★★★★



Six Feet Under

DRAMA Sky Atlantic, 9pm This dark drama about a family who run an LA funeral home was a big hit when it was first shown a few years ago. It's bonkers and brill, and here's the first episode. ***



TODAY'S

MUST-SEE

Entourage

DRAMA Sky Atlantic, 10.30pm Season seven kicks off in style

as Vince goes extreme, Drama searches for a new role, Turtle fails in business and Ari does lots more inventive cussing. ****

one

6am Breakfast 9.15 Wanted Down Under Revisited 10.00 Homes Under the Hammer 11.00 Save My Holiday 11.45 Cash in the Attic(R) 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CBBC 5.15 Weakest Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Ready Steady Cook (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Due South (R) 1.45 Climbing Great Buildings: Blenheim Palace. (R) 2.15 Instant Restaurant (R) 3.00 To Buy or Not to Buy 3.45 Flog It! 4.30 Perfection 5.15 Antiques Road Trip 6.00 Eggheads 6.30 Great British Railway Journeys

7.00 Who Does What?

relationship audit. If our missus

with no relationship to audit!

The trainees prepare for service

9.00 Louis Theroux:

The broadcaster joins an extreme

subculture of Jewish settlers on the

Guide to Food and Wine

But why does it have to be grumpy?

It's about plonk - surely it should be

The Ultra Zionists

Israeli-occupied West Bank.

10.00 The Grumpy

the drunken quide? (R)

10.30 Newsnight

11.20 Mad Men

Peggy makes a new friend.

at the chef's own restaurant. Fancy!

asked us to do this, she'd find herself

Couple's who undergo a

8.00 Michel

Roux's Service

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News, Weather 2.00 May the Best House Win 3.00 Dickinson's Real Deal 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.10 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.05 Frasier(R) 8.30 According to Jim (R) 9.00 Wife Swap USA (R) 10.00 Desperate Housewives (R) 10.55 Help! My House Is Falling Down (R) 12.00noon News 12.05pm Jamie at Home (R) 12.30 FILM The Raid 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Jamie's 30 Minute Meals 6.00 The Simpsons (R) 6.30 Hollyoaks

6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: Crime Scene Investigation (R) 12.40pm Five News 12.45 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 The Family Recipe (R) 2.55 Animal Rescue Squad (R) 3.10 FLM Mystery Woman: At First Sight 5.00 Five News at 5. Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Live from Studio Five

7pm The Simpsons Marge is mugged. (R)

7.30 The Simpsons Homer builds a robot . (R)

8.00 The Middle: **Access All Areas** A look at the making of the US show. (R)(HD)

8.30 The Simpsons A flashback episode. (R)(HD)

9.00 Thorne: Scaredy Cat

Thorne orders Chen off the case due to her drug issues. (R)(HD)

10.00 A League of Their Own

Dermot O'Leary and Phillips Idowu guest. (R)(HD)

10.30 A League of Their Own

Kevin Pietersen and Amanda Holden quest. (R)(HD)

11.00 Inside: **Prison Tactical**

Behind-the-scenes look at prison life for women. (R)

12.00m't Road Wars

7.00 The One Show

Chat show gubbins.

7.30 EastEnders Alfie struggles to deal with what he witnessed the previous night. What's that? His wife naked?

8.00 Human Planet

MUST-SEE A fascinating look at the survival techniques used by people who inhabit rainforests.

9.00 Outnumbered

Ben claims he's too ill to go to school. We've been there, mate. (R)

9.30 Not Going Out

A confused old lady wanders into Lucy's flat, so Lee throws her out, only to discover she has a wealthy son who always pays a reward to the person who takes her home.

10.00 News, Weather

10.35 Question Time

11.35 This Week

12.25am Sign Zone: The Battle for Bomb Alley: Panorama

The struggle for control of Sangin in Afghanistan. (R)

12.55 Countryfile

That well-known country settlement of, er. Sheffield. (R)

1.55 Antiques Roadshow: From

Jersey. If you care. (R) 2.55 Rip Off Britain (R) 3.35-6am BBC News

4.00-6am BBC Learning Zone

12.05-3.35am BBC News

7.00 Emmerdale Farm-based soan

7.30 The Value of a Degree: Tonight

8.00 Emmerdale

One of the farmers is caught in a compromising position. With a cow.

The worth of a university degree

8.30 Coronation Street

Peter hits the bottle. So will we if we're forced to endure this.

9.00 Marchlands

Three families living in the same house in different decades are linked by the death of a girl in 1967.

10.00 ITV News, Weather

10.35 **Odd One In**

Mark Durden-Smith and Angela Griffin take on regulars Jason Manford and Peter Andre. (R)

11.20 Send in the Dogs

Manchester's police dogs tackle car thieves and drunk drivers. (R)

2.15 The Jeremy Kyle Show (R) 3.10

The Value of a Degree: Tonight (R)

3.35-5.30am ITV Nightscreen

12.10am The Zone

7.00 News

7.55 4thought.tv

8.00 Relocation. Relocation

A couple who want a family home and an investment flat. Moneybags!

9.00 Rome Wasn't **Built in a Day**

We never said it was.

10.00 10 O'Clock Live

Current affairs comedy style show, with David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne.

11.05 Big Fat **Gypsy Weddings**

traveller women. (R)

The nominees in the Cultural Diversity Awards 2010.

7.00 Five News at 7

7.30 **Top Trumps: All Terrain Vehicles** Robert Llewellyn drives the

toughest off-road Army vehicle. (R)

8.00 Secrets of the **Vanishing Sphinx**

Docu all about the monumental sculpture in Egypt. Great, if you're into this sort of thing.

9.00 Justin Lee Collins: **Turning Japanese**

Didn't Jonathan Ross do this type of thing ages ago? Still, JLC has a go.

10.00 The Punisher

Terrible action flick based on the Marvel comic books, starring Thomas Jane and John Travolta.

A grieving ex-cop launches a series of revenge attacks on a psychopathic crook.

12.25am Super Casino

E2 EACH!

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Docu looking at the lives of Britain's

12.10am Diverse Nation

1.05 Coming Up: Dip (R) 1.35 4.05 FBI Files Grave of the Fireflies (Subtitled) 4.55 Rough Guide 3.10 Brothers & Sisters (R) 3.55 to Journeys 5.10 Hill Street Blues (R) 4.50 FR (R) Wildlife SOS 5.35-5.35-6.20am Countdown (R) 6am House Doctor

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Daze, anywhere UK



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girlfriend.

He was the



Pamela Anderson, the Dalai Lamo and Sir Paul McCartney have all announced public boycotts of Kentucky Fried Chicken

Hummingbirds survive on a food intake of just five calories a day.

Hydrogen sulphide, which causes the unpleasant smell of human farts, also lowers high blood pressure, which means smelly wind is good for you.

In 1988, Steve Coogan did quest vocals on the acid house track, Don't Believe The Hype by Mista E, performing an impression of Prince Charles

Female squirrel monkeys establish dominance in their social groups according to the size and prominence of their clitoris.

Weerkats have nearly 50 different alarm calls for specific types of dangers.

During the summer, the grizzly bears of Yellowstone National Park, USA, eat around 40,000 moths a day.

Tire late Pope John Paul II, Nelson Mandela and Everton goalkeeper Tim Howard have all been made honorary members of the Harlem Globetrotters basketball team

The first fully movable feathers on a bird's wing are also known as "the bastard wing".

The Pot Noodle factory in Crumlin, Wales, produces 155 million portions of the snack every year.

Marmite was originally sold in earthenware pots.

BAMMO ON...



- Europeans didn't eat breakfast in medieval times - they would eat just a heavy lunch at noon, and a light supper at night.
- The traditional full Welsh breakfast is like a full English but with a side order of cockles.
- The process of toast turning

- brown is called the "Maillard reaction".
- It's possible to scramble eggs using the steam pipe on an espresso machine.
- National **Farmhouse Breakfast Week** runs all this week. Visit shakeupyour wakeup.com for more info.

JORDS: PETE CASHMORE HOTOS: GETTY, REX, PA, LFI, PLANET

