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Plus!

Ross
Kemp
on being
shot!



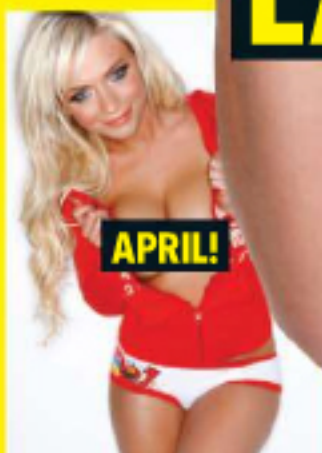
SABINE!



CHARLOTTE!



KIRSTIE!

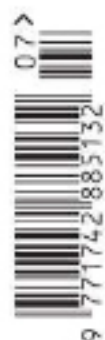


APRIL!

Lacey Banghard presents...

2011'S
BIGGEST
► NEW ◀
BOOBS!

New stars, bigger bras!



TORRES!
HAMILTON!
JEFFERIES!



New 200mph
Yank supercar!



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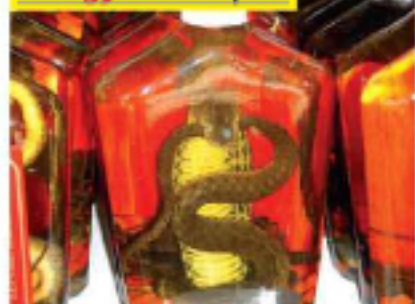


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IN THE Nuts OFFICE!



Nuts man Nick in the Arctic for walkingwithwounded.org.uk



Our Dead Space 2 visitors don't like Nuts man's jumper

Nuts NEWS

AT THE BACK OF THE GRID, EVERY WEEK

Nuts EXCLUSIVE!

Lewis Hamilton: 'I want to be world champion!'



The F1 ace talks about his new car, tweeting from the pits and letting us take his missus on a date!

Hi Lewis! Your new viral sees you and Jenson putting the finishing touches to your new F1 car. If you really had to put it together, what part could you do best? I believe I can do any part to a race standard. I've always been good at taking

things to bits and putting them back together. I can pretty much take a car apart and rebuild it. I definitely couldn't do it as well as the guys on my team, though! What's the 2011 Championship going to hinge on? You never know. Sometimes it starts off the wrong way and it's just how you dig yourself out of it. I'm always prepared for how it might go. What we do is just work towards being prepared as best we can.

Is there much pressure on you to beat Jenson? There's always pressure within a team, and anyone who says there isn't is lying. You're working as a team, for the team, but you want to be seen as the better one of the two! Jenson and I will always have that rivalry – he wants to be world champion and so do I – but that'll never cloud our judgment to the point where we'd crash into each other!

Do you two have any cheeky bets? Are there races where you feel, "I can have him"? Every race! Ha-ha! Nah, we don't have anything like that. We're going there to win. I don't think we need more incentive! In sports like football, the fans are really close to the action. Is it the same in F1? Well, they're nowhere near as close. But people don't realise that it's the fans who create atmosphere.

You wouldn't believe it at the speeds we travel, but we can see them. We can see all the flags, hear the cheers, and see all the fans moving. It makes a huge difference. I don't think it does for all the drivers, but it does for me. I'm from Stevenage, man. It was hard enough getting girls to like you or make friends, let alone have fans who love you and travel all over the world to support you. It's pretty cool! Do you feel cool when you're driving? I definitely don't when I'm wearing this suit, even though it's pretty cool to have and there are only two of us who can wear it! You

Vodafone McLaren Mercedes MP4-26

The motor that's going to make the difference on the track in 2011



- The MP4-26 features a range of new aerodynamic features designed to take advantage of rule changes by limiting the amount of downforce that can be derived from the car's underbody. These include
- distinctive U-shaped sidepods, which feed air more efficiently to the car's rear-end.
- An adjustable rear-wing system has also been introduced for 2011, to increase the potential for overtaking.
- The engine's an all-new electric hybrid
- system. Vodafone McLaren Mercedes became the first F1 team to win the Championship using a hybrid device in 2009.
- The chromed-out paint job not only looks cool, it actually helps with the aerodynamics by creating less drag!
- The lengthened structural nose has integral front-wing drag-reduction for better aerodynamics.
- Engineers tell us the exhaust system, currently located at the back of the car, is moving – but they won't tell us where to!

Jenson Button

Nuts talks to Vodafone McLaren's other Brit ace

Hi Jenson! The new rules mean overtaking is going to play a big part this season. How do you know when to go for it? Two things. One's a gut instinct,

it comes from the heart. You see the gap and think you're close enough, but also you have to run it through in your mind first because you know where your limits are and you push those boundaries. But if you overstep the limit, you'll always crash. Who do you think is your biggest competition this year? I'd like to say Lewis Hamilton. Lewis is an exceptionally talented driver and, for me, he's a guy I'm working very closely with this year, but we're also competitors when we're on the circuit. My aim is to win the World Championship! Have you been surprised at the times that have been achieved already? I expected the Ferraris to be quick but I don't really know what a quick time is, so I don't know. The only thing you can see, really, is the long runs because you can see the degradation of the tyre. Even on low fuel, some of the lap times are going very, very high and very, very slow because of the degradation. Do you find regular driving boring now? No, because it's so far away from F1. I've got an old Porsche from 1973, a Porsche 2.7RS, which is just the most beautiful car, very simple. I love the beauty of road cars.



definitely feel cool when you get into the car. You think, "This is my car and very few people are allowed to drive it!" That's the frickin' cool part. I'm sure you feel pretty cool yourself when you pull up at some lights in your car, don't you?

Er, not exactly! You're on Twitter now – will you be tweeting from the pit lane? Ha-ha! I don't think so. I don't follow many people, although I do follow P Diddy, who tweets like a million times a day. I did it because I had it on my phone, and I thought it'd be cool to communicate with the fans. When I've got time, I try to let people know what I'm doing. But I can't tell people everything I'm up to! The best part of it is to keep up to date with everything when we're away over winter. Thanks, Lewis! Finally, a deal – we guarantee you'll win the

"We see all the fans during a race – they make a huge difference!"

World Championship this year, but you have to let us take Nicole Scherzinger on a date. Interested? Ooh... I'll say yes, providing I can arrange the date and make the rules. The date would be in a restaurant, but you'd be sitting on the other side of the room. You'd have a wired mic so you could speak to her, but there'd be no eye contact. She'd be wearing a woolly jumper buttoned up to the neck so you couldn't look at her chest. And I'd be the waiter!

To check out the video of the Vodafone McLaren Mercedes MP4-26 reveal, go to www.youtube.com/vodafone

BRITISH STAR!



"Well, one of us is going to have to change!"

Nuts brings Cup magic to Crawley!

Now they'll *definitely* beat Man United!

We all know about the strange magic of the FA Cup, but surely it isn't so strong that lowly Crawley Town could beat the mighty Man United at Old Trafford this Saturday? Is it?

Well, here at Nuts, we believe in magic, so we decided to equip Crawley Town with more of it.

Sadly, Gandalf The Grey wasn't available, so we got our own, almost-as-good wizard, Gaz The Sort Of Greyish-Green to visit Crawley with his magic staff and cast good-luck spells all over the place – at the club, at the pubs, even in the bus station with some locals of his own age.

And he didn't even get arrested or bundled off to the local mental hospital – now *that's* magic, folks!



TOURING THE TOWN!

"I know it's casual Friday, John, but come on!"

Giggsy was gonna be late for training again

"My round? That's my cue to disappear!"

ROADFIELD STADIUM

HOME OF
CRAWLEY TOWN FOOTBALL CLUB



What the fans think

**CHRIS, 20,
FROM CRAWLEY**



"I can't wait until Saturday comes around! I'll be there watching and we'll beat Man United 2-1!"

**CAZ, 35,
FROM CRAWLEY**



"I'll be here and the score will be 3-1 to Crawley thanks to the influence of magic powers!"

**MARK, 26,
FROM CRAWLEY**



"We need all the help we can get – it's going to be tough but it's put us on the map. 2-1 to Crawley!"

**RICHARD, 37,
FROM LONDON**



"Magic? They'll need a miracle. I reckon 0-0 at half-time, with United nicking it 2-0 in the end!"

**ROB, 28,
FROM CRAWLEY**



"Magic's nice, but we're also thinking of the money it's going to bring in. 2-1 to Crawley!"

**MIKE, 45, FROM
LYTHAM ST ANNES**



"2-1 to Crawley! And buy our FA Cup song, A Message From All Crawley – it's for charity!"

"You. Shall. Not. Pass! Unless you have a valid ticket!"

Behind the scenes at Victoria's Secret!

We get the world's most exclusive backstage pass!

Most men would give their right arm (or at least one of those non-essential bits – tonsils, appendix, spleen?) to get an access-all-areas VIP pass to a Victoria's Secret fashion show. Well fend off those backstreet organ thieves, gents, because Nuts' snapper did just that!

Oh yes, we've secured these backstage snaps of the undies experts' recent catwalk extravaganza. And it was every bit as full of strikingly beautiful supermodels running around in virtually nothing as any red-blooded man could wish for! And some red-blooded ladies, too.

Isabeli Fontana

Izabel Goulart

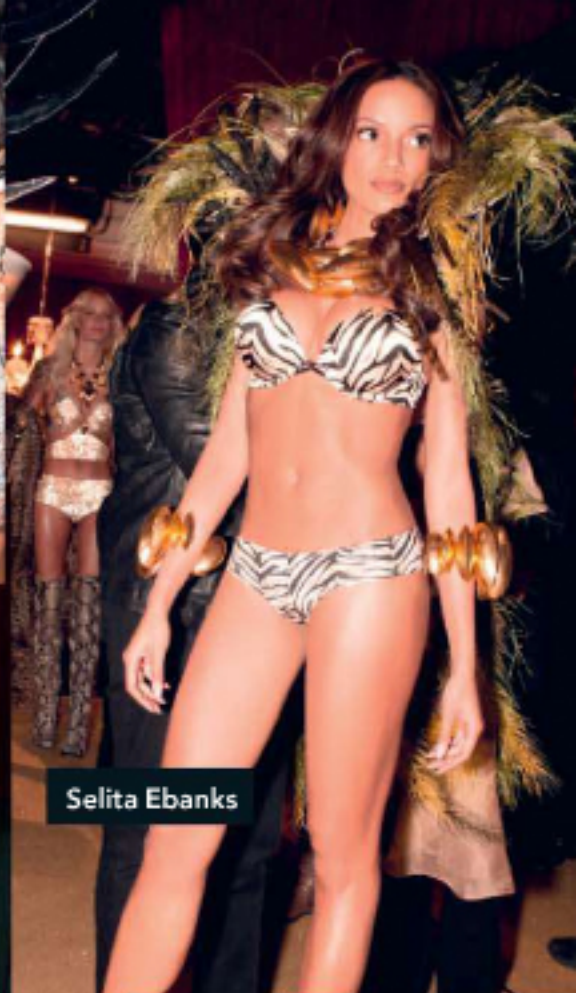
Magdalena Frackowiak

Alessandra Ambrosio

Maryna Linchuk



Candice Swanepoel



Selita Ebanks



Rosie Huntington-Whiteley





"If I go too fast, just grab the bars and I'll slow do... nah, not really!"



200mph American tuned supercar!

It's the Mach7 Motorsports Falcon – the Dodge Viper's successor!

- Now the Dodge Viper has slithered out of production, a company known for modifying them – Mach7 Motorsports – has decided to build its own all-American supercar, not named after a snake, but a swift bird.
- You may not have heard of Mach7 – this is its first car – but its benchmark for top speed and acceleration was rumoured to be the V10 Viper. In other words, 190mph, 0-60mph in 3.9 and 0-100mph in 9-point-something seconds.
- Instead of using the 8.4-litre Viper engine, the Falcon has borrowed the Chevrolet Corvette's "LS3" 6.2-litre V8, which is mid-mounted behind the passenger seats.
- Entry-level power is 500bhp, but if that sounds too weedy, there's an optional 638bhp supercharged "LS9" motor.
- Mach7 Motorsports claim the 500bhp Falcon will hit 0-60 in under four seconds, and the 638bhp beastie will do it in 3.5 seconds.
- It's lighter than a Viper, too, thanks to an all carbon-fibre aircraft-inspired fuselage and hydroformed aluminium chassis. The Falcon weighs just 1,294kg – that's a quarter of a tonne less than a Viper!
- Like all trad supercars, the Falcon is rear-wheel drive, and there are no paddle shifts – just a six-speed manual box geared to punish the chubby 335/30/20 rear tyres over 200mph.
- The Falcon also boasts a GPS speedo, which gathers 0-60mph and quarter-mile drag-race data. Oh, and it has satnav and hands-free, too!
- If the Bose audio system doesn't bring enough aural pleasure, remove the Falcon's roof panel to get a clearer sound of that V8.
- Mach 7 intends to produce up to 15 per year with a £125k price tag – pricey but at least it's cheaper than the SSC Ultimate Aero and Saleen S7!



6.2-LITRE BEAST!

"Don't you narrow
your eyes at me!"

"Who are
you calling
big mouth?"

Rumble in the jungle!

Lone croc decides to take on a pride of lions. Silly croc!

We've never lived in Botswana, but we'd know not to take on lions, even if we were armed with a rocket launcher. And magic.

So here's obvious evidence of Darwinism at work as a hungry croc foolishly took on an entire pride of lions!

The big cats had just taken down a buffalo and the croc wanted to join the feast. But when it menaced one of the cubs, the mums piled in.

Fifteen minutes later, and the lions added croc dessert to their buffalo main course. Sounds like dinner round at Heston Blumenthal's!

WORDS: PORY BUCKERIDGE PHOTO: SOLENT NEWS AND PHOTO

CRAZY CROC!



Katy Perry

*In **How I Met Your Mother***

Katy managed to squeeze a cameo in top US comedy *How I Met Your Mother* alongside her day job of encouraging us to stare at her boobs. That is her day job, right? Right?

**Kim
Kardashian**

In a Super Bowl ad

Kim chose a Super Bowl ad break to launch some fitness shoes or other. To 111 million obese Americans chomping on crisps and dip, and lying on sofas, up and down the land!

RUDE NEWS

Lady news, featuring the magic of the cups

WORDS: RORY BUCKERIDGE
PHOTOS: TIM PRESS, ANGUS YOUNG

Alesha Dixon

Lotto Plus 5 promo shoot

With this bedroom-set shoot, it does look rather like Alesha is the prize in Saturday's Lotto draw! One question: why are her feet covered? C'mon, Alesha, what are you hiding?

**Jennifer
Metcalf**

In a motorbike insurance ad

Let's hope bike insurance specialists Bennetts' shoot doesn't end up on billboards or they could actually cause more accidents. Oh, we get it now. The clever bar-stewards!

On TV in *Spartacus*

A full-page photograph of actress Jaime Murray. She is topless, with her long, dark, curly hair cascading down her back. She is holding a small, ornate metal cup in her right hand. The background is a warm, golden-brown color, possibly a curtain or a wall. The lighting is soft and dramatic, highlighting her features. A red rectangular box is overlaid on the lower left portion of the image, containing white text. Below the red box, there is a white rectangular box containing black text.

Jaime Murray
On TV in *Spartacus*

As soon as Jaime left the UK and crossed the US border, her clothes got increasingly looser – see topless roles in *Dexter* and *Spartacus* – which we think's plain unpatriotic!

Posing for Supreme

Posing for Supreme

Gaga whipped her knickers off to promote super-hip boarding brand Supreme. Keeping her knickers on? Now that's the new challenge for ad reps everywhere!

A full-page photograph of Lady Gaga posing for a Supreme advertisement. She is wearing a red bikini bottom with the word 'Supreme' repeated in white. She is also wearing high, red, pointed-toe boots. She is holding a red skateboard with 'Supreme' written on it. She is wearing black sunglasses and has blonde hair. She is posing in a dynamic, athletic stance.

**Nuts news
flash!**

**India Reynolds
on The Brit Awards**

"I'm more of an
R'n'B fan but out
of those nominated,
I think Mumford
& Sons should win.
I like their style!"

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!



George Elokobi:
"It was mine! It touched me here!"

WOLVES VS MAN UNITED Molineux, Sat 5 Feb, 6.12pm The defender jokes with scorer Kevin Doyle after Wolves take the lead.



Clint Dempsey:
"Who's the f**king bomb? The f**king bomb! Who's the f**king bomb?"

ASTON VILLA VS FULHAM Villa Park, Sat 5 Feb, 4.37pm The Fulham man enjoys an, er, explosive celebration after equalising.



Branislav Ivanovic: "Speak! Speak! Speak! Speak!"

CHELSEA VS LIVERPOOL Stamford Bridge, Sun 6 Feb, 4.43pm The Chelsea defender has a barney with Petr Cech after a collision.



Theo Walcott: "My eye's stinging. I can't see, mate!"

DENMARK VS ENGLAND Parken Stadium, Wed 9 Feb, 7.26pm Theo appears to cry blood but still manages to set up Darren Bent.

POTTY-MOUTH OF THE WEEK!

ONLY IN
NUTS!



Craig Gordon: "F**king hell, I've f**king caught the f**king thing!"

STOKE VS SUNDERLAND Britannia Stadium, Sat 5 Feb, 2.17pm The away keeper gets angry after a strong challenge.

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A QUICK WORD WITH...

Simon Pegg & Nick Frost

The hilarious *Paul* stars on road trips, on-set injuries and being ginger!

Hi Simon! OK, first things first – are you ginger?

Not really. My hair's kind of brown, really.

I think with *Shaun Of The Dead* we dyed my hair slightly red. Also, my beard is slightly ginger, which is a phenomenon of some men – ginger from the nose down. But my hair's not ginger.

Oh, OK – we just thought you might be a bit ginge. Well, I love gingers, but I'd be lying if I said I was part of that club. But I'm happy for people to think I am.

When was the last time you laughed so hard a tiny bit of pee came out? Nick Frost makes me laugh like that all the time. We wrote the screenplay for *Paul* together and I laughed hard just about every day in the office.

Some pee nearly came out then. So, tell us about this *Alien* movie, *Paul*? It's a road movie with two geeks travelling across America in an RV who meet an alien called Paul and get up to all sorts. And, hopefully, it's funny! This film came from the desire to make a movie somewhere with good weather. Nick and I came up with this pitch purely to go somewhere it's always sunny – ie the desert.

You guys did a proper road trip across America to help write the movie. Did anything happen on the road that you've put into the story? Well, the nearest bar to Area 51 is in a town called Rachel, Nevada. It's mainly trailers, but there's a café there filled with UFO memorabilia. We were filming there, and just geeking out over all the UFO stuff, and these two scary guys

walked in wearing ghillie suits like hunting men, and the whole atmosphere just changed and we kind of got a bit scared and left, so that's in the film.

How did the atmosphere change? It just went a bit weird.

What's the funniest line you've ever said? There have been so many. It was Nick who said it, but one of the funniest lines I ever wrote was, "Who died and made you f**king king of the zombies?" But there are so many. I'm not being modest. I'm just being big-headed actually!

We heard that after shooting the scene with *Alien* star Sigourney Weaver, you fell to the ground in awe. I don't think I fell to the ground. Sigourney was wonderful. She was so up for it and she's been in one of the most famous science-fiction franchises of all time. So, when she appears it has a delicious kind of duality to it because not only is it Sigourney Weaver but she was Ripley in *Alien*!

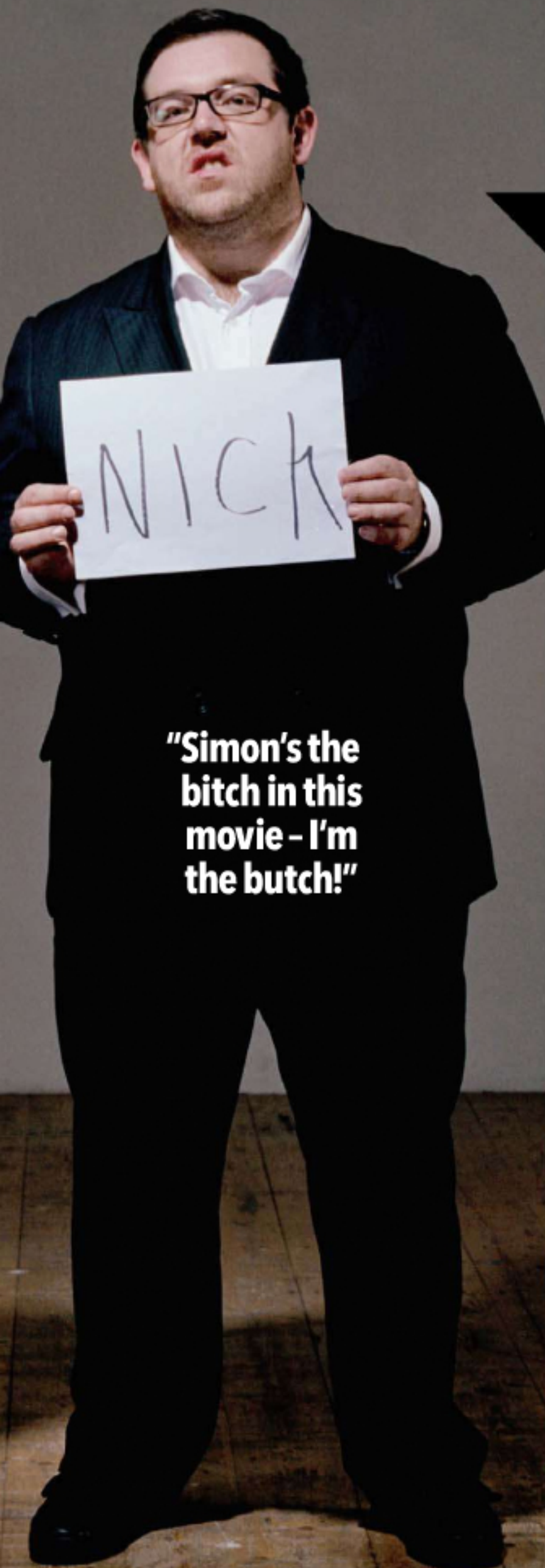
We couldn't help but notice you chaps got away with smoking a lot of weed on film, with *Spaced*. It was part of what made the show. We'd light a joint and it wouldn't be mentioned, it would just be something we did in the afternoon, every day! Sometimes in the morning.

So, after *Shaun Of The Dead* and *Hot Fuzz*, will there be a third *Spaced* family movie on the way? Yes! Absolutely. Edgar Wright (*Shaun...*, *Hot Fuzz* and *Spaced* director) and myself will get together and write the third film, which will become known as *The Third Unseen Movie*!



DOUBLE ACT!

"If your name's not Simon or Nick, you're not coming in"



"Simon's the bitch in this movie - I'm the butch!"

Hi Nick! In *Paul*, you're not the sidekick any more. You're the leading man. Yeah.

It's like a double... is the word "double-header" rude?

Sounds a little bit rude...

It does sound a bit rude. Yeah, it was important to us that people didn't get bored of the same dynamic in mine and Simon's relationship, so we thought we'd change it a bit. Simon's more the bitch in this one, and I'm the butch. Which is fine.

Any interesting injuries on set?

I broke my hand on day three of the shoot. I'm not going to say how but I broke it in three places, and dislocated it. I re-located it myself, and then went to the hospital and they plastered me up, which I then cut off as soon as I got home because there was no way I was going to shoot in a cast for six weeks. So, I cut it off and manned up, really.

Did you cry a little bit? I didn't cry a little bit then. I cried a little bit when I re-located it, because that was the most pain I've ever been in in my life.

Did you get "hilarious" people wanting to shake your hand?

Yeah.

Was the reason you don't want to tell us how you got your injury because it's plot-based?

I just don't want to tell you. It was stupid, an accident. But it was quite weird having my make-up lady make my hand browner, because after wearing the cast it looked a really weird pink colour. That was the only make-up I had for the whole film.

Now you're a movie star, you must be minted. Is there something you always wanted that you can buy now? A life-size *Millennium Falcon*, maybe? I couldn't put it anywhere! What have I bought? Nothing, really. I'm quite careful. When I did *Spaced*, I went from being a waiter to being paid - not a lot of money, but more than I'd ever had before, and I spent the whole cheque within five weeks. On nothing. I ended up in another restaurant, mopping another floor, and I said that I'd never do that again. And I haven't, so far.

After *Spaced* you went back to being a waiter? Yes, for about a year and a half, until the second series, and then we made that and you pick little things up here and there, until here I am in New Mexico in a weird, smelly room with you.

What's it like working with an alien that isn't there? It's f**king hard actually. If we'd known what it took, we would've had the alien turn into Paul Rudd in the first five minutes. He says, "Oh, I can do this!" and becomes Paul Rudd. Sometimes we had a little fella who gets dressed in a green suit and sits in.

What was your thinking behind the look of Paul the alien? Something that doesn't act or look like Jar Jar Binks. The script can be great, but if Paul looks like Jar Jar Binks, we're f**ked. That's it, we're doomed. I'm going back to waitering!

Paul is at cinemas across the UK from Monday 14 February



DON'T LOOK!

Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com

"It was one heck of a pick,
but the bogey was worth it"



'I had a skin graft from my elbow!'

Heavy weight mangles bloke's finger!

It's that time of year when some of us try to shed the extra pounds we put on over Christmas by working out a bit more. But after seeing what happened to Nuts reader Warren Stevenson from Essex, we think we'll avoid lifting heavy weights from now on!

Auto technician Warren, 20, tells Nuts, "I was in my room doing some lifting, when I accidentally let a 20kg weight slip. I tried to catch it, but it dragged my hand down to the floor and smashed onto the top of my finger. Straightaway, I lifted my arm up and blood

started gushing out of the wound, and it hurt like f**k!

"I had to have surgery, and the doctors took a skin graft from the inside of my elbow to put my finger back together. I'm back doing the weights now, but I always make sure I've got a proper grip before I lift!"



"Snood? No,
it's an, erm,
'Dood'!"

WORDS: RICH JENKINS *EDITOR'S DECISION IS FINAL
TERMS AND CONDITIONS ON PAGE 60 APPLY

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Nuts! NEW COLUMN!

JIM JEFFERIES!

GOES NUTS!

Warning: highly likely to cause offence!

"Who let Jordan and Peter near so many hot objects?"

We're getting Jorache

I see Jordan and Peter Andre have been accusing each other of being bad parents. Peter claims Princess Tamara Wotsername Pelican, or whatever her name is (let's just call her "Harvey's sister") got burned in a sauna. But hey, you know these model kids have to cut weight right? Jordan then claimed that Peter burned Harvey in 2007. I don't know what's going on but I do want to know who's letting Jordan and Peter near so many hot objects! Didn't anybody childproof the house for that f**kin' pair? And as for Jordan accusing Peter of using the kids to get publicity – why, that's just the pot calling the kettle thick!

Race car drivers

So Top Gear have been accused of being racist to Mexicans and albinos in the same week. Sorry, I mean Albanians! Albinos they'd like, I'm guessing – 'cos they're so white! Yeah, apparently, they said all Mexicans are lazy white albinos were all car thieves and Mafia members. Now, they do say that all stereotypes are there for a reason, but it's not like all middle-aged, white, English guys are f**kin' bigots, is it?

Swiss policy is full of holes!

Switzerland threatened to arrest George W Bush for human rights crimes if he visited their



country. Nice of Switzerland to fight wars after they're all finished. Good people. This was the mob who were neutral during the Second World War? I mean, c'mon, Switzerland! You couldn't tell Hitler was bad? "We'll pick up George W Bush now but Adolf? We don't have an opinion on him!" C'mon, you had those f**kin' knives and everything, why didn't you use them? You'll judge one middle-aged simpleton, but the Second World War? "Sorry, world, we haven't decided who the bad guys are!"

Fairground ride sliding away

I love this! They're having to move a water-slide attraction in Thorpe Park to another part of the grounds because it's haunted by ghostly monks! The slide was apparently built over an ancient burial ground for religious types who'd taken a vow of silence. How scary can a ghost who can't go "whoo" really be? Apparently, the main ghost is a headless monk – isn't that just a bit of



brown cloth? Maybe he's headless because he went for a ride on the rollercoaster before its safety procedures had been adequately tested! Whatever the truth, I reckon the scariest thing about a water slide in England is the fact that it's in f**kin' England – it'll be freezing! If they're smart,

they'll just move the whole flaming thing to Spain!

Why Diddy buy it?

Unbelievably, Diddy bought a £155,000 car for his kid last week because he was getting good grades. That sounds impressive as an incentive, but let's face it, even if all his grades were sh*t, the boy would still have got one that costs about 80 grand. I don't think the kid's that smart. Why's he even bothering to use his brain? The only thing he needs to learn is how to sit around – and wait for Diddy to die!

Jim Jefferies: Alcoholocaust Live is out now on DVD.



PHOTOS: CLAY ENOS, SPLASH, RETNA

Nuts GEAR

H2O shower powered radio

www.tangogroup.net

Nuts says: Clever, water-powered radio that hooks up through your shower's lead, and uses a micro-turbine to juice your morning tunes, absolutely free!



£35

Jaybird SB2 wireless headphones

www.advancedheadphones.co.uk

Nuts says: Featuring wireless Bluetooth linking, controls compatible with iPhones and a lifetime warranty against sweat!



£99

Canon's Ixus is called the Ixy IXY Digital in Japan and Digital Elph in the US and Canada

Canon Ixus 220 HS

www.canon.co.uk/ixus

Nuts says: Pretty snapper adds 12.1-megapixel sensor, 5x zoom and Canon's powerful image-crunching software to all-round handsomeness.



£200

Keith Earl, Mathieu Bastareaud and Mike Phillips will be wearing the RS7

Adidas AdiZero RS7

www.adidas.com/uk

Nuts says: It's the lightest rugby boot around at 165g, the print on the forefoot improves ball striking and the frame adds stability for players changing the direction of their run.



£140

Check out more reviews at www.nuts.co.uk/reviews

AFTER THE 90, THERE ARE STILL 1350 MINUTES LEFT TO PLAY

*Darren Bent,
Aston Villa & England*



1350
Tailored By
umbro

YOUR LETTER

A maelstrom of madness from our readers!

Send your Letters to [nutsletters](mailto:nutsletters@nuts.co.uk)



And don't eat the urinal cake either

Dear Nuts,
I found this sign in a pub toilet and thought it was very helpful!

Harvey Harrison, via email
What? Next, they'll be telling us we shouldn't wash our hair with it either! Madness!

Letter of the Letter Of The Week

Dear Nuts,
I found this letter on my damaged car that had been hit while parked up – much to my annoyance! But I had to laugh at the creativity and audacity of the letter!

Bradley Watson, via email
Bradley, we had to give you Letter Of The Week just for being such a good sport!

It didn't take Wenger long to realise Wilshire had caused the damage

Hello,
I'm Jack, I've accidentally hit your car and somebody has witnessed it, so I am pretending to write down my details as she watches me from across the road.
Sorry Mate!

LETTER OF THE WEEK!

Looney Toons

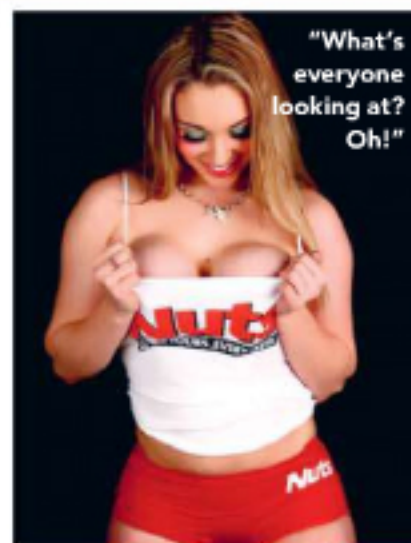
Dear Nuts,
I saw this pudgy-tat creeping up on me on the piste at Val d'Isère skiing resort in France. He was trying to get hold of my Nuts!

Dave Haigh and Mike Gibbon, Kent
Insert "large pussy trying to grab hold of Nuts" joke here!

"Oh, those kind of birds? Boring!"



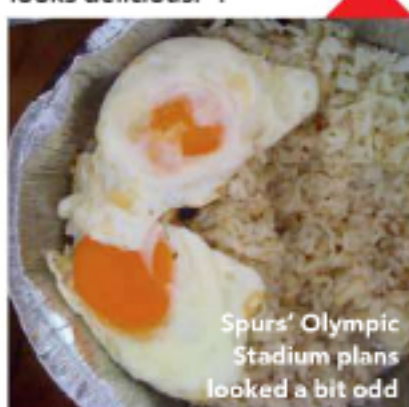
"What's everyone looking at? Oh!"



Nuts' signature dish revealed!

Dear Nuts,
I was in Spain last year and I ordered egg fried rice with my dinner. This is what I got. I think it got a bit lost in translation.

Shaun Ward, London
Is it wrong that we're looking at this and still thinking, "That looks delicious!"?



Spurs' Olympic Stadium plans looked a bit odd

A Casey in point
Dear Nuts,
Here's a pic of me in the Nuts uniform you very kindly sent me. I hope you like them!

Casey Brennan, Bucks
We do – and from the looks of things, you do as well!

STEALTH BUMMING CORNER!

ONLY IN Nuts!



"This is my mate stealth bumming our Sgt Detachment Commander!"
Corporal Matt Gardner, Afghanistan

RS!

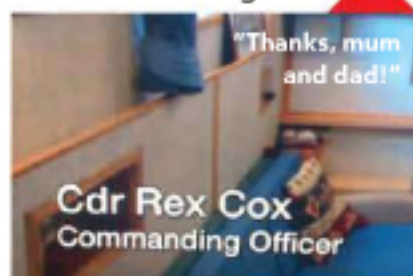
ipcmmedia.com or to the address on p60

Well, that's very mean of him!

Dear Nuts,
While watching a Royal Navy programme on Channel Five, I came across this very amusing commander's name.

Joe Calladine, Mansfield

He also seems to be a blue curtain. How strange!



Cdr Rex Cox
Commanding Officer

Not an ice feeling

Dear Nuts,
I've been disappointed with the lack of detail in your recent snow willies, and so I couldn't keep my recent veiny triumph from you any longer. And then this is it a week later, authentically floppy! Pretty impressive, eh?

Dave, Somerset

We shouldn't laugh really, it happens to us all!



Nuts SPAM BANK!

All-new online hilarity

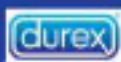
It's a lead Arsene A LEAD!!!!

Planning an Orgy? Then you NEED ...

Mr Charlie Sheen

04NOBODY

Win Durex stuff!



Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmmedia.com or post them to the address on page 60. The sender of this 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.

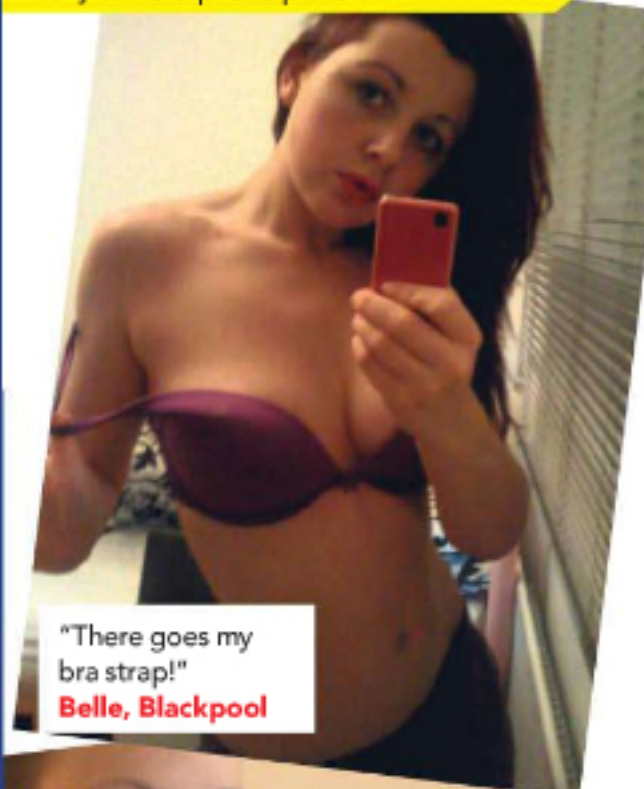
Visit www.durex.co.uk for more information.

ONLY IN Nuts!

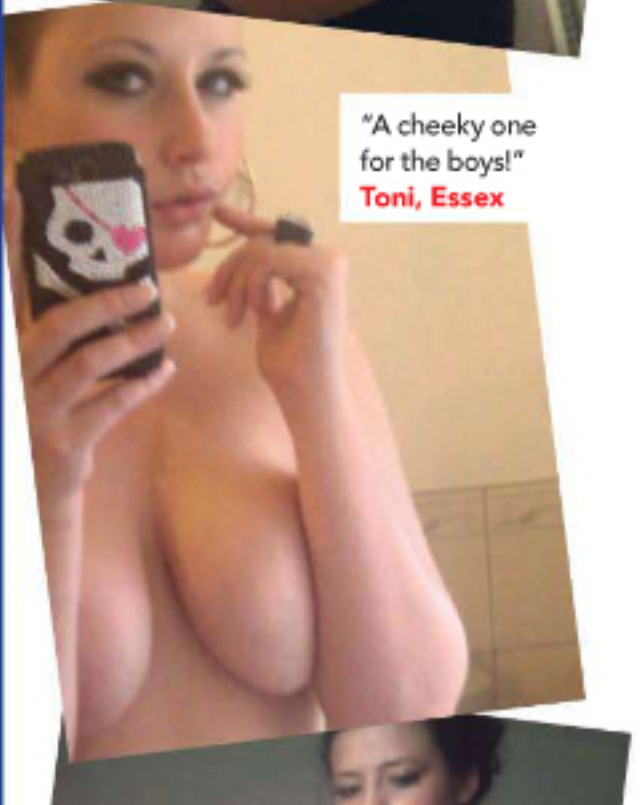
CAMERAPHONE CUTIES!

Sexy snap-happy babes!

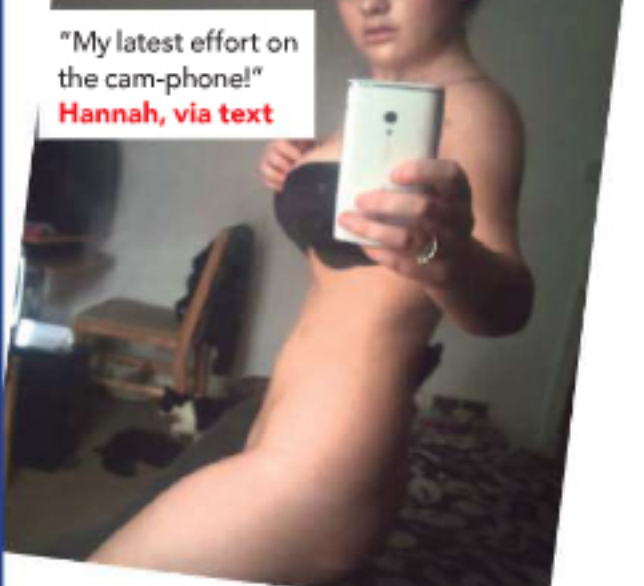
Send us your pics! Text 'Nuts' and your sexy camera-phone pic to 0771 388 8008*



"There goes my bra strap!"
Belle, Blackpool



"A cheeky one for the boys!"
Toni, Essex



"My latest effort on the cam-phone!"
Hannah, via text

YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcmedia.com

A new Mr Men character has been based on Emile Heskey – Mr Sitter!

Paul Field, Liverpool.

I felt sorry for a hypnotist I saw last night. He hypnotised three blokes then tripped over the microphone cable and said, "F**k me!"

Aaron Reyes,
Gloucester

They say sex is a good form of exercise. Three minutes every two months doesn't seem to be shifting my beer belly though!

George Martin,
Watford

I often say to myself, "I can't believe that cloning machine worked!"

William Morris, Reading

Q: What do you call a woman who can't stop reading books?

A: Paige Turner

Robin Marks, Bristol



Running joke!

Linford Christie goes into a golf club for a round but the man at reception says, "I'm sorry, sir – you need to book in advance for a round here, and unfortunately, we're fully booked today."

The man tries to be helpful, and explains that there's another club ten minutes down the road.

Christie says, "But I'm Linford Christie!"

The man replies, "Alright, clever clogs – five minutes down the road, now f**k off!"

Sandy Johnson, Poole

Icing on the cake!

A boy is walking with his mum when they spot a couple having sex. The boy asks what they're doing. She tells him, "They're making cakes!"

The next day, they go to the zoo and spot two monkeys having sex. The little boy asks his mum

what they're doing. His mum tells him, "They're making cakes."

That evening the mum and dad have sex on the sofa, so the next morning the boy says to his mum, "Were you and dad making cakes yesterday?"

The boy's mum says, "How did you know?"

The boy replies, "I just sat in the icing."

Dean Peters, Coventry



Low cut!

Timmy and Johnny are in a hospital ward when Timmy asks, "What are you in here for?"

Johnny says, "I'm getting my tonsils out. I'm quite nervous about it."

Timmy replies, "I've had mine out already. It doesn't hurt and you get ice cream afterwards!"

Johnny smiles and asks what he's in for this time. Timmy tells him, "I'm getting circumcised. I'm a bit nervous about it."

"That's awful," says Johnny, "I had that done when I was born and couldn't walk for a year!"

Steve P, Manchester



Win a 32GB iPod Touch!

Send jokes to nutsjokes@ipcmedia.com or to the address on page 60. The sender of this week's best joke* will win a 32GB iPod Touch thanks to Scruffs! Check out their brilliant Man Badges at www.scruffs.com/manbadges.



S!



dia.com or to the address on p60

FAMOUS BLOKES' JOKES!

Cop out!

A bloke is running late for work so driving too fast and is stopped by a traffic cop with a speed gun.

The policeman asks, "Is there any reason you're speeding, sir?"

The man replies, "I'm late for work."

"And what do you do for a living that requires you to drive so fast, sir?" enquires the constable.

"I'm an arse stretcher. I stretch arses until they're six-foot wide."

Puzzled, the cop asks, "What do you do with a six-foot arsehole?"

The man replies, "Stand it by the side of the road and give it a speed gun!"

Paul Creasy, Horley



It was a strange reaction to the shipping forecast

Naked lie!

A woman's having sex with a bloke when her husband comes home.

"Quick, get in the wardrobe," she orders.

The husband later opens the wardrobe and sees the naked man.

"Who are you?" he asks the naked man.

"I'm here from pest control to check for moths," replies the man.

The husband stares at him then asks, "Where are your clothes?"

"Those little f*ckers!" the naked man replies.

Andy M, London



CHRIS ROCK

"Oprah Winfrey is so rich, China owes her money!"



CHARLIE BROOKER

"The Tunisians have ousted president Zine al-Abidine Ben Ali. Which is hard to say without sounding like the Crazy Frog!"

DAVID MITCHELL

"Goldman Sachs announced £10billion bonuses for staff while cutting their charitable donations by a third. Why can't they keep their pay under control like more reputable firms such as Nike?"



TIM VINE

"I said to this Scottish bloke, 'I know everything there is to know about places in Scotland.' He said, 'Motherwell?' I said, 'A bit of arthritis but she's alright.'"



KEVIN BRIDGES

"They've opened up an '80s bar in Belfast. Of all the cities you don't want to go to celebrate the '80s, Belfast is up there!"

JIMMY CARR

"I was a bit nervous about stuttering through lines on *10 O'Clock Live* but *The King's Speech* was such a hit I thought they'd probably give me a Bafta!"



JONATHAN ROSS

"At one point last year, I'd had enough - I wanted to be on my own. So I went and saw Ricky Gervais' film, *Cemetery Junction*!"



POP OUT IN PUBLIC!

ONLY IN
Nuts!

Have a cheeky flash – and earn some cash!



THIS
WEEK'S
£100
WINNER!

OVER DINNER!

KELLY 24, from Stoke
"A momentary boob-slip during dinner! Whoops!"



IN THE SNOW!

GEMMA 22, from Manchester
"This is me enjoying the icy chill recently!"



ON THE SLOPES!

NATHALIE 29, from Hatfield
"Here I am, popping out on the snowy slopes!"



AT THE GYM!

HEATHER 19, from Manchester
"This certainly opened a few eyes at my local gym!"

Win £100!

All printed pics get a Nuts vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or by text to 0771 388 8008.

CAMERA PHONE COMEDY!

ONLY IN
Nuts!

Win £100!



Seen something daft? Snap it, send it in and win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash! ** Terms & conditions on page 60.



MAG GAG!

"I think my new magazine display is extremely effective!" **AJ, Plymouth**



RIP-OFF!

"I'm going to be honest – this isn't the best bargain I've ever seen!" **Anon, via text**



PIC OF THE WEEK!

BUM DEAL!

"Me and my mate spotted this man selling train tickets in India!" **Curt, Birmingham**

NAFF TATS!
CORNER!



"Everyone swore that we wouldn't do it – so we did!"
Kevin Burrell and David Robinson, via text



ROPEY RELISH!

"Isn't it amazing what you can get in a tub nowadays?" **Anon, via text**



CAR CAPER!

"Another car-clingfilming for you! It's everywhere!" **Ashley, South Wales**



VULGAR VEG!

"Seems like quite an interesting talent for an onion to have!" **Anon, via text**



take me home



£8.99

DVD out 14 February

A man with a thirst for revenge builds a full bulletproof Kevlar suit and goes on a merciless killing spree in this visceral thriller



£9.99

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

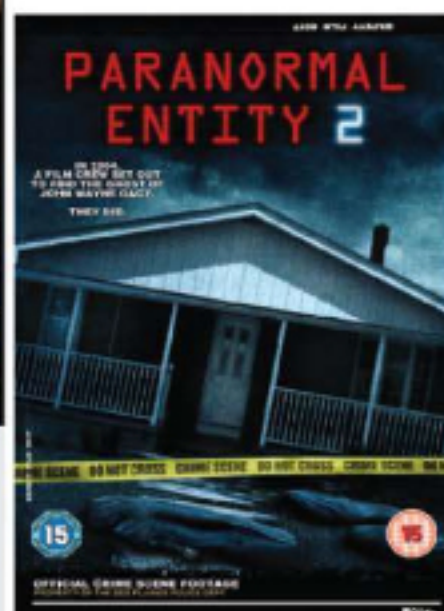


£9.99

DVD out now

A slick action-packed heist movie awash in black magic, African mysticism, mutant arms dealers, gargantuan machete-wielding mercenary armies and a truckload of knuckle-sandwiches

also available on Blu-ray



£7.99

DVD out 21 February

On May 15, 2004 a group of paranormal investigators wired a house that was built on the same plot where John Wayne Gacy murdered and buried his victims. The outcome of the investigation was grisly, terrifying and disturbing



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THE TRUTH ABOUT SEX WITH... LUCY PINDER

Nuts girls solve your bedroom bother!

Email questions to thetruth_sex@ipcmedia.com

**ONLY IN
Nuts!**

IN OUR OFFICE!

She caught me at it!

My missus walked in on me cheating on her, and walked straight back out – but she hasn't dumped me and hasn't mentioned it. Do you think she could be up for a threesome?

Phil, Grimsby

That's a very strange reaction on her part. One of you needs to bring it up and talk about it, because ignoring it can't be helpful! You should apologise for cheating on her and sort it out, because I reckon you're a long way from a threesome!

Nuts BABES' SEX TIPS!

No.37: "When you're out with your girl, whisper what you're going to do when you get home – it always works a treat!" **Daisy Watts**



It really stinks!

I've just turned 17 and I've noticed that my fireman is a bit whiffy, seemingly all the time. What can I do about it?

Oli, Newcastle

Hopefully, your personal hygiene is good, but if you're already a clean chap you should ask a doctor what's the matter. If you're embarrassed, have a quick look online then if you still can't find anything to help you, get professional advice.

Where to start?

What's the most important part to focus on when it comes to foreplay with you girls?

Rich, Nottingham

Don't think about it too much and just go with the flow, but always start gently – if she wants it to be a bit rougher, she'll let you know! Just let it come naturally and you'll soon be able to tell if she's enjoying it or not.

Ladies never call me back!

I can't get girls to call me back after we've had sex. How do I keep girls interested in me?

Gavin, London

If you're looking for a long-term relationship, a one-night stand isn't the best place to start. Next time you're out and you meet someone you like, try to get to know her first and arrange a few dates before taking her to the bedroom. Maybe you've got a reputation as a player, and that's why girls aren't calling back!



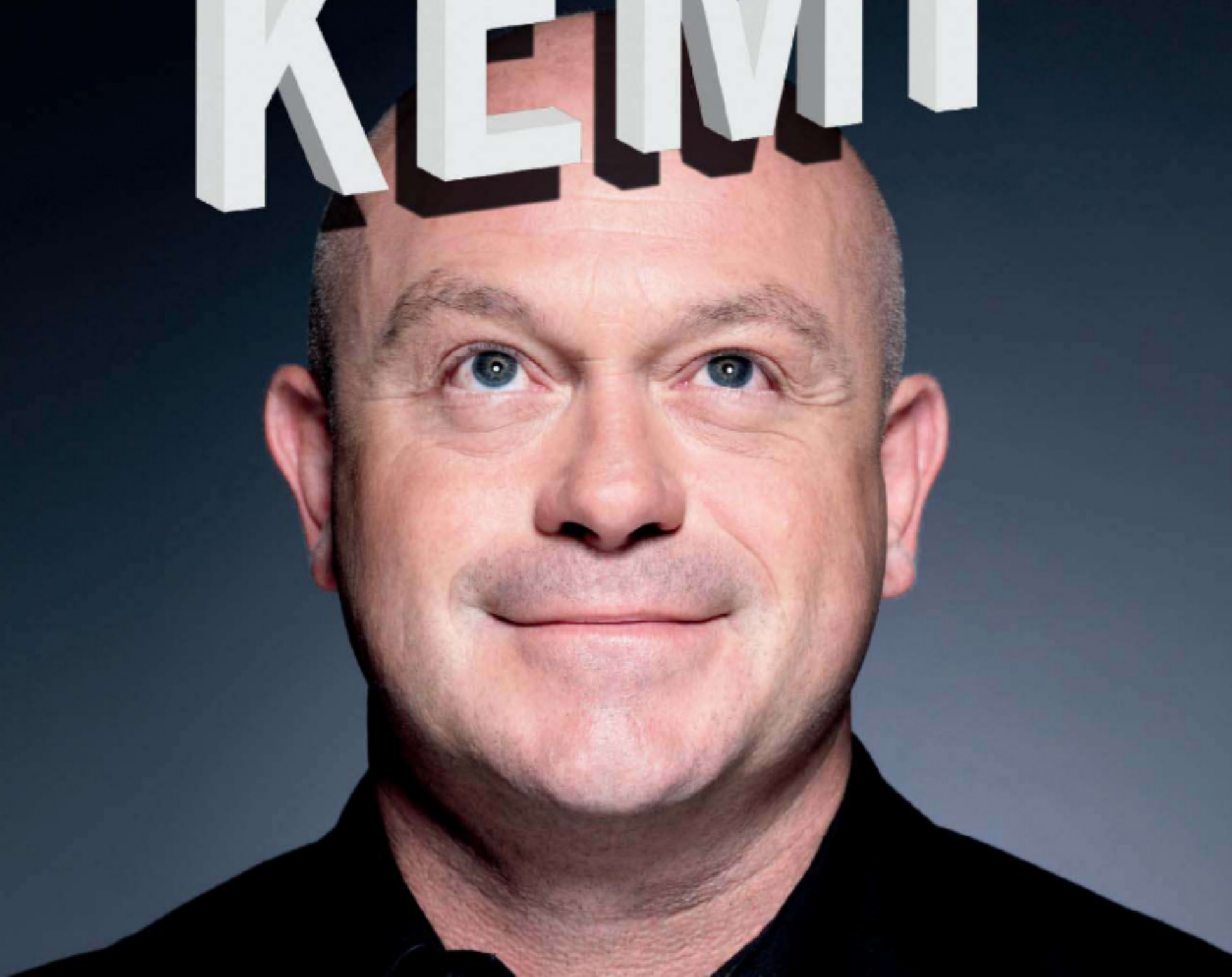
NEXT TIME: LACEY BANGHARD ANSWERS YOUR LETTERS!



"If she wants it rougher, she'll let you know!"

NUTS INTERVIEW

ROSS KEMP



The telly hardman talks to *Nuts* about his new show, his Bafta award and dodging bullets!

Hi Ross! Your new show, *Extreme World*, is pretty full-on and sees you travelling to the world's most dangerous places where you meet some really nasty people...

I want people to know that even though they're hard watches, they'll learn something by the end of each show if they stick with it and, hopefully, they'll feel their hour was well spent. You may end up watching through your fingers a couple of times and want to look away, but that's what's happening in the world.

In the Mexico episode, a border guard warns you not to go to Juarez city, and that it's "worse than Afghanistan". Would you agree? I think 1,300 people were killed in Juarez last year. While we don't know how many people have been killed in Afghanistan, it's definitely not 1,300 Allied troops per year.

Was it just you and your crew or was there any protection? No, I've never had protection on any job we've ever done, and we wouldn't do either. It just entices trouble. So it's just me, my cameraman, the producer on the ground, our exec producer, the sound man and that's it.

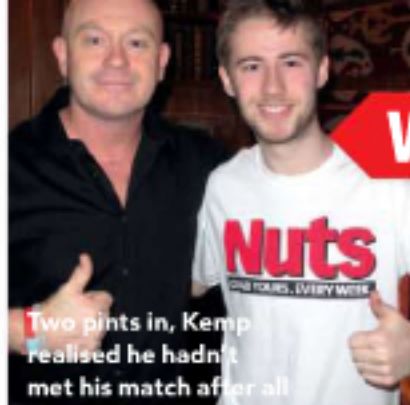
Crikey! How do you get access to drug lords, criminals and the like? People know we're not out there to turn them over, that we're not out there to con them. They get to know us because we have the luxury – mainly because we have the money – to spend more time on the ground than a news crew would. We actually have time to spend getting to know them, getting to know their families, go out drinking with them, eating with them.

You speak to a drug baron in the Chicago episode, but what does someone like that get out of speaking to you? Nothing. He doesn't want any money, that's for sure – he's got enough

of that! It's interesting but I think a lot of people use it as a sort of cathartic thing. They know we're not going to give them to the authorities. If we did, they'd kill the people who helped us get to them. And that sounds really flippant when I say it but they literally would, and they'd torture them as well. **Is it difficult to maintain your temper when you're talking to people you really don't like?**

It's not necessary for me to judge. The whole point about it is I wouldn't get anywhere with these people if I just got angry. If you want to find out about them and who they are, it's best to play soft cop rather than hard cop with them. I'll only get angry with them if they say things I deem to be provocative because they're trying to make themselves look tougher.

Do you worry about never coming back from these places? Of course, although it depends where you go. Afghanistan's one of those places that comes into



Two pints in, Kemp realised he hadn't met his match after all

WITH NUTS MAN!

far more consideration than maybe Haiti. You never know when you're going to get ill if you don't wash your hands the right way. It seems like the have-nots die in their droves whereas the haves seem to live forever.

How do people you interview respond to the camera? Do they play up to it? I think there's a little bit of that, yeah. I mean, why do we get so many big interviews? We're not going to reveal their identities to the press or to the police. I think they get to know us over a long period of time, so I think it's time and the kind of people we are. If you live with them, getting shot at every day, they talk to you differently and they trust you.

What's the most surreal thing that's happened to you while you've been filming? Well, we did get stopped by police as we were leaving the chophouse in Chicago [where pure heroin is mixed with other chemicals and wrapped to be sold on the street], but that's obviously not

on camera. They're all quite dangerous situations, because a chophouse can be taken down at any point. There are gangs called "takedown firms" and they specialise in taking down buildings like that. They'd go in there and beat everyone up or shoot them, then they'd just take all the gear and the money. And I was sitting in one of them!

Are there any situations you've not felt comfortable going into?

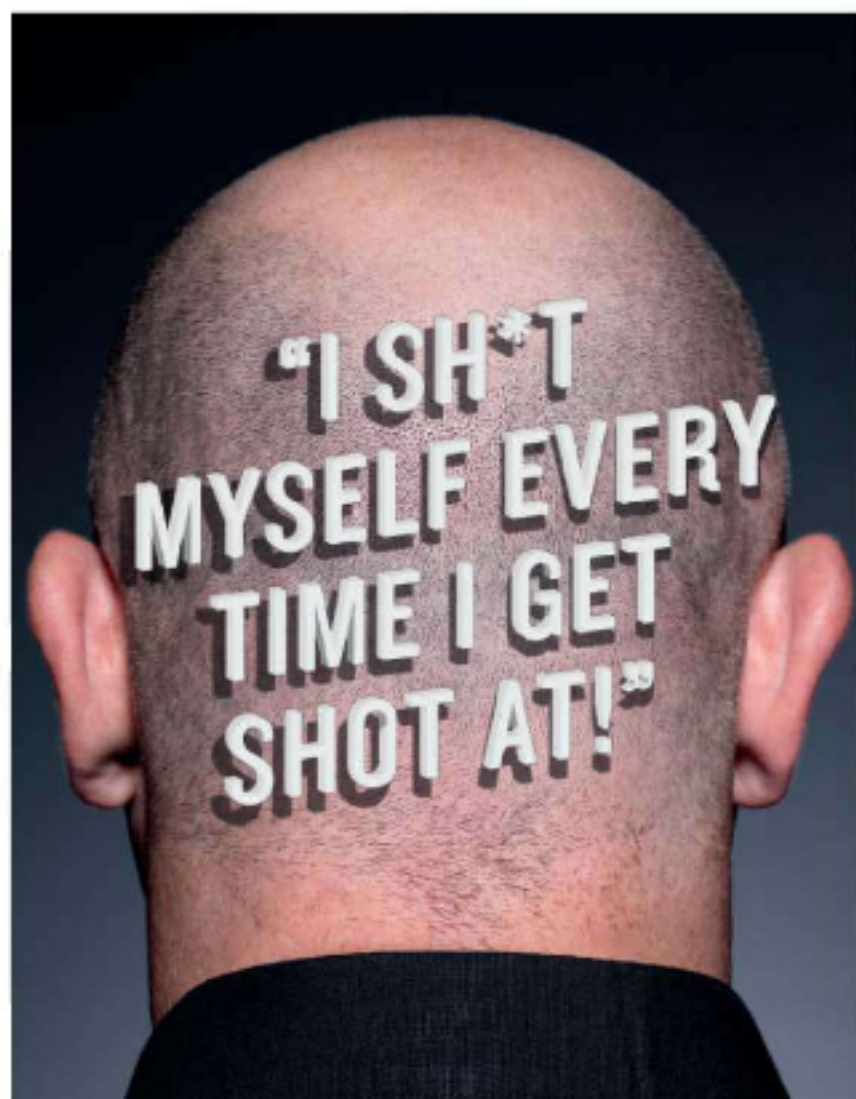
I don't think there's ever been a point where we haven't done what we planned to do or what we set out to do. And, like I said, we've never had security. We have people advise us before we go not to do certain things, but if a story starts leading you a certain way and you're on the ground, I'll toss a coin if two of us say no and two say yes. We've generally always said we'll go in, do this until X hour, and if we've not been heard from by a certain time, the British Embassy will be informed and they'll let our families know we may have been taken.

Have you ever had to do anything illegal to gain the trust of a gang? Yeah, I've smoked marijuana with some of them, and I had to do this initiation with the Russians where they set fire to you and you shoot each other with high-powered BB guns. I got shot across the finger. I've not had to draw much blood.

Do you ever actually get scared while filming? Yeah, definitely. We're all scared – don't think otherwise. It'd be hard to find anyone who isn't. I sh*t myself every time I get shot at!

Crikey! Thanks, Ross! Finally, you won a Bafta for your show *Ross Kemp On Gangs*. Where do you keep the award? Most of the awards are kept in the toilet but the Bafta sits on the mantelpiece! And then there are some that stay in the office as well. I'm very proud of the fact we got that Bafta. I think we're beginning to let people know we're here for the long haul! ■

Ross Kemp: *Extreme World* is on Sky 1 and Sky 1 HD from Monday 21 February at 9pm



FOOTBALL'S GREATEST RIVALRIES!

Players and fans alike – these lot just can't stand the sight of each other!

AS VOTED
BY YOU!

Ever wondered which teams have got the most irksome fans, the funniest banter and the most irritating players? Which sides hold a grudge the longest, and which teams just can't stand the sight of each other? Well, we ran a poll on nuts.co.uk to find out, and now we present to you the official verdict on the greatest rivalries in British footy. Get in!

20 GLENTORAN VS LINFIELD

Memorable match: The sides' Boxing Day match in 1995 had to be played with a white ball – on a snowy pitch! – when their orange ball was damaged!

19 DUNDEE VS DUNDEE UNITED

Memorable match: The most exciting Dundee derby to date saw Dundee beat United 4-3 in an end-to-end belter back in 1990!

18 HEARTS VS HIBERNIAN

Memorable match: The only time the Edinburgh rivals met in the Scottish Cup final, Hearts won 3-1 – and that was back in 1876!

17 CHELSEA VS FULHAM

Memorable match: In 1996, a Luis Boa Morte goal gave Fulham their first win over the Blues in 27 years and reignited the rivalry between the two.

16 IPSWICH TOWN VS NORWICH CITY

Memorable match: Grant Holt scored a hat-trick for newly promoted Norwich this season to condemn Ipswich to a humiliating 4-1 defeat!

15 BRISTOL CITY VS BRISTOL ROVERS

Memorable match: Rovers' 3-0 win in 1990 effectively sealed the old Third Division title, which City fans must have loved!

14 WEST BROM VS WOLVES

Memorable match: The 2007 Championship play-off semi-final saw West Brom beat Wolves 4-2 to book a place at Wembley.

13 BLACKBURN VS BURNLEY

Memorable match: The 2009 Premier League clash was the first top-flight tie between the two since 1966. Rovers finally won 2-3 in a pulsating match.



12 SHEFFIELD WEDNESDAY VS SHEFFIELD UNITED

Memorable match: The 1993 FA Cup semi-final, played at Wembley, saw Wednesday run out 2-1 winners after extra time. **Chants:** Wednesday fans (to the tune of Annie's Song): "You give me the trotters/Like a burnt piece of bacon/Like a bag of pork scratchings/Like a bucket of swill/Like a night in a pigsty/Like a rancid ham sandwich/Oh, Sheffield United/You make me feel ill!"



11 DERBY COUNTY VS NOTTINGHAM FOREST

Memorable match: After failing on six previous attempts, Forest finally defeated their fierce rivals with a 3-0 win in 2002/03. **Chants:** Forest fans (to My Old Man's A Dustman): "Commons is a Judas/He said he was a Red/Turns out he was a sheep sh*gger instead/He wobbles down the left wing/He wobbles down the right/He'll never play for us again, 'cos he is f**king sh*te!"



10 PORTSMOUTH VS SOUTHAMPTON

Memorable match: The FA Cup match between the two, just one month after Harry Redknapp resigned from Portsmouth and went to the Saints, was a tasty affair. Southampton won 2-1. **Chants:** Southampton fans (to The Addams Family): "Your father is your brother/Your sister is your mother/You all sh*g one another/The Pompey family!"



9 CARDIFF CITY VS SWANSEA CITY

Memorable match: April 2009's league tie between the two saw an 88th minute Swansea "winner" followed by an injury-time equaliser, and ref Mike Dean floored by a fan's hurled object. **Chants:** Swansea fans (to The Lion Sleeps Tonight): "In the Channel, the Bristol Channel, the scummers swim tonight/The water's freezing, the scum are sneezing, they'd rather swim than fight!"



8 ASTON VILLA VS BIRMINGHAM CITY

Memorable match: Back in autumn 1988, Villa stuck 11 goals past Brum in two matches, just three weeks apart! Ouch! **Boo boys:** Villa's Dion Dublin headbutted Brum's Robbie Savage! **Chants:** Villa fans (to Winter Wonderland): "Birmingham, are you listening? To the song that we're singing. Walking along, singing this song, sh*tting on the City as we go!" ➔

FOOTY RIVALRIES



7 MILLWALL VS WEST HAM UNITED

Memorable match: Due to their league positions, the only recent game was a 3-1 West Ham win in the 2009 Carling Cup.
Banter: These two teams always give each other a lively reception when they play but perhaps the funniest thing about their rivalry was Green Street, the appalling 2005 Brit football hooligan flick starring Elijah Wood. And the sequel was, amazingly, even worse!



6 MAN CITY VS MAN UNITED

Memorable match: It's tough with so many to choose from, but United's 4-3 victory at Old Trafford in 2009, with Michael Owen bagging the winner seven minutes into "Fergie time", is our fave!
Banter: It's fair to say City's "Welcome To Manchester" billboards, starring Carlos Tevez after his move to United's neighbours, didn't go down particularly well in the red half of the city.



3 ARSENAL VS TOTTENHAM

Memorable match: In January 2008, Spurs humiliated Arsenal 5-1 in the Carling Cup semi-final second leg (6-2 on aggregate).
Chants: Arsenal fans to Everton (to When The Saints...): "You are the Spurs/You are the Spurs/You are the Spurs of Merseyside!"
Boo boys: Sol Campbell and William Gallas have both played for the two North London sides during their careers.



2 NEWCASTLE UNITED VS SUNDERLAND

Memorable match: Sunderland's 2-1 victory at St James' Park in August 1999 saw then-manager Ruud Gullit leave Toon hero Alan Shearer on the bench. Gullit resigned the next day.
Boo boys: Sunderland player Lee Clark was pictured with Newcastle fans in a T-shirt reading "Sad Mackem B*stards". Brave man! He was dropped and never played for the Black Cats again!

DING-DONG DERBIES!



5 LIVERPOOL VS MAN UNITED

Memorable match: Liverpool's unexpected 4-1 demolition of United at Old Trafford in March 2009, with even Fabio Aurelio and Andrea Dossena (who?) bagging goals, was a recent stand-out. **Chants:** Liverpool fans (to *The Animals March In Two By Two*): "His hamstring means he's lost his pace/Owen, Owen/He's gone to play for Bacon Face/Owen, Owen!"

4 EVERTON VS LIVERPOOL

Memorable match: A Liverpool 3-1 win at Anfield in March 2006 had everything – red cards for Steven Gerrard and Andy van der Meyde, and a Phil Neville own-goal to ice the cake for the Kop! **Chants:** Everton fans (*To Que Sera, Sera*): "Steve Gerrard, Gerrard/Got nicked in a Southport bar/He's off to the prison yard/ Steve Gerrard, Gerrard!"



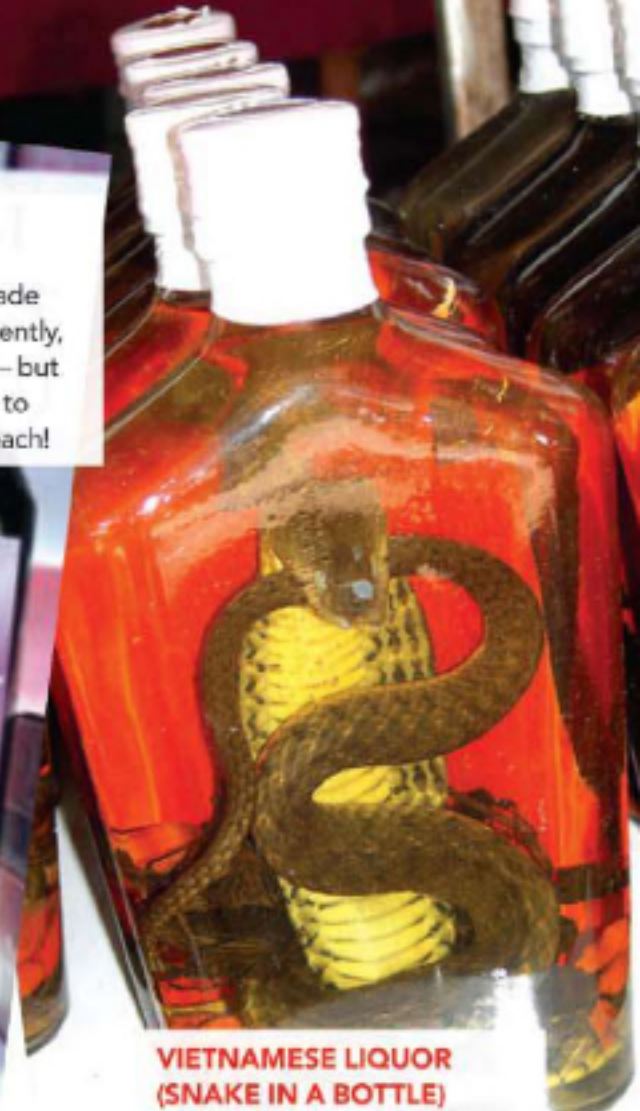
1 CELTIC VS RANGERS

Memorable match: There have been plenty of corkers between these two over the years but Celtic's 6-2 demolition of Rangers in August 2000 was an absolute cracker. **Boo boys:** Paul Gascoigne nearly caused a riot in 1998 when he pretended to play the flute, a Loyalist symbol, in front of the traditionally Catholic Celtic supporters after scoring for Rangers. ■



**Q PLACENTA
40000 & 10000**

Mmm, a health drink made of pig placentas! Apparently, this tastes like peaches – but if you're that desperate to be healthy, just eat a peach!



**VIETNAMESE LIQUOR
(SNAKE IN A BOTTLE)**

A shot of this "medicine" is said to reinvigorate the body. So, if you're heading to China, Southeast Asia or Vietnam, be sure to pack plenty of Lemsip!



MANHATTAN SPECIAL

Espresso Coffee Soda has been around since 1985 and, amazingly, it's won an award! We assume the accolade was for the World's Foulest Coffee and Soda Combination!

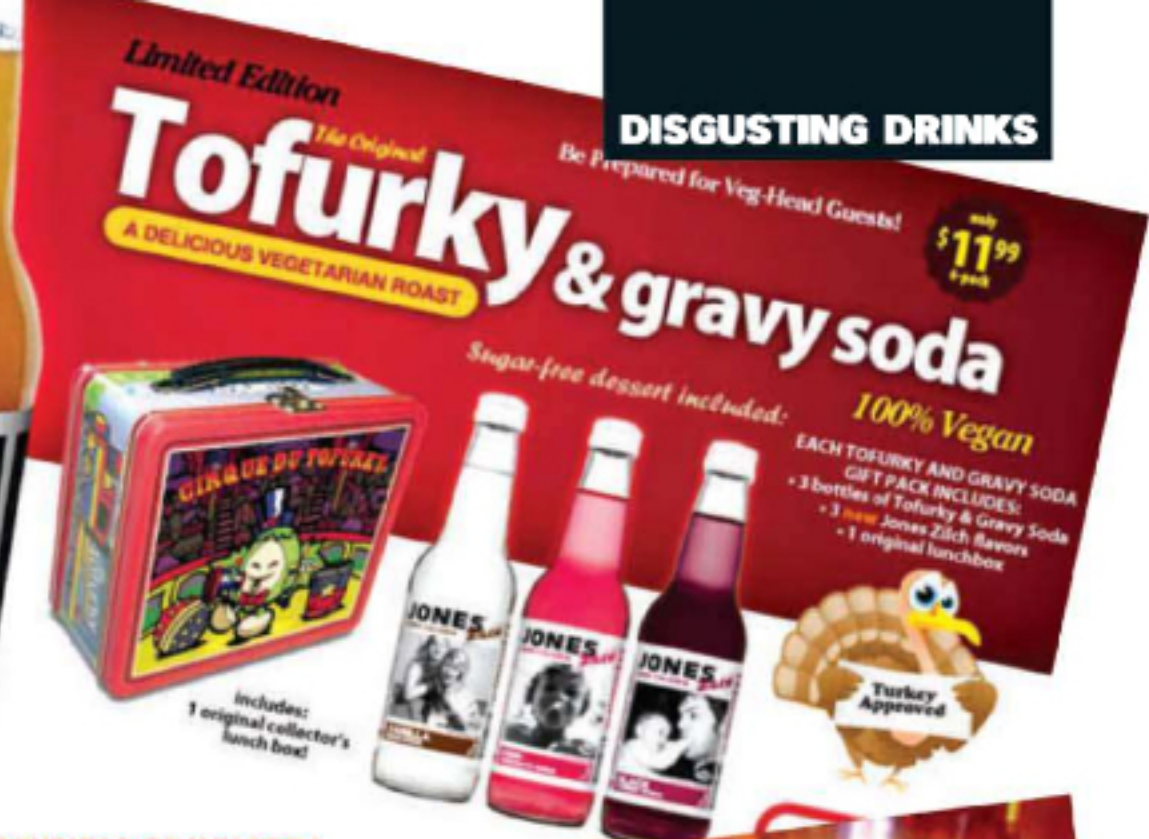


SAUERKRAUT SAFT

This refreshing German drink is the juice of a fermented cabbage. At least it's organic and contains only 60 calories, so even if it tastes awful, it'll make you feel great. Sort of!

BROCCOLI CASSEROLE SODA

Not only does this drink from Jones Soda Co. sound awful, it looks it as well! Still, at least it's one of your five a day. If you can keep it down, that is!



TOFURKY & GRAVY SODA

Jones Soda Co. have been at it again. And even the turkey who's "approving" this drink looks pretty upset about something. Maybe he's just tasted what's in the bottle?

BONKERS BEVVIES!

BABY MICE!

In Korea, baby mice are added to wine to cure diseases. The mice must be no older than three days to ensure they're bald – yeah, because adding ones with hair would be gross!

ICE CUCUMBER

Coca-Cola must have been quaking in their boots when Pepsi came up with this veg-inspired drink. Released in Japan in 2007, it's yet to hit UK shelves. For some reason!



MEZCAL BENEVA (WORM SHOT)

A shot of tequila with a worm in sounds like the punishment employed in a terrible drinking game. To the Mexicans, it's just normal. Each to his own! ■



CHARLOTTE



KIRSTIE



LACEY





SABINE

BIGGEST NEW
BOOBS 2011

LACEY PRESENTS BIGGEST NEW BOOBS NUTS

APRIL

Never mind the transfer window – look at our hot new signings!

You may have guessed it already, but for any of you chaps still in any doubt, we'll just come right out and say it – we love boobs here at Nuts! And we're not ashamed to admit it, either. Let's face it, what's not to like?

Well, to prove how awesome boobs are, we asked some of our top new models to prove our point and here they are! So, sit back and let our latest 28G discovery, Lacey, introduce you to her friends Sabine, Kirstie, Charlotte and April! ➔



LACEY

Hi Lacey! Do you think you're the new queen of boobs? No, I wouldn't say that! I thought so until I did a shoot with Holly Peers – that brought me down a peg or two. She has amazing boobs! **Whose boobs did you admire the most on the shoot?** They all have really nice boobs! Sabine has got a lovely pair. Kirstie has a really full pair as well. They were all nice, though – I'm always looking at girls' boobs and bums. I generally prefer to look at naked girls to naked blokes! **Us, too! Who's the naughtiest girl on the shoot?** It was probably me! Everyone was very sweet because it was their first time on a photo shoot. I hope I didn't frighten any of them off! **Who's got the biggest boobs you've ever seen?** The biggest I've seen in a magazine was a glamour model whose name





I can't remember, but she had double LL boobs! I think Emma Glover has the biggest boobs out of the Nuts girls! **Is Banghard your real surname?** **How do you pronounce it?** It's pronounced "bang hard" and yes, it's real! It's also on my passport and driving licence so when I get asked for ID, people have a little giggle to themselves! **Have you been recognised in the street yet?** Yeah, I have! I only come from a small town, so a lot of people around my area have recognised me. I was in a newspaper the other day and a guy on the train asked ➡



BIGGEST NEW BOOBS 2011



if it was me, which was good! I get a lot of nice messages on Twitter and stuff as well. **Tell us something surprising about you.** I like cleaning! That's quite unusual, isn't it? Also, I enjoy running but had to stop because my boobs got too big. They don't make sports bras big enough! **What's the biggest thing you've seen?** Oh god, that's tricky! I stood on the edge of a cliff in Turkey once. That's probably the biggest thing I've ever seen! **What are you like on a night out?** I'm always happy and quite loud on nights out. I'm a bit of a lightweight, though! **What's your tippie?** I normally have brandy and Coke. The last time I spoke to you, I said if people see me out, they can buy me a drink but no one has yet! **Oh dear, maybe they will now!** **What's your favourite rude word?** Douchebag! Not for any real reason, though! **Fair enough. When was the last time you laughed really hard?** When I was watching the *American Idol* auditions! Some



of the people on there who think they can sing are unbelievable! **What's your favourite takeaway?** Chinese, because it cures my hangovers! I'm cutting down on them, though, as I'm trying to save money! **What are you saving for?** A house! That might sound a bit silly but everyone's got to start somewhere! **Do you play video games?** **What's your favourite?** I used to play on the PlayStation, but my favourite game ever was *Doom* on the Nintendo 64. **What sort of underwear do you like?** French knickers because I really like how my bum looks in them! I feel so much sexier if my bum looks good! **What's your favourite TV show?** I really like *Two And A Half Men* because I love Charlie Sheen!





"MY BUM LOOKS
SEXY IN FRENCH
KNICKERS!"

He's so funny. I was watching an episode the other day and couldn't stop laughing!

Have you got a favourite film?

Law Abiding Citizen. It's got Jamie Foxx and Gerard Butler in it – it's really good!

Have you got a favourite book?

I don't really read many books – I get bored halfway through!

Ali G In Da House was probably the last book I read, though!

Thanks, Lacey! Finally, what's on your iPod right now? Tinie Tempah and Jessie J. I'm feeling the UK artists at the moment. I went to see Jessie J a few months ago and I had a little chat with her in the girls' toilets, so that was cool! I'm a massive fan of hers. She was really nice. ➔

**BIGGEST NEW
BOOBS 2011**

**"LACEY'S
BOOBS ARE
GORGEOUS!"**



SABINE

Hi Sabine! Welcome to Nuts! Thanks! I've only been modelling for three months – before that, I just took pictures messing around with friends.

Sabine's a very exotic name.

Can you tell us more about it?

Some people say it's French and some say it's Asian, so I'm not sure. It's not very popular in Latvia where I'm from, though!

Are you a good liar? Yes!

There's something exciting about pretending to be somebody that you're not!

Tell us a bit about yourself.

I moved to the UK to learn English, study, and become a model. And now it's all happened, which is fantastic!

You're living the dream! What's it like doing a sexy shoot with loads of other girls? It's nice!

The girls are really lovely.

Lacey's boobs are gorgeous, Charlotte has such nice red hair, and I love Kirstie's hair, too!

If you had to snog one girl, who would it be? Angelina Jolie. She has the nicest lips!

What are your hobbies?

I love dancing and music, but I don't drink when I go out!

What other things do you like to do? I used to do cheerleading and street dancing, but I had to quit when I moved. I do a bit of everything. I'm really active!

If we went on holiday to Latvia and saw someone like you, how would we say, "You are very beautiful"? It's quite a complicated language, but to tell someone she is beautiful, you say, "Tu esi oti skaista."

No worries! How about, "Can I buy you a drink?"

For that, you'd say, "Vai es varu tev izmaksāt dzirni?"

Thanks! What else is good about Latvia? There's loads of hot girls there! It's got loads of nice buildings as well – it's just a lovely place! ➔

Charlotte

Hi Charlotte! Tell us about yourself. I like to go out and go to festivals and gigs – I love my music.

I like doing arty stuff as well. Everyone knows I like tequila, and I like beer as well. My new favourite drink is a Desperado, a sort of combination of the two!

What's the weirdest dream you've ever had? I had this really weird dream a while ago. You remember the bald guy from the TV show *The Crystal Maze*? Well, the two women from *Birds Of A Feather* were trying to kill me, and he saved me from a cauldron!

What was the last lie you told? I wouldn't say I lie a lot.

A classic one that all girls do is tell

blokes in clubs they've got boyfriends. Well,

I usually use that one, or I say I've got

to go to the toilet and then disappear! Sometimes, if you tell a bloke you've got a boyfriend, he just carries on chatting you up anyway!

What's your guilty pleasure?

I used to really like Lady Gaga but not so much any more.

I thought she was really original but now everyone else likes her, and loads of people are doing the same thing so I'm bored of it.

What winds you up? I get really bad road rage. I'm a terrible driver myself, but I still go crazy when people do things wrong on the road. The other night I was out driving with my friend and we couldn't find a place to park. In the end, I got so agitated I dropped them off in the middle of nowhere and went home!

What's your all-time favourite YouTube video? It's got to be Megan Fox's Armani advert. I'm in love with her. She'll be mine one day! She's the only woman I'd go lesbian for. I'd give it a go, if she was presented to me! ➡

**BIGGEST NEW
BOOBS 2011**

*"I'd go
lesbian for
Megan Fox!"*



**BIGGEST NEW
BOOBS 2011**

APRIL

Hi April! What's your favourite month? May, because I was born then. My birthday's 12 May!

If we had a day to do anything you liked, and money was no object, what would you want to do? I'd go and buy a load of properties all over the world!

Wild night out or romantic night in? Romantic night in!

I had one recently. I cooked for one of the first times in my life!

What's your sexiest outfit for a night out? Sexy, tight jeans and a really tight T-shirt!

Do you have a girl crush on anybody? Yes - Angelina Jolie!

Thanks, April! Is there anything surprising about you? I have a really posh voice! So anyone reading this should put a posh voice on to pretend to be me!

INTERVIEW: RICH JENKINS PHOTOS: ZOE MCCONNELL STYLING: KAREN WILLIAMS
HAIR & MAKE-UP: JOHANNA DALEMO, LISA HARRIS CLOTHES: WITH THANKS TO PRIMARK



KIRSTIE

Hi Kirstie! Are you excited about your first *Nuts* shoot? Yeah! This is my first ever shoot! I'm a bit nervous, but I'm enjoying it! **Where are you from?** County Durham – I live not far from Newcastle. It's nice up there, and the people are friendly, too! **Tell us about yourself.** I studied drama at university, so I'm a bit of a drama queen! I am when I'm in relationships, too – I like a bit of a challenge! **How can a guy keep you on your toes?** Let me chase. I like a guy who plays hard to get! **What's the last book you read?** I'm just reading Katie Price's book – the second one. I really like Katie Price's modelling – I think she's done really well. **You sound like Cheryl Cole. Do you like her?** Definitely! She's a great representative of girls

from the north. She's very down to earth, and she's beautiful! **Do all northern girls go out without a coat, regardless of weather?** I don't like going out wearing a coat, but I have a little blazer that I wear. **Do you have any ambitions for this year?** My New Year's resolution was just to look out for myself and my friends! **How do you find being around loads of hot, naked ladies?** I feel really comfortable in my own skin. I quite enjoy being naked! I don't mind it at all! **Loads of the girls think you've got great hair – what's your favourite part of one of the other girls?** I love Lacey's boobs. I like my own boobs, but Lacey's are just unbelievable! **Have you ever caused an accident with your boobs?** Not really, but I can balance a chocolate digestive on my boobs while I'm having a cup of tea! **When was the last time you had a cheeky snog?** With my ex-boyfriend, a few weeks back. I do like a regular snog, so I feel like I'm missing out! ■

Nuts SPORT

ENJOYING A MIDFIELD TUSSLE, EVERY WEEK!

How Arsenal can beat Barca!

With *Nuts* and Sky Sports king, Paul Merson!

MERSE!



GET IN THEIR FACE!

"I know this isn't the Arsenal way but Arsene Wenger has to sacrifice his principles and really get stuck in. If you let Barcelona play their lovely tippy-tappy football, they'll go through you like a hot knife through butter – game over! I'd squeeze the play, hunt in packs, push on and battle hard in midfield. Let them know they've been in a game!"



DO A JOB ON MESSI!

"A couple of seasons back, Chelsea did a proper job on Messi, and Arsenal have to try to do the same. Every week in La Liga, you see the opposition allow him space and also to come in on his favoured left side. I'd allocate someone to stay close to him for the full 90 minutes. Only problem is, you've still got Villa, Xavi and Iniesta to contend with!"



BE PATIENT!

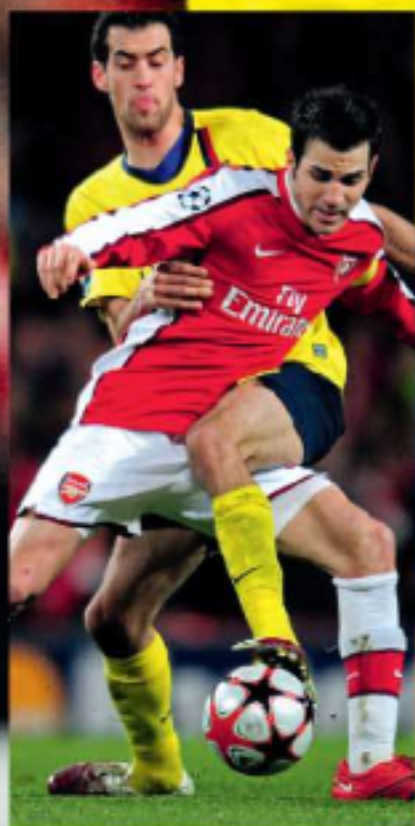
"The team and the fans have to accept that Barcelona are the best side in the world – Arsenal ain't exactly facing Wolves, are they? So there are going to be times when you can't play how you want. Everyone at the Emirates tends to be spoilt and expect champagne football – I'd welcome lager football if it meant a win!"



USE WALCOTT AS A SECRET WEAPON!

"No team, no matter who they are, like playing against pace. Theo Walcott finally looks to be fulfilling some of his early promise and there really is no better stage than here for him to show what he can do. If Arsenal can hit Barcelona on the counter, with Walcott providing a pacy outlet, they may get some joy."

"Why do you always get to lead?"



GET THE BALL TO FABREGAS!

"Fabregas will be motivated, that's for sure. He'll be up against his old club and maybe even his new one! He's such a special player who can dictate the tempo of the game, it makes sense to get the ball to him as much as possible. Can he compete with Xavi and Iniesta? Maybe, if Arsenal set their stall out the right way!"



PROTECT THE BACK FOUR!

"I'm worried about Arsenal's back four. Sol Campbell aside, they haven't had a decent centre-half since the likes of Tony Adams and Martin Keown. Why Wenger didn't go out and spend £15m on someone like Bolton's Gary Cahill, I'll never know! I'd play a shielding midfielder in the centre of the park. Hopefully, Song will be fit to do the job."



BE POSITIVE!

"Although Barca absolutely battered Arsenal over two legs in the Champions League last year, people forget the Gunners scored twice in the first tie at the Emirates. That shows that you can get at Barcelona – sometimes, they have a soft centre. Trouble is, of course, if you open yourself up too much, they can smash four or five past you!"

Merse's verdict!

"Arsenal have half a chance if they approach the game the right way – get stuck in, deny space and take the fight to Barca. However, if the Gunners play anything like their normal open game, I'd expect Barcelona to win by at least three goals over the two legs."



Arsenal vs Barca

16 Feb, 7.45pm, ITV1/HD

KAMMY!

ONLY IN
Nuts!



He's the voice of the fans – and he's only in *Nuts*!

"Here's my number.
Wait, you're
not a girl!"

Wilshere leads the way for the new England!

It may have only been a friendly against Denmark, but there were definitely some very encouraging signs for England as Fabio Capello attempts to put a bit of life into his squad. For me, the greenest shoots of recovery were sown by Arsenal's young Jack Wilshere, who was my man of the match by quite some

"He can go on to be one of European football's greats!"

distance, despite only being on the field for the first 45 minutes.

We haven't seen a talent like his emerge in England since Wayne Rooney around eight years ago, and Wilshere shares quite a few traits with the Man United striker. He plays without fear, and with a wonderful lack of nerves that makes me believe he can go on to be one of European football's greats in the next five years or so.

At long last, we saw Fabio Capello move away from the rigid systems that blighted our World Cup campaign, and we

saw an injection of pace that's been sorely needed for a long time now. In many ways, I think the lack of interest from a disillusioned English public has taken some of the pressure off the national team's players, and they feel they can show what they can do out on the pitch, if only because nobody really expects anything special from the England side any more!

Ashley Young and Theo Walcott flew down the flanks, and Wayne Rooney linked up very well behind Darren Bent, who'll always get goals in the

penalty area, no matter who he comes up against. The key was handing some freedom to players who've been so used to having to stick to a tired and immovable system by Capello. Quite what's changed in the Italian's thinking, I'm not sure – other than perhaps he's run out of possibilities!

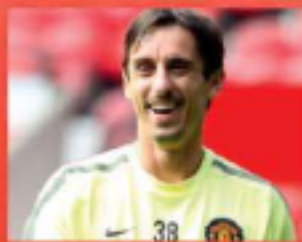
So while it was a match no one really wanted, least of all the Premier League managers, I thought it was a worthwhile exercise, if only to see Wilshere emerge as a real prospect, and also to see us win a game!

**KAMMY'S
UNBELIEVABLE-
OMETER™**

**UNBELIEVABLY
GOOD!**

NO MORE NEV

I'm sure a lot of fans will think it's "unbelievably good" that Gary Neville has hung up his boots at last! But he was a brilliant pro, and a credit to football!



**UNBELIEVABLY
BAD!**



STOP MOANING

Nicklas Bendtner has been complaining about his life because he doesn't get to go skiing. Some of these players really don't live in the real world!

The Olympic stadium isn't home to Spurs

I never had any strong feelings as to who should be awarded the right to take over the Olympic stadium after the 2012 games, but I never thought it would have suited Tottenham to move there. It's only about five miles away from their current stadium, but in London traffic, that's about an hour's travelling! West Ham proposed keeping the running



track around the side of the pitch, which I'm not crazy about as I think it takes away from the atmosphere. Having said that, it might stop players getting sent off for running over to their fans after a goal – they'd be too tired by the time they got there!



ME AND KAMMY CORNER!

"Here's me meeting the great man at Watford, what a legend!"
Mark Ritson, via email

"That tiny guy's shouting right in my ear!"

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!

Chris' crystal ball!

Chris predicts the week's big games!



1 CHELSEA VS EVERTON
19 FEB, 12.30PM, ESPN/HD

"I think Everton had their best chance of seeing off Chelsea in the first game at Goodison, and I can see the home side progressing quite easily here."

KAMMY SAYS: 2-0



2 MAN UNITED VS CRAWLEY
19 FEB, 5.30PM, ITV1/HD

"This should be loads of fun. Fergie won't put his first team out and Crawley will come and give it a real go at the Theatre of Dreams. Then lose!"

KAMMY SAYS: 3-1



3 MAN CITY VS NOTTS CO
20 FEB, 2PM, ITV1/HD

"A bit like the Chelsea vs Everton game, Notts County had to take their chance in the first game if they wanted to progress. They don't have a chance, I'm afraid."

KAMMY SAYS: 4-0



Nuts PROMOTION

WHICH ROCK 'N' ROLL BARNET IS BEST?

SHOCKWAVES
NME
AWARDS
2011

SHOCKWAVES
STYLING RE-CREATE GEL

More rock 'n' roll haircuts courtesy of the Shockwaves NME Awards!

Last week, to celebrate the seventh year of Shockwaves sponsoring the infamous NME Awards, we teamed Nuts' scruffiest man with Shockwaves Style Director bloke Michael Douglas (er, not that Michael Douglas!) to investigate

just how Shockwaves can give you the rock star look. Well, guess what? He's here again to discover just how Shockwaves can turn you into your favourite frontman. Want to impress your mates with a brand-new look? Need to woo a lady with a new quiff? Read on!



DAVE GROHL (FOO FIGHTERS) – "MOD COOL" INSTRUCTIONS

- 1 While hair is damp, apply Shockwaves Lightweight Styling Gel (RRP £2.99).
 - 2 Blow-dry at roots, using fingers to bring forward.
 - 3 Pull hair forward with straightening tongs, then, using Shockwaves Re-Crete Styling Wax (RRP £2.99), lift hair to create texture while keeping the sides flat.
- Optional extras:** Goatee beard, Cheesy American grin.
- Nuts man says:** "Cheese!"



MARK RONSON – "SLICK QUIFF" INSTRUCTIONS

- 1 While hair is damp, use Shockwaves Re-Crete Styling Shaper Gel (RRP £2.99) to smooth hair into a big quiff.
 - 2 Blow-dry hair and use a flat brush to lift hair to add height.
 - 3 Use more Shockwaves Re-Crete Styling Shaper Gel (RRP £2.99) to smooth hair into the largest quiff you can manage.
- Optional extras:** Smart suit.
- Nuts man says:** "I hope blondes have more fun!"



Catch the Shockwaves NME Awards on Channel 4 on the evening of 26 February.

Shockwaves has a range of styling products for guys, allowing you to re-style your hair all day long, create any look and adapt your style, whatever the situation.

*Pricing is at sole discretion of the retailer. Join www.facebook.com/shockwavesuk for more style tips and a chance to win some free stuff!



"Hey, over here, Ste... er, I mean Frank!"

Torres: 'We can win the Champions League!'

Nuts sits down and chats with Chelsea's new £50million man!



Hi Fernando! How are you enjoying being a Chelsea player? The Chelsea staff have been helping me settle in. The training ground's great – the building's only a few years old so the facilities are the best. Everyone at the club has made it very easy for me to fit in. I'm really looking forward to my time here.

How do you compare Chelsea and Liverpool? Both are great clubs, so there's no point in comparing them. I've been under pressure before when I signed for Liverpool, so it's nothing new. I'm very excited to be a Chelsea player now though. **It seems a lot of Liverpool fans are unhappy with you joining Chelsea...** I can only say good things about the Liverpool fans. I had three-and-a-half fantastic years at Anfield, which I won't forget. The fans may not understand the reasons why I chose to move and in a few weeks, I might explain those reasons. When they see what I did in my time there, hopefully, they'll be happy with me. **How did you leave things with Kenny Dalglish?** I had a good relationship. He's a legend at Liverpool and he's brought a lot of hope back to the team.

When did you decide you wanted to leave? When I heard Chelsea had come in for me, that's when I decided.

Some said you didn't look interested at Liverpool any more... I never lost my ambition – it's just a lot of people giving their opinions. I'm sure I did the right things when I was playing and just trying to help Liverpool move forward. But I couldn't turn down the offer to play for Chelsea.

How well do you feel you're performing at the moment? I feel in the last month, I've been playing to my best, so I'm feeling really good at the moment. I'll have my best form between now and the end of the season, though. At least, I hope so!

How do you think you'll fit into the team at Chelsea? I'm a big fan of both [Nicolas] Anelka and [Didier] Drogba and we were always worried about playing against them, so it's exciting to be playing alongside

them now. I'll play anywhere that will help the team. It doesn't matter if it's two or three up front when you've got the quality players that Chelsea have. I'm ready to fit in where the manager wants me.

Who's been showing you the ropes? John Terry and Frank Lampard have given me a very nice welcome. They've both offered me help and advice about settling in. About buying a house and stuff like that. In training, we're already talking about the next game. They know what I'm like as a player and I know what they're like as well, so we'll be fine on the pitch.

What's your target for this season now? The Champions League. I know Chelsea have great ambition when it comes to the Champions League – the aim is to win it and I'm the same as every other Chelsea player. I want to win it as well.

Thanks for the chat, Fernando. Finally, you've signed a five-year-deal. Will you see your career out with Chelsea?

Who knows? I'll be 32 when my contract ends with Chelsea. I'm 26 now, so I don't really want to be talking about retirement! Maybe my body won't be strong enough to carry on when I'm 32!

"I've been playing to my best, so I'm feeling good"

Nuts MOBILE

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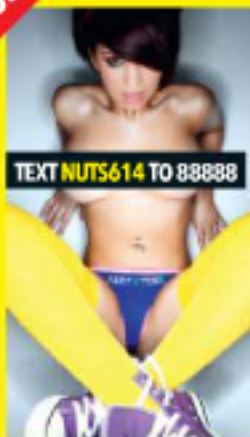
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BACK ISSUES For all Nuts back issues, call John Denton Services on 01733 385170, fax 01733 239356

ONLY IN
Nuts!

NUTS ABOUT SPORT!

Funny goings-on in the wonderful world of sport! Send pics, chants etc to tim_bradley@ipcmedia.com

► Not only is Thierry Henry Arsenal's highest-ever goalscorer, he also plays footy in New York and, in his spare time, hangs out with Dita Von Teese while she sits on his free sports car. Life just isn't fair!

**SPORT****ALIKES!**

RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!

ONLY IN
Nuts!

"This is how
I mark my territory
at a new club"

HEAVE!

"Let me guess? You're
going to do a 'smell
my fingers' gag!"

HANDS ON!

"I solemnly
offer my
bottom
to you"
"Sod off!"

KISS THIS!

"Think I spotted
Sophie Reade in
the guest seats!"

BIG PAIR!

Standard
Chartered

"I'm going to
kick you and
you will get it"

BALL TALK!

"This is normal
behaviour in
Australia"

"We just
heard Capello
resigned!"

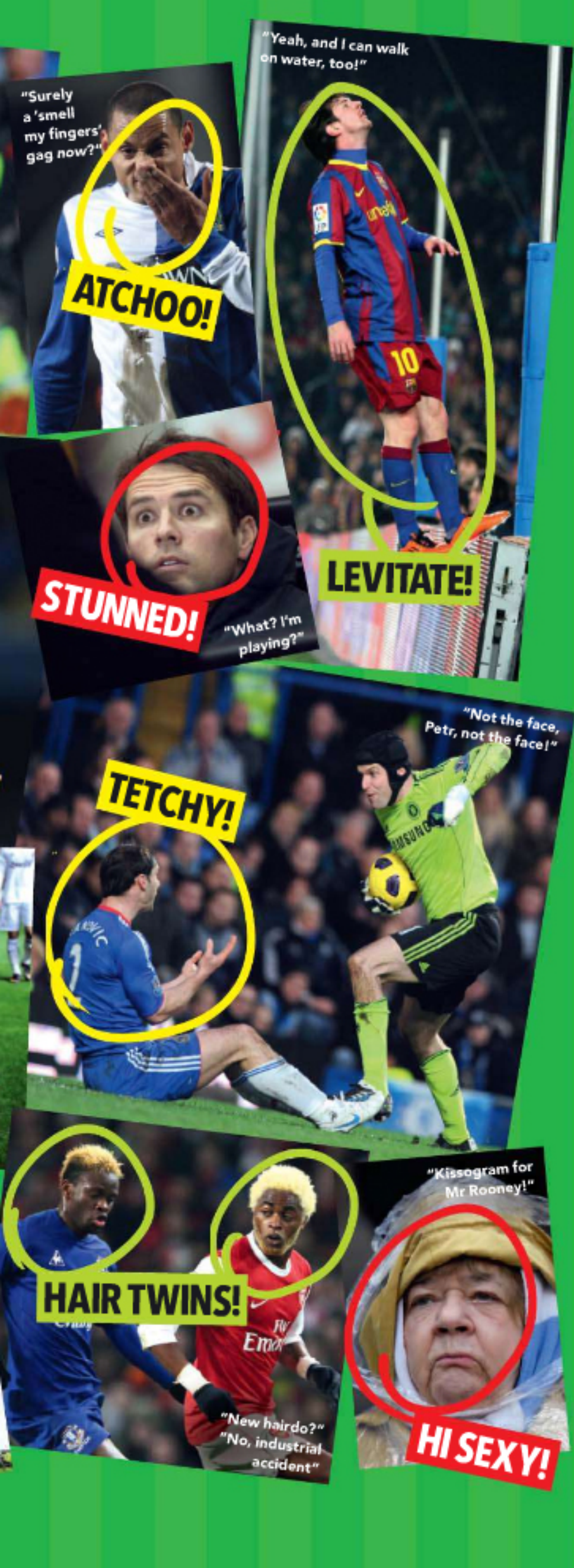
WAHEY!

"I have some
Aspirin in my
kit bag!"

VERY ODD!

MY HEAD!

MAN-LOVE CORNER!



Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!

Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

He won big!

David R won £58,236 on Deal or No Deal!*

"I was so shocked, I took the day off work. It's so hard to believe this is all real!"



GET UP TO £200 FREE PLAY!*

GET UP TO **£200 FREE PLAY*** ON DEAL OR NO DEAL!
SIGN UP TODAY AND ENTER PROMO CODE **NUTSD7**

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TV GAMES INSTANT WIN SCRATCH CARDS BINGO CASINO GAMES

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gambleaware.co.uk

jackpotjoy.com

'QUOTE ME ON THAT!'

This week's biggest match debaters!

"I went to the cinema to see *The King's Speech*. When I came out and saw what had happened, I nearly had a stutter, too!"

The transfer window gobsmacks Steve Bruce.

"That ten minutes after the goal wasn't our greatest hour"

Alan Pardew is a rubbish timekeeper.

"I wouldn't sign Coco the Clown"

Paul Jewell disappoints Ipswich circus lovers.

"Everyone wants a bag of carrots and we've got a few bags of carrots"

Blackpool boss Ian Holloway on his orange men.

"Van Persie will score a million goals this season"

Really, Chris Kamara?

"I don't pat myself on the back or punch myself in the face"

Probably best not to, Joe Hart.

"My cake fell flat because the recipe wasn't right in the middle"

Mick McCarthy does a Delia.

"Robbie Keane's got three players in a telephone box"

Ray Wilkins on West Ham's new kidnapper.

"Paul Scholes was my first kiss"

Gary Neville reveals too much.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"I haven't been getting enough of it at Sunderland"

Andy Reid wants action in Blackpool.

"I'm looking forward to a female in the middle and one either side"

Chris Kamara loves a foursome.

"Illegal helmet action can lead to disciplinary action"

Good warning from Charlotte Jackson.

"I'm putting my arms up so much, I'm having to spend a lot on deodorant"

Kenny Dalglish works up a sweat.

Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!



BEDROOM BABE!

JORDAN 24, Nottingham, student
"A chat-up line that made me laugh was, 'You look tired
- fancy coming to my bed for a lie down?' It was cheeky!"

Want to be a Nuts model? Only work with official Nuts
staff. If you're approached by a photographer, call us on
020 3148 6927 to confirm they're genuine.



Nuts REAL GIRLS

"I'm feisty
and I love
a bit of
banter!"

TURN TO VOTE FOR OUR
NEXT BEDROOM BABE!

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.

Available on the
App Store

**ONLY
59p**



4 game modes to test your ball skills (Training, Quick Match, Tournament and Golden Boot Challenge)



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**

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, 9th 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!**



Yulia

21, Russia, dancer

"The key to my heart is the same as the key to my dream car – an Audi Q7!"



Mercedes

19, Liverpool, fund-raiser

"My eyes and my bum are the features I get the most compliments on!"

Emma

19, Southend, sales rep

"A chat-up line I liked was, 'You're a quality bird – like a free-range chicken!'"



Lynsey

25, Carlisle, student

"The wildest place I've done rude things was on a car bonnet on a rural road!"



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
Nuts!**

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: Joanne

Age: 24

Boobs: 34DD.

"Works for me!"

Likes: "Boys who are rough around the edges!"

Ever kissed a girl? "No!"

Strangest place you've had sex? "In the sea!"

Sex tip: "Take the rough with the smooth!"

Joanne's sexy guide to Leeds

Nuts meets a Yorkshire hottie!



HELLO!



Joanne on... her home!

"Living in Leeds is fantastic. There's a bit of everything – nice cocktail bars, wine bars, shops and pubs. There's always something going on!"



Joanne on... daydreaming!

"I'm a bit of a thinker but I don't normally hang out by the window spying on people! But I do go off into daydreams and fantasise about stuff!"



**Joanne on...
junk food!**

"I eat loads of chocolate – ask anyone who knows me! I love Nando's, and I love chocolate cake and toffee ice cream. I could eat some right now!"



**Joanne on...
neighbours!**

"After a shower, I have to make a quick dash to my bedroom – there's a four-second gap when someone might see me naked!"



**Joanne on...
getting ready!**

"I can't be rushed! I'll have a glass of rosé, put some music on and take my time. It probably takes me about an hour and a half to get ready!"

**"My 34DD boobs
work for me!"**



**Joanne on...
lazing around!**

"I love to have a bit of a lie-in at the weekend. I love lazy days where I hang out in my pyjamas all day. I'm a very light sleeper so no snoring please!"

**Joanne on...
her boobs!**

"I'm a 34DD. Double-D works for me! Ha-ha! I love buying nice matching underwear sets but when I go out, it's either cleavage or legs, not both!"



NUTS PROMOTION

GET £20 FREEPLAY*

Nuts
GAMES

Try our cool casino games!

Nuts man tried his hand at these top casino games and won loads of cash! Now it's your turn! Join today to claim our special £20 Free Play* offer and you could be in the money!



NUTS MAN TRIES: CASINO GAMES!



BLACKJACK



HI LO

PLAYABILITY: 9/10 PAY-OUT POTENTIAL: 8/10 CASH MADE: £9

PLAYABILITY: 10/10 PAY-OUT POTENTIAL: 6/10 CASH MADE: £25



ROULETTE



VIDEO POKER

PLAYABILITY: 9/10 PAY-OUT POTENTIAL: 7/10 CASH MADE: £108

PLAYABILITY: 7/10 PAY-OUT POTENTIAL: 7/10 CASH LOST: 80P

GET BETWEEN £20-£200 FREE PLAY* ON NUTS GAMES!

SIGN UP TODAY AND ENTER PROMO CODE NUTSC7

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gambleaware.co.uk

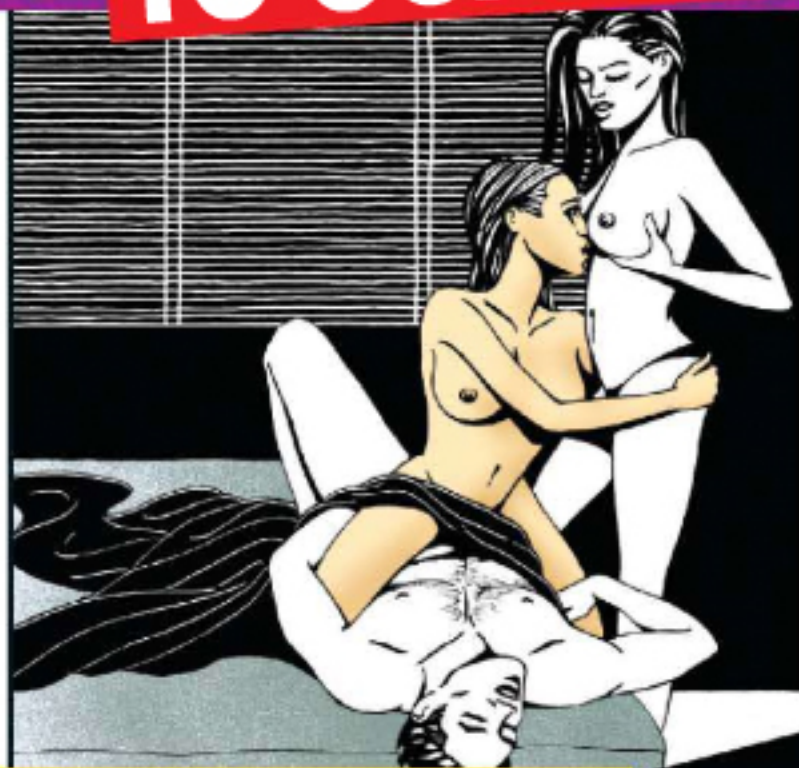
jackpotjoy.com

LADIES CONFESS!

**100%
REAL
STORIES!**

TO OUR SECRETARY!

IT'S LOU!



CONFESSION OF THE WEEK!

'Our flatmate joined in'

My boyfriend and I live in a shared flat with three other people and I've often fantasised about a three-way with a least one of them. One night, while we were having sex, I noticed our female flatmate sneaking a look through the door. I was shocked at first but it really turned me on to know she was watching – especially as I could see she was playing with herself. I decided to put on a bit of a show by talking dirty and tweaking my nipples. Then I called her in and soon I was going down on her. She was so wet for me that I started to grind down harder and harder on my boyfriend and within seconds, all three of us came in quick succession. It was amazing and I can't wait to do it again!

Becky, by email

'We did it on a garden table'

About a month ago when it had been snowing, my man and I spent a whole weekend enjoying ourselves on the slopes near our house. We acted like big kids,

whizzing down and racing each other back up again. When we got back to our house, I'd started to get a little chilly, but my man wanted to go into the garden and build a snowman. I told him I was freezing but he cheekily replied that he knew how to get

my blood flowing. Then he pulled me towards him, swung me round and pushed his warm tongue against my mouth. He pulled up my top and my bra and started to lick my hard nipples. I wanted to tease him, so I undid his trousers to reveal his hard member and played with him for a while, licking his neck as I did so. It drove him crazy, so he wiped the snow off the top of our garden table and pushed me over it. He then took me from behind while I kept an eye out for the neighbours!

Jo, Basildon

'I had a vibrator in my knickers'

My husband bought me a bullet vibrator for Christmas, and we decided to try it out at dinner one evening recently. We were at our local Italian, and I had it placed in my knickers with my man in control of the remote. As he gave the waiter our order, I felt a sudden buzz between my legs but tried not to show any emotion, but then he kept starting and stopping it at intervals throughout the evening until I couldn't handle it any more! I had to subtly excuse myself so I could go and finish myself off in the toilet. My man knew what I was up to, so when he knocked on the door, I realised we had to be quick. When we returned to the table five minutes later, all the staff were wearing huge grins!

Rose, by email

'My neighbour watched me'

I was doing the washing-up in nothing but my silk dressing gown when my boyfriend surprised me in the kitchen. He came in, spun me round then lifted me up to the edge of the sink before kneeling down and kissing me between my thighs, working his way up to the top. I was moaning and writhing with desire but then his phone rang – it was his boss calling him out on an emergency plumbing job. He gave me a quick snog and off he went. Because I was still so excited, I was left to pleasure myself on the sofa, legs wide open and naked breasts wobbling back and forth. When I opened my eyes, I noticed my sexy neighbour at her window opposite staring at me intently. I gave a shy grin but didn't stop what I was doing. When the doorbell rang a few minutes later I went to answer it and she was standing on my doorstep. Needless to say, she was after more than a cup of sugar!

Leah, Swansea

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!

Nuts FASHION

All of the denim, none of it dull!

10 best jeans

PRETTY GREEN £85

Clean-cut jeans from Liam Gallagher's fashion line.

WON HUNDRED £100

A straight-up pair of quality jeans. Worth the pennies.

NEXT £45

Bored of your dark denim? Grab these and lighten up.

ASOS £40

These slim-fit jeans will look ace with a turn-up.

RIVER ISLAND £50

You'll be seeing a lot more of these weird jogger-style jeans.

ALPINESTARS £60

Not too slim, not too straight. Great all-rounders.

STOCKISTS: ALPINESTARS: WWW.ALPINESTARS.COM, DUFFER: WWW.JDSports.CO.UK, PRETTY GREEN: WWW.PRETTYGREEN.COM, WON HUNDRED: WWW.URBANOUTFITTERS.CO.UK, RIVER ISLAND: WWW.RIVERISLAND.COM

5 BREATH SORTING TOOLS

LISTERINE TOTAL CARE £4

A swish of this unexpectedly nice-tasting mouthwash twice a day will work wonders.

Stockists: nationwide



NIVEA HYDRO CARE LIPBALM £2

No point having amazing breath and sparkling teeth if you've got scabby lips. Sort it!

Stockists: boots.co.uk



PHILIPS SONICARE £25.50

You'll never look back after using this sonic toothbrush. And it's a knockdown price!

Stockists: amazon.co.uk



BLANX CLASSIC TOOTHPASTE £7

A naturally whitening toothpaste, this'll sort your gnashers right out.

Stockists: amazon.co.uk



BOOTS EXPERT DENTAL FLOSSERS £3

Dig out that bit of popcorn or steak easy-peasy!

Stockists: amazon.co.uk



DUFFER OF ST GEORGE £50

A perfectly cut straight-leg jean.

SUPREMEBEING £80

These "carrot-fit" jeans have a drop crotch and a slimmer leg.

NEW LOOK £25

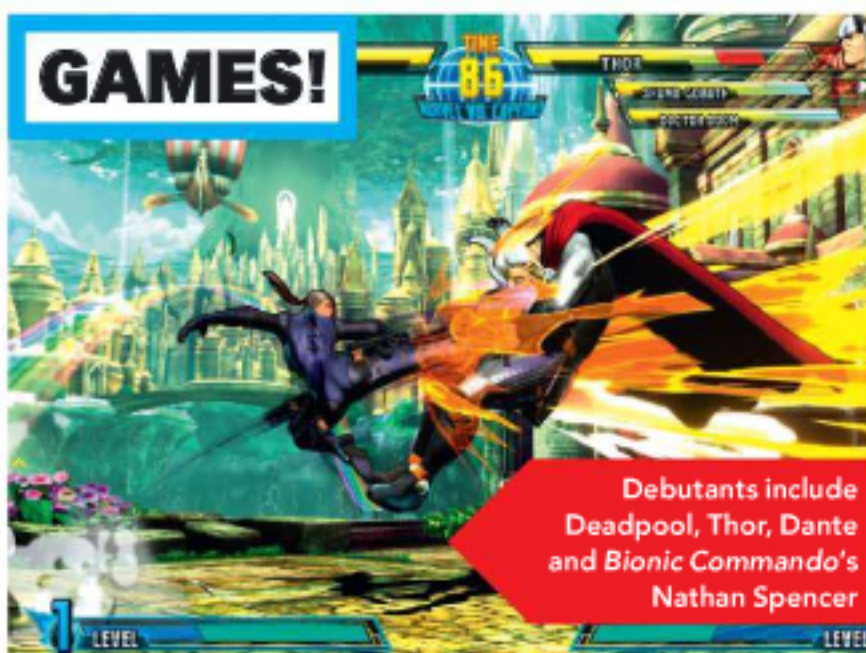
These may be the cheapest but they're also a cracking fit.

FLY53 £80

A slim-cut utility style – worth a try.

Nuts REVIEWS

GAMES!



Debutants include Deadpool, Thor, Dante and Bionic Commando's Nathan Spencer

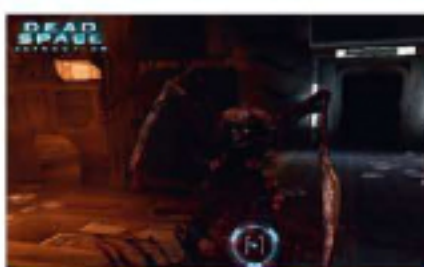
MARVEL VS CAPCOM 3: FATE OF TWO WORLDS

PS3, XBOX 360



More frantic cartoon scrapping with loads of cool franchised characters – including Hulk, Deadpool and Resi Evil's Chris Redfield and Albert

Wesker – rendered in brilliant technicolour. The game uses Resident Evil 5's "engine" for slick visual whizz-bangs, three-on-three gang-ups, and a simple mode for fighting – and beating – any noobs! ★★★★★



DEAD SPACE EXTRACTION

PLAYSTATION NETWORK



On-rails Wii shooter ports to the PS3, and shooting an ever-creepier army of mutants is still as challenging and tiddle-causing as on the Wii. Move compatibility is a good, good thing. ★★★★★

SURVEILLANT

IPHONE



As ever, a simple idea means fiendish gameplay. You traverse a level, avoiding the beady eye of CCTV until you can reach the cam, unseen, and disable the nosy parker. If it sees you, expect to be toasted by a death ray. ★★★

APPS!



SELINE MUSIC INSTRUMENT

PHONE, IPOD TOUCH, IPAD



Rubbish at making music? This'll help you create cool noises, even if you're tone deaf! ★★★★★

MOBILE MOUSE PRO

IPHONE, IPOD TOUCH, IPAD



Convert your iPhone or iPod Touch into a wireless remote for your computer. Nifty! ★★★★★

DVDS/BLU-RAY!



Every shirt and fleece Eisenberg wears in the film have been worn by the real Mark Zuckerberg

THE SOCIAL NETWORK

CERT 12 DVD & BLU-RAY



Brilliant drama about the rapid rise of Facebook founder, and the world's youngest billionaire, Mark Zuckerberg. With Zombieland's Jessie Eisenberg

playing the nerdy boffin, a script from Aaron "West Wing" Sorkin and David "Fight Club" Fincher directing, this promised to be one of the films of last year – and it delivered! With loads of extras, this is a must-have whether you saw it at the flicks or not. ★★★★★

RED

CERT 12 DVD & BLU-RAY



Expendables-esque action romp starring Bruce Willis as a retired CIA bloke who reunites his team for one last mission. Hugely entertaining manly stuff! ★★★★★

30 ROCK: SEASON 4

CERT 12



The corking US comedy about life behind the scenes of a fictional live comedy series continues. The hilarious Tina Fey and Alec Baldwin star. ★★★★★

BURIED

CERT 15 DVD & BLU-RAY



Brilliantly taut thriller as Ryan Reynolds plays a truck driver kidnapped in Iraq who wakes up to find he's been buried alive inside a coffin. ★★★★★

MUSIC!



GRUFF RHYNS

HOTEL SHAMPOO



A third solo album from the main bloke out of the Super Furry Animals, and it's yet more whimsical, peculiar melodic popper with a slight whiff of hip-hop. ★★★

VARIOUS ARTISTS

MINISTRY OF SOUND: CHILLED HOUSE SESSION 2



Everyone likes to relax, and these 40 dance tunes from the likes of Zero 7 and Tensnake will soothe your worries in no time. ★★★★★

All the latest action-packed releases

Ratings: ★★★★★ Genius ★★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



Andy Serkis used his Gollum skills to help Rogen bring Paul the alien to life



CONFESSIONS CERT 15

This awesome Japanese high school psycho thriller about a teacher who gets revenge on her evil pupils is freakin' far out! Hang on for a trippy climax. ★★★★★

PAUL CERT 15

Simon Pegg and Nick Frost bring their wisecracking double act back to the big screen in a chucklesome sci-fi spoof from the director of *Superbad*. The lads lampoon Spielberg's *ET* and *Close Encounters* as they play

a couple of nerds on a UFO-spotting road trip who end up on the run from the FBI with a potty-mouthed little green man (voiced by Seth Rogen). And the gags are on the money – "Yo, f**knuts! It's probing time!" Quite. ★★★★★



Pegg and Frost went on a roadtrip across America for inspiration

9

MOUSEBREAKER

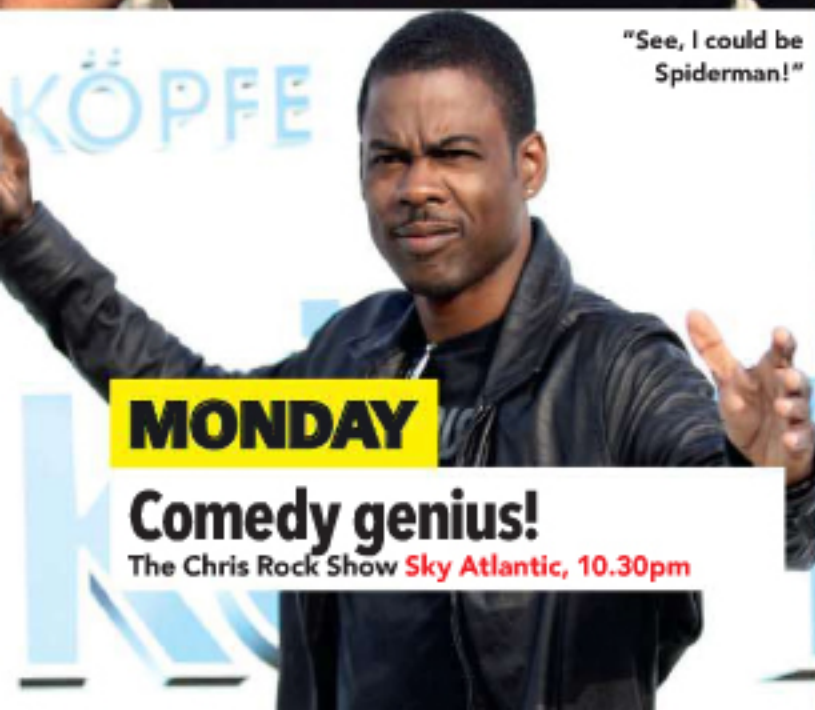
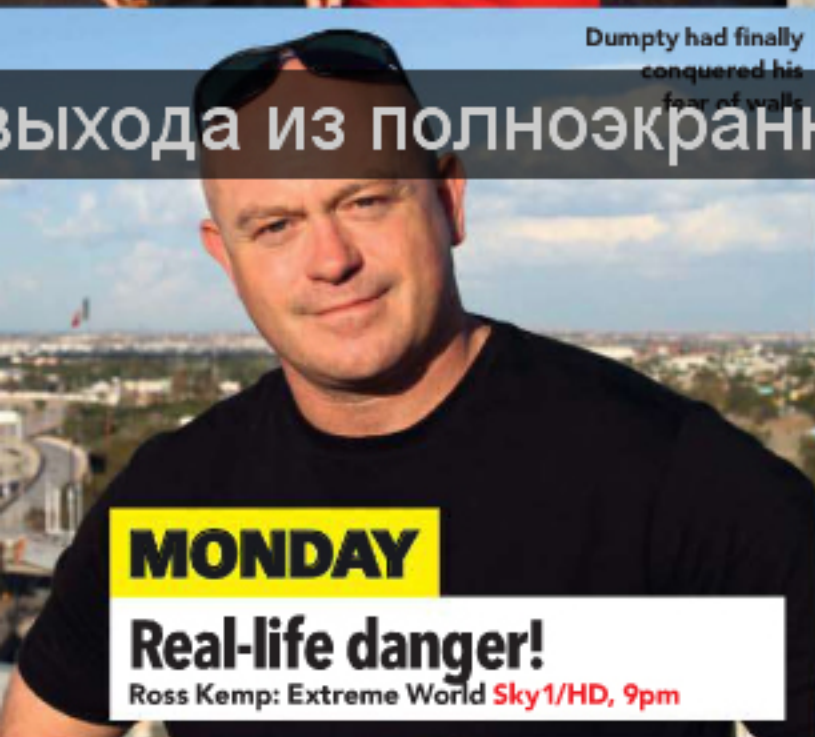
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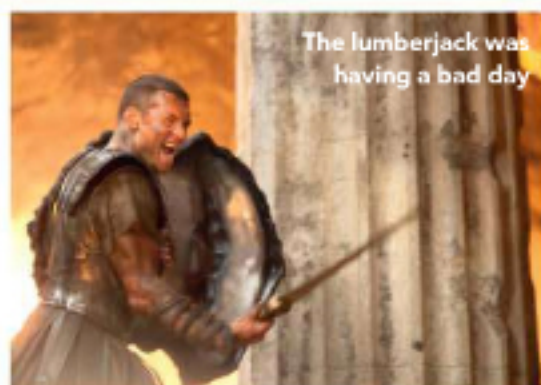
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Action, comedy and dancing, all in one place!

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7-DAY TV
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The lumberjack was having a bad day

Clash Of The Titans

FILM Sky Movies Premiere/HD, 8pm
An all-action CGI-fest about Greek gods and mythical creatures, with an ace cast led by Sam "Avatar" Worthington. It's a right old blockbuster romp. ★★☆☆



"What? I had nothing else to wear!"

True Blood

DRAMA FX/HD, 10pm
This is an unmissable episode! King Russell kidnaps Sookie, and Bill can't do a thing about it. Meanwhile, Tara comes up with a cunning plan to get rid of Franklyn. Kill him! Again! ★★★★★



"OK, Skegness is off the holiday list next year!"

The Ruins

FILM BBC1, 11.30pm
Serviceable horror nonsense about a group of students who head into the jungle in Mexico and start getting attacked by murderous flesh-eating vines. Yep, it's that old chestnut! ★★☆☆

one

6.00am Breakfast 9.15 Wanted Down Under (R) 10.00 Homes Under the Hammer (R) 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 Weekend 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 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Cash in the Celebrity Attic (R) 3.45 Flog It! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 One Man and His Campervan

itv 1

5.30am ITV News 6.00 Daybreak 8.30 Lorraine 9.25 Jeremy Kyle: Morning Surgery 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 (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

4

7.35am Everybody Loves Raymond (R) 8.00 Frazier (R) 8.25 According to Jim (R) 8.55 Undercover Boss USA (R) 9.55 The Good Wife (R) 10.55 Gok's Clothes Roadshow (R) 12.00noon Channel 4 News Summary 12.05pm Breakfast at Tiffany's 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal: Love Week 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

5

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 Build a New Life in the Country (R) 1.45 Neighbours 2.15 Home and Away 2.50 The Family Recipe (R) 2.55 Rough Guide to Cities (R) 3.10 A Time to Remember: Melodrama starring Dana Delany 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

sky 1

7.00pm The Simpsons
Homer becomes a vigilante. (R)
7.30 The Middle: Access All Areas
The making of the hit American comedy. (R)(HD)

8.00 Futurama
Hitch takes Fry to an abandoned cavern. (R)

8.30 Futurama
Aliens threaten to destroy Earth unless they're allowed to see the finale of a TV show. It's Boardwalk Empire, we can fully understand why. (R)

9.00 The Simpsons
Mr Burns is sent to prison. (HD)

9.30 The Simpsons
Homer rejects Bart's plea for a baby brother. (HD)

10.00 Louie Spence's Showbusiness
Go away! (R)(HD)

11.00 Got to Dance
And this. (R)(HD)

12.30am Road Wars
Rucks on the road. (R)

FRIDAY'S SPORT

8am Golf, Sky Sports 1, 7pm Gloucester vs London Irish, ESPN, 7.30pm Rugby League, Sky Sports 1, 7.30pm Port Vale vs Bradford, Sky Sports 2, 12m't NBA Basketball, ESPN, 2am NBA Basketball, ESPN.

7.00 The One Show
Topical stories, with Chris Evans.

7.30 A Question of Sport
With rugby bloke Jonathan Davies, and foxy boss Chris Coleman. (R)

8.00 EastEnders
More smog-based misery.

8.30 QI
The show that makes complicated stuff really fun. (R)

9.00 Hustle
The gang help a former hustler.

10.00 News, Weather

10.35 The Graham Norton Show
With Ashton Kutcher, Heston Blumenthal and Greg Davies.

11.20 The National Lottery Friday Night Draws
Ball-plucking antics.

11.30 The Ruins
MUST-SEE Horror thriller starring Jena Malone and Shawn Ashmore. While on a Mexican holiday, a group of students take a trip to see some Mayan ruins and come under attack by killer vines. It's pretty creepy.

1.00am Sign Zone: Horizon: Science Under Attack (R) 2.00 Posh and Posher (R) 3.00 Climbing Great Buildings (R) 3.30 Save My Holiday (R) 4.15-6.00am BBC News

7.00 Churches: How to Read Them
Remote controls: how to use them.

7.30 An Island Parish
The holiday season begins. Huh? They get tourists to visit this place?

8.00 Mastermind
With specialist subjects including British freshwater fish. Zzzzz.

8.30 Britain from Above
Not one to watch if you suffer from vertigo. Or have a life. (R)

9.00 Can't Take It with You
What people want to do with their dough once they die.

10.00 Fast and Loose
Featuring Ruth Bratt, Justin Edwards and Pippa Evans.

10.30 Newsnight

11.00 The Review Show
11.50 Sugar
MUST-SEE A talented baseball player from the Dominican Republic struggles to adjust to his new life when he's recruited into the US baseball minor leagues in Iowa.

1.35am The Damned: Sci-Fi thriller starring Macdonald Carey. 3.10-4.15am BBC News

7.00 Emmerdale
Egg-laying rubbish.

7.30 Coronation Street
Simon is heartbroken as Leanne prepares to leave. Man up, Simon!

8.00 Children's Hospital
An eight-year-old meets some of the Man City players.

8.30 Coronation Street
Pigeon-breeding piffle.

9.00 Comedy Rocks with Jason Manford
With Dame Edna Everage, Jason Byrne, Chris Ramsey and Axis of Awesome. Bit of a mixed bag then.

10.00 ITV News, Weather

10.35 The Cube
Game show presented by Phillip Schofield and his grey hair. (R)

11.35 Take Me Out
A care worker, a student, a publisher and a sales director take part. (R)

12.45am The Zone

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

7.00 News

7.25 4thought.tv

7.30 Made in England
An insight into one of the last remaining clothing factories in Salford. Sounds so much like a real-life Coronation Street to us.

8.00 Relocation: Phil Down Under
Properties in Sydney. Ripper!

9.00 Embarrassing Bodies
Dr Christian discusses droumision with a life-drawing class. Avert your eyes - quickly!

10.00 The Million Pound Drop Live
Quiz show with Davina McCall.

11.20 10 O'Clock Live
Topical laughs with David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne. (R)

12.20am Music on 4: Mercury Prize Sessions
Agig by Band of Skulls. Ace!

12.40 Countdown to the NME Awards 2011

12.55 CTRL MX (R)

1.20 My Name Is Earl (R) 1.45 My Name Is Earl (R) 2.05 Modern Toss (R) 2.30 Love Tube (R) 2.35 Fuel (R) 2.40 What's Fuku? 2.45-4.40am Seance on a Wet Afternoon

7.00 Five News at 7

7.30 Vets in Action
Katie comes to the aid of two 48-hour-old kittens. Aaaah! (R)

8.00 Ice Road Truckers
Trucks on ice? What could possibly go wrong with an idea like that?

9.00 The Mentalist
A hypnotist forces his victims to commit crimes. Wrong 'un. (R)

10.00 Law & Order
An eight-year-old is killed in a building explosion.

10.55 NCIS
The team delve into Vance's troubled past. (R)

11.55 Cops in Crisis
Plod in peril. (R)

12.15am SuperCasino

3.55 Motorsport Mundial 4.20 Royal Navy Caribbean Patrol (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor (R)



Let's Dance For Comic Relief

BBC1, 7pm
REALITY The celeb show returns, with Ed Byrne, Russell Kane and Katie Price among the contestants. ★★★



Boardwalk Empire

DRAMA Sky Atlantic, 9pm A cracking episode which takes a look at Nucky and his relationship with his brother. Also, Margaret – Nucky's lady – reports the bootlegging booze to Van Alden. ★★★★★



Best Of Live At The Apollo

BBC1, 10.20pm
COMEDY The best moments from series four – and it reads like a Who's Who of Nuts legends! ★★★★★

one

6am Breakfast 10.00 Saturday Kitchen Live 11.30 Baking Made Easy (R) 12.00 BBC News, Regional News, Weather 12.15pm Sports Football Focus 1.00 (R) 1.15pm Athletics: The UK Indoor Grand Prix from Birmingham. 4.30 (R) Final Score 5.10 BBC News, Regional News, Weather 5.30 Outtake TV 6.00 All New Total Wipeout

TWO

6am CBeebies 7.00 CBBC 12.00noon (R) 4 for Texas: Comedy Western starring Frank Sinatra and Dean Martin. 1.55pm Into the West (R) 3.25 Verdi – The Director's Cut 4.25 Verdi's Othello

itv 1

5.30am ITV News 6.00 CITV 9.25 Coronation Street 11.45 This Morning: Saturday 12.50pm Monk 1.50 ITV News, Weather 2.00 You've Been Framed! (R) 2.30 (R) Space Jam: Comedy. 4.05 Regional News, Weather 4.20 ITV News 4.35 (R) FA Cup Football: The fifth round match between Man United and Crawley Town at Old Trafford, kick-off 5.15pm. There can't possibly be a shock here, can there?

4

6.10am The Hobbs (R) 6.35 (R) Athletics 7.55 (R) The Morning Line 8.55 (R) Friends (R) 9.30 The Wanted: Stars and Strikes 10.30 Glee 11.35 I Am Number Four: T4 Movie Special 12.10pm 4Music Favourites: Taio Cruz 12.40 The Big Bang Theory (R) 1.45 (R) Channel 4 Rating: From Asot and Haydock Park. 4.00 The Secret Supper Club 4.35 Come Dine with Me (R) 6.35 The Political Slot 6.40 News

5

6am Milkshake! 10.00 The Family Recipe (R) 10.05 (R) UEFA Europa League Highlights 11.10 How Do They Do It? (R) 11.40 The Gadget Show (R) 12.40pm Building the Super Tower: Megastructures (R) 1.40 Ice Road Truckers (R) 2.40 (R) The Age of Innocence: Romantic period drama starring Daniel Day-Lewis. 5.20 (R) Medicine Man: Romantic adventure starring Sean Connery and Lorraine Bracco.

sky 1

7pm The Simpsons Homer's mum asks for help. (R)
7.30 The Simpsons Mr T stars. We pity the fool who misses this etc. (R)
8.00 Futurama Hutch takes Fry to an abandoned cavern. (R)
8.30 Futurama Fry enrolls at Mars Uni. (R)

7.00 Let's Dance for Comic Relief
MUST-SEE Celebrity dance competition hosted by Alex Jones and Steve Jones. And Indiana Jones. Actually, we made that last one up.

8.20 The National Lottery: Secret Fortune High-tension quiz show. Oh, who cares? Just do the draw!

9.10 Casualty Warren wakes from his coma and confronts Adam about his affair with Kirsty. Chill out, mate – you'll give yourself a heart attack.

10.00 News, Weather

10.20 Live at the Apollo
MUST-SEE Ace highlights, featuring Michael McIntyre and Al Murray. (R)

11.20 John Bishop's Britain Entertainment show hosted by the Jamie Carragher lookalike. (R)

11.50 The Football League Show
SPORT Highlights from today's fixtures in the Championship, League One and League Two, including Leeds vs Norwich.

1.15-6am BBC News

7.00 Dad's Army The whole platoon are trapped and face the prospect of drowning. Don't panic! Oh, actually – do! (R)

7.30 The Unknown Hancock Tribute to comic actor Tony Hancock. Ask your parents. (R)

9.00 Faulks on Fiction Posh English novels.

10.00 The Tudors Drama about lanky king, Henry VIII.

10.50 Nurse Jackie Dark medical comedy. Not bad!

11.20 Fast and Loose Featuring Ruth Bratt, Justin Edwards and Pippa Evans. (R)

11.50 ICC Cricket World Cup Highlights
SPORT Ball-knocking with the first match of the tournament, between India and Bangladesh.

12.50-2.40am Water
CRIMINAL MINDS A child widow is sent to a segregated community in India in the '30s, where she meets a defiant hottie determined to break free.

7.15 Harry Hill's TV Burp Small-screen hilarity.

7.45 Ant & Dec's Push the Button Two families compete for a large cash prize while the cheeky Georgie scampers look on.

9.00 Take Me Out A dance instructor, a graphic designer and a fire-breather put their heads over the parapet.

10.15 Benidorm The Oracle tells his mum he's leaving home. (R)

11.15 ITV News, Weather

11.30 FA Cup Highlights
SPORT Action from today's fifth-round kickabouts, including the Man United and Crawley. We reckon romance will have been in short supply with this one, to be honest.

12.30am The Zone

2.35 Swingtown: US drama. (R)
3.20-5.30am ITV Nightscreen

7.05 4thought.tv

7.10 X-Men
MOVIE The human race is defended from a superhuman terrorist group by a force of mutant heroes. You already knew this, obviously. And you also know it's absolutely ace!

9.10 The Million Pound Drop Live Quiz show presented by Davina McCall. It's the last one, too. Good!

10.30 Babylon A.D.
MOVIE Post-apocalyptic sci-fi thriller, starring Vin Diesel and Gérard Depardieu. A mercenary undertakes a dangerous mission to smuggle a young woman from Kazakhstan to New York. Wonder if he bumps into Borat along the way?

12.15am Monster
MOVIE Cheery, post-pub Saturday night fare with a fact-based drama taking a look at the background and events that motivated Aileen Wuornos to commit serial murder.

2.15 Night Windows 2.20 Watermelon Love 2.25 How to Cope with Death 2.30 Brothers & Sisters 3.20 Privileged 4.50 Perfect Recall 5.15-6am Countdown

7.10 Five News

7.15 NCIS A sailor's body is discovered in a disused restaurant. (R)

8.00 NCIS A terrorist threatens to unleash a chemical attack. (R)

9.00 CSI: Miami More death, as a model is electrocuted at a fashion show. (R)

10.00 CSI: NY The team try to stop a sniper who's shooting random people in the city.

11.00 CSI: Crime Scene Investigation A teenager is murdered in a casino penthouse. Thanks for all that, Channel 5 – you've cheered us up no end tonight! (R)

12.00m't SuperCasino

SATURDAY'S SPORT

7.30am India vs Bangladesh, Sky Sports 1. 11.30am Chelsea vs Everton, ESPN. 2.45pm Bath vs Northampton, ESPN. 4.35pm Man United vs Crawley, ITV1. 5pm Leicester vs Wasps, Sky Sports 1. 5.30pm Bundesliga, ESPN.

SUNDAY'S SPORT

6am Cricket, Sky Sports 2. 12noon Celtic vs Rangers, Sky Sports 1. 1.30pm Man City vs Notts County, ITV1. 2.30pm St Mirren vs Hibs, Sky Sports 1. 3.30pm Leyton Orient vs Arsenal, ESPN. 6pm Spanish Football, Sky Sports 1.



"You sure this is a car park?"

Top Gear BBC2, 8pm
CARS The trio set out to beat the road chaos caused by the snow with the use of a combine harvester, while Jezza has a spin in both the new Audi RS5 and the latest BMW M3. Lucky swine! ★★★★★



"I'm just saying the numbers don't add up!"

Hawaii Five-0 Sky1/HD, 9pm
DRAMA Ah, the joys of Hawaii! Sun, sand, sea and criminals in top cheesy style. And tonight's big-bad comes in the form of Walton Dawkins, an escaped convict who takes a couple hostage. ★★★



"And you were never funny on Whose Line Is It Anyway!"

Being Human BBC3, 9pm
DRAMA Tonight, Herrick – the evil vampire leader torn to shreds by werewolf George in series one – turns up alive and well (ish!) in the hospital psychiatric ward. Not good news for anyone! ★★★

one
6am Breakfast 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00noon The Politics Show 1pm EastEnders 2.55 My Family (R) 3.25 My Family (R) 3.55 Escape to the Country (R) 4.55 Lifeline 5.05 Songs of Praise 5.40 BBC News, Regional News, Weather 6.00 Sheila Hancock Brushes Up: The Art of Watercolours

TWO
6am CBeebies 7.00 CBBC 10.00 Something for the Weekend 11.30 Film 2011 with Claudia Winkleman (R) 12.00noon Mork 12.45pm Diagnosis Murder (R) 1.30 LITV Cycling: The Track World Cup, held at Manchester Velodrome. 5.15 LITV Ski Sunday 6.00 Madagascar (R)

itv 1
5.30am ITV News 6.00 CITV 9.25 FA Cup Highlights (R) 10.25 The Biggest Loser (R) 11.25 ITV News, Weather 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.30 LITV FA Cup Football: Man City vs Notts County at Eastlands, kick-off 2pm. 4.10 Midsomer Murders (R) 5.40 Regional News, Weather 5.50 ITV News 6.05 Harry Hill's TV Burp (R) 6.35 Dancing on Ice

4
6am The Treacle People (R) 6.10 The Hoobs (R) 7.00 E! World Snowboarding Championships 7.25 That Paralympic Show (R) 7.55 T4: 4Music Favourites: Alexis Jordan 8.20 Friends (R) 9.15 Hollyoaks 11.50 Glee (R) 12.50pm The Simpsons (R) 1.55 Jamie's 30 Minute Meals (R) 4.25 Deal or No Deal: Love Week 5.30 Time Team 6.30 News 6.55 4thought.tv

5
6am Milledale 10.00 Rough Guide to Eco Escapes (R) 10.15 Starlight: For the Children (R) 10.45 Street Market Chels (R) 11.15 Stansted: The Inside Story (R) 12.15pm Cowboy Builders (R) 1.15 Jane Doe: The Harder They Fall 3.05 Five News 3.10 LITV Starmart: Sci-fi fantasy starring Jeff Bridges and Karen Allen. 5.15 LITV Supermar: Sci-fi adventure starring Christopher Reeve and Margot Kidder.

sky1
7.30pm The Simpsons Krusty falls for his new sidekick Princess Penelope. (R)(HD)
8.00 The Simpsons Lisa investigates her ancestry for an assignment. (R)(HD)
8.30 The Simpsons Marge and Homer relive a bad patch in the '90s. (R)(HD)

7.00 Countryfile Adam Henson helps a farmer having trouble with her rare-breed sheep. Unmissable!
8.00 Antiques Roadshow Tat such as broken china and porcelain dogs in suits are valued.
9.00 South Riding A Yorkshirewoman takes charge of a struggling girls' school – but her ambitious plans put her at loggerheads with a local landowner. Sounds just up our street, this one!

7.00 Graham Hill – Driven Docu about the former motor racing star and deceased dad of Damon.
8.00 Top Gear **NEWS SITE** Big-haired car-bomber Clarkson tests the Audi RS5 and the BMW M3. We love that beamer!
9.00 Toughest Place to Be a Bus Driver This show might possibly only be of interest to bus drivers. Just a hunch.

8.30 Wild at Heart Denny and Alice are divided when they're asked for help in relocating a pack of hyenas. Just laugh it off and get on with it. We'll get our coats.
9.30 Dancing on Ice: The Skate Off More sequins, skating and squabbling. No, thanks.
10.00 That Sunday Night Show Lord Sugar, Janet Street-Porter and Russell Kane join Adrian Chiles. This edition might actually be worth watching! We said "might".

7.00 Come Dine with Me More totally unsuitable people get together for dinner parties.
8.00 The People's Supermarket The store is struggling to stay afloat three months after its launch. Drat.
9.00 The Promise Erin is determined to discover what happened to Len and Mohammed.

8.00 Royal Navy Caribbean Patrol The HMS Manchester receive intelligence about a cargo ship that's allegedly carrying one-and-a-half tons of cocaine. Follow that ship! (R)
9.00 Ghost Rider **MOVIE** Bad comic book flick starring Nicolas Cage as a motorcycle stuntman who sells his soul to the Devil and becomes a vigilante skeleton. It's rubbish!

9.00 Hawaii Five-0 **NEWS SITE** The teenage son of the trail of a criminal who's escaped from an island prison. (HD)
10.00 NCIS: Los Angeles A body containing a top-secret residue is stolen. (HD)
11.00 House Brilliant medical drama. The team try to find the cause of strange symptoms suffered by a military trainee. (R)(HD)

10.00 News, Weather
10.25 QI With David Mitchell, Rob Brydon, Dara O'Brian and Alan Davies. (R)
10.55 Match of the Day 2 **SPORT** Highlights from the Black Country derby between West Brom and Wolves at the Hawthorns.
11.25 Reggie Perrin Comedy starring Martin Clunes. (R)
11.55 Lead Balloon Re-runs of the cringey but funny Jack Dee comedy. Rick appears on a daytime quiz show. (R)
12.25am Lead Balloon Rick becomes a local hero. (R)

10.00 The Prestige **MOVIE** Period thriller starring Hugh Jackman and Christian Bale set in 1890s London, about two rival stage magicians seeking one-upmanship on the other. Christopher "Inception" Nolan directs.
12.05am ICC Cricket World Cup Highlights **SPORT** The day's ball-smacking action between Kenya and New Zealand and Sri Lanka vs renowned cricket fanatics, er, Canada?

10.30 ITV News, Weather
10.45 FA Cup Highlights **SPORT** Action from today's encounters, including the fourth round replay between Man City and Notts County, and Orient vs Arsenal in the fifth round.
11.45 Comedy Rocks with Jason Manford With Dame Edna Everage (let's not forget, that's an old bloke dressed as a woman) and Jason Byrne. (R)
12.45am Premiership Rugby Union **SPORT** Recent egg-lobbing action, including Leicester Tigers vs Wasps, Bath vs Northampton and Saracens vs Leeds Carnegie.

10.45 Alan Carr: Chatty Man The host is joined by actor Samuel L. Jackson and Lee Mack. Cool! (R)
11.50 As Good As It Gets **MOVIE** Weird-but-ace comedy starring Jack Nicholson as a neurotic novelist with OCD who gradually rediscovers his humanity through a neighbour and waitress. With Helen Hunt.

11.10 Christine **MOVIE** Horror movie about a demonic car which exerts a sinister influence on its young owner. This is pretty poor, too.

12.00m't Martina Cole: Girls in Gangs London How the role of young women in the London's gangs compares with their counterparts in LA. (R)(HD)

1.00 Sign Zone: Faults on Fiction (R)
2.00 Holly City (R) 3.00 Shooting the Hollywood Stars (R) 4.00 Climbing Great Buildings (R)
4.30-6am BBC News

1.05 BBC News 4.30-5am **SPORT** The Super League Show

1.30 The Zone 2.00 LITV Species: The Awakening: Sci-fi thriller sequel starring Helena Mattsson. 3.40-5.30am ITV Nightscreen

2.15am The Family (R) 3.10 Wedding House (R) 4.05 Brothers & Sisters (R) 4.55 Perfect Recall (R) 5.20-6.05am Countdown (R)

1.15am Super Casino 4.00 FBI Files 4.50-5.00am Meals in Moments

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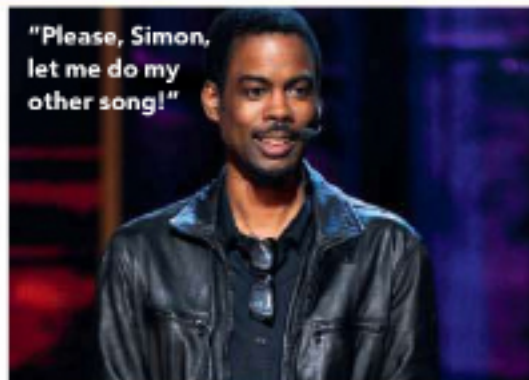
Ross Kemp: Extreme World

DOCU Sky 1/HD, 9pm
More tales of the unexpected from Ross. Tonight he's looking into Chicago's heroin problem. ★★★★★



The Exorcism Of Emily Rose

FILM Channel 5, 10pm
Chilling flick about a priest who's charged with homicide when a girl he's attempting to exorcise kicks it. ★★★★★



The Chris Rock Show

CHAT Sky Atlantic, 10.30pm
Chris Rock does his viciously funny, taboo-busting stand-up and chats to celebrity guests in this classic award-winning series from 1997. ★★★★★

one

6am Breakfast 9.15 **NEW** Heir Hunters 10.00 Homes Under the Hammer (R) 11.00 **NEW** Wreck or Ready? 11.30 Cash in the Attic 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 Weekend Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show
Alex Jones talks topical.

7.30 Inside Out
Regional nonsense.

8.00 EastEnders
Zainab is horrified to find out who's staying at the B&B. Is it Ken Barlow?

8.30 How to Blow a Fortune: Panorama
The state of the Irish economy. Pretty rubbish, apparently.

9.00 Outcasts
Cass and Fleur meet a stranger. Don't talk to strangers, kids.

10.00 News, Weather

10.35 Mrs Brown's Boys
NEW Comedy starring Brendan O'Carroll as a mum of six who constantly interferes in her children's lives. Something tells us this isn't really going to be for us.

11.05 Late Kick Off
NEW Around-up of the weekend's Football League kickabouts.

11.35 The Graham Norton Show
With Ashton Kutcher. (R)

12.20am The Apprentice USA
Hiring and firing. US-style!

1.05 The Apprentice USA 1.55 Sign Zone: Ancient Worlds (R) 2.55 Supermarkets - Are We Being Served? (R) 3.55 Save My Holiday (R) 4.40-6am BBC News

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.40 **NEW** When Zachary Beaver Came to Town: Children's drama starring Jonathan Lipnicki. 1pm Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Hog It! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 **NEW** My Life in Books

7.00 Escape to the Country
Or Sky1... (R)

8.00 University Challenge
Peterhouse Cambridge takes on Queen's College, Cambridge. Blimey - it's a local derby!

8.30 Raymond Blanc: Kitchen Secrets
NEW Chef Raymond Blanc shares recipes for cooks of all abilities. All abilities, eh? Will he teach us how to use a tin-opener then?

9.00 When Teenage Meets Old Age
NEW Four young people volunteer as carers in a retirement village.

10.00 Episodes
Beverly returns to her husband.

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights
NEW Willow-waving with Australia vs Zimbabwe in Ahmedabad, India.

12.20am An Island Parish
Antics in the middle of nowhere.

12.50 BBC News

4.00-6am BBC Learning Zone

itv 1

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 House of Gift 3.00 Dickinson's Real Deal (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale
Nicola reports Jimmy's disappearance. We reckon the goats have kidnapped him.

7.30 Coronation Street
Ken checks into a B&B in some place called Walford. Possibly.

8.00 The Lakes
Andrew Mottram goes in search of the rare pine marten. The maverick.

8.30 Coronation Street
Steve wins big at the casino. That'll keep him in hotpots for a while.

9.00 The Biggest Loser
The contestants head to Cyprus to take part in a triathlon. Yikes!

10.00 ITV News, Weather

10.35 New Homes from Hell 2009
2009? Finger on the pulse, ITV! (R)

11.35 That Sunday Night Show
With Alan Sugar, Janet Street-Porter and Russell Kane. (R)

12.05am Grimefighters
A new recruit faces a house of horror in Leicester. (R)

12.30 The Zone

2.30 **NEW** UEFA Champions League Weekly 3.00 The Jeremy Kyle Show: Shoutshow. (R) 3.55-5.30am ITV Nightscreen

4

6.05am The Treadle People (R) 6.15 The Hoobs (R) 7.05 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA (R) 10.00 The Good Wife (R) 10.55 Relocation (R) 12.00noon News 12.05pm The TV Book Club 12.35 **NEW** The Gunfighter 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News
7.55 4thought.tv

8.00 Dispatches: The Truth About Hospital Food
A report on the quality of NHS meals. We're guessing they're about as appetising as the stuff Marge serves up in The Simpsons.

9.00 One Born Every Minute
A teen and an older mum approach childbirth in very different ways. Eh? Does one decide to give birth on a rollercoaster or something?

10.00 Alan Carr: Chatty Man
Hottie alert - stars of The Only Way Is Essex are among the guests!

11.05 Shine a Light
PREMIERES Scarsese's music doc about the Rolling Stones.

1.15am Music on 4: Countdown to the NME Awards 2011 (R) 1.55 **NEW** Zatoichi 3.50 **NEW** The Spanish Gardener 5.25-6.15am Brothers & Sisters (R)

5

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 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Beaches (R) 3.05 **NEW** Blessed Stranger: After Flight 111: Drama starring Kate McEligan. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 Five News at 7
7.30 How Do They Do It?
Robert Ulewellyn learns how NASA operates its large satellites. We're assuming a massive red button.

8.00 The Gadget Show
Predictions for this year's most sought-after technological toys.

9.00 Royal Navy Caribbean Patrol
Morale on HMS Manchester takes a dive. Well, at least the ship hasn't.

10.00 The Exorcism of Emily Rose
NEW A lawyer defends a priest charged with manslaughter after an attempted exorcism of a student has fatal consequences.

12.25am Forensic Files
Investigators look into the killing of a man in his Minnesota home. (R)

12.55 SuperCasino

sky1

7pm The Simpsons
Bart breaks Lisa's saxophone during a squabble. (R)

7.30 The Simpsons
Lisa gets all creative at a performing arts camp. (R)(HD)

8.00 Road Wars
A criminal speeds through the grounds of a hospital. (R)(HD)

9.00 Ross Kemp: Extreme World
NEW The actor visits some of the most dangerous places on Earth. (HD)

10.00 Inside: Teen Lockdown
Indiana's Juvenile Maximum Security Correctional Facility. It's hardly a holiday camp... (R)

11.00 Mental
Jack uncovers a dark secret about a suicidal teenager. (HD)

12.00m't Lie to Me
A rapist terrorises women in Washington, DC. (R)(HD)

MONDAY'S SPORT

6.30am Australia vs Zimbabwe, Sky Sports 1. 10am Tennis: The Dubai Tennis Championships, Sky Sports 2. 3pm Tennis, Sky Sports 2. 7.30pm Crusaders vs Glenavon, Sky Sports 1. 7.30pm West Ham vs Burnley, ESPN.

TUESDAY'S SPORT

8.30am Cricket: England vs Netherlands, Sky Sports 1. 10am Tennis, Sky Sports 2. 3pm Tennis, Sky Sports 2. 7pm FC Copenhagen vs Chelsea, Sky Sports 2. 12m't NHL Ice Hockey, ESPN. 3am NHL Ice Hockey, ESPN.



"The four of us are meant to redevelop the whole 2012 stadium?"

CSI Channel 5, 9pm

DRAMA Nick and Langston are called to a dump after a bloke finds blood oozing from his truck, and they soon discover loads of human body parts. Sounds like an extreme Don't Look to us! ★★



"Right, who put superglue in my hat?"

8 Mile ITV4, 10pm

FILM Eminem's first big-screen outing sees him playing an up-and-coming rapper trying to overcome a poverty-stricken upbringing (so himself, basically!). It's a pretty good film with some ace rap battles. ★★



"Hi dear! Er... it's a new... soft drink... from Pepsi!"

Blue Bloods

DRAMA Sky Atlantic HD, 10pm
More fast-paced crime-catching fun tonight as Danny's search for a policeman's killer brings Henry back into contact with a former enemy. ★★

one

6am Breakfast 9.15 Her Hunters 10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 Cash in the Attic 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 Weekend Link: General knowledge quiz 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 The Pixar Story (R) 1pm Due South (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Plog! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 My Life in Books

itv 1

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 House Gift 3.00 Dickinson's Real Deal: Antiques challenge (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

4

7.10 Freshly Squeezed 7.35 Everybody Loves Raymond (R) 8.00 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA (R) 10.00 The Good Wife (R) 10.55 A Place in the Sun: Home or Away (R) 12.00noon Channel 4 News Summary 12.05pm (R) The Conqueror: Historical epic 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

5

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 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Cities (R) 3.05 (R) Christy: Return to Cutler Gap: Period drama 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

sky 1

7pm The Simpsons
Homer discovers his image on a washing powder box. (R)
7.30 The Simpsons
Marge starts her own business selling hot pretzels. (R)
8.00 Got to Dance
It's the last semi-final of the competition. Hooray! (R) (HD)

7.00 The One Show
We happened to watch five minutes of this the other day. We won't be making that mistake again.

7.30 EastEnders
Whitney gets into trouble trying to raise money for rent, and becomes a hooker. We're being serious!

8.00 Holby City
Sahira is forced to decide between remaining loyal and maintaining her relationship. We have to decide which channel to switch to, fast!

9.00 Silk
Legal drama following the lives of two barristers on the front line of the judicial system.

10.00 News, Weather

10.35 Who Do You Think You Are?
Spike Lee tries to discover more about his family's origins. Can't say we're that bothered, really.

11.20 25th Hour
And now a film directed by Spike Lee. Edward Norton plays as a young drug dealer who has 24 hours of freedom before he's sent to prison. Heavy, but not bad.

1.30am Sign Zone: See Hear (R) 2.00 Human Planet (R) 3.00 The Bear Family and Me (R) 4.00 Save My Holiday (R) 4.45-6am BBC News

7.00 Too Fast to Be a Woman? The Story of Caster Semenya
The gender debate surrounding the athlete who competes in women's events but is suspected by many of being a bloke.

7.50 Coast
Get your wellies on! (R)

8.00 A Farmer's Life for Me
The six remaining couples sell produce at a farmers' market. We'll take some cheese, please!

9.00 Natural World
Something about a rise in snake bites in India. Tiny Channel 5.

10.00 ICC Cricket World Cup Highlights
Action from the opening Group B match between England and the Netherlands. Surely England did the business. Surely!

10.30 Newsnight

11.20 Mad Men
A trip to California forces Don to consider his future.

12.10am BBC News

4.00-6am BBC Learning Zone

7.00 Emmerdale
Lisa's concern for Uzzie grows after she admits she fancies Derek. Derek is a goose which wears a bowtie.

7.30 Grimefighters
More insect infestations.

8.00 Lion Country
More king of the jungle antics.

9.00 Taggart
DI Reid leads the investigation when a busker is stabbed to death. To be fair, he was a truly awful singer.

10.00 ITV News, Weather

10.35 Demolition Man
Sci-fi action thriller set in the future, starring Sylvester Stallone and Wesley Snipes. A disgraced cop is released from cryogenic imprisonment into a pacifist future to catch an escaped criminal.

2.40 Crossing Jordan: Drama 3.30-5.30am ITV Nightscreen

7.00 News
7.55 4thought.tv

8.00 Gok's Clothes Roadshow
Absolutely not. Just no. Leave it!

9.00 Heston's Mission Impossible
Heston goes on a mission to solve a load of culinary problems faced by four organisations, starting at a hospital. Good luck!

10.00 Shameless
Kelly is outraged to discover Lillian has formally adopted Bonnie.

11.05 The Big C
Cathy is reluctant to participate in a cancer support group's activities. Well, they don't exactly sound fun.

11.45 Music on 4: Countdown to the NME Awards 2011 (R)

12.00m't Countdown to the NME Awards 2011 (R)

12.15am UK & Ireland Poker Tour
Action from the Champion of Champions event in London.

1.15 Bull Run 1.40 FIS Snowboarding 2.10 Athletics 3.30 KOTV Boxing Weekly 4.00 Basketball 4.55-5.25am Powerboating

7.00 Five News at 7
7.30 Extraordinary Dogs
A Jack Russell that helped a couple tackle their son's breathing disorder.

8.00 Standed: The Inside Story
A suspicious individual is spotted at the edge of the airfield.

9.00 CSI
The team find a body that looks like it's been shoved through a cheese grater. Hmm, nice!

10.00 CSI: Miami
A mother-of-two is killed when her car is involved in an accident. (R)

10.55 CSI: NY
The team is called in to investigate the murder of a girl dressed as a virtual world character. (R)

11.55 Law & Order
A youngster is killed in a building explosion. (R)

12.50am Super Casino



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Marseille vs Man United

SPORT Fergie's men head to France to face, and probably beat, Didier Deschamps' well-organised side. ★★★★★



The Sopranos

DRAMA Sky Atlantic HD, 9pm
Tony gets ripped off by a strictly religious hotel owner, while Brendan and Christopher get their comeuppance for ripping off Uncle Junior. ★★★★★



Sons Of Anarchy

DRAMA Five USA, 10pm Jax and Clay are out to get Zobelle, as two attacks have happened on their club members now, and they don't even know about the assault on Gemma yet! ★★★★★

one

6am Breakfast 9.15 Heir Hunters
10.00 Homes Under the Hammer (R) 11.00 Wreck or Ready? 11.30 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 Weekend Link (R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.45 Anne of Green Gables: Classic children's tale. 1pm See Hear 1.30 Lifeline (R) 1.40 Priceless Antiques Roadshow (R) 1.45 To Buy or Not to Buy 2.30 Living Dangerously (R) 3.00 Wanted Down Under (R) 3.45 Hog It! (R) 4.30 Perfection 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 My Life in Books

itv 1

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 House Gift 3.00 Dickinson's Real Deal (R) 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

4

6.20am The Hoobs (R) 7.10 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.30 According to Jim (R) 9.00 Undercover Boss USA 10.00 The Good Wife (R) 10.55 Country House Rescue (R) 12.05pm Whatever Turns You On (R) 12.10 The Barbarian and the Geisha 2.10 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

5

6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: NY (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Rough Guide to Islands (R) 3.05 Out of the Woods: Domestic drama starring Edward Asner. 5.00 Five News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

sky 1

7pm The Simpsons
Homer takes the family to New York to retrieve his car. (R)
7.30 The Simpsons
Norwegian immigrants look for work in Springfield. (R) (HD)
8.00 Dream Lives for Sale
Searching for business opportunities in Florida. (HD)

7.00 The One Show
Topical chat-chit. Ex, chit-chat...

7.30 Rip Off Britain
Why half the population's having to live on cheap stuff like pasta.

8.00 Waterloo Road
Martin and Kyle taunt the school's new caretaker.

9.00 MasterChef
Very serious pan-welding.

10.00 News, Weather

10.35 The National Lottery Wednesday Night Draws
Mylene Klass presents.

10.45 Film 2011 with Claudia Winkleman
Reviews of The Rite, Animal Kingdom and West Is West.

11.25 Match Point
Woody Allen's tennis-based thriller starring Jonathan Rhys Meyers and - drum roll, please - Scarlett Johansson. Yes!

7.00 Top Gear
The team tackle Britain's problems with snow. It snows, we get stuck at home! What's the problem? (R)

8.00 Madagascar
The decidedly nutty wildlife in the west and south of Madagascar.

9.00 A History of Ancient Britain
Britain and Ireland's Stone Age monuments. Give it a miss.

10.00 Have I Got Old News for You
Funny bloke Lee Mack hosts. (R)

10.30 Newsnight

11.20 ICC Cricket World Cup Highlights
The Group A ball-whacking between Kenya and Pakistan.

12.20am BBC News

7.00 Emmerdale
Carl and Nicola head to Peterborough. The bright lights, eh?

7.30 UEFA Champions League
The last-16 first-leg match between French side Marseille and Man United, kick-off 7.45pm. Watch it. That's an order.

10.00 ITV News, Weather

10.35 UEFA Champions League: Extra Time
Action from this week's last-16 first-leg encounters, including Marseille vs Man United and FC Copenhagen vs Chelsea. Cool!

11.35 Police, Camera, Action!
The dangers posed by drivers whose bad habits cause them to be distracted. Sorry, what was that? We weren't paying attention. (R)

12.30am The Zone

7.00 News
7.55 4thought.tv
The right to procreate. Or change channels. The footy kicked off ten minutes ago on ITV!

8.00 Beauty and the Beast: Ugly Face of Prejudice
A young mum and a glamour model discuss their views on beauty.

9.00 The Real King's Speech
The working relationship between George VI and his speech therapist.

10.00 The Model Agency
The world of modelling. Could be easy on the eye!

11.05 Shameless
Carl and Siobhán's relationship comes to an abrupt halt. (R)

12.10am Music on 4: Sounds from the Cities
Mat Home visits Nottingham, featuring performances from Blood Red Shoes and Clare Maguire.

12.45 The Album Chart Show Spotlight
Around-up of the week's releases.

7.00 Five News at 7
7.30 Starlight: For the Children
Two siblings with cystic fibrosis visit Disney World in Florida.

8.00 Cowboy Builders
More builders who managed to demolish properties with one swipe of their hammer.

9.00 NCIS
An attempted robbery leads to the death of a lieutenant.

10.00 Law & Order: Criminal Intent
Goren struggles with a crisis. (R)

11.00 Law & Order: Special Victims Unit
A professor is accused of rape. (R)

11.55 Poker
Shade-donning action with the World Open VI from the Palm Beach Casino in London's Mayfair, featuring the final table.

12.55am SuperCasino

9.00 Louie Spence's Showbusiness
Give us strength. (HD)

10.00 Mad Dogs
The friends find themselves implicated in a murder. (R) (HD)

11.00 Ross Kemp: Extreme World
The actor visits some of the most dangerous places on Earth. Good luck! (R) (HD)

12.00m't Inside: Teen Lockdown
Life inside Indiana's Juvenile Maximum Security Correctional Facility. (R)

WEDNESDAY'S SPORT

6.30am Kenya vs Pakistan, Sky Sports 1. 10am Tennis, Sky Sports 2. 3pm Tennis, Sky Sports 2. 5pm Golf, Sky Sports 1. 7pm Inter vs Bayern, Sky Sports 2. 7.30pm Arsenal vs Manchester United, ITV1. 12.30am Ice Hockey, ESPN.

THURSDAY'S SPORT

8.30am South Africa vs West Indies, Sky Sports 1. 10am Tennis, Sky Sports 2. 5.45pm Liverpool vs Sparta Prague, Channel 5. 6pm Europa League, ESPN. 7pm Darts, Sky Sports 1. 3.45am Australia vs New Zealand, Sky Sports 1.

1.30am Sign Zone: Country Tracks (R) 2.25 The Chinese Are Coming (R) 3.25 Save My Holiday (R) 4.10 Climbing Great Buildings (R) 4.40-6am BBC News

4.00-6am BBC Learning Zone

2.30am Timbers: Monster chiller starring Kevin Bacon and Fred Ward. 4.10-5.30am ITV Nightscreen

1.00 Mercury Prize Sessions (R) 1.15 Coming Up: Boy (R) 1.40 Animal Madhouse (R) 2.35 Food: What Goes in Your Basket? (R) 3.30-4.15am Hill Street Blues (R)

4.05 Divine Designs (R) 4.30 Great Scientists (R) 4.55 Animal Rescue Squad (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor (R)



am Breakfast 9.15 **Heir Hunters**
10.00 **Homes Under the Hammer**
 (R) **11.00** **Wreck or Ready?**
1.30 **Cash in the Attic** **12.15pm**
Argain 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**
BBC **5.15** **Weakest Link (R)** **6.00**
BBC News **Weather** **6.30** **Regional**
News Programmes **Weather**

6am CBeebies 7.00 CBBC 8.30
CBeebies 11.35 **Blue's** Anne of Windy
Poplars 1pm Dore South (R) 1.45 To
Buy or Not to Buy 2.30 Living
Dangerously (R) 3.00 Wanted Down
Under (R) 3.45 Hog It! (R) 4.30
Perfection 5.15 Put Your Money
Where Your Mouth is 6.00
Earthheads (R) 6.30 My Life in Books

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 House Gift **3.00** Dickinson's Real Deal: From Penrith, Cumbria
(R) 4.00 Midsummer Murders (R)
5.00 The Chase **6.00** Regional News, Weather **6.30** ITV News

7.05 Freshly Squeezed **7.35**
Everybody Loves Raymond (R) **8.00**
Frasier (R) **8.30** According to Jim (R)
9.00 **NEW** Supermarry USA **9.55**
The Good Wife (R) **10.55** Help! My
House Is Falling Down (R)
12.00noon News **12.05pm**
1PM The League of Gentlemen **2.10**
Cookery School **3.10** Countdown
3.55 Deal or No Deal **5.00** Come
Dine with Me **5.30** Coach Trip **6.00**
The Simpsons (R) **6.30** Hollyoaks

6am Milkshake! 9.15 The Wright Stuff 11.00 The Vanessa Show 11.45 CSI: NY (R) 12.40pm Five News 12.45 Street Market Chefs (R) 1.15 Street Market Chefs (R) 1.45 Neighbours 2.15 Home and Away 2.50 Extraordinary Dogs 3.15 **FREE** Mystery Woman: Redemption 5.00 Five News, Weather 5.15 Neighbours (R) 5.45 **FREE** UEFA Europe League Football: Liverpool vs Scoria Prague. Kick-off 6pm.

7.30 The Simpsons
Lisa disguises herself as a nun to infiltrate a convent. (R)(HD)

8.00 Hawaii Five-0
The team go on the trail of a violent criminal who's escaped from an island prison. (R)(HD)

7.30 EastEnders

3.00 Human Planet
BEST NEW An amazing look at survival techniques, this time those living close to rivers. Brilliant!

9.00 MasterChef
Cookery-based comp.

10.00 News, Weather

10.35 Question Time

11.35 Dirty Pretty Things  An illegal immigrant in London uncovers human organ trafficking in the hotel where he works. Heavy going, but with a good pay-off.

7.00 The Culture Show
Alastair Sooke interviews street artist JR, and two Terence Rattigan plays are reviewed. We're none the wiser, to be honest.

8.00 The Hairy Bikers: Mums Know Best
The bikers meet mothers who enjoy eating outdoors. Er, a picnic then?

9.00 The Spice Trail
How nutmeg and cloves launched epic voyages and shaped empires. Stretching it a bit, surely?

10.00 Victorian Pharmacy

People were bankers in the olden days. Here's proof.

10.30 Newsnight
11.20 ICC Cricket World Cup Highlights
12.30 Bat-swinging between South Africa and West Indies.

12.20am The Culture Show
The show from earlier. (R)

7.30 Cyber Wars: Tonight
The threat posed by hackers to the security of the UK's computer networks. We say take 'em down! Just leave the Nuts.co.uk site alone.

8.00 Emmerdale
More sheep-shearing nonsense.

8.30 Coronation Street
Sunita tries to blackmail Owen into finishing the shop. Crafty!

9.00 Marchlands
In 1968, Robert advises a distraught Paul to leave the village and make a fresh start with Ruth. OK then.

10.00 ITV News, Weather

10.35 Odd One In
Rubbish celebs identify people with unique skills or secrets. (R)

11.20 Send in the Dogs
Po-po sniffer dogs. (R)

12.15am The Zone

7.00 News
7.55 4thought.tv

8.00 Relocation, Relocation

An update on a couple who wanted properties in London and Wiltshire. Well, it was a bit of a cliffhanger.

9.00 Rome Wasn't Built in a Day
Last in the series of a quality show.

10.00 10 O'Clock Live
Light-hearted current affairs show.

11.05 Big Fat Gypsy Weddings
A repeat of the odd, behind-the-scenes looking at the travellers. Not time travellers, sadly – caravan dwelling types. (R)

12.10am Music on 4:
CTRL MIX
With producer Mark Ronson.

12.40 4Play: Crystal Fighters

12.55 **4Play: Caitlin Rose**

8.05 Emergency Bikers

Paramedics on bikes are called to help a woman who's gone and fallen head-first down the stairs of a bus. That's gonna hurt!

9.00 Mercenary for Justice
PG-13 Action thriller starring – wait for it – Steven Seagal! A mercenary is recruited to rescue the son of a drug lord from an African prison, but his pesky paymasters have an ulterior motive. Course they do.

10.55 The Exorcist: The True Story

11.55 Cops in Crisis
The dangerous situations experienced by police officers. (R)

12.15am
**Super
Casino**

4.05 Divine Designs 4.30
Great Scientists
4.55 -6am Guide to Beaches

9:00 Mad Dogs
MADLY SLY The friends begin to realize just how much do-do they're in and come up with a plan to make Alvin's murder look like a Mafia hit. (F)

10.00 House
House uncovers secrets about Cuddy's mother when she checks in to the hospital. (HBO)

11.00 NCIS: Los Angeles
A body containing a top-secret residue is stolen from an autopsy room. (R)(HD)

12.00m/t Road Wars
Cops in cars! (R)



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Liz, 20s Hants/UK



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Daze, anywhere UK



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Miff, 40s North England



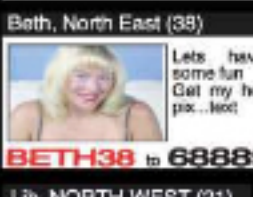
Fun loving naughty women with photos Get my hot pic...text
KISSY to 68889

Nat (19) MIDLANDSUK



Text me anytime & Get my hot pic...and HOT VIDEOS text
NAT to 68889

Mell, Belfast NI (18)



Single and fun loving Looking to hook up soon!
MELL to 68889

Beth, North East (38)



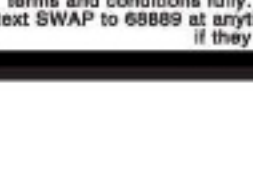
Let's have some fun Get my hot pic...text
BETH38 to 68889

Lib NORTH WEST (21)



Get my hot pic...and HOT VIDEOS text
LIB to 68889

Carly, 18 UK



Get my hot pic...and HOT VIDEOS text
CARLY to 68889

Katherine, WALES



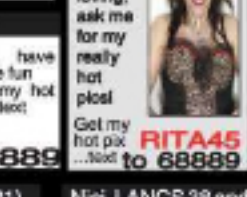
Can't wait to send you my sexy photos. text anytime 24/7
KATHERINE to 68889

Janie, SOUTH (41)



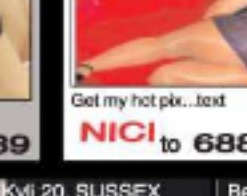
Get my hot pic...text
JANIE to 68889

Rita, Wales/UK (45)



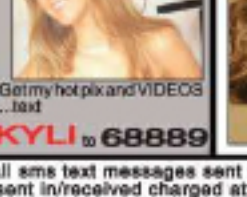
Easy going, fun loving, ask me for my really hot pics!
RITA45 to 68889

Nici, LANCS 38 and HOT!



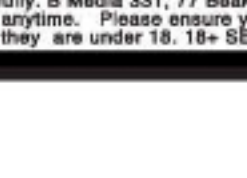
Get my hot pic...text
NICI to 68889

Leah, London/UK (19)



Get my hot pic...and HOT VIDEOS text
LEAH to 68889

Tani South West/UK (43)



Get my hot pic...text
TANI to 68889

Polly, 44 UK.



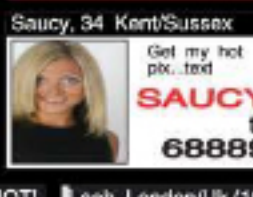
Experienced woman wants fun! Especially with guy 18-30!
POLLY to 68889

Tara, UK 47 ESSEX (34)



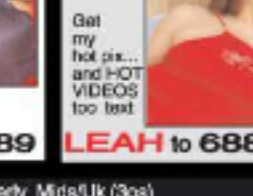
Get my hot pic...text
TARA47 to 68889

WANT FUN NOW? Hook up with hot easy personas FAST! This is a discrete, easy service



Text - NOW to 68889

Saucy, 34 Kent/Sussex



Get my hot pic...text
SAUCY to 68889

Leah, London/UK (19)



Get my hot pic...and HOT VIDEOS text
LEAH to 68889

Tani South West/UK (43)



Get my hot pic...text
TANI to 68889

18+ ONLY

POSTCODE MATCH!

See who replies to your postcode...

To be matched to a woman (with HOT photos & maybe HOT videos

Text- NUTS followed by your postcode to 68889

(for example NUTS NE344NB)

Text NUTS followed by your postcode to 68889 and get in on the action! Hook up via your mobile

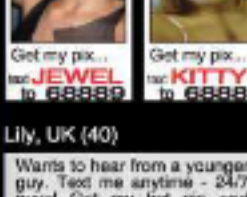
*Text SWAP anytime to swap to a different 'hot woman' 25p per message sent in. £1.50 per received text.

Kat, London. 18 years old!



Get my hot pic...text
KAT to 68889

18, SCOT. Kitty, 18 Lancs.



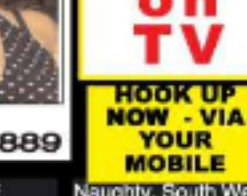
Get my hot pic...text
JEWEL to 68889

Lily, UK (40)



Wants to hear from a younger guy. Text me anytime - 24/7 guys! Get my hot pic...and VERY HOT VIDEOS text
LILY to 68889

Ker, Kent/London



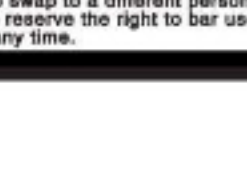
Get my hot pic...and VIDEOS text
KER to 68889

ANNE, 40s YORKS



Get my hot pic...and VIDEOS text
ANNE to 68889

Amb UK



Get my hot pic...AND VIDEOS text
AMB to 68889

Ami, 20 GLOUCS.



Get my hot pic and HOT VIDEOS...text
AMI to 68889

Lee, 20 Leeds



Get my hot pic...and VIDEOS text
LEE to 68889

Ker, Kent/London



Get my hot pic...and VIDEOS text
KER to 68889

ANNE, 40s YORKS



Get my hot pic...and VIDEOS text
ANNE to 68889

Amb UK



Get my hot pic...AND VIDEOS text
AMB to 68889

To SWAP TO A DIFFERENT PERSONA TEXT SWAP TO 68889 AT ANYTIME.

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (maximum 4 billed messages per reply) Photos/videos sent in/received charged at 2 billed messages at £1.50 each (£3 in total). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos are for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual service Terms and conditions @ www.ukeasyaction.com. please read the full virtual terms and conditions fully. B Media 331, 77 Beak Street, Soho, London W1F 6DB. Help? 08458388647 To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAYG user. We reserve the right to bar users if they are under 18. 18+ SERVICE only. To stop the service text STOP to 68889 at any time.

GET LIVE & SEXY WITH NAUGHTY GIRLS AT HOME

 <p>MATURE LADIES Hot mature Ladies know how to get sexy with you! They're always willing to please new callers xxx</p> <p>0909 897 2053</p>	 <p>SWEET 18'S + So very adventurous & fit bodies wanting men of all ages for adventure, fun and thrills xxx xxx xxx xxx</p> <p>0908 145 2545</p>	 <p>45p PER MINUTE SEXY GIRLS Ask what you really want and we will do everything you like. You'll come back for more! xxx</p> <p>0908 145 0576</p>	 <p>SEXY & MATURE OPEN ALL HOURS Experienced Ladies - do you need it hard & fast? Well just call these tasty oldies - best get off in the UK!</p> <p>0909 897 9111</p>
 <p>40+ YEAR OLD SHARON Ladies at home that are mature in so many special ways. Chat now to mature women xxx</p> <p>0909 897 9416</p>	 <p>45p PER MINUTE GIRLFRIENDS JUST FOR YOU Sexy babes at home desperate to be your girlfriend & to please you in everyway possible.</p> <p>0908 145 0581</p>	 <p>MATURE WOMAN CRAVES ATTENTION We just know how to get you off as fast as you want. Superfast, mind-blowing satisfaction from very experienced fit ladies xxx</p> <p>0909 897 0888</p>	 <p>45p PER MINUTE GIRLS AT HOME Live flirty chat Single girls who do all the work. Total pure sexy 1on1 xxx</p> <p>0908 145 0580</p>
 <p>45p PER MINUTE ON THE PULL The baddest girls in town who just adore horny guys looking for a quick fix and some adult relief at anytime xxx xxx</p> <p>0908 145 0575</p>	 <p>GORGEOUS SINGLES Casual singles seriously up for it with as many guys as you can believe. 30 secs to serious heaven when you just need to get off</p> <p>0909 897 9412</p>	 <p>SUPERFAST RELIEF! For a super fast sexy relief that is mind blowing, just give us a call. Girls giving live sexy 121!</p> <p>0909 897 9442</p>	 <p>JUST 18+ 18+ hot, alone & ready to excite! Really naughty girls behaving badly live just for your pleasure. Call now talk to girls live xxx</p> <p>0909 897 2038</p>
 <p>45p PER MINUTE FAST RELIEF Get ready to enjoy yourself. Cheap get off with lovely sexy girls desperate to relieve you and their own urges xxx</p> <p>0908 145 0579</p>	 <p>45p PER MINUTE COLLEGE GIRLS 18+ Looking for horny guys to fill their recreation time! Eager and willing to please, all guys needed urgently for the ultimate get off today x</p> <p>0908 145 0582</p>		 <p>45p PER MINUTE I'LL BLOW YOUR MIND Fun thrills that'll blow your mind! If you want it live call now for the ultimate relief xxx</p> <p>0908 145 2543</p>
 <p>VERY BROAD MINDED Live sexy girls over 18 who do not mess around and get straight down to action! serious xxx</p> <p>0909 897 9333</p>	 <p>45p PER MINUTE HAVE FUN & RELAX Up close and personal - lovely girls at home just eager to go live with you 1 on 1! x</p> <p>0908 145 2542</p>	 <p>BEAUTIFUL LADIES Lovely larger ladies who just want to give pleasure. 100% private and offering a real sexy adult time</p> <p>0909 897 9405</p>	 <p>HUNGRY HOUSEWIVES Just hungry for a wicked time. These gorgeous ladies just looking for an erotic time. 100% totally sexy stimulation xxx</p> <p>0909 897 9447</p>
 <p>45p PER MINUTE SEXY GIRLS AT HOME Beautiful funny intelligent sexy girls with lots of energy that needs to be used now x</p> <p>0908 145 2544</p>	 <p>VERY HOT LADIES Girls that are at home that want any guys any age to totally satisfy. Horny sexy 121 x</p> <p>0909 897 0612</p>	 <p>45p PER MINUTE DIVORCED & SEXY Very bad women who will do all you ask anytime. Various horny partners needed urgently xxx</p> <p>0908 145 0577</p>	 <p>45p PER MINUTE HOT & SEXY When you just cannot wait and need a real fast quickie session. Call now for relief</p> <p>0908 145 0578</p>

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469
FOR CASUAL SEXY DATING VISIT www.DATES-4U.co.uk

0909 145 Calls cost 50p per minute + network extras. 0909 897 Calls cost 80p per minute + network extras. Calls recorded. 0909 897 9442 to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Calls must be 18+ only to use this service. LiveLines Ltd POB530 RMD 77N. Helpline 0844 871 4497.

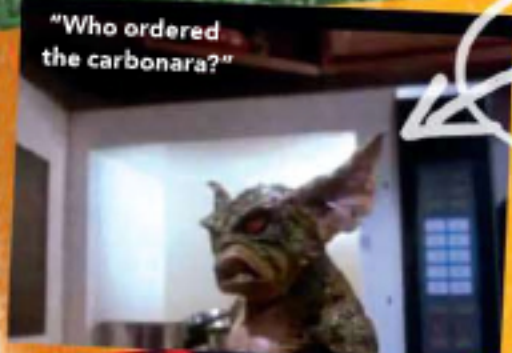
Nuts PUB AMMO

A pint of your finest facts, landlord – and cut out the froth!



"You won't believe the day I've had"

"Who ordered the carbonara?"



"Argh! I've caught my arm in the blender!"



"Quick! The giant gobstopper's getting away!"

Nettles grow over a foot higher on ground where there are human bodies buried.

The tube of metal or plastic at each end of a shoelace is called an aglet.

A cubic centimetre of a neutron star weighs 100 million tonnes.

Several species of whiptail lizard are exclusively female.

The microwave oven was discovered by accident when an engineer working on radar sets noticed that the resultant microwaves had melted a chocolate bar in his pocket.

Cleethorpes boasts the highest concentration of caravans in Europe.

Frogs vomit by expelling their stomach through their mouth, working out the offending solids using their arms, and then re-swallowing their stomach.

By the time a child has grown into adulthood, they will have nearly 100 fewer bones in their body than they did at birth.

The 22 nationalities represented in the Blackburn vs West Brom match of 23 January is a new Premier League record.

Emus and kangaroos are on the Australian coat of arms because neither can walk backwards.

There is a species of moth in Madagascar that feeds solely on the tears of sleeping birds.

Sylvester Stallone's son by his first wife is named Sage Moonblood Stallone.

PUB AMMO ON... CHIPS



"That'll teach you to forget my vinegar!"



"I asked for sausage, you berk!"

- Belgium claims to be the inventor of the chip. They were first served there in the late 17th Century.
- In 1802, Thomas Jefferson served chips at a White House dinner.
- Britain is now considered the chip capital of the world as we consume

no less than 16 different variations of the foodstuff.

- £1 out of every £100 spent on food in the UK is in fish and chip shops.
- National Chip Week runs from Monday 21 February until the 27th – visit www.lovechips.co.uk for more information.



"Daft name, son"
"Stupid hat, dad"

Nuts PUB AMMO

Impress your mates with these fab facts about this year's UK census!



The first full UK census was carried out in 1801.

At the last census, in 2001, around one in 250 dwellings was a caravan or mobile home.

Census day 2001 counted over 52 million people living in England and Wales.

At the time of the 2001 census, there were 145,616 bar staff in England and Wales.

Almost one in three adults were living the single life a decade ago.

In 1881, a Londoner gave his occupation as "professional wizard".

Over one in three households had more than one car in 2001.

In 2001, 390,000 people listed their religion as Jedi Knight, making it officially the fourth-largest religion in the United Kingdom.

In February 2010, a Facebook group appealing for heavy metal to be listed as a religion attracted 14,000 members in just two weeks.

There's a Samoan rugby player called Census Johnston.

For the first time in the census, "pole dancer" will be added to the list of occupations this year.

The occupation "back end girl" - a woman who works on a Swiss embroidery machine - has been listed in the past, too.

PUB AMMO ON... THE CENSUS



- On 27 March, boffin types who wear big glasses, carry clipboards and spend lots of time stroking their beards will be getting everyone to provide info confidentially about themselves for the 2011 census.
- The census, carried out every ten years, asks all kinds of questions - from where you live and what you do for a living, to what colour socks you're wearing (er, OK, maybe not that last one), with the purpose of gathering vital information to help plan services such as schools, hospitals and housing in England and Wales.
- And this year, they've embraced that amazing thing called technology, so you can complete the questionnaire online. Huzzah!
- So, in celebration of all things census, here are some brilliant information-gathering facts!



FOR MORE INFO ABOUT THE CENSUS AND A CHANCE TO WIN A 40IN 3D TV, GO TO WWW.NUTS.CO.UK/CENSUS AND FILL OUT OUR "MAKE BRITAIN BETTER" SURVEY!

"The podium"
Jenson Button



Whatever's on Jenson's mind, with the world's number one anti-dandruff shampoo* it's not dandruff.

