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18-24 MARCH 2011

Nuts NEWS

- 4 Art vs Boobs!
- 6 Batman: Arkham City – first look!
- 8 Kacey Barnfield
- 10 Gumpert supercar
- 15 Jim Jefferies
- 16 Mike Tyson
- 20 Naked Olympians!



Nuts FEATURES

- 32 Next Top Model
- 34 James Nesbitt
- 36 Impaled on a stake!
- 38 Silly hip-hop names

40 Jorgie Porter's When TV Stars Strip



Nuts SPORT

- 50 Chelsea vs Man City
- 52 Kammy's column!
- 54 Snakes & Ladders
- 57 Nuts About Sport
- 58 Ring Of Truth



Nuts REAL GIRLS

- **64** Bedroom Babes
- 67 Our Postbag
- 68 Real Girls, Real Places
- 71 Ladies Confess











IN THE Nuts OFFICE!

- 12 Rude News
- 18 Lip-reader 23 Don't Look!
- 25 Gear
- 26 Letters 27 Spam
- 28 Jokes
- 31 Camera Phone Comedy
- 61 Quote Me On That!
- 72 Fashion
- 74 Reviews
- 78 TV Guide
 - 90 Pub Ammo



Nuts man Coffers enjoys a Jameson-fuelled lunch

Chicago Town keep us very happy with their new pizzas















10 Nuts

- Finding a supercar company called Gumpert is a little bit like meeting a hot woman called Bernard, but the car-making company is named after ex-Audi Racing boss Roland Gumpert, who knows his fast cars!
- Gumpert's first achievement was the record-breaking 650bhp, 224mph Apollo.
 Out in 2005, it was a top car, but it was very ugly.
- Indeed, the Apollo sat happily atop the Power Lap board of Top Gear for ages.
- Their new car, the Tornante, then, is kind of like the beauty to the Apollo beast.
- The cool looks are thanks to Italian coachbuilder Touring Superleggera.
- Following the company's philosophy to bin everything non-essential, the two-seat Tornante is based around
- a chrome-molybdenum steel space frame with carbonfibre monocoque chassis and composite body panels.
- Open the gull-wing doors and you'll sit with an Audiderived twin turbo 4.2-litre V8 behind your lobes, inherited from the Apollo.
- Power is up from 650 to 700 horses, and laying that to the road comes via the same sixspeed TT40e gearbox as the
- Apollo, but now with a flappy paddle-shift. Gumpert promises shift times to be as quick as an F1 car.
- How quick? Breaking the 200mph supercar club ceiling quick. Plus a sub three-second 0-62mph.
- Gumpert hopes to build 20 to 50 of the car in 2012, but don't expect change from £400k. So footballers and Simon Cowell only, please!







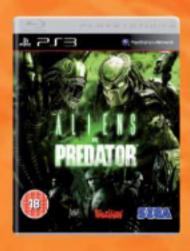




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JIM JEFFEFES SISSES Warning: highly likely to cause offence! GES NOTS.

Every time
I've performed
at Oxford University been full
of pr*cks!

A long stiff one

Last week, I read that scientists have discovered that one of the side-effects of being bitten by a Brazilian wandering spider - if you survive, that is - is that you pop an erection for four f**king hours. The boffins think that if they can somehow harness this, they can combat erectile dysfunction. Hey, ladies, if you spread peanut butter on your genitals, a labrador can apparently make you wet for about the same amount of time. Wonderful thing, science!

Prison is such a drag

I see new government rulings in the UK mean transsexual and transgender prisoners are now legally allowed to wear dresses and padded bras in prison. It turns out that a lot of these guys had been bitterly complaining about the uniforms for years. Strangely, though, none of them complained about the rapes!

Sheen's a proper charlie Charlie Sheen. Oh boy. I hear

Charlie Sheen. Oh boy. I hea he's had his catchphrase, "Winning", tattooed on his wrist, as a rebuttal to what everybody's saying about him. But according to this celebrity doctor guy in the States called Doctor Phil, Charlie has all the signs of someone who's suicidal. Jeez, I just hope if he does kill himself, he slits the



other wrist, 'cos I just couldn't take the irony. So that's bestiality, prison rape and suicide so far – a good week!

Oppressing the little man

I also read last week that a performing dwarf has been banned from Oxford University because halfway through his show, he whips out his penis and uses it to drag a vacuum cleaner around the stage. It seems the little darlings at Oxford Uni deem his act too offensive. Come on, what's your problem guys? Every time I've performed at Oxford Uni, I've found the place full of little pr*cks!

A message to the Irish cricket team

As an Australian, I couldn't end this week's column without congratulating the Irish cricket team on beating England. Hear that, England? You're cr*p! You're nothing! You were beaten by Ireland. Hang on a minute. That means Ireland are better than Australia. You know what? I've changed my mind. F**k you, Ireland!

Jim Jefferies: Alcoholocaust Live is out now on DVD





A QUICK WORD WITH... Mike Tyson

The boxing legend talks to Nuts!

i Iron Mike! Talk us through your love of pigeon-fancying. Iron Mike's dead. I'm a different person today. I've loved pigeons since I was nine years old. They were my escape. I was fat and ugly and the other kids teased me all the time. The only joy I had was pigeons. Is fancying pigeons similar to bringing up children? I've got eight children but I don't think I was ever a good father. I was living in a fog. I don't recognise the boxer Mike Tyson any more. I'm better today. But I need to prove myself every day.

"I struggle to get off the toilet these days!"

Happiness for you used to be smashing an opponent's face in. What does it mean to you now? Screaming children running around. Or being with my pigeons. We need to learn to let go. The essence of happiness is to let go. Nothing is forever. Good advice! You used to be minted. Are you still rich? No, I'm broke and I'm poor. My wife manages me now. She brings in jobs. I need to work. But you're still a champ, right? What qualities does a champ need to have? Self-confidence, belief, force. And you need to understand what it means to lose. You need to be flexible. You need to be able to adapt. You need to bend but not break. When you look in a mirror today, what do you see? I see a joke, a sad figure, somebody who was pretty stupid. I never used to be able to see this. I had to go through life pretending to be a macho. I had no feelings

for others, I had no compassion.

I was trained to be that way. I was empty.

What else have you learned over the last few years? That I was insecure and jealous. I had little self-confidence but a big ego. And I've learned that it's the action, not just the talk, that'll move you forward in life.

Who would you say was the best boxer of all time? Probably Ali, but what does that mean, really? It's just a description.

Do you ever dream of a

comeback? I have difficulties getting off the toilet these days, so no. I can't imagine being back in the ring. Maybe as a coach. Is it true the new Mike is also

Is it true the new Mike is also vegetarian? That's right. I'm a vegan now. I didn't want anything to do with this guy who I once was any more. I didn't want to be a sex addict, a drug addict. I didn't want to be a meat-eater. I'm a totally different person today.

Thanks, Mike! Finally, is there anything left of the old Iron Mike? If you push me in a corner, I'll bite you. I'm working on my temper, on getting better. But there's still a long way to go!

"That's some sticky toilet

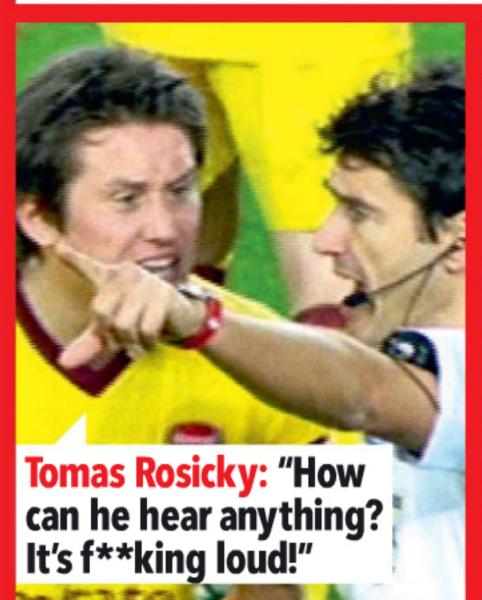
paper!

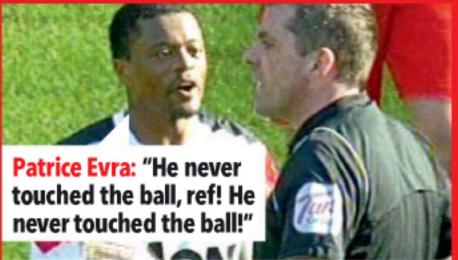




THE Nuts LIP-READER!

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





LIVERPOOL VS MAN UNITED Anfield, Sun 6 March, 2.16pm Evra tells the ref Jamie Carragher's tackle on Nani was a shocker.



LIVERPOOL VS MAN UNITED 2.18pm Phil Dowd tries to sort out some of the aftermath of Rafael's reckless challenge on Lucas.

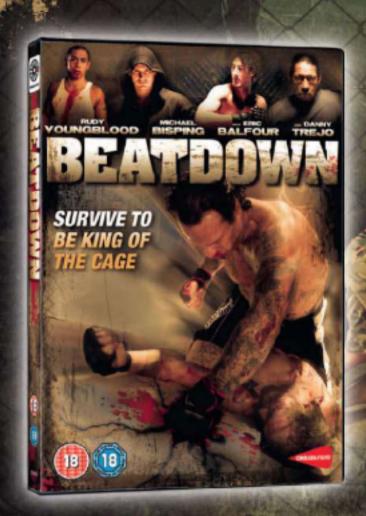


BARCELONA VS ARSENAL Nou Camp, Wed 9 March, 8.57pm The Arsenal man protests Robin van Persie's second yellow card.

POTTY-MOUTH OF THE WEEK!



FULHAM VS BLACKBURN Craven Cottage, Sat 5 March, 4.52pm Samba goes mad after Fulham win a soft penalty late on.



DUNGBLOOD

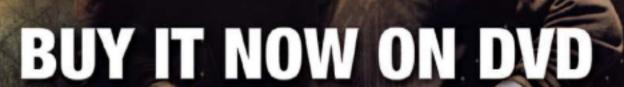
(APOCALYPTO)

MICHAEL

(CAGE RAGE CHAMPION)

DANNY







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Pictures for the stronger stomach!

Send your injuries to dontlook@ipcmedia.com



My bone was sticking out!

Game of dodgeball leaves bloke's thumb dodgy!

inally, conclusive proof that physical exercise is bad for you. The owner of this mangled mitt is Tom Malins, a trainee PE teacher from Stevenage.

Tom, 23, tells Nuts, "It was my last ever lesson at a school, and I covered another teacher for a Year 11 dodgeball lesson, which I stupidly decided to take part in as well. I was holding a ball, and tried to use it to deflect a ball someone had thrown at me.

"The ball was flying so fast, it hit the top of my thumb and I heard a sickening pop. I looked down to see the bone sticking out and my thumb pointing in the wrong direction! I was numb through shock, and light-headed until an ambulance arrived. It took three surgeons to pull the top of the thumb back into place, and I've now got a screw in my bone, not to mention a fear of dodgeball!"



Win £1,000!

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



Nuts GEAR



YOURLETTE

Sackloads of silliness from the minds of our readers!

Send your Letters to nutsletters



Khar star

Dear Nuts,

I got my Nuts camo T-shirt through the post and have loads of jealous squaddies wanting it. Here's me proudly displaying the T-shirt as part of the PB Khar Nikar football team.

Cpl Lozza Lowes, Afghanistan

Well, Lozza, it is the desirable fashion item of the season!



At least his name's not Dick or Pat!

Dear Nuts,
I stumbled across this
unfortunately named football
correspondent on the
Wolverhampton Express
And Star's website. Oh dear!

Wolverhampton

Duster Hughes,

Oh dear, indeed! We've just got two words for this unfortunate man – deed poll!



Walsall correspondent Nick Mashiter reports from the Banks's Stadium as Walsall battle to a goalless draw with Gillingham.

Batter bits!

Dear Nuts.

It was Pancake Day last week. I'm usually good at making pancakes but it seems I was just getting cocky!

Shane Jenkins, Caerphilly

And did you make sure you tossed it several times?



A sign of silliness

Dear Nuts,

Some people around my way really are very childish!

Steve, via text

And we salute them for it, Steve!

Blackpool illuminations

Dear Nuts.

Here's me in my Nuts vest and shorts. Thanks, guys!

Lori-Anne Shutterton, Blackpool

No, really, thank you for the picture! Ladies, remember, you too can bag a vest and shorts at nuts.co.uk/vests





Pipcmedia.com or to the address on p56



We can digit

Dear Nuts,

I create digital paintings in my spare time, so when I saw a picture of the amazing Sophie Reade, I decided to have a go at painting it. I kept the original face, the rest is all my own work! Brian Calder,

Northern Ireland

And it's almost as good as the real thing, Brian. Nice work!



No way to curry favour!

Dear Nuts.

This strikes me as a rather rude way to preserve Indian heritage!

Anon, via text

We'd just like to state that Gits' pakoras are delicious, and if they're reading, our address is on page 56. Just saying...



Win Durex stuff! @@@



Send your letters, hilarious spam pictures and camera phone cutie shots to: nutsletters@ipcmedia.com or post them to the address on page 56. 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.



Bursting with all the best gags, every week!

Send your jokes to nutsjokes@ipcme

I asked the milkman for a bottle of skimmed milk yesterday and he gave me a semi. I don't think he noticed, though – I covered it up with the bottle!

Simon Murray, Widnes

A bloke says to a horse, "Why the long face?" The horse replies, "I'm running at Newbury later!"

Sam Johnson, Wigan

A lad goes to a barber and asks for the Justin Bieber look. So the barber shaves his pubic hair off!

Andy Keen, Durham

Have you seen that new book about needlessly wasting paper?
It's 4,000 pages long!



Teething trouble!

Out shopping one day with his mother, little
Timmy puts his hand up a mannequin's skirt.
His mother says to him, "Don't do that! There
are teeth up there that will bite your hand off
if you do that again." Years later, Timmy starts
seeing a girl at college. One night, after a few
drinks, the girl tries to put his hand up her skirt.
Timmy says, "I'm not putting my hand up there,
your teeth will bite me!" The girl says, "There
are no teeth up there, look," and pulls down her
knickers to show him. Timmy says, "I'm not
surprised. Look at the state of your gums!"

Wii problem!

Steve Povey, via email

Dave comes home early one day to find his best mate, Paul, and his wife sweating, and desperately trying to catch their breath. "What's going on?" asks Dave. His wife says, "We've, erm, just being playing the Wii Fit."



The next day, Dave comes home again and finds the same thing. "What's going on now?" Dave asks. His wife says, "We've been playing Wii Fit again. Paul's getting really good at it now!"

As Dave leaves the room he hears Paul mutter, "idiot" under his breath. Dave turns around and says, "Ha! You're the idiot, mate – I just looked at the screen and none of the scores you got on the Wii Fit are registering!"

Carl Barker, Devon



Shocking sex!

A middle-aged couple decide to revisit the place where they went on their honeymoon, 20 years earlier. As they're driving through the countryside, they stop at the place where they made love all those years ago.

The husband says, "Sweetheart, I've got an idea – let's make love

Win a PS3 & The Virginity Hit!

The sender of this week's funniest joke* will win a PS3 and a copy of outrageous mockumentary *The Virginity Hit* on DVD. The story of one man's mission to lose his V-plates, it's out on DVD on 14 March.



*EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE S6 APPLY. SEND YOUR JOKES TO NUTSJOKES@IPCMEDIA.COM OR TO THE ADDRESS ON PAGE S6.

dia.com or to the address on p56

again like we did last time we were here!"

He undresses her, then pushes her against the fence, and they have the most amazing sex.

The guy says, "Honey, you didn't move like that last time we were here, 20 years ago!"

His wife says, "Yeah, but the fence wasn't electric back then!"

Sam, via email.



Heaven help me!

There's a huge car crash in which four people lose their lives. At the pearly gates, God asks the first bloke what his job was.

"I was a policeman," says the man, so God lets him in. He asks the second fella what he did.

"I was a teacher," he says, so God welcomes him in, then asks the third man the same question.

"I was a doctor," the man tells him. "Welcome to Heaven!" says God.

The final man steps up and God asks what he did for a living. "I was a bouncer," the bloke says.

"Fantastic," says God,
"I need a break. Watch
the gates for me, eh?"
Chris Smith, Cardiff

FAMOUS BLOKES' JOINES LESI TO THE STATE OF THE STATE O

"Why is 'insomniacal' not a word? It's keeping me up at night!"

DARA O'BRIAIN
"In many ways,
Ireland are the
winners of the
2012 Olympics because we don't
have to pay for it!"

KARL PILKINGTON
"If I only had one eye,
there's no way I'd risk
losing the other by
having a parrot with
a sharp beak on
my shoulder!"

"I bought an HD 3D TV for Christmas, and now I have an incredibly vivid transvestite in the living room!"

ALAN CARR

"My 35-year-old neighbour still gets a Valentine's card from his mum. What's all that about? He stopped sleeping with her over 18 months ago!"

JASON MANFORD

"Be aware if you ever go to Japan, because it's considered an insult if you tip someone. It sounds like my kind of place, in fact, because I'm a tight b*stard!"

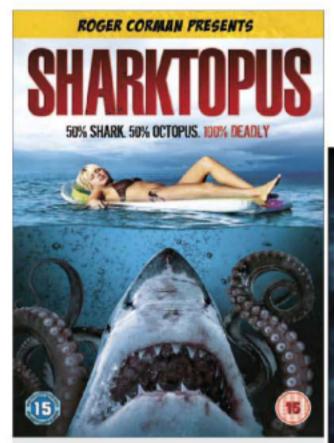
STEPHEN K AMOS

"What is it with WHSmith always trying to sell me giant chocolate bars at the end of the till? Are they trying to tell me something?"





put your feet up



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From the legendary producer Roger Corman and starring Eric Roberts (The Expendables, The Dark Knight). A creature like none ever witnessed before - 50% shark, 50% octopus, 100% deadly

The best octo-shark movie ever made - Daily Mirror







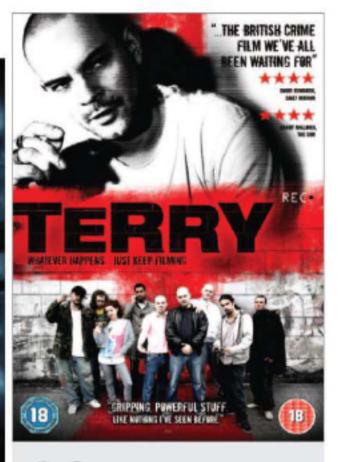


£9.99

From the producers of Wolf Creek comes this white-knuckle shocker that takes the supernatural to new terrifying heights. Starring Jessica Lowndes (90210), Julianna Guill (Friday The 13th)

also available on Blu-ray

and Ryan Donowho (The O.C.)



£9.99

An aspiring director decides to make a documentary on low-life drug dealer Terry and becomes immersed in a world of drugs, sex and violence. Hoping to capture some documentary gold, he gets way more than he bargains for...

Groundbreaking - Noel Clarke



CAMERA PHONE ONLY IN Win £100!

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





"And this, everybody, is why I shop at Tesco now! Bargain!" Mac, via text





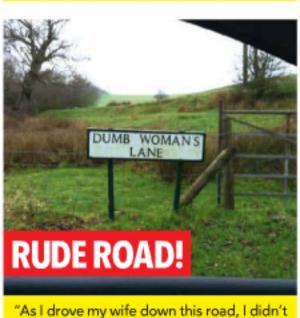


so I got this tattoo done!"

Matt Shaw, Lancaster



do you think?" Steve, Milton Keynes



dare say anything!" Anon, via text

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 56.



"I don't think I even need to make any

comment on this one!" Anon, via text



now, matey boy?" Anon, via text



i Sarah! How does it feel to be Nuts' Next Top Model? Great! It's nice to know people will see me! Tell us a bit about yourself. I'm 22 and studying criminology at Plymouth Uni. So I'm better at telling if a bloke's lying now! Being the older girl at uni, do you exploit the new boys? No, I wouldn't do that! I always look after and mother the new boys to help them settle in OK.

What's the most daring thing you've done on a night out? At the end of one night, my mate had only a fiver left and I didn't have any money at all, so she asked me if I'd rather get some food with the money and walk home, or spend the cash on a taxi and not eat. On overhearing our conversation, the bloke serving in the burger van said if I flashed my knickers, he'd give me a burger for free. So I did it!

If you could be any animal for a day, what would you be? I don't like animals. They scare me! Tell you what - it's not really an animal, but I'd like to be a fly on Victoria Beckham's wall for a day. I'd love to see what really goes on behind closed doors! What kind of man do you like? I like a guy who has a sense of humour, is good with his hands, is a bit older than me and who'll look after me and treat me well!

Finally, what do you think sets you apart as a model? I've got huge boobs that really have to be seen in the flesh to be believed! They feel amazing, too!

More Sarah

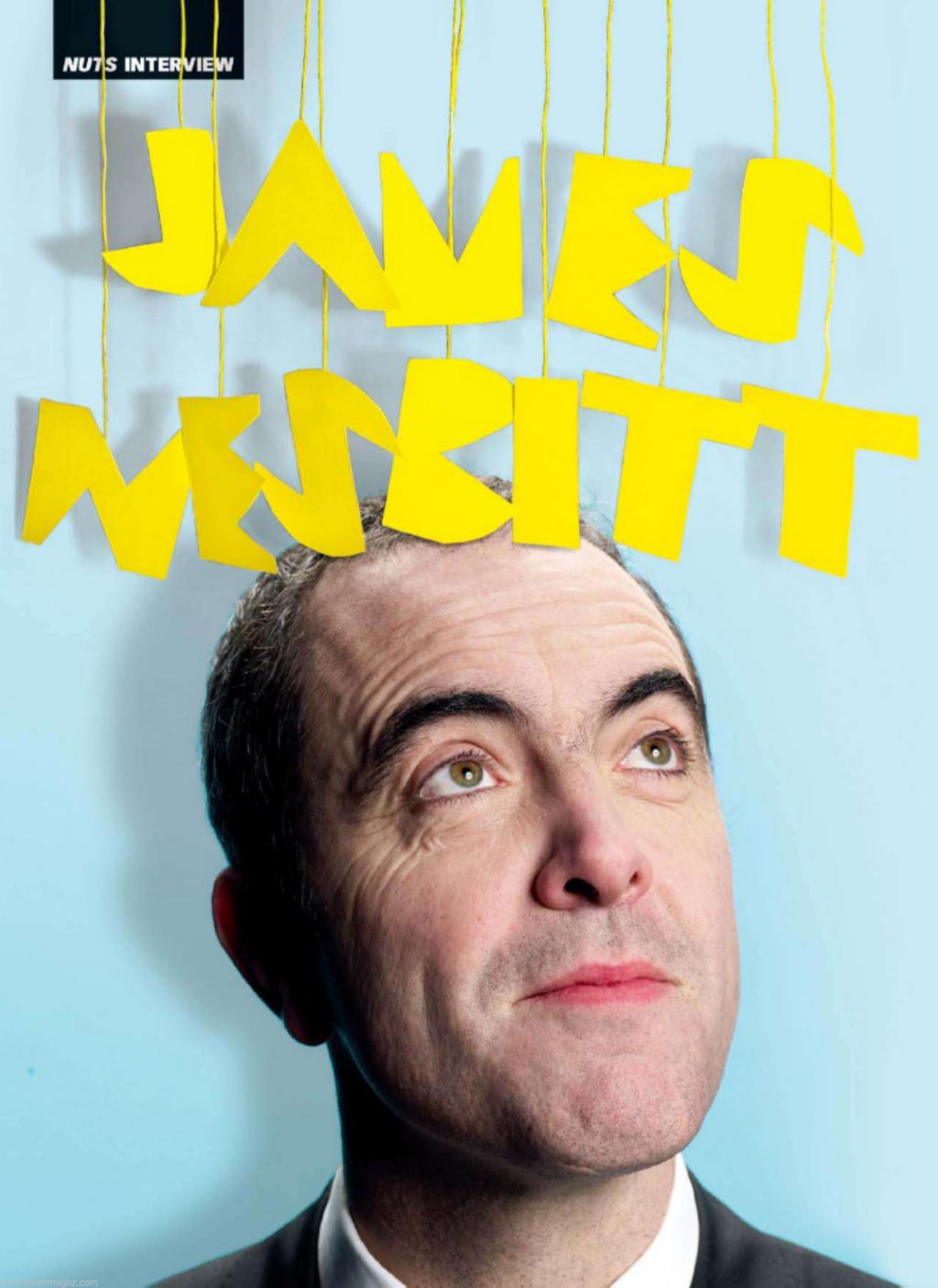
Want to see more of Sarah in Nuts? Email us at:

topmodel@ipcmedia.com

INTERVIEW: NICK WATKINS PH MAKE-UP; JOHANNA DALEMO NEW LOCK (0500 454 094). THO

32 Nuts





The Irish actor on free wine, hobbits and learning lines on the train!

i James! You play doctor Gabriel Monroe in ITV1's new medical drama, Monroe. What's it all about? Is it like House? No. I'm using my own accent for one thing! Monroe's a brain surgeon, so he's remarkably gifted. He's very good at taking people's heads off and looking at their brains and peering into their souls but he's not very good at looking at his own. His home's the hospital so his home life isn't that functional. But he believes the brain's a multi-faceted, brilliant organ, which contains our unique humanity, and the heart's just an organ to pump blood

at the end of the day. Crikey! Did you have to go to medical school for eight years, then specialise in neurology for a further four years to really get into the part? No, the beauty of being an actor is that I just have to learn my lines and say them. But I did spend a lot of time with two brain surgeons. I saw four brain operations. Really? Yeah, at one point, one of the surgeons pointed to a bit of brain that had been exposed and just said, "James, that is thought." So that was enough for me! Intense. Did you accept the role thinking it was a drama about '50s American actress Marilyn Monroe and you'd finally get to wear a dress on telly? Er... no! But that's definitely next on the agenda. Glad to hear it. Nuts used to live near you and we'd often see you pacing up and down the local railway platform

muttering to yourself. Are

you possessed? You're not

the first person to have seen

that, actually. I'm usually just repeating my lines, which I've decided to learn the morning I'm shooting, to myself.
There's an element of panic and fear, which seems to induce fear in others.
As well as Monroe, you're also going to be playing Bofur the hobbit in Peter Jackson's The Hobbit, due out next year. Er... how tall are you? Six foot.
Well, in Middle Earth, hobbits are 3ft 5, dwarves

are 4ft 5 and only elves are human height. How do you plan to lose 2ft 5 to play a hobbit? Er... well, I'm kind of hoping Peter Jackson takes care of all that. It seems to me that I'm going to be bigger because I think they're elongating my ears and my head. But I suppose, if the worst comes to the worst, I can do the old-fashioned thing of putting on slippers and walking around on my knees. And instead of riding



normal-size horses, I'll be riding little Shetland ponies. You've recently admitted to having a hair transplant. What if a role as Dr Evil from Austin Powers or as Ross Kemp's stunt double comes up? Well, I'll just wear a skullcap. Easy! Good idea. Come to think of it, aren't hobbits supposed to be hairy? Or are we thinking of the ewoks from The Return Of The Jedi? I think they both are, so I don't think I'll have any problems! You did a TV advert for Asda back in 2007. Did you get to fill your trolley with as much booty as you could in one minute, like in Supermarket Sweep, as payment? No. If you recall, I chose the ad rather wisely. I got to go to Bordeaux and talk about wine, which just involved drinking a fair amount of it. The vineyard I was visiting actually stocked all sorts of wine, not just Asda wine! How about that Christmas ad you did for Marks & Spencer in 2009 where you went, "Something nice for your granny." Did you get something nice from M&S for doing their ad? Well, I didn't get something nice for my granny because both of them have been dead for a long time. But I think I was paid for it. That was nice. Thanks, James. Finally, you also own a horse. Got any tips for us? He's called Riverside Theatre, so you can back him at Cheltenham. He's brilliant. He's won a lot of races. He wears Man United's colours, which were designed by my goddaughter. And do you ride him yourself? Er, no. I pay a jockey to ride him for me. How about when you've lost all that height to become a hobbit? Then you'd also make an ideal jockey. You could ride him then! That's right. Then I'd have to pay myself, which I like!

Monroe is on ITV1/HD every Thursday at 9pm



"They found

my Magic Tree

air freshener

inside me!"

efforts, I skidded off onto the wrong side of the road. The car smashed off the kerb, flipped over, ploughed clean through a lamppost, then carried on rolling 40 yards alongside a wooden fence, which ran next to the road. As soon as the car came to a halt, I blacked out."

When Ray eventually came to, he was unprepared for the horror he was about to witness.

"When I woke up in what was left of my car, I realised I was stuck for two reasons - the driver's side door was buckled beyond recognition and a huge, heavy, wet wooden fencepost had impaled me through the chest, pinning me between the seat and the ruined door.

I started to fear for the worst. I was alone on a country road, early in the morning, with nobody around for miles. I began to panic and for a while, I really thought I was going to die there."

work to tell them I wouldn't be in! My phone battery was dead, so I had to try to remember my work number and tell Gordon, so he could ring them.

"I must have been delirious because I kept trying to remove the post from my chest as well but every time I moved it, the pain was agonising. It had actually gone right through me

and was poking out the other side! Even lying down was almost impossible. It wasn't long until the medical

chopper arrived but before I could be airlifted to hospital, they had to cut off most of the fencepost because I wouldn't have been able to fit inside the air ambulance with it sticking out of me!"

When he eventually reached the hospital, Ray's fight for survival was placed in the hands of the on-site medical team.

"At the hospital, I was greeted by members of my family and a very large medical team. The first thing I did was ask my mum to retrieve my phone from the crash site, put it on charge and call my girlfriend to let her know where I was, so she wouldn't think I'd stood her up

after work!"

Asifthe accident wasn't bizarre enough, Ray's doctors were about to find something even stranger.

"After many scans to make

sure my smashed-up body could take it, I was rolled into the operating theatre. The surgeons turned me over and found something unusual – there was a four-leaf clover stuck on my back, which had been there since I first rolled out of my demolished car. I'd had no idea about it but when I woke up after surgery, the first thing the

doctors told me was about the amazing four-leaf clover.

"I also found out that as well as countless fragments of wood, the surgeons had recovered my Magic Tree air freshener, which was actually inside me! It had been hanging from my rearview mirror and when the fencepost came through, it took the air freshener with it, lodging it inside me."

After reeling off his catalogue of gruesome injuries to Nuts, Ray feels blessed to still be alive today and that his lucky four-leaf clover played no small part in his miraculous escape.

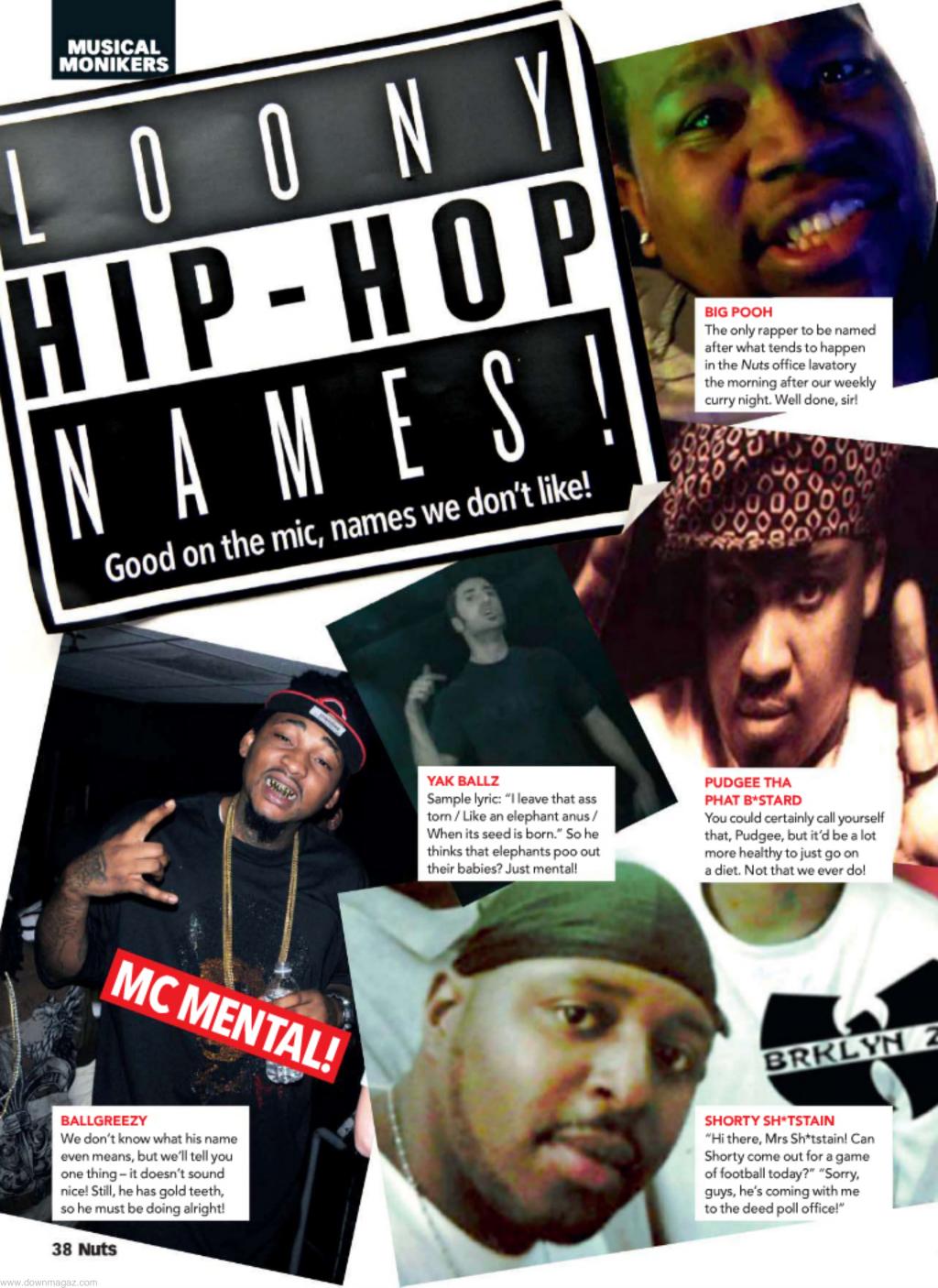
"All in all, I had a dislodged bottom rib, shredded bowels, a perforated diaphragm and the normal cuts and bruises everywhere. I'm well on the wav to recovery now, though, and I can't wait to get healthy and get back out and play football.

"I can't help but feel lucky to have found that four-leaf clover - or should I say it was lucky the four-leaf clover found me!"■

Trapped
"It felt like I'd been winded and

36 Nuts



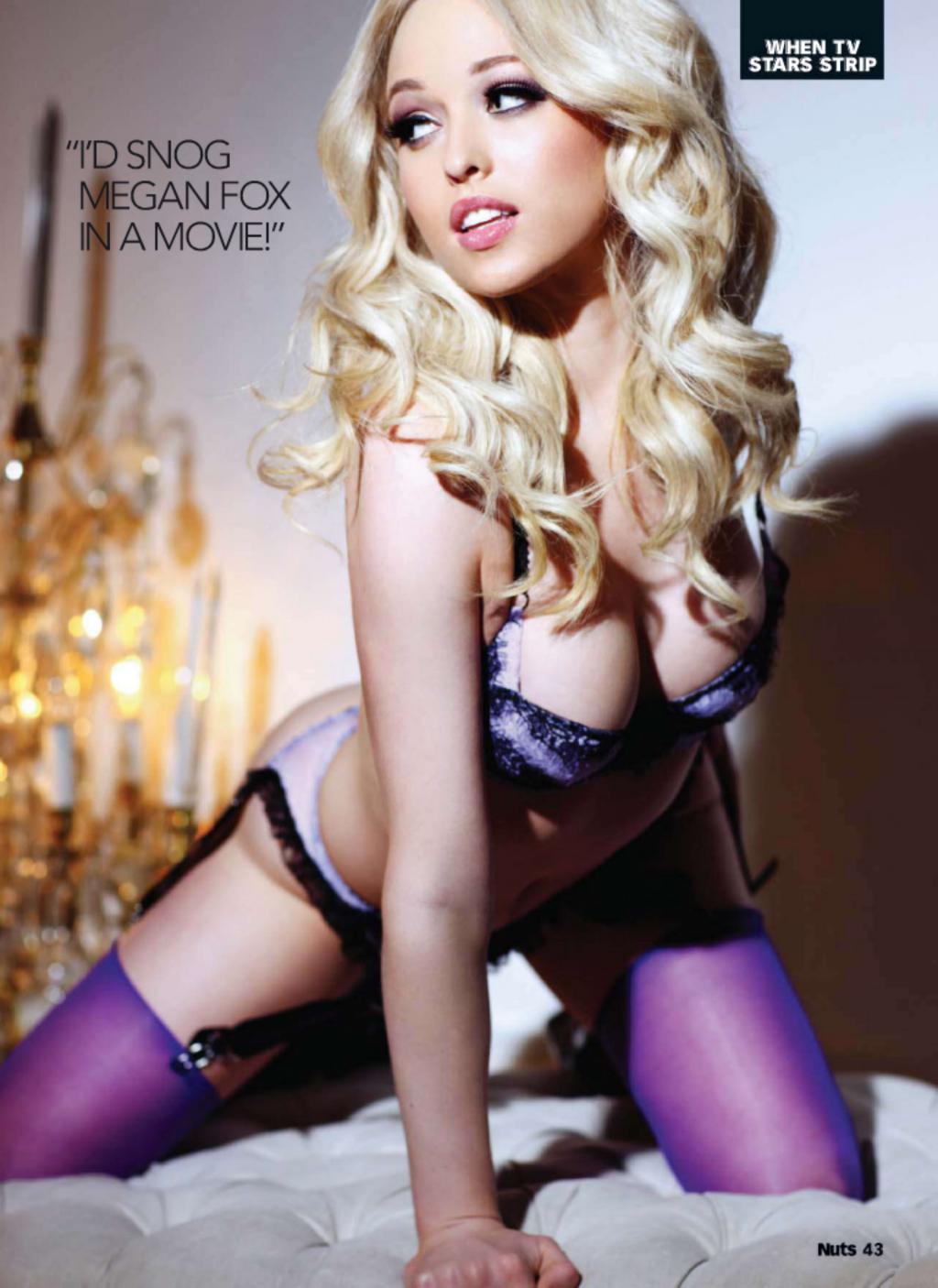


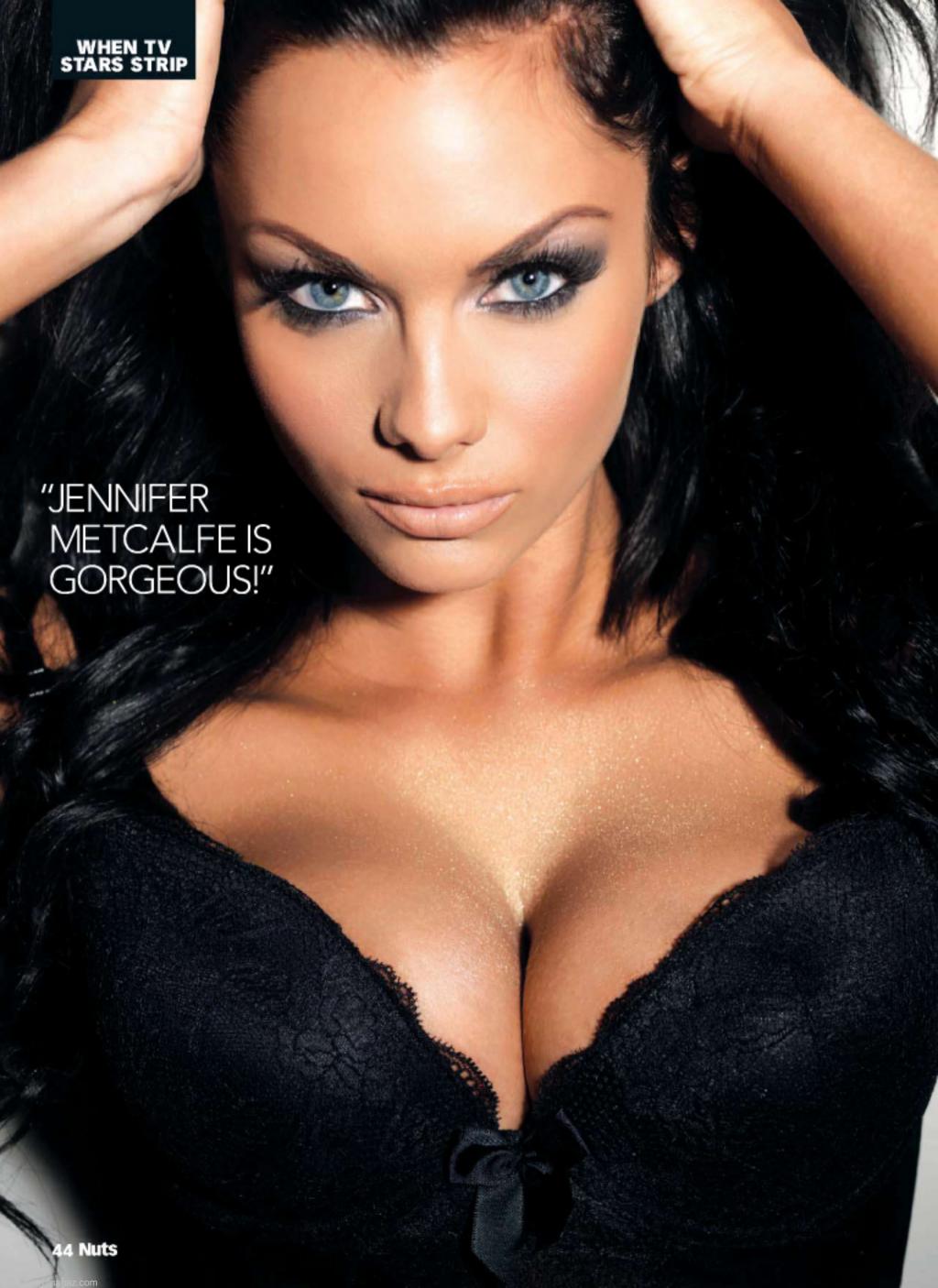
















SAM FAIERS

i Sam! Since doing The Only Way Is Essex, do you get recognised much? It's everywhere I go now!

Recently, I was putting petrol in the car and it happened! What sort of things do people shout out at you in the street? They shout stuff like, "Ah, shut up!" or sometimes, "Ah, beautiful!"

Do you get more or less male attention now? Less! Guys look but they're intimidated now because I'm on TV! If you could branch off into your own TV show what would it be? Something like The Simple Life [reality show with Paris Hilton and Nicole

Who'd be your partner on it? Probably Harry or Amy from the show. It'd be really funny! Would you ever do a film? I'd love it! I think I'd need a bit of training first, though!

Yes, if it was tastefully done. Angelina Jolie, Kate Winslet – they all do it, don't they? Anne Hathaway's got really

After vajazzles, what's the next trend in downstairs decoration? I don't know maybe some kind of exotic piercings, perhaps?

scripted and how much is real? I would say 95 per cent is real, five per cent set up. Who's the sexiest lady on TV? Hmm, definitely Rosie Huntington-Whiteley from the new Transformers movie.

Thanks, Sam! Finally, you and Amy are very close. Ever had one WKD too many at the Sugar Hut and one thing led to another? Well, Amy and I went to a sports party recently dressed as sexy referees. We had a quick kiss on the lips that night!

The Only Way Is Essex returns to ITV2 on Sundays and Wednesdays at 10pm









Catch Emmerdale on weekday evenings at 7pm on ITV1



Chesea Vs Man Two big foreign stars chat to Nuts ahead of Sunday's big one!

The club have welcomed me like a part of their family. I've always admired English football, so to have the opportunity to play here is an honour!

Many foreign players say our league takes some getting used to because it's so tough. Yes, it's quicker and harder but I knew this before. I may not look tough, but I am! I enjoy the physical aspects - the tackling, the going eye-to-eye with an opponent. Your ability with the ball has drawn comparisons with greats of the game like Bobby Moore, Franz Beckenbauer and Franco Baresi... No way! I'm nowhere near the quality of these legends! I'm only at the start

of my career. I suppose it's

and stop the goals!

Who's your footballing hero? My father. He was a good footballer himself but sacrificed everything to provide for his family. When I was growing up, he and my mother gave me and my sister everything so we could advance our dreams. My determination comes from the need to repay their faith in me. So why Chelsea? This is simple the opportunity to come to the best football league in the world and to play with and against so many special players. I'm ambitious so wanted to test myself as early as possible. I already knew Ramires and Alex, too, so I thought they'd help me in the early stages.

is the heart of Chelsea. He's the captain, the leader, the man everyone respects. Already I can see his qualities as a footballer he puts his body in danger for the team and thinks nothing of it. This is a spirit I admire! You've been an instant hit at Stamford Bridge, with some fans wearing curly wigs! What's the story behind the hairdo?

I grew it when I was in Portugal. I was cold and thought it would keep me warm! There were many comments from fans that they liked it, so I thought, "Why not keep it?" If the Chelsea fans want to show their love for it, too, this is fantastic!

Will you ever shave it off? Why would I? It's cold here, too!

"The snood's not coming off without a fight!"





was absolutely delighted that Spurs made the last eight of the Champions League after a heart-stopping night at White Hart Lane and for me, it just proved that when it comes to English managers, there's only one man who's been there and done it all.

Knowing Harry, he'd take the England job!" I'm proud to call Harry a friend and the one point that can't be made enough is the perception of him as someone who's just a bit of a wheeler-dealer, someone who gets by in football by being a bit handy in the transfer market, couldn't be further from the truth.

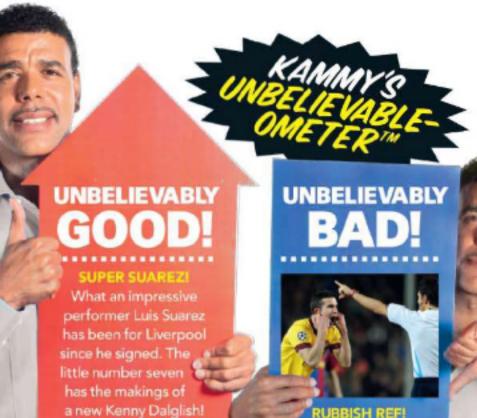
As the hard-earned victory against AC Milan showed, Harry's tactically astute, knows how to get results and how to use his squad as well as any manager in the country – to

take Tottenham to the quarterfinals of the biggest club competition in the world is nothing short of remarkable.

Of course, people are now clamouring for him to be England manager and knowing Harry, he'd take the job tomorrow if it was offered to him. It'd be the pinnacle of his career and you just know he'd get the best out of the players and we'd finally see some proper attacking football from the national side after so long!

It doesn't look like Fabio
Capello's going anywhere until
after next year, however, so
Harry can focus on continuing
the fantastic job he's doing at
Spurs – a club that are really
going places and could well
establish themselves as one of
the top five clubs in the country.

Whether or not they progress any further in the Champions League remains to be seen, but Spurs fans already know how good their manager is – the best English boss around.



Messi's masterclass

Once again, I was in raptures over Lionel Messi following Barcelona's win against Arsenal last week. The way he dinked the ball over Manuel Almunia for the opening goal was jaw-dropping! He now ranks up there with the likes of Maradona and I just love watching the little genius play. After that display, it's pretty likely we'll see Mr Messi at Wembley for the final in May.



Robin van Persie was understandably livid about his sending

off for kicking the ball

away against Barca. It was quite simply

a stupid decision.



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!



Race For The Title Snakes & Ladders!TM

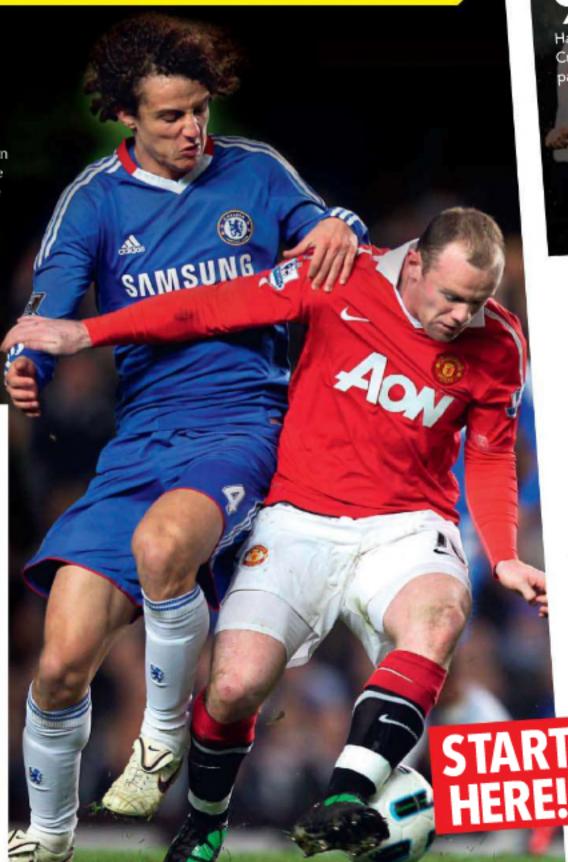
Guide your manager to league glory!

ith four teams still in the Premier League mix, it could be one of the best finishes to the season in years. But the managers of the top four have had to cope with all sorts along the way and it's not an easy job!

Could you lead your team to Premier League glory? Play the Nuts Race For The Title Snakes & Ladders™ and find out. It's great fun for all the family!

How to play...

- Choose your top-four manager Carlo Ancelotti, Alex Ferguson, Arsene Wenger or Roberto Mancini.
- Roll official Nuts Snakes & Ladders!™ dice (not included) and you're off!
- Avoid the pitfalls at every turn and lead your side to Premier League glory!
- Play again. It's the game that keeps on giving!



You did trophy's all yours! Go and enjoy it, then come back in a few weeks and start another long season!

FINISH!

Putting your reserve team out at West Ham in the Carling Cup results in a 👍 pasting, Oops!

> Not a great start. One of your centrebacks snaffles his wife's diet pills and gets banned,



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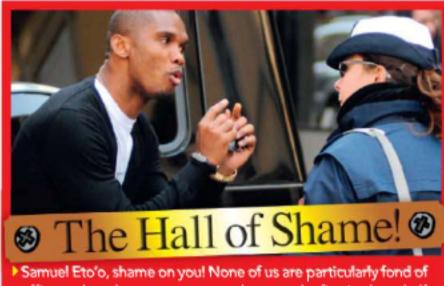


NUTS ABOUT SPORT!

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



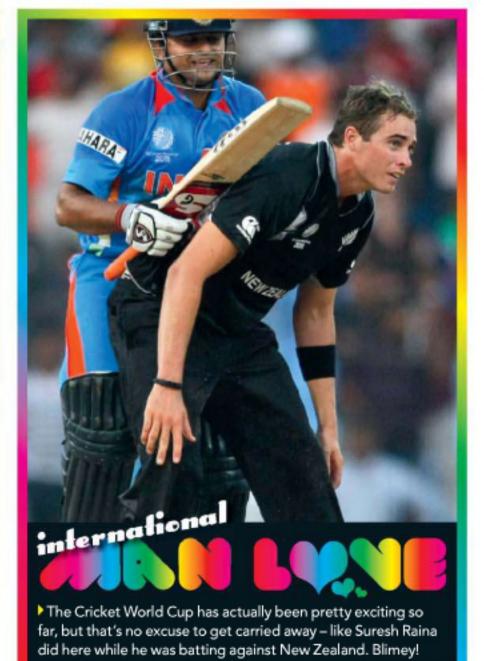
What would you do if a man ran on to your footy pitch dressed as Borat? Dorchester's Ashley Vickers was sent off for this tackle on the nutcase during last week's defeat to Havant & Waterlooville!



traffic wardens, but you earn enough to pay the fine in about half an hour! Just take it like a man and get back in your supercar!



Just look at Diego Sanchez's mushed-up mush after last week's bout against Martin Kampmann at UFC Live - and he won! This is why we prefer playing UFC on the PS3 – we like our face too much!







MAN-LYVE CORNER!

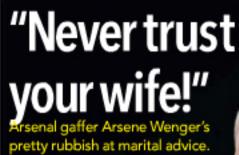






QUOTE ME ON THAT!

This week's biggest match debaters!





"Kevin Phillips was great at picking up knock-offs"

Over the years, ve been an egg on the pitch"



"Preston fans, put your hands over your eyes and your fingers in your ears" That's impossible,

Jeff Stelling.

"DJ Campbell has got no chance of playing for England. Absolute zilcho chance"

Sky Sportso's Paul Mersono isn't a fano



"Van der Sar put up an arm and then put up another two"
Alan Smith on Man United's octopus keeper.



"Maybe Toure could send me some of his wife's diet pills" Steve Bruce is a bit chubby.

'OO-ER SOUNDS A BIT RUDE' CORNER!

"Big Willie's going to be unveiled at a press conference"

Martin Offiah on a

"There are lots of bodies coming across the face of the keeper" Phil Thompson on an X-rated game.

"David Moyes has bummed Louis Saha up"

Charlie Nicholas on the obliging Everton boss.

GET ROCKS

Want hair as good as your favourite frontman? Shockwaves will sort it!

e don't know much about grooming here at Nuts. But there comes a point when even we look at ourselves in the mirror and think, "What on earth is going on with my hair?" If, like us, you want to adapt to any situation – whether it's going to a gig, meeting a new lady or just going down the pub – men's hair expert Shockwaves has all the answers.

Shockwaves Style Director Michael Douglas tells Nuts, "Shockwaves has an impressive product range enabling guys to create their own style and make a big impact!" Sounds perfect!

To prove this, we went along to the Shockwaves NME awards 2011, where Michael picked out people in the audience with some of the best styles out there right now, then told us how easy it is to get the look ourselves...

1. THE WET LOOK

Every time we try to get the wet look we just look as if we've been standing in the rain, but this bloke here mastered it, and doesn't it look cool? If you want to get this look, here's Michael to tell you how: "Your haircut needs to be short back and sides with at least 5cm of length on top. Apply a 50p coinsized blob of Shockwaves Extra Strong Wet Look Gel to wet hair and comb back with a wide-tooth comb, then leave to dry. Oh, and no touching until it's dried, which should take about 15 minutes."

Shockwaves Extra Strong Wet Look Gel RRP £2.49* SHOCKWAVES

MET LOOK



2. THE AMERICAN

America has given us loads of great things, including some of the greatest rock and roll ever. Here's a hairstyle to match the music! Michael says: "Your hair needs to be longer at the front. Apply Shockwaves Re-Create Styling Shaper Gel to damp hair and blow-dry, pulling the hair forward. Once it's all dry, apply some Shockwaves Re-Create Styling Putty to the fringe and sweep across the face.

Shockwaves Re-Create Styling Shaper Gel RRP £2.99, Shockwaves Re-Create Styling Putty RRP £2.99*



SHOCKWAVES

3. THE ARMY BOY

Fancy a look that's cool, easy and classic but very modern, like this young chap? It's actually so easy to get, and here's Michael to tell you how: "Apply some Shockwaves Styling Steel Gel to damp hair and blow-dry all your hair from the crown forward. Use a comb to keep the hair flat while drying. Once it's all dry, apply Shockwaves Shaping Wax with the palms of your hands to smooth over the hair and sweep the fringe across one way. Simple!"

Shockwaves Styling Steel Gel RRP £2.99, Shockwaves Shaping Wax RRP £2.99*

4. THE ITALIAN

If there's one thing our friends in Italy know, it's how to look stylish. Actually, they're not too bad at football either, their food is really nice and Italian women are stunning. Michael says: "Apply Shockwaves Curls and Waves Mousse to damp hair using your fingers - never a brush or comb! At this stage,

you can either leave the hair to dry or use a hairdryer on a low speed but high heat. Once it's dry, squeeze and scrunch in a small amount of Shockwaves Re-Create Styling Wax."

Shockwaves Curls and Waves Mousse RRP £2.49, Shockwaves Re-Create Styling Wax RRP £2.99*

5. THE ROCKER

If we're just heading out to catch up with friends, the last thing we want is to spend ages messing with our locks, so we love the Rocker look. But how to get it? Michael explains: "Apply Shockwaves Curls and Waves Mousse to damp hair and blow-dry on a high heat but low speed. When it's almost dry, put in a deep sideparting and finish with a little Shockwaves Texture Gum. Use hands and fingers to style – no brushes or combs please!"

Shockwaves Curls and Waves Mousse RRP £2.49, Shockwaves Texture Gum RRP £2.99*

Shockwaves has a range of great styling products for guys, allowing you to re-style your hair all day long, create whatever look you like and adapt your hair to suit any situation. Visit www.facebook.com/ shockwavesuk to get loads more great style tips and for a chance to win some fantastic free stuff! *Pricing at the sole discretion of the retailer

Nuts REAL GIRLS





Nuts GAMBLING MASTERCLAS!

Nuts man's played Bejeweled® 2 Slots online. Check out his helpful hints!

Bejeweled 2 slots top tips!

n some idle moments
(actually, most of them, for us!) you've probably played Bejeweled in some form or another, be it on your phone or your computer. But, did you know that you could combine the top fun of this game with the chance to win a whopping ten grand? No? Great, eh? So, read on to find out about our brilliant Bejeweled 2 slots!

HOW TO PLAY

- It's a multiline slot game where you spin for winning symbol combinations on the reels. With three fun bonus games and the chance to win a shiny £10,000 win multiplier, you could win big!
- With bet sizes ranging from just 1p to £1, there's a coin size to fit every pocket, and with 20 paylines to bet on, this gives you 20 chances to win! Brilliant!
- Maximize your chances of winning by playing BET MAX – that's where you bet on all 20 paylines.
 Don't forget to keep an eye on your bets, though!

BONUS GAMES

Free Spins Scatter Bonus

If you land three or more Free Spin Bonus symbols you'll win up to 50 free spins. As well as that, before playing your spins through you'll get a chance to spin for a multiplier. And why's that great? Because it means you could find your wins increasing that way, too!

Wheel of Riches Scatter Bonus
If you land three or more Wheel
of Riches symbols, you'll reveal
a win multiplier that – you
guessed it – multiplies your
total stake! Top stuff!

Bejeweled 2 Scatter Bonus Land three or more Bejeweled 2 Scatter Bonus symbols to enter this ace bonus round. Watch the gems cascade down then, when the gems match horizontally or vertically, they explode into cash wins and make way for more falling gems! This leads to increased payouts as more gems match! Plus, look out for hypercubes that can bring even more explosive chances to win! So start spinning those gems now and you never know - you could soon be in the money!



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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!

Georgie

22, Notts, make-up artist
"I've been told that my best
features are my big blue
eyes and my pert bum!"

Phillippa

23, King's Lynn, secretary
"I eat burgers, drink pints
and do no exercise – but
I never gain any weight!"

Leanne

24, Luton, student
"I like a guy who's a bit
rough around the edges,
to keep me on my toes!"

Megs

20, Bucks, retail assistant "To give a man a night to remember, I'd wear a dress with nothing on under it!"

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!

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 <u>nutsgirls@ipcmedia.com</u> or write to Real Girls UK at the address on page 56. You must be at least 18 years old.

THIS WEEK:

Name: Stephanie Age: 23

Boobs: 32DD. "I love 'em!" Likes: "Cheeky

boys!"

Have you ever kissed a girl? "Yes – just for a dare!"

Strangest place you've had sex? "In a field – it was

pretty wild!" Sex tip:

"Bite my lip!"



Stephanie on... home!

"We're in East Yorkshire in the middle of nowhere! The people are friendly but I have to head into Doncaster or Leeds for a big night out!"

Stephanie on... clothes!

"I like dressing up in the bedroom but, sometimes, it just makes boys laugh! I like stockings and lingerie but I'm not so sure about outfits!"





Please gamble responsibly. For more information and advice visit www.gambleaware.co.uk.

CONFES TO OUR SECRETARY!



CONFESSION OF THE WEEK!

'I secretly pleasured her in bed'

After a recent party, my boyfriend's friend came back to ours and, as we only have one bed, she climbed in with me and my man. He fell asleep quickly and I closed my eyes, too. Suddenly, I heard heavy breathing in my ear and I could feel it being licked. I kept my eyes closed and enjoyed the fingers sliding up my leg and playing with me until, after a few minutes, I could feel I was about to climax. As I quietly came, I opened my eyes to discover it wasn't my boyfriend but his friend! She looked so sexy as she lay there, so I grabbed her closer and kissed her. I got incredibly turned on again as her kisses were so soft and tender, then I quietly pleasured her without my boyfriend even waking up. They're still good friends, but she's now my dirty little secret!

Lauren, London

'I felt tingles all over my body'

One evening, my work colleague and I were walking home together after a night out. We were both a bit tipsy, and along the way, she stopped and gave me a drunken kiss before slowly rubbing my thighs. At that, I felt tingles all over my body. When we reached my flat, she came in with me and through to the kitchen. I sat on the counter top

and held her ponytail, while she moved between my legs. The noises must have woken up my flatmate because soon, he walked in. The look on his face told us what was on his mind so I gave him the go-ahead with a cheeky wink. He kissed my neck while his fingers probed between my friend's legs. I took off his shorts to reveal his hard erection. He lifted me up and sat me on top of him as I slowly started to grind against him. My friend then climbed over me so I could pleasure her. The next morning was a bit embarrassing at work, but it was worth it!

Orla, Dublin

'She invited me to join in'

I'm at uni and live in a house with three other girls and four lads. One night, I heard one of the girls coming home with a boy. I was feeling horny, so I listened while having a little play with myself. Before long, curiosity got the better of me, so I crept out of my room and slowly opened my friend's door. She was on top, facing me and bouncing up and down. She saw me but instead of being shocked, she invited me in. I obliged, and soon she was going down on me while he pleasured her. It felt so good that I screamed in pleasure. My other housemates soon came out of their rooms to investigate and we've been the talk of the campus ever since!

Alex, Lancs

'We took him home with us'

I'm a supermarket manager and recently, a male colleague wanted to talk to me about a promotion, so I invited him to a nearby pub to discuss it with him after work. After a couple of drinks, my girlfriend came over on her way home. Before she sat down, she greeted me with a lingering kiss, much to the delight of my colleague. Soon, the drinks began flowing and the talk got dirty, and before long, my colleague announced his fantasy was to sleep with two women. At the mention of this, my girlfriend and I gave each other a look and then invited him back to ours. Once there, he unzipped his jeans, and my girlfriend and I dropped to our knees and fought over who could take him in the mouth. As I worked his shaft with my tongue, my friend licked him lower down. Needless to say, my colleague got his promotion and now the three of us regularly enjoy our special nights out together!

Anon, by email

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 56. The best one each week* wins £50!

Come on, girls!

NUTS FASHION

Because you need something to hide those food stains!

10 graphic tees



SOMEDIMEWHERE IN SUBSTIME

RAW POWER £35

This small T-shirt company has great prints.



This tee's been inspired by Glastonbury.



FIRETRAP £35

These guys are turning out some great clobber this season.



AMPLIFIED £25

Great to see Amplified moving on from the old Rolling Stones print.

CLOTHING £35

Just one of Money's new T-shirt designs.



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Nuts REVIEWS



HOMEFRONT PC. PS3, XBOX 360



A more cerebral answer to Call Of Duty's brainless blockbuster, this is still up there with the shooting genre's best offerings, adding a stark and compelling story to topnotch gunplay and sparky graphics. An all-new title that deserves to be on everyone's shopping list. ***

YAKUZA 4



Another delve into the world of the Japanese mafia. Expect more

chop-socky punch-ups in a top action-adventure that's the very definition of niche. ***



MOTO GP 10/11 PS3_XBOX 360



The essential racer for two-wheel sport fans. New this

season is a tweaked handling system, 20-player online races and full download update when the Moto GP season starts. ***

APPS!



PAUL IPHONE, IPOD TOUCH, IPAD



To accompany the release of the ace Simon Pegg/Nick Frost comedy

movie, this fun app lets you "alienise" photos of you and your pals. ★★★★

SKYSCANNER



If your thoughts are turning to summer hols, get this app,

sharpish! It compares over 600 airlines to find cheap flights in seconds! ***

DVDS/BLU-RAY!



JACKASS 3: THE EXPLOSIVE EXTENDED EDITION DVD & BLU-RAY CERT 18



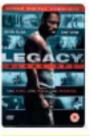
Johnny Knoxville, Steve-O, Wee Man and the rest are back for their third instalment of wince-inducing bodily abuse. As with the first two, there's no plot, just lots of funny stunts – like the jaw-droppingly disgusting Poo Cocktail Supreme! It includes an extended edition, and the Blu-ray comes with 3D glasses – if you think you can stomach 3D! ***

LET ME IN DVD & BLU-RAY CERT 15



Awesome Let
The Right One In
remake. A bullied
kid befriends
a strange vampire
(Chloe Moretz from
Kick-Ass). ***

LEGACY: BLACK OPS DVD & BLU-RAY CERT 15



Idris Elba (The Wire) stars as a Black Ops soldier going a bit mad after a botched mission. Intense, slow-burning thriller. ***

UFC 122: MARQUARDT VS



Over five hours
of footage from
November's event,
including American
Nate Marquardt's
tussle with Japan's
Yushin Okami. ***

MUSIC!



FUNERAL FOR A FRIEND
WELCOME HOME ARMAGEDDON



We dig FFAF here at Nuts, when we're feeling in the mood for big

angsty rock that probably frowns a lot, that is. ★★★

THE VACCINES WHAT DID YOU EXPECT FROM THE VACCINES?



They're hyped to be the next big thing by our chums at NME, but to us, this

is just straight indie rock with the odd rousing chorus. ★★★

74 Nuts



SUBMARINE

A coming-of-age comedy set in '80s Wales and made by Richard Ayoade – the one with the crazy barnet in The IT Crowd. Fans of flicks like Rushmore will love this quirky tale. Stuck with his beardy boffin dad and an uptight mother, who's falling for "ninja psychic" Paddy Considine, our hero dreams of girls and good times. Imagine a Welsh Michael Cera struggling to get laid in a seaside town while up against "c*ck-riding tw*ts". Ace! ★★★★





The makers of Looking For Eric change tack with a brutal thriller, starring comedian John Bishop in a rare straight role. ★★★



British urban comedy with Adam Deacon (Kidulthood) as a wannabe gangster and musician out to try to make it big. ★★★★





Becks a nobleman! Prince Harry linked to Dracula! Really! Read on...

he census has been filled out by folk in England and Wales since 1801 and is a goldmine of pub ammo about famous types' past – like our sexy secretary Lou, whose granny worked at the London Rubber Company in the '50s checking condom packaging! And just check out the bonkers background of these celebrities, courtesy of Ancestry.co.uk!



David Beckham

n England legend he may be, but it appears the man dubbed Goldenballs by his own missus is probably related to some old nobleman. That's because genealogists believe all



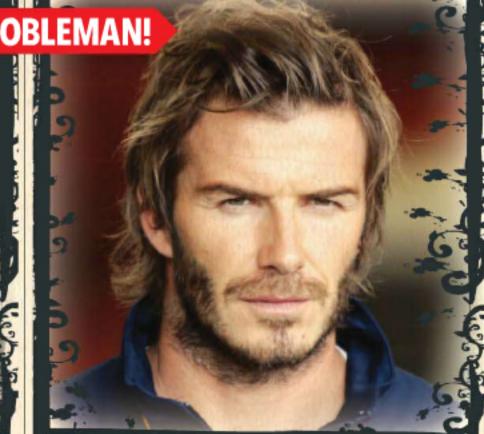
bearers of the name Beckham can trace their roots back to Sir Roger de Narford, who was granted the manors of East and West Beckham in Norfolk by King Edward III way back in the 14th century. Obviously, he didn't want a poncey French-sounding name, so swapped it for Beckham. Which is good thing, 'cos it wouldn't have sounded the same if the commentator had said. "I don't believe it! David de Narford scores the goal that takes England all the way to the World Cup finals!"



he supermodel and allround party girl is a Londoner through and through. Researchers have traced her family back 200 years in the capital. But she's not the first

member of the family to make a living out of the fashion trade. That privilege goes to her greatgrandmother, who's listed in one census as the "mantle maker of fashionable cloaks".





Robert Pattinson

this one. Pattinson, who plays blood-sucking Edward Cullen in the Twilight film series, is related to the 15th-century Romanian nutter Vlad the Impaler, who was the inspiration for the character of Dracula in Bram Stoker's 1897 novel. Researchers discovered that the pair share the unholy connection through our very own royal family. Pattinson is distant cousins with Princes William and Harry on their father's side,



making Mr Impaler a distant





f we told you that Mr Jolie and the President of the United States are ninth cousins, you'd laugh, right? Well, before settling in the US, Pitt's ancestors lived in Wales, Ireland and Germany, and he's linked via the



same eighth great-grandfather, Edwin Hickman, to Barack Obama. But it doesn't stop there – he's also related to former US president George W Bush! If the acting dries up, maybe Brad should give politics a go?





ho'd have thought that the sweet-talking American pop superstar could trace her ancestry back to north London? Historic marriage records reveal that her greatgrandparents were married near Tottenham in the English capital. Just think – if things had turned out differently and her ancestors hadn't decided to emigrate to America, she may well have turned out to be a member of N-Dubz! And instead of shaving her head, she'd spend her spare time cheering on Spurs!



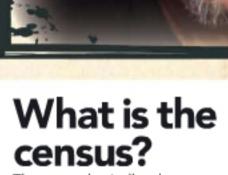


The census basically takes a snapshot of the nation. Every household in England and Wales receives a questionnaire asking about the job, health, education etc of every person living there, and the stats are used by the government to plan how best to run the country. After 100 years, records are made public, so websites such as Ancestry.co.uk are a great way to find out more about your past. Who knows what you

may find out – you may even be related to David Beckham!

Go to <u>nuts.co.uk/census</u> for our famous folks family tree game and a chance to win a 3D TV!





NUTS Footy, aliens, gladiators and Essex. It's all here! 7-DAY TV

LISTINGS

GUIDE! "Er, I think she's fallen asleep!" Bumming wa SUNDAY **Battle of the Blues!** Chelsea vs Man City Sky Sports 1/HD, 3.30pm "So this is the Emirates?" **MONDAY** Gladiators, ready!
Spartacus: Gods Of The Arena Sky1/HD, 10pm "I told you that Atkins diet v too much!" **THURSDAY** SUNDAY The Essex girls return!
The Only Way Is Essex ITV2, 10pm The aliens are back! V Syfy/HD, 9pm

FRIDAY 18 MARCH



Kick-Ass

Glazers!"

FILM Sky Movies Prem/HD, 8pm Aaron Johnson plays the kid who decides to become a superhero in this ace action-comedy. Watch out for Chloe Moretz as a show-stealing sweary hero. ★★★★

True Blood FX/HD, 10pm

DRAMA You can keep Twilight – this is where it's at for our vampire

fix. Tonight, Jesus gets more interested in V. So entertaining, we're tempted to describe it as fang-tastic. But we won't. ****

"Your car's in safe hands, sir!" THE RUDE ROAD TRIP

TODAY'S

MUST-SEE

TV PICKS!

Comic Relief

COMEDY BBC1/HD, 11.05pm The charity gag-fest cranks

things up a bit. Highlights include a special I'm Alan Partridge episode and a rude road trip with The Inbetweeners. Ace! ★★★

one

6.00am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Empty Homes 11.30 Cash in the Attic 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country: Properties in Wiltshire. 3.00 BBC News, Weather, Regional News 3.05 CBBC 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 Comic Relief 2011 7.00 Britain By Bike

Yes, it's that time of year again when everyone sticks on a big red hooter and goes around throwing custard pies in perfect strangers' faces. Something like that, anyway. Included in this section of the proceedings is a special edition of Outnumbered starring grumpy tennis player Andy Murray, and a fun-sized episode of Doctor Who. For the truly unmissable stuff, though, you'll have to check back in

after the news, which is coming...

10.30 News, Weather

11.05 Comic Relief 2011 MISSESS The final part of the charity event, and it looks like being a corking couple of hours. Alan Partridge and The Inbetweeners? Comedy gold, the pair of 'em!

TWO

6.00am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Murder (R) 1.45 To Buy or Not to Buy 2.30 Restoration Roadshow (R) 3.00 Flog It! Ten of the Best: Warsime Items. 3.45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

Pedalling pants with Clare Balding, who this week tours Yorkshire. (R)

7.30 An Island Parish

Fr John Paul tries to improve his skills in the kitchen. Er, microwave?

8.00 Mastermind

The third semi-final. It'll be getting ludicrously swotty by now.

8.30 Gardeners' World

9.00 African Railway

10.00 Great British Railway Journeys

Michael Portillo visits Preston, Blackpool and Morecambe Bay. If the trains aren't cancelled. (R)

10.30 Comic Relief 2011

11.05 Newsnight

11.40 The National Lottery Friday Night Draws

11.50-2.15am ICC Cricket World Cup Highlights

Ireland vs Netherlands and New Zealand vs Sri Lanka.

12.50-2.15am Murder in Mind

Thriller starring Nigel Hawthorne and Mary Louise Parker.

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 The Man Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News

7.00 Emmerdale

Some people argue with some other people. The same as ever, then.

7.30 Coronation Street In case you hadn't noticed, this is an

hour-long episode. Probably a good idea to flick to Sky1, in otherwords.

8.30 Die Another Day

O07's globetratting pursuit of a North Korean temprist leads him into encounters with a shady billionaire businessman and an enigmatic American spy.

10.00 ITV News, Weather

10.35 Die Another Day

The last bit of the final outing for Pierce Brosnan as Bond, but he did get to hang out with Halle Berry and drive an invisible car, so he's not getting too much of our sympathy.

11.30 Take Me Out

A farmer, a magician, a sales adviser and a finance manager try to impress 30 single women. We prove a bigger draw than the finance manager, somehow. (R)

12.40am The Zone

2.40 In Plain Sight: Drame. (R) 3.30-5.30am ITV Nightscreen

Raymond (R) 7.55 Frasier (R) 8.30 The Morning Line 9.30 According to Jim (R) 10.00 The Good Wife (R) 10.55 Gok's Clothes Roadshow (R) 12.00noon News 12.05pm River Cottage Bites (R) 12.25 Cheltenham Festival 4.15 Deal or No Deal 5.00 Come Dine with Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

6.00am The Treacle People (R)

6.10 The Hoobs (R) 7.00 Freshly

Squeezed 7.30 Everybody Loves

decaf tea is not 'the same thing'!"

7.00 News

7.20 Channel 4 Racing

Another chance to see this aftemoon's top-notch nag-running in the Cheltenham Gold Cup.

7.25 4thought.tv Ramblings about religion.

7.30 Planning Outlaws Three individual struggles against planning regulationzzzzz.

8.00 Relocation: Phil Down Under

Phil Spencer puts in more hard yakka hunting for properties on the Sunshine Coast, Queensland. (R)

9.00 I, Robot

A maverick cop investigates when a robot gets blamed for the death of a scientist. Oh, yeah - that's it, always blame the robot.

11.10 Rude Tube: Ultimate Champions

A look at more nutty champions of the online universe. (R)

12.10am 10 O'Clock Live

David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne. (R)

6.00am Milkshake! 9.15 The WrightStuff 11.05 Colin and Justin's How Not to Decorate (R) 12.00moon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.10 IIII Jenifer: Fact-based medical drama starring Laura San Giacomo. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Vets in Action

A racehorse is frightened of the starting stalls. (R)

8.00 Ice Road Truckers

More slippery driving fun. Tanight, Alex Debogorski helps a man injured in a road accident.

9.00 The Mentalist

Lisbon and Rigsby examine the murder of a film-maker.

10.00 Law & Order

An actor wearing blood-stained clothing is arrested for drink-driving.

10.55 NCIS

The team investigate the murder of a Navy pilot. (R)

11.55 Cops in Crisis

Stressed-out cops speak out. (R)

12.15am SuperCasino

7pm The Simpsons Mr Bums decides to commit

suicide and jumps off a cliffbut survives! (R)(HD)

7.30 The Simpsons Homerand Marge are accused

of being bad parents. (R)

8.00 Futurama

First-ever episode of the ace scifi animation series. (R)(HD)

9.00 Road Wars

Crime-cracking antics. (R)(HD)

10.00 Louie Spence's Showbusiness

Aargh! (R)(HD)

11.00 Live to Dance

American version of Gotto Dance, No. No, no, no! (R)(HD)

12.00m't Final Approach

Hijack drama with Dean Cain and William Forsythe. (R)(HD)

Sports 1. 9.30am Golf, Sky Sports 12noon New Zealand vs Sri Lanka, Sky Sports 1, 2,30pm Golf, Sky Sports 2. 7.30pm Huddersfield Glants vs Wigan Warriors, Sky Sports 1. 7.30pm Chesterfield vs Rotherham, Sky orts 2, 1:15am Ran vs South Africa, Sky Sports 1.

1.00am Comic Relief 2011: Highlights, 2.35-6.00am News

1.10 Cheltenham Festival 1.40 Music 1.55 CTRL MX 2.20 My Name Is Earl 3.05 Modern Toss 3.30 Without a Trace 4.15-5.50am EIM Gentleman's Agreement

4.05 Motorsport Mundial: High-speed action. 4.30 Animal Rescue Squad (R) 4.45 Nick's Quest (R) 5.10 Wildlife SOS (R) 5.35-6.00am House Doctor(R)

Nuts

19 MARCH SATURDAY



Spurs vs West Ham

SPORT Sky Sports 1/HD, 12.30pm It's a right tasty London dust-up between 'Arry's boys and a bunch of East End geezers battling to stay in the league.

Luvaduck, this should be a pearler! ★★★★



Boardwalk Empire

DRAMA Sky Atlantic/HD, 9pm The brill drama continues with Jimmy

returning to work for Nucky again, which is news to him. Elsewhere, Mme Jeunet pleads for a favour from Margaret. Quality! ★★★★



UFC 128 ESPN/HD, 2am

SPORT Another night of top, octagon-based bone-busting, this time

from New Jersey as Brazilian Mauricio Rua defends his light heavyweight title against American Jon Jones. Fiiiiight! ★★★★★

one

6am Breakfast 10.00 Saturday Kitchen Live 11.30 Raymond Blanc's Kitchen Secrets (R) 12.00noon BBC News, Regional News, Weather 12.15pm Pootball Focus 1.00 A Question of Sport (R) 1.30 Outtake TV (R) 2.00 IIV Six Nations Rugby Union: Scotland vs Italy from Murrayfield, kick-off 2.30pm. 4.30 UVI Six Nations Rugby Union: Ireland vs England, kick-off 5pm.

TWO

6am CBeebies 7.00 CBBC 12.05pm Diagnosis Murder (R) 12.50 The Man from Laramie: Western starring James Stewart. 2.30 Into the West (R) 4.00 Churches: How to Read Them (R) 4.30 Final Score: Did they win? Find out here. 5.15 Priceless Antiques Roadshow (R) 5.45 Escape to the Country (R) 6.30 Flog It! (R)

5.30am ITV News 6.00 CITV 9.25 Coronation Street 11.45 This Morning: Saturday 12.45pm Monk 1.40 ITV News, Weather 1.45 You've Been Framed! (R) 2.15 Doc Hollywood: Comedy starring Michael J Fox. 4.15 FEW Evan Almighty: Fantasy comedy sequel starring Steve Carell. 5.55 Regional News, Weather 6.05 ITV News 6.20 New You've Been Framed! 6.50 Harry Hill's TV Burp

6.10am Sali Mali (R) 6.15 The Hoobs (R) 7.05 Total The Track and Field Show (R) 7.30 The Grid 7.55 Speci The Morning Line 8.50 T4: Friends (R) 9.25 4Music Favourites 9.55 The Beckharns: Real Stories (R) 10.55 Glee 11.55 Great British Hairdresser 12.55pm The Big Bang Theory (R) 1.50 Channel 4 Racing 3.50 The Secret Supper Club 4.20 Come Dine with Me Extra Portions (R) 6.25 Political Slot 6.30 News 6.55 4thought.tv



6am Milkshake! 10.00 The Family Recipe (R) 10.05 TOTAL UEFA Europa League Highlights 11.10 The Gadget Show (R) 12.10pm Ice Road Truckers (R) 1.15 ELV Jane Doe: How to Fire Your Boss: Crime drama starring Lea Thompson. 2.55 Mona Lisa Smile: Period drama starring Julia Roberts. 5.05 FLV While You Were Sleeping: Romantic comedy starring Sandra Bullock.

7pm The Simpsons Homer takes drastic action when he receives a huge electricity bill. We've all been there. (R)(HD)

7.30 Futurama The Earthicans get lucky. (R)

8.00 Oops TV More people slip over banana skins. The hilarity! (R)(HD)

8.30 Futurama Fry's nose is stolen by allens. (R)

A 19th-century scientist

encounters a terrifying future.

The next few hours on BBC2

would represent a terrible

10.50 Road Wars

A carthlef causes chaos in

11.50 Road Wars

12.50am Final

Hijack drama.(R)(HD)

Approach

Crim-chasing antics. (R)(HD)

future for us. (HD)

Torquay. (R)(HD)

travelling through time

9.00 The Time

Machine

7.15 News, Regional News, Weather

7.30 Six Nations Rugby Union

The annual egg-chasing extravaganza wraps up with the dust-up between France and Wales in Paris, kidk-off 7.45pm.

10.00 The National Lottery Saturday Night Draws

Jenni Falconer presents lots of exciting-sounding draws like Thunderball and Lotto Plus 5. You may win a tenner, if you're lucky.

10.10 News, Weather

10.30 Match of the Day

MI the best bits of today's Premier League ball-belting, including Man United vs Bolton and Spurs vs the Hammers.

11.50 The Football League Show

SPORT Lower-league on/on-bag busting, including the Championship tussle between Millwall and Cardiff at the New Den.

7.30 Dad's Army

Mare from the wrinkly platoon. One foryour parents. (R)

8.00 The Art of Tommy Cooper

Documentary about the life and work of the fez-clad comedian. (R)

8.30 The Story of Variety with Michael Grade

The popularity of variety shows in the post-war years. Trust us, it's not going to get much better here until really late on. Change channels!

9.30 Christopher and His Kind

Period drama. Enough said.

11.00 The Tudors

Lardy king Henry's pleasure at the condusion of the siege of Boulogne proves short-lived.

11.50 ICC Cricket World Cup Highlights

Stump-scattering between Bangladesh and South Africa and Australia vs Pakistan. Cool!

12.50am Q&A

corruption while investigating the suspicious death of a drug dealer.

7.20 Ant & Dec's Push the Button

Two families compete for cash.

8.35 Take Me Out

Atriathlete, a property developer, a sales executive and an electrician put their heads above the parapet.

10.05 Casino Royale

James Bond pursues an international criminal responsible for financing terrorist organisations across the world. The cheeky scamp. It's Daniel Craig's first outing as Bond, and it's pretty ace, too.

11.20 ITV News, Weather

11.35 Casino Royale

The final part of the Bond

girl. Ludsy old Daniel Craig.

action thriller starring Daniel Craig.

Eva Green landed the role as Bond

7.00 River Cottage Every Day With the UK eating less fruit than

almost any other country in Europe, Hugh Fearnley-Whittingstall tries to tell us it's great. Spoilsport. (R)

8.00 Seven Ages of Britain

The third age of Britain, from 43 to 410AD. Blimey, that's yonks ago! (R)

9.05 The Happening

Sci-fi thriller from director M Night Shyamalan. It's one of the films after he went a bit rubbish, though, so don't expect it to be anything ace. A teacher and his wife try to find refuge during a bizarre outbreak of mass suicides.

10.50 Stand Up for the Week

11.45 Kalifornia

Live at the Apollo meets Mock The Weekformore topical laughs in front of a live audience, with Seann Walsh, Jack Whitehall and Rich Hall.

death of a motorist. (R)

7.15 NCIS

Amurder investigation proves complicated for McGee. (R)

7.10 5 News Weekend

8.05 CSI: Grissom's Greatest

High-level brow-furrowing abounds when the battered corpse of a woman is found in the desert. (R)

9.05 CSI: NY

Evidence from a murder scene leads to a man from Flack's past.

10.05 CSI: Miami

The team investigate the deaths of three arms smugglers killed by an electronic super-weapon. (R)

11.05 CSI: Crime Scene Investigation

Warrick and Nick examine the weird

12.05am SuperCasino

vs Pakistan, Sky Sports 1. 11.30am Kilmamockys Motherweil, ESPN. 12.30pm WUST SP Spurs vs West Ham, Sky Sports 2. 4.45pm Everton vs Fulham, ESPN. 2am MUSTARE UFC 128, ESPN.

dam Kenya vs Zimbabwe, Sky Sports 2. 9am India vs West Indies. Sky Sports 2. 1pm Sunderland vs Liverpool, Sky Sports 1. 3.30pm VUSISM Chelseavs Man City, Sky Sports 1. 6.30pm Spanish Football, Sky Sports 1.

3.00-fam Close

12.55am The Zone

3.00 Swingtown: Drama. (R)

3.45-5.30am (TV Nightscreen

with a murderer and his lover. Oops!

Awriter and a photographer

researching a book on serial killers

1.55am Melinda and Melinda: Woody Allen comedy drama. 3.35 Privileged (R) 4.20 Privileged (R) 5.05-5.55am Reaper(R)

4.00 Your Sport (R) 4.05 How Not to Decorate (R) 4.50-5.00am Meals in Moments (R)

1.15-6am BBC News

SUNDAY 20 MARCH



Chelsea vs Man City

SPORT Sky Sports 1/HD, 3.30pm
Ancelotti's men welcome City,

with both sides desperate to pick up points and secure a spot in the top four. With Spurs pushing hard, this is a huge game! ★★★★



Death Race Channel 5, 9pm

FILM Silly-but-enjoyable action nonsense with Jason Statham as a racing driver who's wrongly incarcerated in a future prison, where lags are forced into deadly car races for the public's pleasure. ***



TODAY'S

MUST-SEE

The Only Way Is Essex ITV2, 10pm

REALITY The mad, OTT, guiltypleasure reality show is back

– which means hotties galore! ★★★★

one

6am Breakfast 7.35 SECS Match of the Day (R) 9.00 The Andrew Marr Show 10.00 The Big Questions 11.00 Country Tracks 12.00 noon The Politics Show 1pm EastEnders 2.35 Weakest Link: Quizhosted by Anne Robinson. 3.20 Bargain Hunt 3.50 Escape to the Country (R) 4.50 Lifeline 5.00 Songs of Praise 5.35 BBC News, Regional News, Weather 6.00 Nigel Slater's Simple Suppers (R) 6.30 The Boat That Guy Built (R)

TWO

6am CBeebies 7.00 CBBC 10.00 Something for the Weekend 11.30 Film 2011 with Claudia Winkleman (R) 12.00noon Diagnosis Murder (R) 12.45pm The Life and Death of Colonel Blimp: Sativical drama starring Roger Livesey. 3.20 The Red Shoes: Ballet drama starring Moira Shearer. 5.30 The Spice Trail (R) 6.30 IIII MotoGP: The Oatar Grand Prix at the Losall International Circuit in Doha.

5.30am ITV News 6.00 CITV 9.25 May the Best House Win (R) 10.25 House Gift (R) 11.30 This Morning: Sunday 12.30pm Dinner Date (R) 1.25 ITV News, Weather 1.35 Columbo: By Dawn's Early Light: Mystery, 3.35 Midsomer Murders (R) 5.35 Regional News, Weather 5.50 ITV News 6.10 Harry Hill's TV Burp (R) 6.40 Dancing on Ice

5.55am Sali Mali (R) 6.00 The Treacle People (R) 6.10 The Hoobs (R) 7.00 FISH FISH Freestyle World Ski Championships 7.25 Sees That Paralympic Show (R) 7.55 T4: Friends (R) 8.50 Hollyoaks 11.20 Friends (R) 11.50 Glee (R) 12.50pm The Simpsons (R) 2.00 Four in a Bed (R) 4.30 Deal or No Deal 5.30 Time Team 6.30 News 6.55 4thought.tv



6am Milkshake! 10.00 Camilla Kerslake Live 10.30 Starlight: For the Children (R) 11.00 Stansted: The Inside Story (R) 12.00noon Cowboy Builders (R) 1pm Cowboy Builders (R) 2.00 Blood Alley: Adventure staming John Wayne. 4.15 5 News Weekend 4.20 Helfighters: Adventure starring John Wayne. 6.40 USS Stealth: Action thriller staming Josh Lucas and Jessica Biel.



7.00 Futurama First-ever episode of the top scifi animation series. (R)(HD)

7.30 Futurama Fry goes on his first trip to the moon. (R)(HD)

8.00 The Simpsons A columnist writes a series of stories about Grampa. (R)(HD)

8.30 The Simpsons Homer goes undercover to win the trust of Fat Tony. (R)(HD)

9.00 Hawaii Five-0 More silliness in the sun. Danno's former partner is murdered. (HD)

10.00 NCIS: Los Angeles Callen and Sam infiltrate a

11.00 House The grumpy medic questions his life and career. (R)(HD)

gang of corrupt cops. (HD)

12.00m't Road Wars Officers arrest a drug dealer in that notorious melting pot of

crime, er, Aylesbury? (RXHD)

7.00 Countryfile

Julia Bradbury and Jules Hudson visit the Lake Vymwy Estate in Powys. We can't pronounce it either.

8.00 Antiques Roadshow

Wrinkly, grey-haired types get all excited about trinkets.

9.00 Waking the Dead

Amissing woman is found brutally murdered in a burnt-out car.

10.00 News, Regional News, Weather

10.25 Comic Relief Highlights 2011 Red-nase-danning fun.

11.25 Stand Up for Comic Relief

Three broadcasters try to become stand-up comedians. Emphasis very much on the "try to" part.

11.55 Reggie Perrin

The success of the new product range leaves Reggie with a difficult decision to make. (R)

12.25am Reggie Perrin The Penins deal with the revelation

of Nicola's affair. (R)

12.55 Lead Balloon Catch this while you're waiting for

the new series to start in May. (R)

kneecaps going round comers in opening race of the season. (R)

8.00 Top Gear

Jezza, the Hamster and Captain Slow test-drive cars in Romania. (R)

9.00 Wonders of the Universe

Alboffin looks at how gravity influences events across the universe. Clever old gravity, eh?

10.00 Match of the Day 2

A look at the day's top-flight footy, including, Chelsea vs Man City and Sunderland vs Liverpool.

11.00 ICC Cricket **World Cup Highlights**

The day's leather bashing between Kenya and Zimbabwe and Indians West Indies.

12.00m't MotoGP

Slightly nutty blokes risk their

8.30 Duran Duran: One Night Only

The oldie band celebrate 30 years in the music industry. With a nice cup of tea and some buns, probably.

9.30 Dancing on Ice: The Skate Off

More celebs with two left, er, skates are given a well-eamed boot.

10.00 ITV News, Weather

10.15 Leah's Dream

The story of a nine-year-old who suffers from dementia.(R)

11.15 Anglo-Welsh **Cup Rugby Union**

Peanut-hugging action with highlights of the final at Franklin's Gardens, Northampton.

12.10am The Zone

7.00 Come Dine with Me Four dinner party hosts complain

about each other's cooking in the Warwickshire town of Numeaton.

8.00 Civilization: Is the West History?

The contrasting fortunes of North and South America.

9.00 Country House Rescue

An 18th-century Georgian mansion in south-west Scotland that could probably do with knocking down.

10.00 Shooter

Aformer Marine sniper framed for the assassination of an African archbishop fights to prove his innocence. Mark Wahl berg stars.

12.25am The NME Awards 2011

Angelos Epithemiau hosts the tapnotch ceremony, with turns Arcade Fire, PJ Harvey, and the Foo Fighters, rang others. Ace! (R)

9.00 Death Race

www.bas Big-budgetremoke-of the 1975 B-movie Death Race-2008. staming Jason Statharm and Jean Allen. This is pretty good, too, in a daft kind of way. Switch your brain off an enjoy! With Ian McShane.

11.10 Knock Off

It's Channel 5, it's Sunday night and - you guessed it! - it's another Jean-Claude Van Damme actioner. Afashion designerjoinsup

with a CIA agent to try and stop terrorists getting theirhandson microscopic bombs.



Tacebook.

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facebook.com/nuts.magazine

1.30 Sign Zone: Faulks on Fiction (R) 2.30 Holby City(R) 3.30 Romancing the Stone: The Golden Ages of British Sculpture (R) 4.30-6am BBC News

1.30 TIM The Blue Tower: Lowbudget romantic thriller starring Abhin Galeya. 3.00 BBC News 4.30-5am (2001) The Super League Show 2.00 Highlander: Sci-fraction thriller starring Christopher Lambert. 4.00-5.30am ITV Nightscreen

1.45 The Strangest Hotel in Britain (R) 2.40 The Family (R) 3.50 Without a Trace (R) 4.35 Reaper: Cornedy. (R) 5.25-5.55am Wogan's Perfect Recal (R)

1am SuperCasino 4.00 PEST Your Sport (R) 4.05-4.50am How Not to Decorate (R)

Nuts

21 MARCH MONDAY



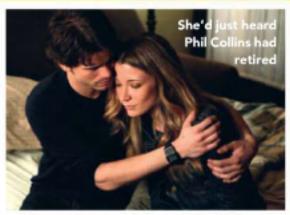
Ross Kemp: Extreme World Sky1/HD, 9pm

The series ends with a look at modern-day human trafficking. But where? The UK, incredibly! ★★★★



Spartacus: Gods Of The Arena Sky1/HD, 10pm

DRAMA A clear attempt to outdo Blood & Sand for nudity, sex and gore. And that's why we'll be watching! ★★★



The Event

DRAMA Channel 4/HD, 11.05pm lt's good to have this back on our screens! President Martinez reasserts his authority, while Sophia learns more details of Thomas' murderous rampage. ★★★

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Empty Homes 11.30 Hunt 1.00 BBC News, Weather 1.30 3.00 BBC News, Weather, Regional

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Meerkat Manor (R) 12.00 noon Daily Politics 12.30pm GMT with George Alaqiah 1.00 Diagnosis Murder(R) 1.45 To Buy or Not to Buy 2.30 Restoration Roadshow(R) 3.00 Flog It! 3.45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 515 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

5.55am Yo Gabba Gabba! (R) 6.20 The Hoobs (R) 7.10 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.05 Supernanny USA 10.00 The Good Wife (R) 10.55 Relocation, Relocation (R) 12.00noon News 12.05pm The TV Book Club 12.30 Arizona Raiders: Western. 2.10 Cookery School 3.10 Countdown 3.55 Dealor No Deal 5.00 Come Dinewith Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks



6am Milkshake! 9.15 The Wright Stuff 11.05 Cowboy Builders (R) 12.00moon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.15 LLES ker. Countdown to D-Day: Historical drama starring Torn Selleck: 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

Cash in the Attic 12.15pm Bargain Regional News, Weather 1.45 Doctors 2.15 Escape to the Country News 3.05 CBBC 5.15 Weakest Link: General knowledge quiz. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show Live topical jibber-jabber.

7.30 Bang Goes the Theory

What makes things sticky. Er, glue?

8.00 EastEnders

Lauren becomes increasingly frantic. We know how she feels. Where have we left the remote?

8.30 The Big Squeeze: Panorama

How households are affected by the current financial situation. Badly, would be our guess.

9.00 Waking the Dead Peter Broading admits he was part

of Fenchurch's comupt regime.

10.00 News, Weather

10.35 Mrs Brown's Boys Acomedy. One we don't care about.

11.05 Late Kick Off

\$3000 A round-up of the weekend's lower-league footy action.

11.35 A Bronx Tale

Italian-American boy growing up in the Branx during the '60s.

Klein (R) 4.00-6am BBC News

7.00 Nicolas Sarkozy: President Bling Bling?

The French president's decline in popularity. Well, it can't be because of his missus, Carla Bruni. She's hot!

8.00 University Challenge

Paxo terrifies more spoddy students into answering questions correctly.

8.30 Raymond Blanc's Kitchen Secrets

The poncey chef shares his love of cooked and preserved meats.

9.00 The Secret War on Terror

The use of drone aircraft to target suspected terrorists.

10.00 Never Mind the Buzzcocks

Jack Whitehall guest hosts the nutty comedy music quiz. (R)

10.30 Newsnight

11.20 Cabaret

Oldie, multi-Oscar-winning taming Liza Minne singerworking in '30s Berlin.

7.00 Emmerdale

Jairefuses to invest in the pub. The man's clearly mad.

7.30 Coronation Street

Becky goes on a drunken rampage. On the super-strength Newton and Ridley again, Bedry?

8.00 The Lakes

Rob Rose comes to a decision about his smallest litter of micro-pigs. The suspense is killing us.

8.30 Coronation Street More stress on the street.

9.00 Law & Order: UK A pregnant doctor is found beaten to death in a hospital carpark.

10.00 ITV News, Weather

10.35 Real Crime with Mark Austin: Yvonne Fletcher -Justice Betrayed

Evidence to do with the killing of the police officer in 1984.(R)

11.35 River Monsters

Jeremy Wade tracks down a snakehead fish. It can apparently kill people, breathe air and walk on nd. Oh, and it's known as the ' the Ripper" of fish. So, anyone want one as a pet, then? Us neither. (R)

12.35am The Zone

7.55 4thought.tv

7.00 News

8.00 Dispatches: Train Journeys from Hell

A show about high ticket prices, overcrowded carriages and cancellations. Might be worth checking out, if you're not still stuck on one trying to get home.

9.00 One Born Every Minute

A couple await the arrival of their fifth son. Blimey - they've been keeping busy, haven't they?

10.00 Heston's Chocolate Factory Feast

Dishes that remind Heston Blumenthal of the '60s. (R)

11.05 The Event

MUSTERN Confusing-but-decent drame with Blair Underwood.

12.05am Music on 4: Russian Standard Originals Presents

A performance by Plan B.(R) 12.35 4Play: Diagram

12.50 European Poker Tour

of the Heart

Action from Barcelona, featuring Noah Boeken.

7.00 5 News at 7

7.30 How Do They Do It?

Robert Llewellyn finds out haw some of the world's largest propellers are manufactured.

8.00 The Gadget Show

Jason Bradbury tries to break a landspeed record using a jet-powered skateboard. This is sure to end badly.

9.00 Romeo Must Die

Martial arts thriller starring Jet Li and and Isaiah Washington.

11.20 Death Race

If you missed this last night, here's your chance to catch it again now. An inmocent ex-racing driver is banged up on Terminal Island and forced to compete in the prison's deadly Death Race. Nasty!

7pm The Simpsons Homer is sentenced to ten years in prison. (R)

7.30 The Simpsons Skinner and Mrs Krabappel get engaged.(R)

8.00 Road Wars

DazAcriminal is pursued on foot down a dark lane. (R)

9.00 Ross Kemp: Extreme World

MISSESSE Eye-opening account of human trafficking. (HD)

10.00 Spartacus: Gods of the Arena

MISTAGE Prequel to Spartacus: Blood and Sand. Expect nakedness. And lots of it! (HD)

11.15 Extraordinary Illnesses

Women who suffer constant physical arousal. Heck! (R)

12.15am Border Invasion USA

The work of Arizona's elite police units. (R)(HD)

8.30am Curling, Eurosport 2pm Curling, Eurosport 4pm Beach Lisbon, ESPN. 5.15pm Beach Soccer: Barcelona vs Boca Juniors, ESPN. 7.30pm MK Dons vs Peterborough, Sky Sports 1.

5.15 pm Beach Soccer, Barcelona vs. AC Milan ESPN. 6.30pm Beach Soccer, ESPN. 7.30 pm Scottish Cup Football, Sky Sports 1. 7.30pm Greyhound Racing, Sky Sports 2. 7.45pm Beach Soccer, ESPN.

1.20am An Island Parish: Dull 1.30am Sign Zone: Silk (R) 2.30 Romancing the Stone: The Golden Ages of British Sculpture (R) 3.30 Life in a Cottage Garden with Carol

- documentary. (R) 1.50 BBC News 4.00-6am BBC Learning Zone
- 2.35 UEFA Champions League Weekly 3.05 The Jeremy Kyle Show: Shouty show: (R) 3.55-5.30am (TV Nightscreen
- 1.45 Rome Wasn't Built in a Day 2.35 Royal Deaths and Diseases 3.30 Codex 4.25 The Bible: A History 5.20 Chrono-Perambulator 5.35-6am Wogan's Perfect Recal
- 1.20am SuperCasino 4.05 The FBI Files (R) 4.55 Animal Rescue Squad (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor (R)

TUESDAY 22 MARCH



The Cleveland Show

COMEDY E4/HD, 10pm

Cleveland gets courtside tickets for a basketball game, but gets the players' hackles up by heckling. Rollo, meanwhile, befriends a dwarf! ****



White Van Man

COMEDY BBC3, 10.30pm Promising new sitcom with Will Mellor from Two Pints Of Lager... as a wannabe chef who takes over the family's handyman business. Worth a look. ★★★



TODAY'S

MUST-SEE

Treme Sky Atlantic/HD, 11pm

DRAMA From the people who gave us The Wire, the series about

rebuilding in the aftermath of Hurricane Katrina continues, starring many familiar faces from The Wire itself. $\star\star\star\star$

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Empty Homes 11.30 Cash in the Attic 12.15pm Bargain Hunt 1.00 BBC News, Weather 1.30 Regional News, Weather 1.45 Doctors 2.15 Escape to the Country 3.00 BBC News, Weather, Regional News 3.05 CB8C 5.15 Weakest Link 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.35 Meerkat Manor (R) 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Murder (R) 1.45 To Buy or Not to Buy 2.30 Restoration Roadshow (R) 3.00 Flog It! 3.45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6am Yo Gabba Gabba! (R) 6.25 The Hoobs (R) 7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.05 Supernanny USA 10.00 1111 Brothers & Sisters 10.55 A Place in the Surr. Home or Away (R) 12.00moon News 12.05pm [III] Operation Amsterdam 2.05 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 11.05 Cowboy Builders (R) 12.00noon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.15 HEM Heart of a Stranger: Melodrama starring Jane Seymour. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Extraordinary Dogs

The ways in which dogs help people,

including two border collies that

chase birds from an airport runway.

They're not doing that to help us!

The Mystery Revealed

The Egyptian pharaoh's early years.

Blimey, that's going back a bit! (R)

They just like chasing 'emil

8.00 Tutankhamun:

7pm The Simpsons Marge tries to halt a campaign against children. (R)

7.30 The Simpsons Homerstrikes up a friendship with Chief Wiggum. (R)(HD)

8.00 Live to Dance American version of Gotto Dance, Gives us headache just thinking about it.(R)

9.00 The Time Machine

BILLI A scientist travelling through time to change the course of history encounters a

terrifying future. Well, if he will insist on messing with stuff he doesn't know...(HD)

10.50 Brit Cops: Frontline Crime UK

Cops as they tackle street crime around Wales. (R)

11.50 Border Invasion USA

The work of Arizona's elite police units. (R)(HD)

12.50am Border Invasion USA

As above. Obviously. (R)(HD)

7.00 The One Show

7.30 EastEnders More misery at the market stall.

8.00 Holby City

And speaking of misery....

9.00 Silk

Live nattering.

Martha refuses to accept an easy victory during a prosecution case.

10.00 News, Weather

10.35 Neighbourhood Watched

A homeless man moves into his elderly grandmother's home.

11.20 Jobless

People on the dole. (R)

12.25am Sign Zone: See Hear

Abrass player recalls performing for Prince Harry. (R)

12.55 Human Planet

Jaw dropping series. This looks at how nature has adapted to life in

1.55 When Teenage Meets Old

Age (R) 2.55 New Novelists: 12

3.55-6am BBC News

of the Best from the Culture Show (R)

7.00 Wonders

of the Universe

Why gravity's ace, or something. (R)

8.00 The Hairy Bikers:

most impressive dishes. And by

Pizza impresses us, to be honest.

Theories that suggest the man

10.00 Have I Got Old

With guest host Martin Clunes. (R)

9.00 Bible's

Buried Secrets

upstairs had a wife.

News for You

10.30 Newsnight

Three women in Wales prepare their

impressive, they mean complicated.

Mums Know Best

7.00 Emmerdale

Your daily dollop of combine harvester-related codswallop.

7.30 Grimefighters

London's Chinatown celebrates the Year of the Rabbit, leading to loads of mess to clear up afterwards.

8.00 Lion Country

More fun with the big furry things.

9.00 Caroline Quentin: A Passage Through India

The actress reaches the southern tip of the sub-continent.

10.00 ITV News, Weather

7.00 News

7.55 4thought.tv

8.00 Supersize vs Superskinny Kids Kids with cruddy diets,

including a 17-stone teenager.

9.00 Katie: My **Beautiful Friends**

Katie Piper sets out to help people living with disfigurements.

10.00 Lily Allen: From Riches to Rags

11.05 The Big C

The singer explains her decision to take a break from music.

Cathy and Sean go to see their dad.

11.45 School of Comedy

take on the adult world. Not bad.

12.15am UK & Ireland

Card-laying antics featuring

more vaguely threatening-looking blokes wearing shades.

Adolescent comics present their

9.00 **CSI**

An internet hoax is linked to the murder of a prostitute.

10.00 CSI: Miami

Pop star Phoebe Nichols reportedly burns to death on stage. (R)

CSI: NY

found stabbed to death on his wedding day. (R)

11.55 CSI A house sale tums into a murderinguity.

12.55am Super

Casino

4.05 The FBI Files (R) 4.55 Animal Rescue Squad (R) 5.10-5.35am Wildlife SOS (R)

Abridegroom is

Choose your download and text the KEYWORD to 88888

Download your product, sit back and enjoy

11.20 Storyville -American Idol: Reagan

Allook at the career of two-term US president Ronald Reagan. Not footage of him appearing on a singing contest, sadly.

1am BBC News: The day's headlines.

4.00-6am BBC Learning Zone

10.35 Thirteen

A teenage girl coping badly with her parents' break-up sinks into a world of drugs, sexual experimentation and crime.

12.25am The Zone

2.25 Crossing Jordan: Drama.

1.15 Skiing (R) 1.45 Skiing The Grid (R) 2.10 SEES KOTV Boxing Weekly 2.40 Storal Sailing (R) 3.05 (200) Triathlon (R) 4.55-

5.55am Full Metal Challenge (R)

3.15-5.30am ITV Nightscreen

Nuts

23 MARCH WEDNESDAY



The Social Network

FILM Sky Box Office/HD, from 6am Jessie Eisenberg plays Facebook founder Mark Zuckerberg in a drama about the rise of the geeky billionaire. Look out for new Spider-Man, Andrew Garfield. ★★★



The Sopranos

Sky Atlantic/HD, 9pm When
AJ gets himself drunk on some

sacramental wine, Tony decides his errant son is doomed, and turns to Dr Melfi for spiritual guidance. Absolutely classic stuff! ★★★★



Sons Of Anarchy

DRAMA 5 USA, 10pm Chibs is released from hospital, but is in trouble again in no time, pulling a gun on Edmond and encountering his old IRA boss Jimmy O'Phelan! ★★★★

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Empty Homes 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, 5.15 Weakest Link(R) 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

7.00 The One Show

Guy Martin makes a fin can. Why?

Grantly and Ruby form an unlikely

The contestants cook for Bertie de

8.00 Waterloo Road

Topical magazine show.

7.30 The Boat

That Guy Built

Because he, er, can.

creative partnership.

Exchequer

Night Draws

Boring!

9.00 MasterChef

Rougemont, whoever he is.

10.40 The National

Lottery Wednesday

10.50 Would I Lie to You?

Ace comedy panel show hosted by

Welsh comic Rob Brydon. (R)

11.20 Shattered Glass

Fact-based drama starring

12.50am Weatherview

1.50 Toughest Place to Be a Midwife

Boat That Guy Built 3.50 Romancing

the Stone: The Golden Ages of British

Sculpture 4.50-6am BBC News

2.50 Baking Made Easy 3.20 The

Hayden Christensen.

12.55 **Sign Zone**:

Country Tracks (R)

10.00 News, Weather

10.35 Budget Statement

by the Chancellor of the

TWO

6am CBeebies 7.00 CBBC 8.30 CBeebies 11.30 The Budget 2011 3.30pm Flog It! Travels Around Britain: Rural Crafts (R) 3.45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.20pm The Chancellor's Budget An ITV News Special 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders: Crime drama. (R) 5.00 The Chase (R) 6.00 Regional News, Weather 6.30 ITV News 6.55 Budget Statement by the Chancellor of the Exchequer

7.00 Emmerdale

Chaase Emmerdale. Chaase sheep

stood on hills. Choose endless

ploughing. Choose cows, pigs

and goats. Choose fields and

farmyards. Choose wool. Choose

Sky1. Yeah, choose that, actually.

7.30 The Unforgettable

8.00 Midsomer Murders

murder of a DJ in the world's most

Profile of the Carry On star. (R)

John Barnaby investigates the

unlikely crime capital.

Sid James

Emmerdale. Er, or The Simpsons on

5.55am Yo Gabba Gabba! (R) 6.20 The Hoobs (R) 7.15 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.05 Supernanny USA 10.00 Brothers & Sisters 10.55 Country House Rescue (R) 12.00noon News 12.05pm Kipps: Cornedy drama. 2.05 Cookery School 3.10 Countdown 3.55 Deal or No Deal 5.00 Come Dinewith Me 5.30 Coach Trip 6.00 The Simpsons (R) 6.30 Hollyoaks

7.00 News

7.55 4thought.tv

8.00 Supersize vs

Superskinny Kids

A 12-year-old ballet dancer and a

Jamie Oliver examines whether

a classical education could still be

useful. Infinitely more useful at the

10.00 The Model Agency

moment would be the remote.

bullied 11-year-old boy receive help.

Religion and things.

9.00 Jamie's

Dream School



6am Milkshake! 9.15 The Wright Stuff 11.05 Cowboy Builders (R) 12.00moon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 House(R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 The Family Recipe (R) 3.15 HEED Flood: A River's Rampage: Disaster movie starring Richard Thomas. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

7.30 Starlight:

9.00 NCIS

For the Children

goes to Disneyland Paris.

Asix-year-old from Burton-on-Trent

8.00 Emergency Bikers

assassination-attempt investigation.

A pregnant student is murdered. (R)

More ill people receive help. (R)

Tony's father is linked to an

10.00 Law & Order:

11.00 Law & Order:

old's claims that she's been

11.55 Poker

Special Victims Unit

The team investigate a nine-year-

molested by herfootball coach. (R)/s

Holding an folding fun from

another big tournament.

Criminal Intent

7pm The Simpsons Homerand Marge play for a curling team in the Winter Olympics. (R)(HD)

7.30 The Simpsons Grampa gives each member of the family \$50.(R)(HD)

8.00 Louie Spence's Showbusiness Camp dancing nonsense. (HID)

9.00 An Idiot Abroad Karl Pilkington reflects on his travels. Hilarious stuff. (R)(HD)

10.00 Fringe Walter meets one of his

musical heroes. (HD)

Want loads of nudity and allround rudeness? Watch this then - it's the prequel to Spartacus: Blood and Sand,

12.15am Ross Kemp: Extreme World

11.00 Spartacus: Gods of the Arena

staming Dustin Clare. (R)(HD)

The actor exposes human trafficking in the UK. (R)(HD)

Weather, Regional News 3.05 CBBC

7.00 Escape to the

A couple who want a big house with at least four bedrooms and an acre of land. A bit skint, then?(R)

8.00 Great British Food Revival

James Martin makes stuff with apples. May we suggest cider?

About Lions

10.00 Mock the Week Again

Whitehall and Holly Walsh. (R)

11.20 Budget Statement by the Chancellor of the Exchequer

Not this again! Do one! (R)

11.25 ICC Cricket World

19001 The first quarter-final at the Shere Bangla National Stadium in

12.25am BBC News

4.00-6am BBC Learning Zone

10.35 Mercury Rising

A jaded FBI agent goes on the run with an autistic nine-year-old boy who has cracked a secret government code. Bruce Willis stars.

12.40am **The Zone**

10.00 ITV News, Weather The castings for London Fashion Week are in full swing.

From Riches to Rags The singer talks about taking a break from the music industry. (R)

11.05 Lily Allen:

12.10am Music on 4: Mercury Prize Sessions

A performance by electronic trio Magnetic Man. (R)

12.30 4Play: lamie W

A profile of the singer-songwriter.

12.45 4Play: Emin Another profile.

12.55am SuperCasino

Sports 1. 4pm Beach Soccer, ESPN. 7.30pm Football: Northern Ireland U-16s v England U-16s, Sky Sports 2. 7.45pm Beach Soccer, ESPN. 8pm Boxing, Sky Sports 1. 12m t NBA Basketball, ESPN.

SPORT

8.30am ICC Cricket World Cup. Sky Sports 1. 8.30am Australian Rules Football, ESPN. 11am Golf, Sky Sports 2. 3.30pm Golf, Sky Sports 2. 7pm Darts, Sky Sports 1. 7.30pm Women's Footbal ESPN. 11pm Ice Hockey, ESPN.

Country

9.00 The Truth

What makes ligns tick.

With guests Milton Jones, Jack

10.30 Newsnight

Cup Highlights

Mirpur, Bangladesh.

2.45 Perfect Strangers: Romantic comedy staming Rob Lowe.

4.15-5.30am ITV Nightscreen

1.00 The Album Chart Show Spotlight 1.15 Imelda May 1.30 Frontier House 2.25 The Battle of Hood and Bismarck 3.55 BLV Belle Starr 5.25-6.10am Countdown

4.05 The FBI Files (R) 4.55 Animal Rescue Squad (R) 5.10 Wildlife SOS (R) 5.35-6am House Doctor(R)

THURSDAY 24 MARCH



V Syfy/HD, 9pm

DRAMA The second series of the drama about an alien invasion

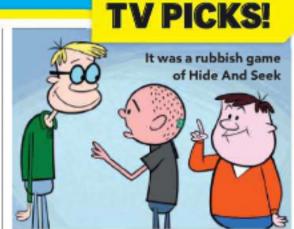
in which the blighters want to take over Earth begins. Still, there are some hotties among them, so it's not all bad! ★★★



30 Rock Comedy Central, 10.30pm

COMEDY The writing team discover Jack (the ace Alec Baldwin)

used to be a voiceover artist, so they use his voice to play a prank. Liz, meanwhile, tries to become popular in the office. $\star\star\star\star\star$



TODAY'S

MUST-SEE

The Ricky Gervais

Show Channel 4/HD, 11.30pm

COMEDY Karl talks about medicine, animals and gadgets, while Ricky and Steve laugh at him. Ace! ★★★

one

6am Breakfast 9.15 Heir Hunters 10.00 Homes Under the Hammer 11.00 Britain's Empty Homes 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 Weakest Link: Against-the-clock quiz. 6.00 BBC News, Weather 6.30 Regional News Programmes, Weather

TWO

6am CBeebies 7.00 CBBC 8.30 (Beebies 11.30 See Hear 12.00noon Daily Politics 12.30pm GMT with George Alagiah 1.00 Diagnosis Murder (R) 1.45 To Buy or Not to Buy 2.30 Restoration Roadshow (R) 3.00 Flog It! 3.45 Helicopter Heroes (R) 4.30 Pointless 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads (R) 6.30 Royal Upstairs Downstairs

5.30am ITV News 6.00 Daybreak 8.30 Lonaine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30pm Loose Women 1.30 ITV News 1.55 Regional News 2.00 60 Minute Makeover 3.00 The Alan Titchmarsh Show 4.00 Midsomer Murders (R) 5.00 The Chase 6.00 Regional News, Weather 6.30 ITV News

6.10am The Treade People (R) 6.20 The Hoobs (R) 7.10 Freshly Squeezed 7.40 Everybody Loves Raymond (R) 8.05 Frasier (R) 8.35 Friends (R) 9.10 Supernanny USA 10.00 Brothers & Sisters 10.55 The Restoration Man (R) 12.00noon Channel 4 News 12.05pm IIIII Good Morning, Miss Dove 2.05 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 11.05 Cowboy Builders (R) 12.00noon Meals in Moments (R) 12.10pm 5 News Lunchtime 12.20 House (R) 1.15 Home and Away 1.45 Neighbours 2.15 The Vanessa Show 3.05 Rough Guide to Adventures (R) 3.25 IIII Claire: Thviller starring Valerie Bertinelli and Peter Jason. 5.00 5 News at 5, Weather 5.30 Neighbours (R) 6.00 Home and Away (R) 6.25 OK! TV

7.00 5 News at 7

pretty wild like that. (R)

8.00 The Blasters

Gustafson family.

7.30 How Do They Do It?

production of electric shavers. He's

Docu about demolition experts the

9.00 High Plains Drifter

mysterious gunslinger is hired to

from three vengeful outlaws. Cool!

protect a remote frontier town

Western directed by and

starring Clint Eastwood. A

Robert Llewellyn explores the

7.00 The One Show Topical stories.

7.30 EastEnders Jellied eel-based drivel.

8.00 DIY SOS: The Big Build - Haydock Nail-bashing nonsense.(R)

9.00 My Big Fat Fake Wedding: Panorama A report on sham marriages.

10.00 News, Weather

10.35 Budget Response

10.40 Question Time More banging on about the budget.

11.40 This Week The pastweek in politics. Groan.

12.30am Sign Zone: The Big Squeeze: Panorama How households are affected by the current financial situation. (R)

7.00 Windfarm Wars

Documentary following the progress of a proposed wind farm.

8.00 A Farmer's Life for Me

Real-life Emmerdale. Speaking of which, avoid ITV1 at all costs.

9.00 The British at Work

Kirsty Young examines employment in the '80s and '90s.

10.00 The Grumpy Guide to Work

Celebrities bemoan the daily grind of air-conditioned offices, pointless tasks, and the same faces every day. Hang on -celebrities? What would they know about it? (R)

10.30 Newsnight

11.20 Budget Response There's no escaping it. (R)

11.25 ICC Cricket World Cup Highlights The second quarter final in Ahmedabad, India.

12.25am BBC News

7.00 Emmerdale

Straw-chewing rubbish.

7.30 Too Old to Be a Mum?: Tonight

8.00 Emmerdale

Fictional A Farmer's Life for Me. Speaking of which, avoid BBC2 at all costs. Give Sky1 a go instead!

8.30 Coronation Street Terraced-house twaddle.

9.00 Monroe

Springer tries to cover up the fact that he has "mislaid" a patient. Hmm, have you checked down the side of the settee, Springer?

10.00 ITV News, Weather

10.35 Gone in Sixty Seconds

Action thriller starring Nicolas Cage as a legendary former carthief who rounds up his old gang to steal 50 cars in one night. Show off.

12.45am **The Zone**

7.00 News

7.55 4thought.tv

8.00 Supersize vs Superskinny Kids An underweight nine-year-old receives nutritional advice.

9.00 Love Thy Neighbour London professionals compete

againsta Surrey based couple.

10.00 10 O'Clock Live With David Mitchell, Jimmy Carr, Charlie Brooker and Lauren Laverne.

11.05 The Big Bang Theory Geeky laughs as Sheldon finds

himself competing against Star Trek actor Wil Wheaton. (R)

11.35 The Ricky **Gervais Show**

MUST SEE Karl Pilkington offers a theory on evolution, and when Karl Plkington talks, we laugh!

12.10am Music on 4: CTRL MX Highlights of the show.

12.40 4Play: Skepta

12.55 On Track The Coral record three tracks onto vinyl. Exellent! (R)

> 4.05 The FBI Files 4.55 Animal Rescue Squad 5.10-5.35am Wildlife SOS

7pm The Simpsons Homertells the story of his first love – a girl he kissed at summer camp. (R)

7.30 The Simpsons Bart is sent to a juvenile correctional facility. (R)

8.00 Hawaii Five-0 Danno's former partner is murdered.(R)(HD)

9.00 Thorne: Sleepyhead Quality crime drama with

David Marrissey. (R)(HD)

10.00 House

And now a quality medical dramal The team treat a teenager who has suspiciouslooking scars. (HD)

11.00 NCIS: Los Angeles

Callen and Sam infiltrate a gang of corrupt officers and military personnel.(R)(HD)

12.00m't Night Cops The work of police officers across the UK. (R)(HD)

11.15 CCTV Cities

Donal MacIntyre has a look at police efforts to combatfootball violence.(R)

12.15am Super Casino



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1.00 Countryfile (R) 2.00 Antiques Roadshow (R) 3.00 The Paedophile Hunters (R) 4.00-6am BBC News

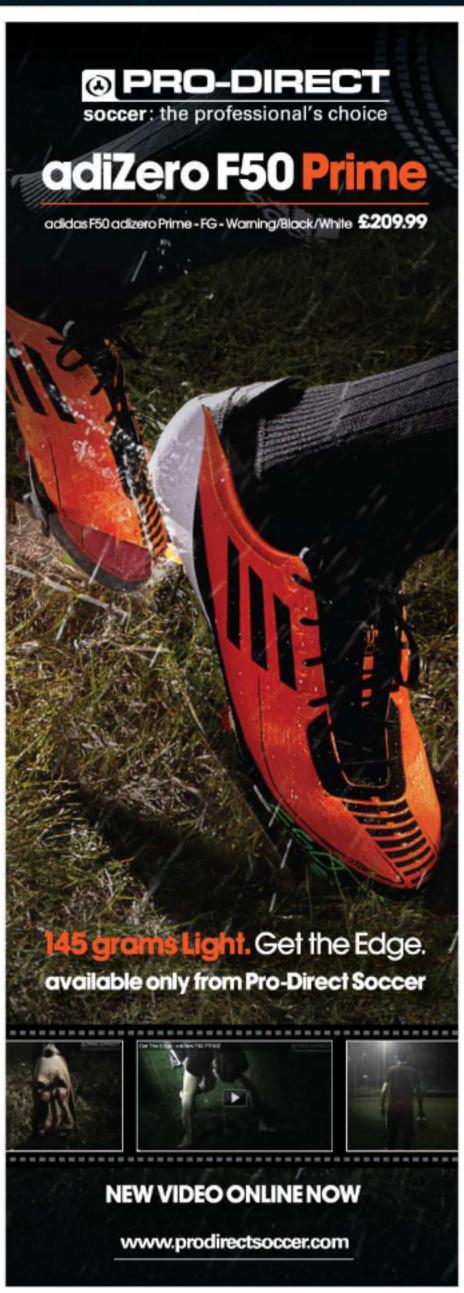
4.00-6am BBC Learning Zone

2.45 The Jeremy Kyle Show (R) 3.40 Top Old to Be a Murm?: Tonight (R) 4.05-5.30am ITV Nightscreen

1.05 On Track 1.20 The People's Supermarket 2.15 Dispatches 3.10 Without a Trace 3.55 Hill Street Blues 4.45 Wogan's Perfect

Recall 5.10-5.55am Countdown

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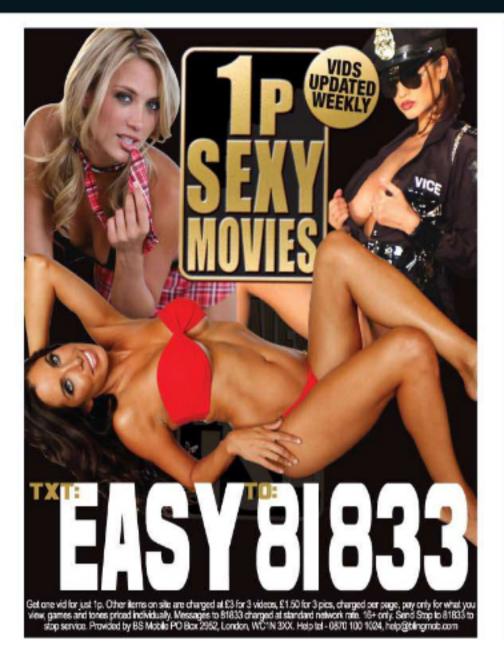


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The truth is out there - so we've kidnapped it and put it on this page!



An original Slinky, uncoiled, would be 63 feet long.

space, Alberts I to V, all died during the trip. Albert VI was the first monkey to survive the trip.

In February of this year, a 35-year-old California man was killed at an illegal cockfight after one of the roosters stabbed him in the calf.

At the 2011 Grammy Awards, a new Guinness world record was set for the largest gathering of Lady Gaga impersonators.

There were 121.

In 1999, a dead scientist's ashes were sent up to the moon in a space probe, making him the world's first man to be laid to rest on the moon.

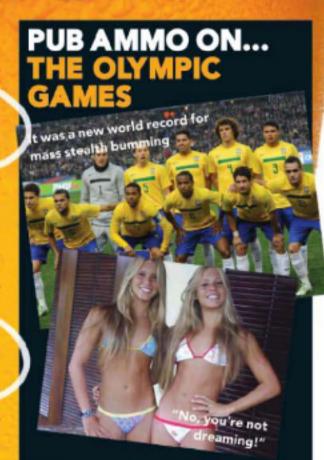
In 2010, the Kardashians made more than Angelina Jolie, Sandra Bullock and Tom Cruise combined.

Charles Osborne of rowa suffered an attack of hiccups that started in 1922 and lasted for over 68 years.

On St Patrick's Day – which is this Thursday (17 March) – 150 pints of Guinness will be pulled every second around the world.

In 1967, Wolverhampton Wanderers, playing as Los Angeles Wolves, became the first and only champions of the USA's United Soccer Association tournament.

Women can detect if a man is sexually attracted to them by sensing subtle changes in the smell of his sweat.



- The youngest Olympic gold medallist was a seven-yearold Dutch boy pulled from the crowd at the Paris 1900 Games to act as a cox for the Dutch rowers.
- Brazil has never won Olympic gold in football.
- Women's boxing will take place in the

- 2012 Olympics for the first time in 108 years.
- Brazilian twins, synchronised swimmers and models Bia and Branca Feres are rumoured to be competing in the 2012 games.
- 8.8 million
 Olympic tickets
 will go on sale
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