

Nuts

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**TV'S BOOBIEST
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**WHEN YOU REALLY NEED
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Boobs!**



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Great viewing figures!



**Tevez -
Man Or Dog?**



BILLIE FAIERS!



JESSICA-JANE CLEMENT!



**HELEN
FLANAGAN!**

THIS WEEK

Nuts NEWS



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"I wish that new settee would arrive"



IN Nuts!



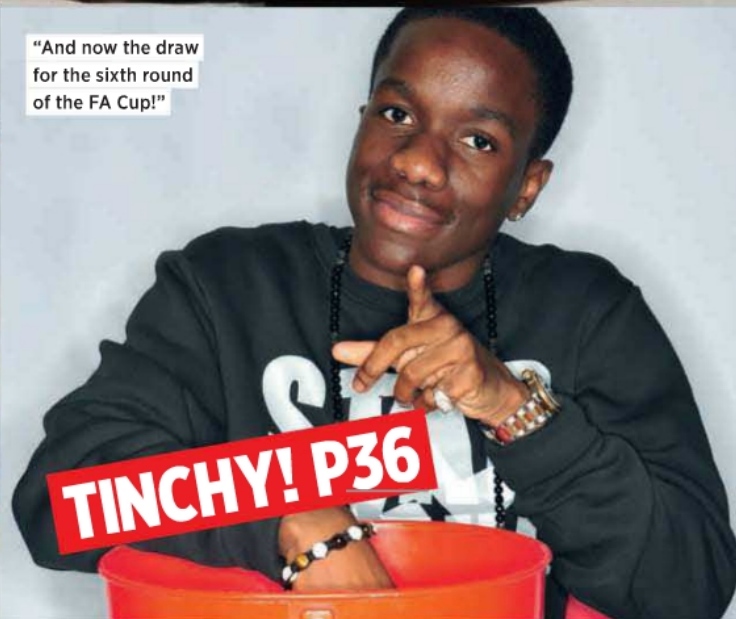
"It's good, but I just can't turn the air conditioning off"

CARS! P10



"And now the draw for the sixth round of the FA Cup!"

TINCHY! P36



SPORT! P74

Stevie G had almost mastered the Llam Gallagher swagger

This week in the Nuts office!

Rosie picks our Samsung smartphone comp winner... Patrick Cousins from Eastleigh!

Nuts man Sam and the workie try on Rachel's 30L bra!



Nuts NEWS

EXCLUSIVE!

It's Rachel Aldana!

Nuts meets the 30L mega-boobed sensation!



WHEN WE read there's a cute hairdresser who's

24 and in possession of a 30L chest – the second-biggest natural boobs in Britain! – we had to act. Gents, we give you... Rachel Aldana, topless!

H

i Rachel! So, where have you been all our lives?
I don't know!

I appeared in a national newspaper when I was 18, but nothing came of it.

How big were they at 18?
I was a 32J.

Making you the most popular girl at college.
Yeah, ha-ha! By the time I was 20, they were JJ!

BOOBS IN THE NEWS!

Thanks to her huge boobs, Northants lass Rachel has shot to national fame!





**“My boobs
were 32J when
I was 18!”**

**Turn the page for
more of Rachel!**

They're still growing?

I think so, because the bra I've got doesn't fit.

How do you keep your boobs so firm?

Because I do a lot of hair-drying, my arms are in use a lot, which helps.

How do you sleep?

I sleep on my front. If I sleep on my back, they come up to my neck!

Can you do any sport?

No. I go to a Zumba class, but no running – black eyes, obviously!

Was there a moment when you thought, "Wow, these are a bit special"?

No, It was more like, "What the hell am I going to do with these boobs?"

Thanks, Rachel. Finally, do men talk to your boobs rather than you?

Yeah, but to be honest, I think I'd do the same, so I can't blame them!

And here are the biggest!



Meet **Donna Jones** from Milton Keynes, who is the nation's boobiest woman with 40M boobs that each weigh a stone! That bra deserves a medal!



**"I can't blame
men for looking
at my boobs -
I'd do the same!"**



106 METRES HIGH!



"Balls! Another
prank pizza
delivery order!"



Stadium tour!

Trials biker zooms straight over 80,000-seater arena!



"THERE'S ONLY one thing I've wanted to do ever since they built it and that's ride over it!" said Brian Capper, about the 106 metre-high Moses Mabhida Stadium in Durban, South Africa. So stone us if he didn't go and do it, the big, bike-hugging mental!



BIKING FOR GOD!

Brian says: "The day I received Jesus Christ as my Lord and Saviour!" was the best day of his life!

WORDS: PORY BUCKERIDGE PHOTO: RED BULL

650bhp Mustang Shelby convertible!

Introducing the ultimate American muscle car!

- This is the Shelby GT500 convertible. Put simply, it's the fastest, most powerful version of America's favourite car. Ever.
- **"Muscle car" is a term that's been batted around lightly over the years, but for 2012, Ford's SVT (Special Vehicle Team) wanted to celebrate its 20th birthday in a subtle way. Which is why it's force-fed its pedigree pony car with Ozzy Osbourne quantities of go-faster drugs.**
- Under the Shelby's bonnet it's not exactly a shock to discover a V8, but your neck hairs can't help but prickle with figures like 650bhp and 600lb-ft of torque. Ford says the drop-top will be limited to 155mph, despite its coupé sibling being let off the leash to reach 200mph. The 5.8-litre supercharged motor sounds suitably upset about it, too (compliments to the quad exhausts). All this silliness will result in a 4.0 second 0-62mph. That's supercar territory.
- **A button on the dash lets you choose between "sport" and "normal" suspension, the latter being more floppy for when you collect gran from church. Sport mode tightens the body roll up under hard cornering and stops it squirming like doggy-doo on a spade.**
- Or you can tick the Track Package option, which includes heavier duty engine oil cooler, rear axle cooler and gearbox cooler.

Staying cool's a recurring theme, which makes sense if you're bombing about on a race circuit in mid-summer Arizona.

- **Like its hard-top cousin, the GT500 cabriolet only comes with a manual gearbox, and in order to deliver those raw horses from the box to the 20in back tyres, it uses a lightweight carbon-fibre driveshaft, beefed rear differential and race-spec clutch.**
- Handily, on the off-chance a raccoon runs out in front of you, chubby six-piston Brembo brakes have got your arse covered.
- **Besides the biblical muscle power, the Shelby is easily identified by several features. For example, LED tail lights set into a new blacked-out rear panel, a front bumper/splitter and forged 19in front/20in rear rims set it apart from the usual Californian mummy-spec Mustang convertibles.**
- If any tailgating Rednecks can count, they may notice that there are four shotgun exhausts, and they don't just look the business, they actually deliver Corvette-beating clout. In fact, Ford say this is the world's most powerful mass-production V8.
- **If you want one, you're going to have to import it yourself, or approach one of a growing number of dependable grey import specialists. And don't go expecting any change from £41k.**






One look and
Crouchy knew
it was for him



"Car wash? Yeah!
Can't see why not!"



"Congratulations on purchasing an Apache attack helicopter..."

Prince Harry's awesome Apache!

We peek at the chopper Harry will be co-piloting in Afghanistan!



APACHE PILOTS have the highest kill rate of any serving unit in Afghanistan, and now they can count royalty among their ranks. After 18 months of training, Prince Harry – or Captain Wales, as he's known in the Army Air Corps – is off to Helmand Province to be a co-pilot gunner in a two-man Apache crew.

Although the Ministry of Defence are keeping quiet, it's thought the prince will join 662 Sqn, 3 Regt, for a four-month tour of duty. Here, *Nuts* inspects the awesome machine he'll be flying!



HELLFIRE MISSILES

The Apache carries 16 Hellfire air-to-ground anti-tank missiles. With a range of up to five miles, they cost £43k a pop.

CHAIN GUN

The M230 chain gun is a 30mm automatic cannon, firing 625 rounds per minute with an effective range of two miles.

An Apache pilot speaks!

Apache pilot Soren* on what Harry can expect in Afghanistan

TARGET ACQUISITION SYSTEM

Linked to the gunner's headgear, it follows his head movements, zooms electronically and works in the infrared spectrum.



Hi Soren! What will Harry be experiencing right now?

He's learnt to fly an Apache,

so now he's doing what's known as "conversion to role", which is learning to fight with an Apache. They're essentially making him combat ready.

What's the typical role of an Apache pilot in Afghanistan?

Our primary role is to safely escort heavier aircraft out of the Green Zone [the dense, green, lush delta that runs either side of the Helmand River]. Harry's job will be to look ahead and coordinate movements.

How dangerous is the job?

Although the Apache would be a prime target, it's probably the weapon the Taliban fear most. The biggest danger out there is probably the hours of boredom. Ha-ha! For every 20 minutes of frantic action, there are six or seven hours of boredom!

So what's the biggest threat to an Apache helicopter?

It's what we call the low-tech threat, and that's small arms like machine guns and rifles. If they hit the aircraft, that could be catastrophic. But it's all about luck – the key areas of the aircraft are armoured.

Why is the role of an Apache pilot so important?

Without doubt, the Apache is a war-winning machine. It always sways momentum in our favour every time. We're a lot lower down than the bombers, so we're closer to the enemy. We have a saying that we put the "close" in "close air support". That'll annoy the fast jet pilots when they read that!

What are conditions like flying in a desert?

When you come into land, you create a big dust ball – this is known as "browning out". Now, that doesn't affect us Apaches because we only fly to and from prepared surfaces. But, when support helicopters like the Chinook and the Merlin go to land in tricky locations, and we give them top cover, they brown out for the last minute. So while they're blind, we become their eyes and ears.

They're flying blind?

Yes, it's certainly a heart-in-mouth moment, but that's why we all practise and practise and practise in similar conditions out in the Arizona desert – they're perfect for replicating the landscape, the conditions and the terrain. We train hard to fight easy.

How glad are people when an Apache has their back?

We have another saying, "Go ugly, early!" This copies that tactic blokes use in a club when they guarantee a pull by getting off with a less-than-glamorous girl at the start of the night! Because "Ugly" is the call sign of the Apache, we suggest people "Go ugly, early" and get us on side!

POWER

Two 2,100bhp Rolls-Royce Turbomeca RTM322 engines supply the grunt. The Apache can cruise at up to 161mph.

CRV7 ROCKETS

The Apache holds up to 76 of these air-to-ground rockets (each loaded with 4.5kg of high explosives), which it fires in salvos.

EXCLUSIVE!

Jorgie Porter's pool party

She may be the only guest, but we're not complaining!

➔ **WHEN YOU** are by far and away the number one

reason for watching an ice skating-based reality TV show, it's important that you get some time to relax – especially if you are a) hot and b) in possession of a small bikini. Which is why we whole-heartedly support *Dancing On Ice* babe Jorgie Porter's decision to nip off to Gran Canaria to unwind. And undress.

Bizarrely, she seems to be the only person in the pool, which wouldn't be the case if we were holidaying in the same resort. Sadly, our wages only cover an away day to Bognor every five years.

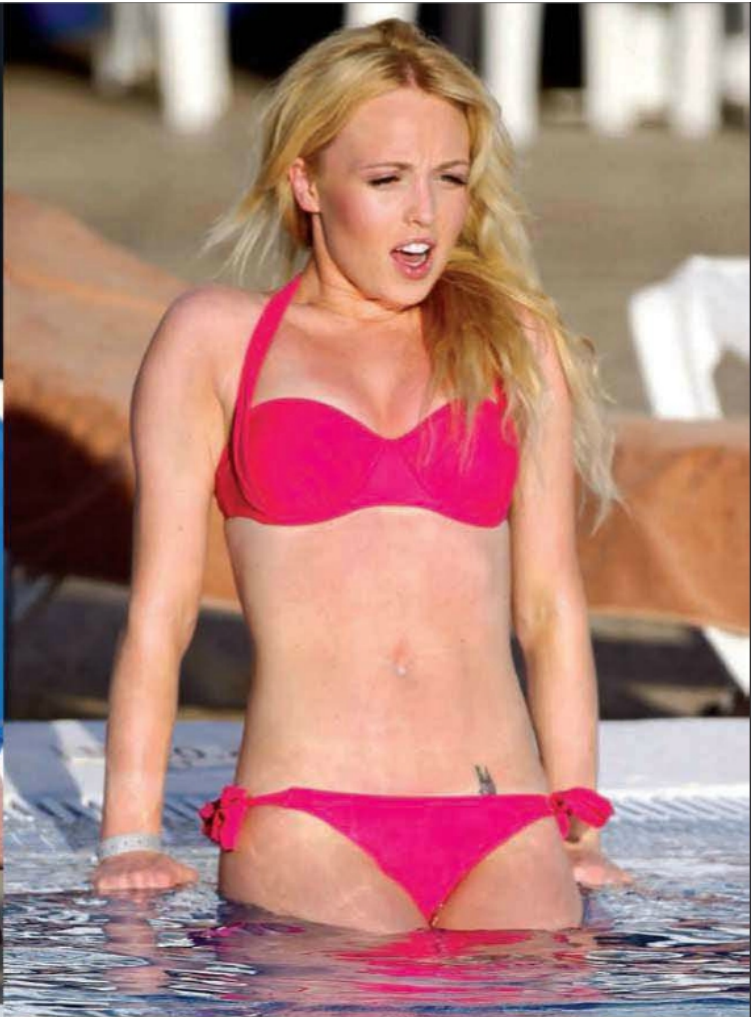
WORDS: PETE CASHMORE PHOTOS: XPOSUREPHOTOS.COM



DANCING QUEEN!

See *Hollyoaks* babe Jorgie doing her skating thing in *Dancing On Ice* on ITV1 every Sunday.





PS Vita is here!

Sony's killer portable console launches!

➔ **RIGHT NOW**, there's a huge choice in the world of hand-held gaming, and here's Sony, to make that choice even harder, with the latest incarnation of their PSP, the Vita. It's out now, priced £229 for the Wi-Fi-packing model and £279 plus contract for a 3G one. Here's what we reckon.



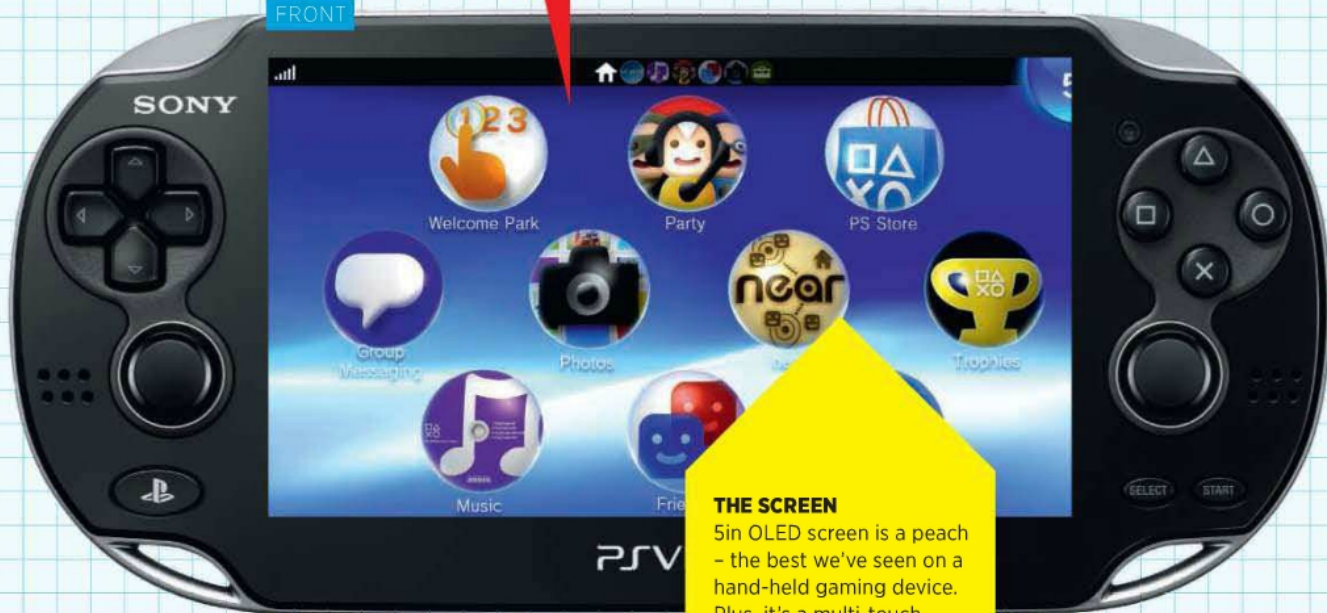
GAMES GO IN HERE

GAMES

Games come on wee cards, downloaded via a PS3, or over Wi-Fi and 3G. *Uncharted's* £45 but there are £10 titles and even old PSP games for a quid!



FRONT



THE SCREEN

5in OLED screen is a peach – the best we've seen on a hand-held gaming device. Plus, it's a multi-touch capacitive screen, for pudgy-fingered gaming.

The games

UNCHARTED: GOLDEN ABYSS

Probably the pick of the launch titles, this is true *Uncharted* on a handheld. The adventure, shooting and overarching story are the most fun you'll have on a hand-held this year. ★★★★★



FIFA FOOTBALL

The world's favourite football game brings delicious graphics and top gameplay. A sweet touch is tapping the rear screen to place your shot anywhere in the goal. ★★★★★



RAYMAN ORIGINS

2D platformer shoves Mario down a pixellated pipe with some of the most gratuitously inventive platforming for yonks. Its toony style is a charming winner. ★★★★★



F1 2011

Sublimely exhaustive F1 game has all your teams, drivers and Grands Prix you'd expect, plus over 3G multiplayer and difficulty aids to allow even the biggest novice to enjoy it. ★★★





MEMORY STICK

The Vita uses a unique memory stick. It costs £18-£45 and you'll need it to download games and even play some of them. The verdict? Silly.



MEMORY CARD GOES IN HERE



BOTTOM



BACK

THE TOUCH SCREEN

This has a touch screen on the back. It's clunkily (and clearly mandatorily) used on some launch titles, but could be a killer app for more in-depth gaming.

THE HARDWARE

This packs serious tech. There are cameras front and back, motion control detectors, GPS for global positioning and a nearly-as-good-as-a-PS3 chip.

VIRTUA TENNIS

A strong launch stab for tennis' best gaming franchise. As tennis games go, you won't find much better. A stick-on for fans, and a good introduction for any waverers. ★★★



WIPEOUT 2048

Friction-free racing delivers the goods. This is slower and tracks have been widened to take into account the platform, but it's still the choice of the launch driving games. ★★★★★



EVERYBODY'S GOLF

Saccharine-sweet golfing game with a one-button experience and Japanese-cute characters shouldn't work. But it does. In a "one more game till you look up and it's 3am" way. ★★★★★



Verdict

This is without question the best hand-held gaming device on the market today - the screen's ace, the games are brilliant and there's never been a launch line-up this strong. But the eye-watering unit and game price will be a deal-breaker for many.



Gemma Atkinson

On that Twitter

Here's Gem hard at work, and tweeting the hell out of it. She later grumbled about her view and demanded someone deliver a *Cosmo*. Women!

RUDE NEWS

Flipping great lady current affairs for Pancake Day!



Rihanna & Gwyneth

At the Grammys

They're smiling, but inside they're positively fuming about their similar outfits!



Natasha Giggs

Selling lingerie

Natasha had her boobs boosted *after* her affair with Ryan. He's now hoping he didn't delete that number!



Ali Bastian

In her latest movie

Here's the ex-*Hollyoaks* honey in her latest movie *Strippers Vs Werewolves*. Call us big sillies, but we reckon Ali's a stripper. Call it male intuition, if you will.



Kelly Brook

On her hols, Bahia, Brazil

Kelly appears to be eternally on holiday. But while she provides such rich Rude News pickings, we'd be foolish to look this gift horse in the mouth.



Tulisa

On her hols, Los Angeles

Pretty soon, Tulisa's going to knuckle back down to her *X Factor* day job. If Simon Cowell rehires her, that is. And with regards that particular matter, look! Tulisa in a bikini.



Helen Flanagan

Out and about, London

And no, this isn't Tulisa later after she scrubbed up, but Helen, exiting a car. Either way: Woo-hoo!



Don't look!

The page that makes you go, 'Eurgh!'

"I knew I should have broken those new boots in properly"

LEG SMASHED!

ON THE MEND!

'I heard the bone snap then my boot filled with blood!'

Horrific leg-break for eager rookie skier!

➔ **FOR NUTS** reader Carl Chapman, his first ever skiing holiday turned into a nightmare on the first day! "I'd picked it up easily on the opening morning, so I decided to join my friends on the black run that afternoon," recalls Carl, 24. "I was speeding down the

slope but lost control when a woman cut across my path." As they collided, Carl's body was flung forward, but his left leg got stuck behind. "I heard the bone snap then felt my ski boot fill with blood before passing out," explains Carl.

Carl underwent seven operations in 12 days before being airlifted to his local

hospital in Bournemouth for further reconstructive surgery. "I now have six pins in my knee and metal rods instead of bones in my leg," he explains.

Despite everything, Carl plans to go to Andorra to hit the slopes again next year. "The accident won't put me off," declares Carl. "Although I might struggle to get through airport security with so much metal inside me!"



"Where's that pesky pillow got to now?"

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2012 will win £1,000 in cash!* Submit your images and contact details to dontlook@ipcmedia.com

WORDS: BEN COVE. EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 70 APPLY.

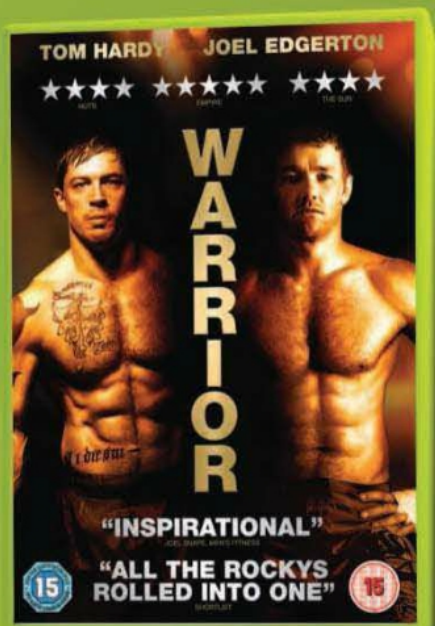


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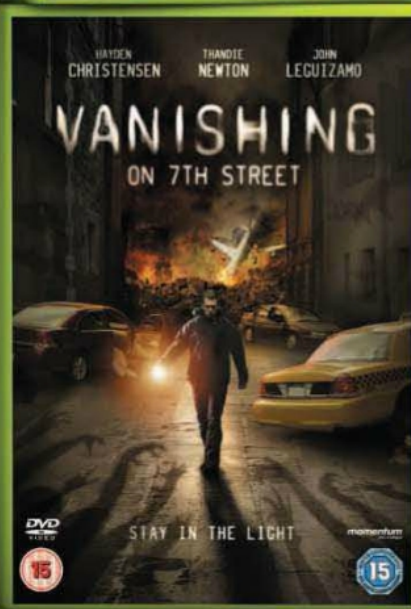
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"Er, I think the mic's glued to my chin!"

HE'S RUDE, RANTY AND RIOTOUS!

Apparently, Jim's favourite pizza flavour is barbecued chicken!

"The Olympics are rubbish!"

TWO OLYMPIC badminton hopefuls, Imogen Bankier and Jenny Wallwork (below right), have been having a slagging session and have taken it to the tweets. You see, there's only one mixed doubles position in the British team and they both want it. Girls, take it easy – nobody gives a sh*t. I don't know who you are, just that you're crap, because if you weren't crap, you'd be playing tennis. This is what makes the Olympics such f**king bullsh*t – it's just a load of crap sports that, if you'd bothered to do them as a child and stick with them, you'd be at the Olympics and probably winning them. Pole vault! What the f**k? If I'd started that when I was a kid, I'd be at the Olympics this year. Nobody bloody pole vaults! OK, maybe I'm exaggerating a bit there. The point I'm trying to make is badminton is sh*t.



Keith Martin, the world's fattest man

"Fat bloke's a blessing!"

BRITAIN HAS a new champion: Keith Martin is the world's fattest man after the previous title holder went on a diet. Keith, 42, weighs 58 stone, hasn't left his bed for ten years and has 18 carers. Normally, I'd poke fun at a guy like this, but I'm sick of people getting high and mighty about people like Keith and saying, "It's such a strain on the NHS!" F**kwits. That's what being part of a society is all about – you help people out when they f**k up, whether they're bankers, drug addicts or pregnant teens. This guy's an addict. And besides, he has 18 carers and shovels sh*t into his face all day. If he dies, takeaway pizza companies will go out of business and 18 people will be unemployed. This fat f**k is good for the economy!



Imogen

Jenny

"Prisoners have it easy!"

AUTHORITIES HAVE just released records of the complaints from inmates in UK prisons and they include not having enough butter on their toast, hot chocolate being too hot and the prison dog

keeping them awake. If this is all they're complaining about, how enjoyable must anal rape have gotten nowadays?

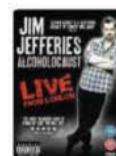


Nuts' Picture Editor was a friendly chap

"Let them eat hamster!"

A STUDENT in York has been arrested for allegedly cooking a hamster at a boozy party. People get so f**king upset about stories like this, but I have no problem with it, as long as the animal was already dead or humanely disposed of. Who's the person who decides which animals we can or cannot cook? "Cows, we're alright to cook you, but you can't cook that dog!" Either you eat meat or you don't, as far as I'm concerned. I mean, I feel sorry for the hamster and everything, but it could have been a lot worse for it – he could have gone up some celebrity's arse.

● **Jim Jefferies:** *Alcoholocaust* Live is out now on DVD





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ONLY IN
Nuts!

Would you?

Your secret crushes put to the test!

THIS WEEK

**JANICE
DICKINSON?**



"My mate
Joe has
had a bit
of a thing
for Janice
Dickinson

ever since she was on
Celeb BB. But it was her
57th birthday last week!
Is he totally insane?"

JACK Essex

- Who do you secretly fancy? Write to nutsmagazine@ipcmedia.com and let us know!

Vote now at www.nuts.co.uk/wouldyou

PHOTOS: GOFF PHOTOS, REX FEATURES

LAST WEEK

KATARINA WITT

Yes: 82% No: 18%

Thumbs up for the skating show star with the gravity-defying chest! She may be 46 but all that ice action has kept her hot!



ONLY IN
Nuts!

SEX ADVICE FROM A FIT LESBIAN!

Because she knows what she's doing and we don't!



DANNI ORSI,
100% REAL
LESBIAN!

You might
recognise Danni
from hit TV show
Candy Bar Girls
on Channel 5

I can't stand pet names!

When we're in public, my lady insists on calling me little pet names like "sugar bear" and "baby cakes". It's really embarrassing. I've told her to stop doing it but she won't listen. How do I get her to stop?

SEAN Belfast

These are just terms of endearment, though "darling" or similar would be more normal in public. Mind you, "sugar bear" implies licking and sucking an animal with a huge penis and "baby cakes" sounds edible, so maybe you should put up with it.

I don't like her new haircut!

My other half recently had her hair cut really short, but I really don't fancy her with her new look. What do I do?

WILL via email



LETTER OF THE WEEK!

I want a bigger penis!

I'm thinking of having a penis enlargement. My mates think I'm a bit silly for doing it because I'm not exactly small as it is, but I think it would really help my confidence with women. What do you think? Am I going too far?

KARL Sunderland

I don't think having a bigger penis will really help your confidence. The time you need confidence is at the early stage of getting to know a woman. The size of your penis isn't in the equation at this stage, unless you go to parties with your d*ck hanging out. I suggest you practise your social skills. That's what'll increase your confidence.

Your feelings for her seem rather superficial if you're put off by a new haircut. She's still the same woman, same heart, mind and body. Just get used to it. Of course, there may be more to your concern than meets the eye. Do you suspect

that she's becoming lesbian with the short hair, or have I got hold of the wrong end of the stick and you're talking about her bush? Now that could be grounds for separation. I like a big fluffy one myself, sarcasm included.

I don't like toe-sucking!

My girlfriend's really into feet and she wants me to start sucking her toes during foreplay. I've tried, but I just can't bring myself to do it. Is she mean by forcing me to try or should I persevere?

ANON via email

What's wrong with her feet and toes? Are they cheesy? Cheddar or Gorgonzola? I'd persist as this can be very erotic. And if there's a part of your body she's not already licking or sucking then maybe you could include this as part of the bargain.

- If you've got something to ask Danni, just email her at thelesbian@nutsmagazine.co.uk or write to her at the usual address on p70.

ONLY IN
Nuts!

The Nuts
Celebrity
Kama Sutra!™



No 27 The Gwyneth Paltrow Friendly Feather.

YOUR Nuts

Your Letters!

The latest offerings from our bulging sack!

Mean Marine

Dear Nuts,

I'm a Sergeant in the US Marine Corps who is currently deployed in Musa Qala district, Afghanistan. I wanted to thank you and your awesome magazine for everything you do to help us remember what we're fighting for out here in this hellhole. This is me and my boys!

DAVID CHAMBERS Afghanistan

Not long after we received this brilliant letter, David (on the left) took a bullet to the hip, and he tells us the first thing he asked his nurse for was a copy of *Nuts*!

LETTER OF THE WEEK!

The news vendors were off to an encouraging start



"I'm sure I left today's paper lying around here somewhere"



This news just in!

Dear Nuts,

Our mate went away for the weekend so we decided to decorate his entire bedroom with newspaper!

DARYL GRIGG via email

Exactly what any sensible group of young men would do, Daryl.



"Oi! I thought I told you to get it washed!"

Van Gogh

Dear Nuts,

What do you think?

ROBERT BURDEN via email

Very impressive! If you're interested in Robert's dirty van art, you can find more at www.robertburden.co.uk

Sign off!

Dear Nuts, We did this on a band tour. Only in Blackpool would it pass unnoticed!

CHRIS Fleckney

In Blackpool, they'd probably charge you £5!



"I wonder if they provide rubber rings?"

STEALTH BUMMING CORNER!

"Me while a guest signed the book at my brother's wedding!"

SHAUN via email





That sucks

Dear Nuts,
I've started a new craze at work - I'm calling it the stealth BJ!

STEWART via email

We've tried to adopt this one in the office. That's why we have to spend the afternoon in the HR office.



Diving head

Dear Nuts,
I was playing *Fifa 12* and, well, I know Fernando Torres is desperate to score, but surely this is taking it a bit far?

ANDY Kent

A few more weeks and we might see this in the Premier League!

ONLY IN Nuts!

PIC OF THE WEEK!

"He loves nuts and beer!"
FINCHY Sussex

"Alfie enjoying a pint of Broom!"
NEIL Newcastle

"Our hypnotising dogs!"
JULIAN Warks

● Pimp your pet (not literally) and win £25!
Email pics to nutsletters@ipcmedia.com*

Win Durex stuff!



Send your letters, hilarious pet pics and camera phone cuties to: nutsletters@ipcmedia.com or post them to the address on page 70.

The week's best letter* will win goody bags from our friends at Durex, including the new Performax Intense - scientifically designed to keep you and your missus happy. For more information, visit www.durex.co.uk



Camera phone cuties!

Send

- Text 'Nuts' and your sexy cameraphone pic to **0771 388 8008**



"My fanciest undies!"
SARAH London



"Hello, boys!"
GEORGIE-MARIE
Darlington

Your Jokes!

Bags and bags of cracking gags!



Q: What do you call someone with no body and a nose?

A: Nobody knows!

WILL Battersea

Did you hear about the combine harvester killings? The main suspect has been baled!

SAM Winchester

Avoid employing unlucky people – throw half the CVs in the bin without reading them!

SIMON Gateshead

Q: What do you call a cow with no legs?

A: Ground Beef!

KEITH Wakefield



Princess Charming was in desperate need of a rethink

Shoe shock!

A CHAP walks into Shoe Zone and says to the shop assistant, "Do you have a shoe horn?"

"No," replies the young lady, "I like working here, but I'm not into all that fetish nonsense!"

JACK North Yorkshire



The Chelsea Christmas party was in full swing

Dirty ol' blokes

THREE OLD men are discussing their home life in the pub. "I'm still a once-a-night man," says the first.

"Well, even at my age, I can manage twice a night," boasts the second, proudly.

"I'm a five-times-a-night man," said the third, "but my wife will tell you it's my fault for drinking so much tea before bedtime!"

LJ Liverpool

Illegal moves

A MIDDLE-AGED couple decide to spice up their sex life by introducing some role-play into the bedroom. "Tonight, I'm going to be a sexy policewoman," says the wife.

Later that night, she confronts her husband in the bedroom, dressed in a sexy policewoman's uniform and says to him, "I'm arresting you for being too good in bed!"

After a two minute sex session, the wife gets up, puts her coat on and starts to leave.

"Where are you off to? I thought I was under arrest?" her husband asks.

She replies, "Well, the charges have been dropped due to a lack of evidence!"

TIM Luton



"So, are you going to come quietly, sir?"

Groovy gran

A YOUNG lad lets his grandma wash his jeans, but suddenly remembers that he's left some rather questionable substances in his pocket.

Panicking, he asks the old dear, "Gran, have you seen some special tablets that I accidentally left in my trouser pocket?"

"Never mind the tablets," his gran replies. "Have you seen the dragons in the kitchen?"

GAVIN Great Yarmouth



"Help! How do you turn these vibrating love eggs off?"

Win a PS3 and DVD!



Send your jokes to nutsjokes@ipcmedia.com. The week's best gag will win a Sony PS3 and copy of *Vanishing On 7th Street*, which is out on DVD now, all courtesy of Momentum Pictures.

FAMOUS BLOKES' JOKES!

Jon Richardson:

"I was going to go to the snooker final but couldn't see any free baize in the car park and there were long cues!"

Jack Whitehall:

"First we had a 'credit crunch', now we have a 'double dip'. Why do all these economic terms for terrible things sound like confectionery?"

Milton Jones:

"I hate product placement. Apparently, that new film was going to be called *Carphone Warhorse!*"

Russell Kane:

"Richard Branson's opinions are ahead of their time. Unlike all his trains!"

Tim Vine:

"Has anyone actually seen Iran's nuclear programme? What time is it on? Who's the host?"

Camera phone comedy!

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



"Me planking on the Grand Canyon. Next, the moon!"
DARYN Inverness



"Just a little bit of childish fun!"
TUNTS Durham



"My mate Josh planking on a Ferrari we spotted."
ANON via text



"Our mate, seconds after destroying a trampoline!"
ANON Helensburgh

NAFF TATS CORNER



"This clearly says 'Wolfpack' and not 'Wolfpack!'"
TOM via email

PIC OF THE WEEK!

"We were bored and had a scooter, so we did this!"
ANON via text





"Me just chilling out at work."

SLIK via text



"I had a bit of a headache the other night."

ANON via text



Win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week** wins £100 cash! Terms & conditions on page 70.



twitter

Tweets of the week!

ONLY IN Nuts!

Our favourite tweets from the fit and famous!

100% real! ✓

Follow

EMMA GLOVER

It's the gift that we all wanted last week!



EMMA GLOVER MissEmmaGlover
Happy Valentines Day Tweepers! This is my treat for you all!

ARNOLD SCHWARZENEGGER

Arnie tackles a giant naan!



ARNOLD SCHWARZENEGGER Schwarzenegger
I loved my first trip to India. Here I am with the biggest piece of naan in Delhi.

KHLOE KARDASHIAN

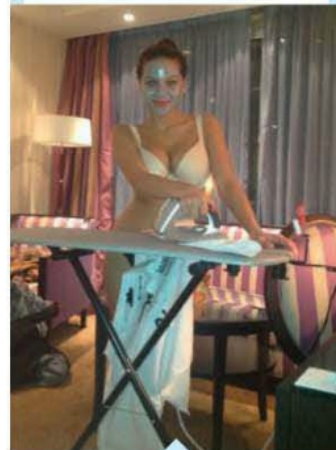
Is she trying to tell us something here?



KHLOE KARDASHIAN khloekardashian
This picture of me and Kylie Jenner is so cute and funny!

LACEY BANGHARD

Lacey still looks sexy with an iron and mud-pack!



LACEY BANGHARD laceybanghard
Ahaha! Drunken antics last night!

A full-page photograph of a woman with long, wavy brown hair and blue eyes. She is sitting on a white surface, wearing a light blue thong and bright yellow high-heeled pumps. She is holding a teal-colored cardigan open over her shoulders, revealing her bare chest. She is looking directly at the camera with a slight smile. The background is a plain, light-colored wall.

PERFECT PEERS

Holly Peers!

Our favourite brunette beauty bares all!





H i Holly! What could we expect on a night on the town with you?

I'm a big drinker, so you can expect to get pretty smashed! I like doing shots and Jagerbombs, so there's a chance you'll be on the floor by midnight!

Do you get chatted up loads?

Not really. Most normal guys are scared of talking to attractive girls, so they don't bother. I'm pretty loud so that might scare them off, too.

What can a bloke do to make himself more attractive?

I'm attracted to confidence. Also, I like a bit of stubble and I like blokes who are a bit rough around the edges. It's rubbish when a guy is better groomed than me.

What would be your ideal thing to do on a date?

Something really chilled and easy-going like Nando's where we can talk and have fun. Not the cinema, though, unless we were getting on really well and you had wandering hands!

What would you like to try that you haven't already done?

Skinny-dipping on a really nice beach at night. The idea of getting caught would make it extra naughty!

Describe your personality...

If you catch me after I've done a few shots, I'm pretty crazy.


Who really winds you up?

Justin Bieber!

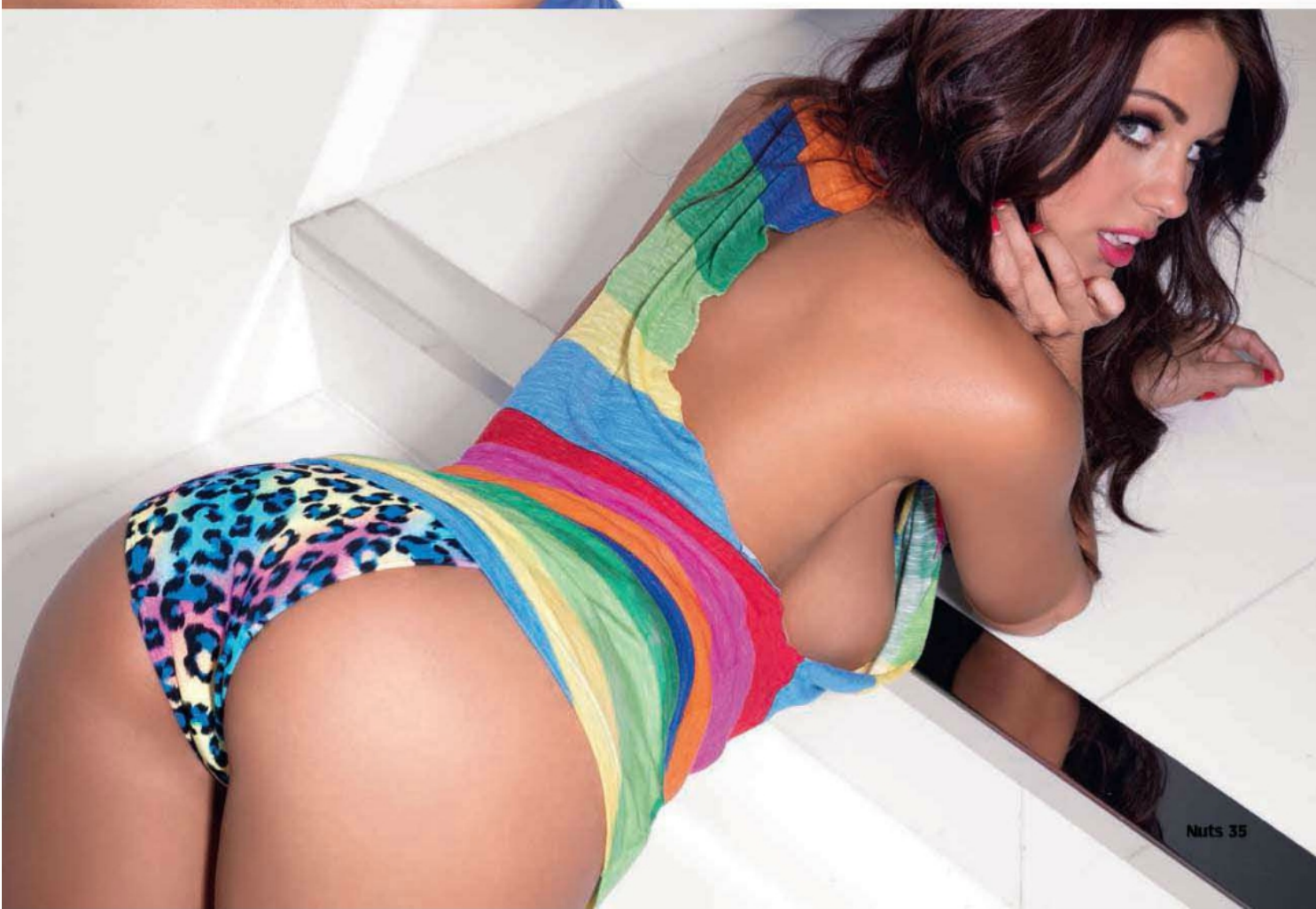
What's the most embarrassing thing that's happened to you?

I once tried to do a wee in someone's wardrobe when I was staying in their room. Apparently, loads of people do that when they're drunk!

Thanks, Holly. Finally, can we have some sex advice please?

Be really confident and not afraid to try new stuff. Otherwise, how will they know if they like it or not? 

**“I like blokes
who are
a bit rough
around
the edges”**



Feature:

Tinchy Stryder Vs the Nuts Question Bucket!

Sell:

The tiny rapper on football, freebies, kissing girls and his mum!

Copy:



THE RULES are simple. We fill our bucket full of ridiculous questions, then a celebrity picks them out at random and must answer whatever they get!

What's the best thing you've got free since you've become famous?

A gold watch. It's 24 carat. I don't even use it. I don't want to lose it on the bus!

How many girls have you kissed?

Wowza! Kissing is weird. I'm quite picky. You have to go for the elite. I've lost count – not in a bad way!

What do you miss most about being a child?

I used to love playing out. No one had phones, so your friends would just knock for you. We used to go around throwing water

balloons at each other. I miss water fights. I miss being spoilt a bit as well.

If you had a spaceship, where would you go?

My last single was called *Spaceship*. I already live on cloud nine, so maybe I'd take the spaceship and come back to Earth, see what's poppin'. Yeah!

Which song's lyrics best describe you?

Right now, *Mo Money Mo Problems* by Biggie Smalls. I can relate to that.

Ever slept with a fan?

I don't check, "Do you like my music?" before I get to that situation. But there have been situations in a club when girls wanted to speak to me, so I guess they were fans or they wouldn't know who I was. So, yeah, I must have!

Does your mum think you should get a proper job?

I think my mum's cool with my job, man! When I was younger, I used to make house tapes with my brothers and my mum would go, "OK, you've had some fun, now go and do your homework, do well at school and go and get a proper job." But my job's alright. I'm good!

Can you make up a song about Nuts for us right now, please?

"I'm the nuts/I'm the nuts/No butts/Don't kick me in the nuts/N.U.T.S./I can go for ever and ever/I'm T.S./Tinchy Stryder/I'm the N.U.T.S!"

Who are you going to support in Euro 2012?

I'm from Ghana. We've got some great players [er, Ghana's in Africa, Tinchy,

so they'll not actually be at the Euros – Nuts Foreign Ed] Gyan, Essien, Muntari, Appiah. The World Cup proved that we're really strong. We got knocked out in the quarter-finals because Suarez, who plays for Liverpool now, handballed on the line. He needs to come and see me!

What have you got in your pockets right now?

Let me check. I've got some money. Some business cards, my house keys and my phone. I'm all good!

What was the last thing you stole?

A girl's heart. Ha!

Could you beat a dog in a race?

I don't want to be nowhere near a dog. I'd be running the other way from a dog in the race!

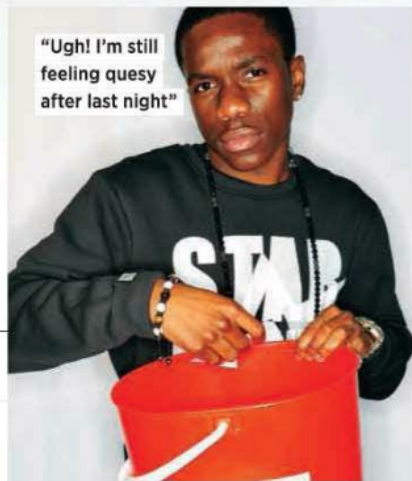
What's the most embarrassing record in your collection?

Britney Spears!



● Tinchy's new single *Bright Lights*, featuring Pixie Lott, is out on 28 February

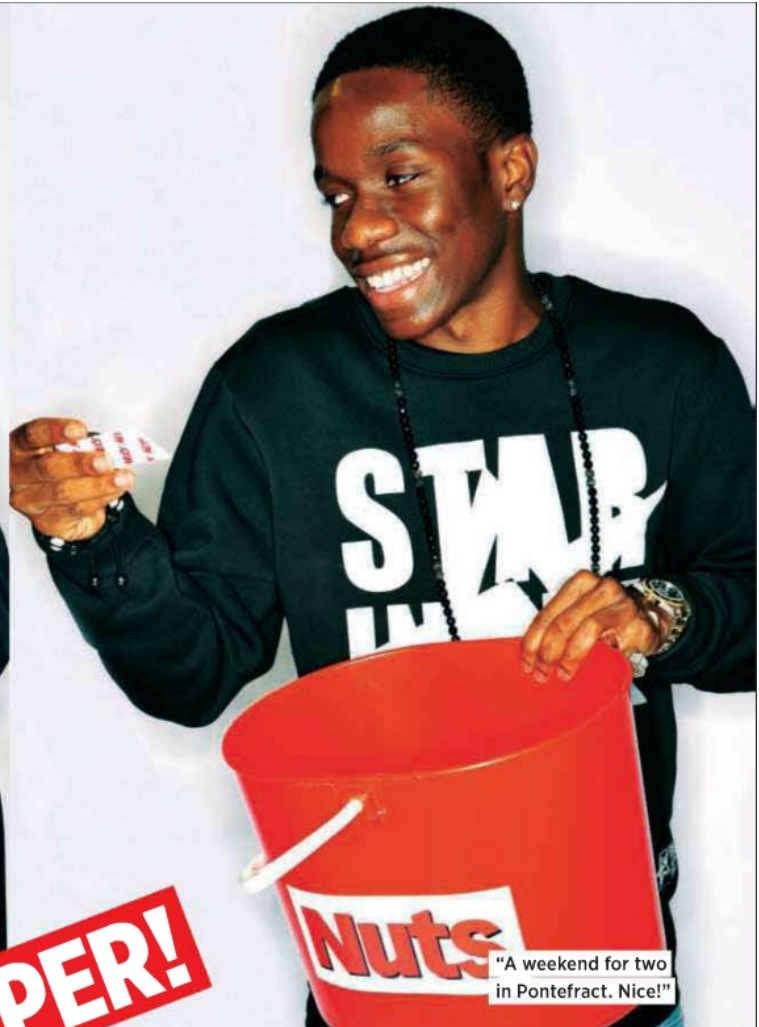
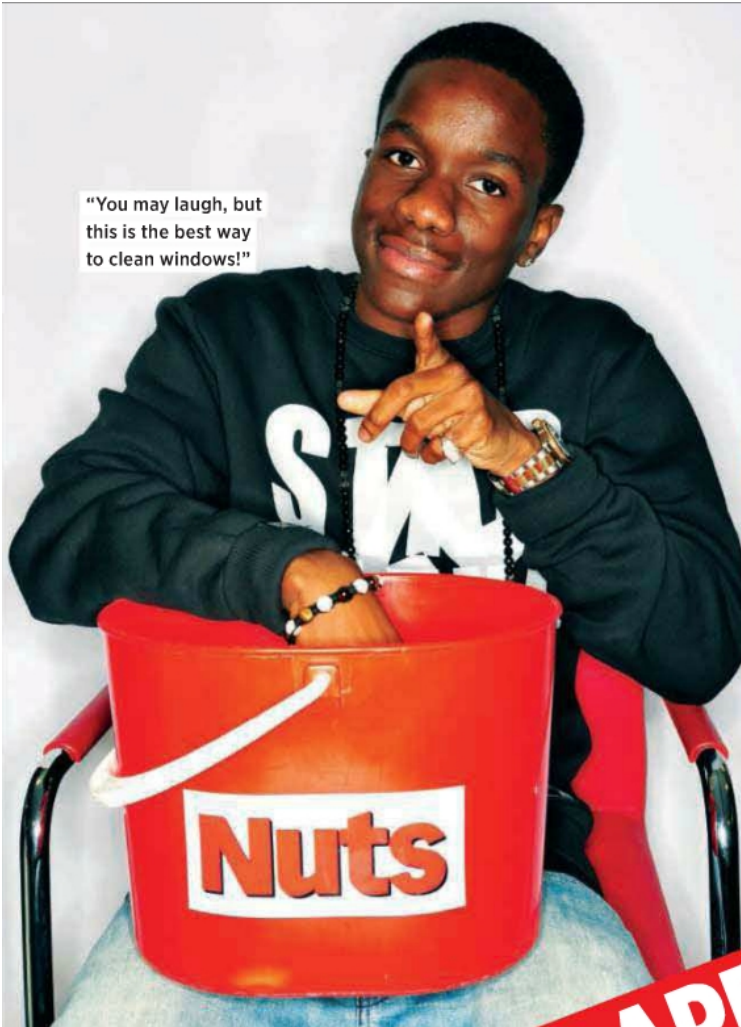
"Ugh! I'm still feeling queasy after last night"



He wasn't taking any chances with the spot on his chin



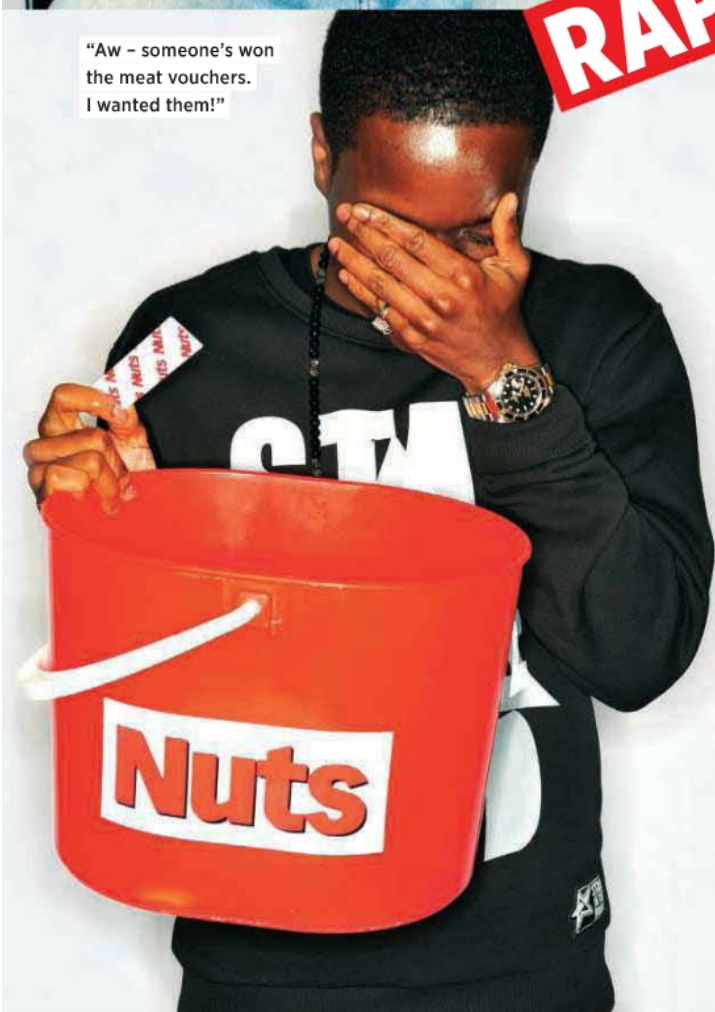
"You may laugh, but
this is the best way
to clean windows!"



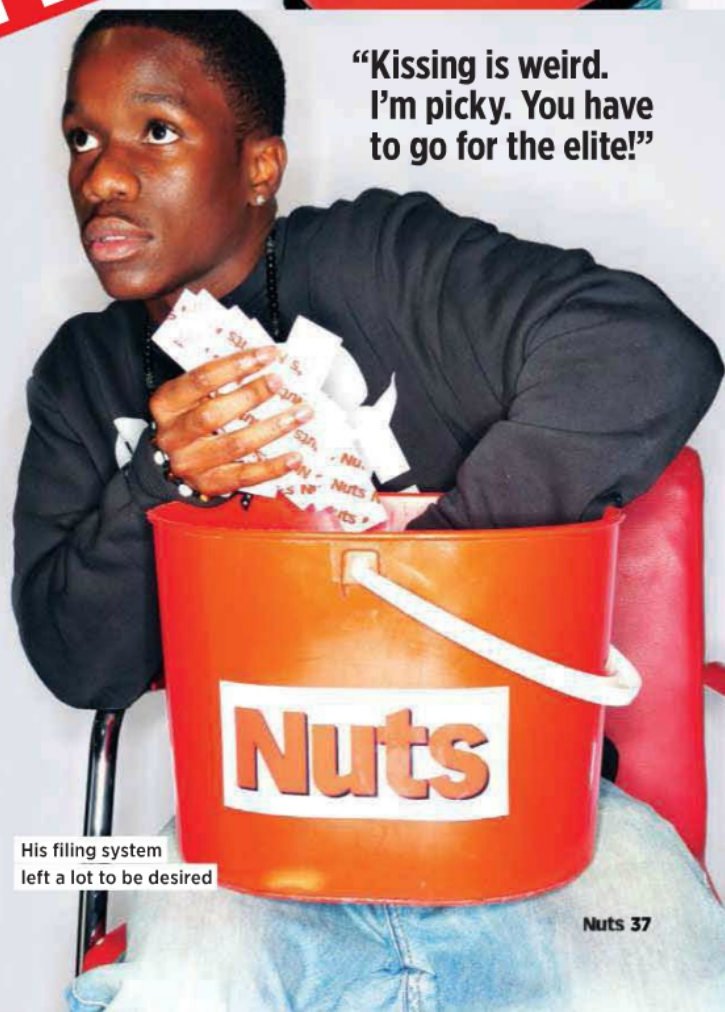
"A weekend for two
in Pontefract. Nice!"

RAPPER!

"Aw – someone's won
the meat vouchers.
I wanted them!"



"Kissing is weird.
I'm picky. You have
to go for the elite!"



His filing system
left a lot to be desired

TERRIBLE TOILETS

BARMY
BOGS!

SACK THE PLUMBER! THESE TOILETS
ARE DESIGN DISASTERS!

SPRAY & DISPLAY!

You'd have to be an epic exhibitionist to pinch a loaf here. Also, why the lock?

CONE TO THE LOO!

Hat, megaphone... toilet. Is there anything a traffic cone can't be used for?

STAIRWAY TO HEAVEN!

Taking the phrase "off to sit on the throne" that little bit too literally, we reckon.

SHOCKING FACILITIES!

Take a leak here and you might end up with more than you bargained for!



UNPRIVATE PARTS!

Some people do things in pairs, but we draw the line at bog buddies!

A WEE BIT CLOSE!

Because every bloke loves having someone else wee on their shoes, right?



FAUCET FAIL!

High-quality plumbing's gone down the plughole with this shabby sink!



LONG REACH LOO ROLL!

It's never a good idea having to stand on tiptoes to wipe your bum!

CAUGHT SHORT!

Whoever fitted these doors must have been taking the pee. Bonkers!



TOILET HUMOUR!

Well, we assume whoever installed this wasn't taking his task seriously, anyway!



TIGHT SQUEEZE!

Maybe, just maybe, this room wasn't intended to house a lavatory! ❌





BARE-KNUCKLE BOXER

‘I fought
for over
2 hours

with
broken
knuckles’

James Quinn McDonagh has fought bare-knuckle bouts for 19 years. This is his story...



ell us about your first fight.

I was at a sister's wedding in

June 1993, and one of the Nevins, who are a rival clan, was being out of order. I agreed to settle it with him in Dublin a week later. I won that fight, then his cousin wanted a fight. Then the Joyces [a rival clan] wanted a fight. The more you win, the more they come.

Are these fights always well organised?

Locations are kept private. Each boxer has a referee and a cameraman. The referee makes sure the rules are kept. The idea of the cameraman is so the whole family gets to watch it afterwards – you avoid whole clans coming to fights because they brawl.

Just how intimidating can the atmosphere be at some of these fights?

I remember I was the referee for three fights in Waterford, Ireland, in 2009. The fights all went smoothly, but halfway through the last fight, clan members from both families turned up in vans. They went at each other with knives, machetes and bats. There were stabs in the back, stabs in the stomach, throats cut, arms close to amputation – injuries you need 70 stitches for. When I referee now, I carry a mobile blocker which stops any phone activity – it prevents venues being leaked.

So how do these feuds start?

Within the travelling community there are clans, then within them there are elements who feud. We've feuded with the Joyces and the Nevins. I've been shot at and hit once in the leg. I know of two deaths, both to Joyces, in brawls.

How much money is at stake?

All the money is the clans' money. I might put £5k in, then someone else might stick £10k in, then all your mates, brothers and cousins pile in. Everyone gets a share if you win. I've fought for £120,000 and won.



What's the hardest fight you've ever been in?

The longest fight took two hours 47 minutes. It was my last fight and it was against the son of the guy from my first fight. At one point, the referee said, "OK you've been fighting 40 minutes, you can just shake hands if you want." But it went on and on. By the 90-minute mark, I'd broken all the knuckles on my left hand.

How do you train for a fight?

You get up early, run four to five miles, then do so many laps of the pool you can barely drag yourself out, then eat. At about 2pm you do a session of weights then sparring sessions at the gym. I do that and nothing else for 18 to 24 weeks.

That must be close to what a professional boxer does.

In a pro boxing match, you fight three-minute rounds, so you only train for that. In bare knuckle, there are no rounds. You fight until someone can't stand, so you have to train until you can't stand. I know fighters who spar for an hour against five or six different lads, one after the other, non-stop.

How did you end up becoming a fighter?

I avoid fighting when I can – it's just if someone offers a fight, you take it for honour. I never wanted to be "King

How do fights happen?

There's all these hangers-on. They get drunk and record themselves trash-talking you. You'll get posted a tape of them abusing you, then they'd make it public so you'd have to do something about it to restore your honour. It's stupid.

Do the referees ever step in if someone's taking a pasting?

No, only to disqualify someone. I refereed one fight – Aney McGinley vs Joe Joyce – and McGinley bit both of Joyce's ears. I disqualified him, but Joyce wanted to fight on as he didn't want to win through disqualification. You want to win because you knocked the man out.

Bare-knuckle boxing's illegal. Do the police ever get involved?

They tend not to interfere – it's better we solve a dispute with one bare-knuckle fight than an all-out war. At one fight, some bright spark suggested we take them down a back street where all would be quiet. Halfway through, we looked up and all these men were watching us from a window. It was the police station! ✕

● *Knuckle by James Quinn McDonagh is out now, priced £14.99*

of the Gypsies" [James' nickname] but I accepted it as part of my culture.

How nervous did you get before a big fight?

There's pride, family, a lot of money and your health at stake – who wouldn't be nervous before a fight?

BARE-KNUCKLE BOXING THE RULES:

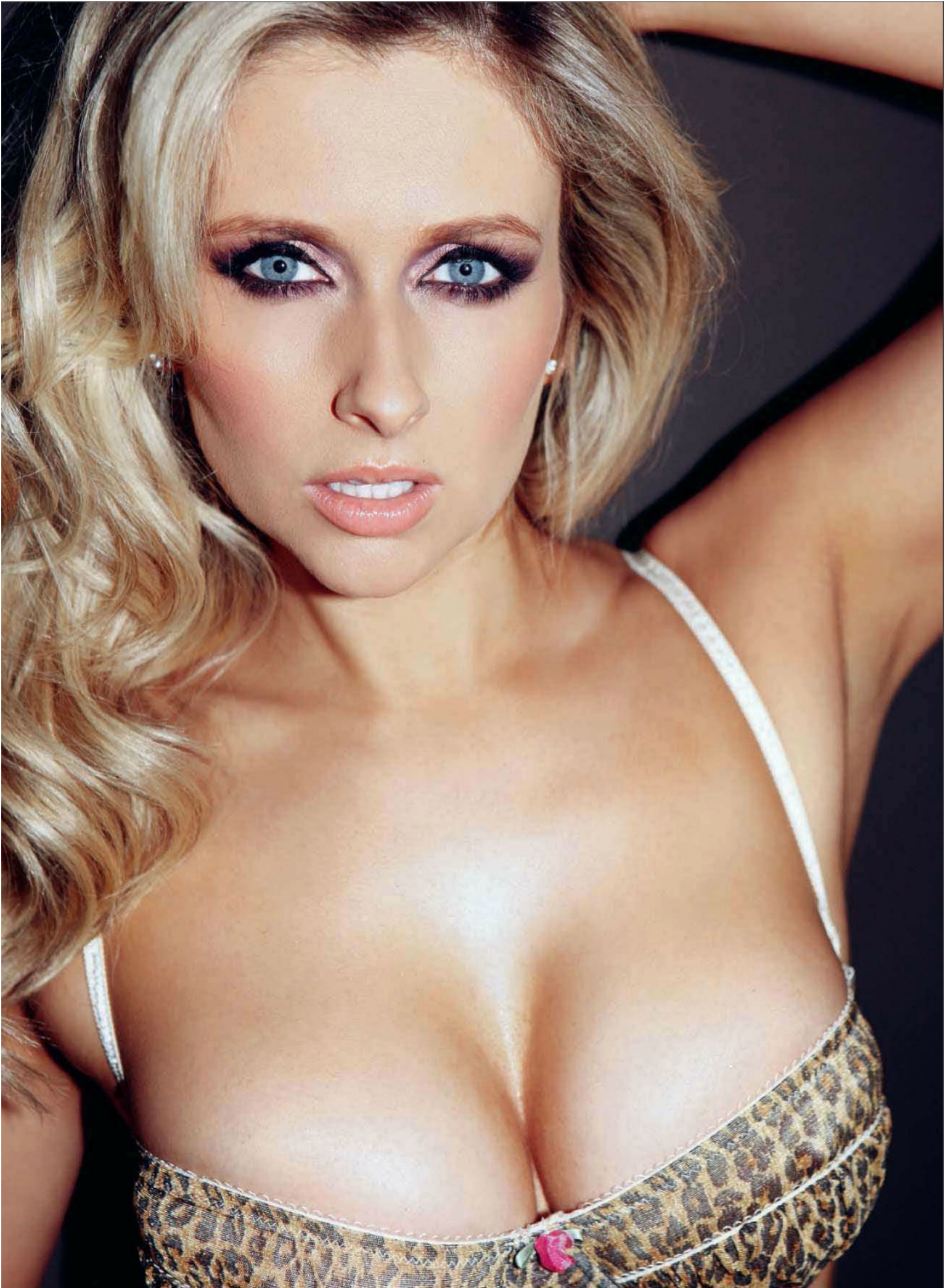
- No gloves
- Only light bandages over knuckles
- No biting
- No head-butting
- No gouging
- No rounds or breaks. The fight stops when one fighter says they've had enough.



GEMMA MERNA PRESENTS...

TV's Boobiest Babes!

The *Hollyoaks* hottie introduces
us to the best babes on the box!



TV'S BOOBIEST BABES

"It's great to
be back in
Nuts with
these saucy
pictures!"



Hello Gemma! How has the shoot been today?

Brilliant! We've had a great day and got some

really nice, saucy pictures! I'm very happy to be back in *Nuts* and I think it's a really good shoot to be back with.

If you could direct your own shoot, what would it be like?

It would be really sexy, but not obvious. A few more T-shirts and rips, a little bit more of a grown-up type shoot. Quite dark and in different locations, something, like that.

Hollyoaks is the official home of sexy girls on TV, but where do you think the fittest girls are?

Coronation Street! They've got some right little hotties at the moment, haven't they? Michelle Keegan always gets the "sexiness" accolades at the soap awards and always looks gorgeous. *Emmerdale* as well. The girls are gorgeous there.

Who do you have a girl crush on at the moment?

Eva Longoria in *Desperate Housewives*. She's amazing!

So you're a big fan of your American television then?

Oh yeah, definitely! *Desperate Housewives*, *Brothers And Sisters*, *Grey's Anatomy*... and I've started watching *True Blood* recently – that's very sexy!

Which British show would you get involved in?

I'd love to be in *Downton Abbey*. I think I'd be well suited to it because I'm naturally very pale. I'd love to go back to that period and wear the costumes!

Are we ever going to see you in any big feature films?

I'm happy where I am but if any opportunities came up, you never know!

Could you ever see yourself living the Hollywood lifestyle?

I'm a Northern lass at heart! I like my no make-up days and my chippies. They don't ►

"I have a girl crush on Eva Longoria!"





**"I love watching
Jorgie Porter
on *Dancing
On Ice*. She's
amazing!"**



have them in America. You can't beat a British chippie!

What was the last proper good night out you had?

It's the winter, no one goes out in the winter! The last time was probably one of the times we all get together and go to a charity night. Once summer comes, I'll be out a lot more!

When you go out with all the *Hollyoaks* girls, do you get a lot of attention?

Yeah, more than ever, because we've all been in the show as the McQueens for six years now. Everybody still loves us, no one is being horrible. We always get called the McQueen sisters, so it's quite fun.

Do you watch your mate Jorgie Porter on *Dancing On Ice*? Fancy trying that yourself?

Yes, she's amazing, isn't she? She's fantastic! If the right show came along, then yeah, I probably would do it, but nothing has come along yet, so we'll have to see.

What do you reckon would be your favourite one to do?

Probably *Strictly Come Dancing* – it's still dancing but not on ice. I'd be scared of cutting my fingers off on the ice!

Would you do *I'm A Celebrity*?

Yeah, I'd take the challenge. It's just getting used to all the bugs and creepy-crawlies and things like that. The best one was Gillian McKeith when she fainted, that was amazing!

What was the last thing that really made you laugh on TV?

The first night on *Big Brother* when Natalie Cassidy had to go round and kiss people. She did really well with that.

Thanks, Gemma! Finally, what type of a girlfriend are you?

I'd say a good one! I can be quite emotional but I think every actress can be. Other than that, I'm alright!

● See Gemma in *Hollyoaks* on E4, Monday to Friday, 7pm ➤



More big-boobed TV babes this way!

TV'S BOOBIEST BABES



HOLLY HAGAN *GEORDIE SHORE*

Holly famously rated Frankie Coccozza 4/10 in the "bedroom department". And we don't mean assembling Ikea furniture.



AMY CHILDS *THE ONLY WAY IS ESSEX*

Not to be confused with Adrian Chiles, who seems a nice chap and everything but isn't quite as easy on the eye.



ARIANNY CELESTE *UFC ULTIMATE INSIDER*

UFC fans already know and love ring girl Arianny, and this photo should win over pretty much everyone else.



BILLIE FAIERS *THE ONLY WAY IS ESSEX*

Every time Billie graces the *Nuts* cover, you love her and beg for more. Never let it be said that we don't listen.



LUCY HARROLD *TAKE ME OUT*

Lovely Lucy is one of the main reasons to tune into *Take Me Out* - but it's right here in *Nuts* that she got her start!



CHLOE SIMS *THE ONLY WAY IS ESSEX*

One of several *TOWIE* ladies flying the flag for Essex in our booby rundown. Must be something in the "wawta"! ▶



KIM KARDASHIAN *KEEPING UP WITH THE KARDASHIANS*

The busty – but barmy – reality TV babe is rumoured to be having her divorce broadcast on TV. Stay classy, Kim!



KENDRA WILKINSON *THE GIRLS NEXT DOOR*

The *Playboy* girl used to be Hugh Hefner's girlfriend – the dirty devil! Still, if we could attract a babe like her at 78...



LAUREN POPE *THE ONLY WAY IS ESSEX*

Nuts fact: the Popester first appeared in *Nuts* back in 2004, when we named her 23rd sexiest blonde on the planet!



SOFIA VERGARA *MODERN FAMILY*

She's been dubbed "Viagra" because of the effect she has on men. We leave you to make your own comments.



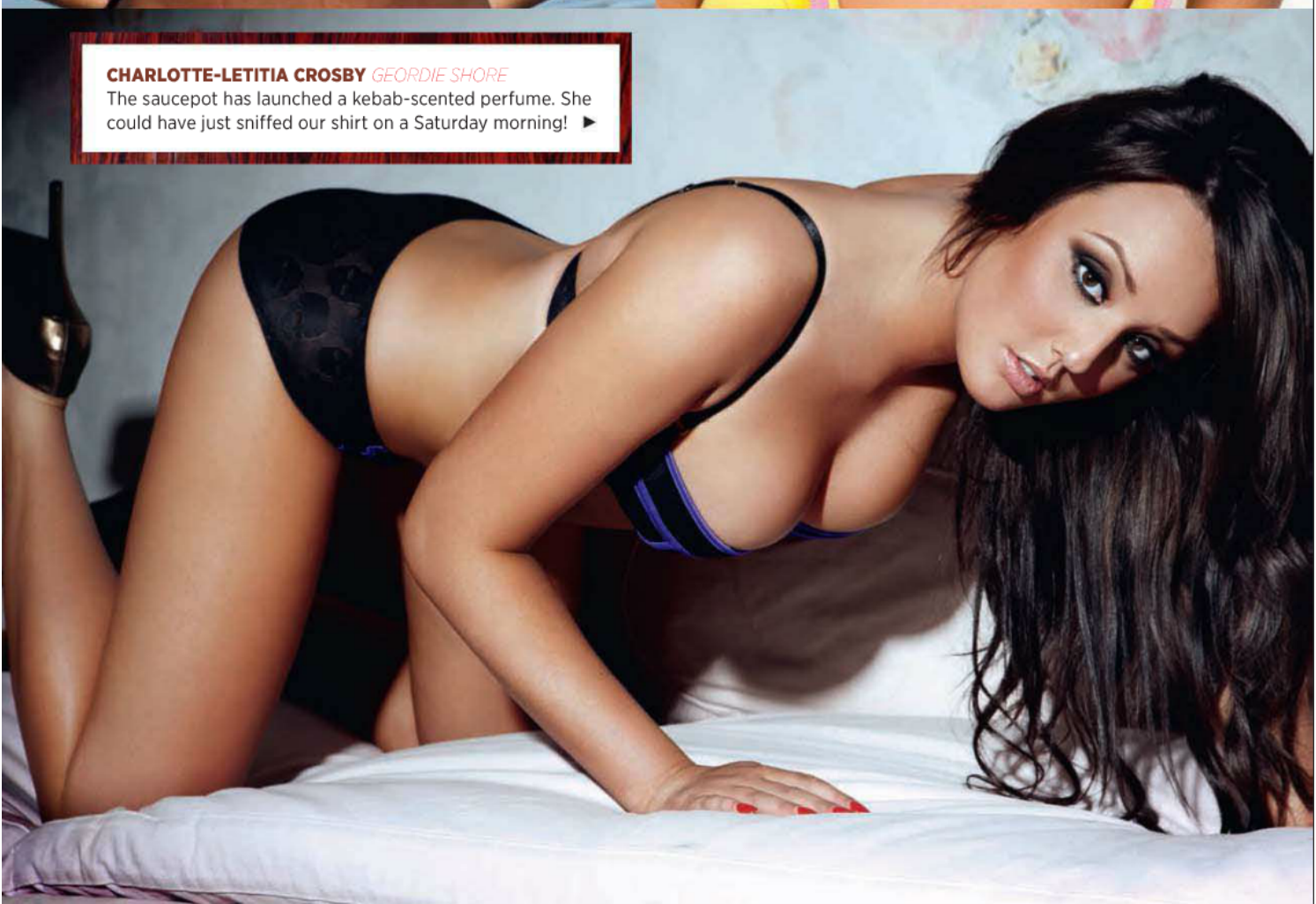
MICHELLE KEEGAN *CORONATION STREET*

The *Corrie* babe used to work in Selfridges. Our mate Mike watches *Corrie* and sells fridges, but that's another story.



DANIELLE MASON *MY BIG FAT GYPSY WEDDING*

Danielle is in the current series of *My Big Fat Gypsy Wedding*. Sadly, she's getting married in it. Waaaaah!



CHARLOTTE-LETITIA CROSBY *GEORDIE SHORE*

The saucepot has launched a kebab-scented perfume. She could have just sniffed our shirt on a Saturday morning! ►



JESSICA WRIGHT *THE ONLY WAY IS ESSEX*

Do you remember what life was like before *The Only Way Is Essex*? Well, we do. We were there. And it was rubbish!



NICOLA MCLEAN *CELEBRITY BIG BROTHER*

Page 3 babe Nicola recently cropped up in *Celeb BB* in what's been called its sexiest line-up ever. We'll say!



POLLY PARSONS *THE REAL HUSTLE*

There's a reason why *The Real Hustle* star Polly finds it so easy to con people. They're all distracted, obviously.



HELEN FLANAGAN *CORONATION STREET*

Helen left *Corrie* to take on "new projects". We're starting a project called "No-tops Tuesday" if you fancy it, Helen.



JENNIFER ELLISON *DANCING ON ICE*

Brave Jen took a skate in the face for entertainment's sake. Or maybe it was carelessness. Either way, she's still hot!



JESSICA-JANE CLEMENT *THE REAL HUSTLE*

JJC has been warming our hearts for ages now. At least we hope that's what it is, and not just chronic indigestion.



GEORGIA SALPA *CELEBRITY BIG BROTHER*

Georgia's been voted Ireland's most desirable date. We'd gladly stump up for a Nando's dinner with her!



Nuts STUFF

This week's best TV, movies, games, fashion, music and tech!

NutsTV

TV built for blokes!

**ENGLAND VS
NETHERLANDS**

WED • ITV1, 7.30pm

New era for England!



"Those *Postman Pat* references finally wore him down!"

Friday 24 February



"I must say, Skegness has really come on!"

The Mentalist

CHANNEL 5/HD • 9pm

We wish mentalist Patrick Jane would help us with our own daily dilemmas, like where the remote control is, or who's been leaving skiddies in the office toilet. Instead, he's preoccupied with yet more murders and such like. This week, though, he loses his memory and reverts to his former life as a con-artist. That should be fun!

★★★

54 Nuts



"Don't put me off – get this and I win a fluffy dinosaur!"

The Walking Dead

FX/HD • 10pm

When you're fighting off hordes of the living dead, you have to stick together, and the same's true when the human beings around you are being tetchy too. This week, Rick, Hershel and Glenn have to join forces to survive the attacks of both parties.

★★★★★



They always dressed snappily for a nice sunset

The Mad Bad Ad Show

CHANNEL 4/HD • 10pm

The decent new comedy panel show continues with comics Jason Manford and Matthew Crosby joining regulars Micky Flanagan and Mark Watson for ad-based banter. Here they look at ads about smoking. Oh, you'll be wheezing with laughter! Sorry.

★★★

ONE WITH THE MISSUS!

MODERN FAMILY

SKY1/HD • 8pm

We have it on good authority that this show is very popular with the ladies, and as we've been made to watch it in the past, we can safely say it'll make you laugh, and Sofia Vergara's pretty foxy too.



Saturday 25 February



England vs Wales

BBC ONE/HD • 3.25pm

After all the madness of England's World Cup campaign last year, new coach Stuart Lancaster's restoring credibility, and with a new-look side, too. After victories in Scotland and Italy, England host Wales, who have a 100 per cent winning record themselves. All of which adds up to a, er, cracking afternoon of egg-chasing.

★★★★★



Luck

SKY ATLANTIC/HD • 9pm

This new horse-racing-based drama is still bedding down, but we can tell you it sets a nice pace as of episode four. Here's what we know right now: horse trainer Escalante's as shift as they come. Ace has big track and casino plans and Lonnie takes one hell of a beating off two bad women. Like a proper nasty female beatdown.

★★★★★



UFC 144

ESPN/HD • 3am

It's 12 years since UFC was last in Japan, where modern MMA was born. So it's no surprise to find loads of big match-ups, including Ryan Bader vs Rampage Jackson, Yoshihiro Akiyama vs Jake Shields, and headlining, Frankie Edgar (above right) vs Ben Henderson. Our Yen's on Edgar, but it's the UFC. Anything can happen!

★★★★★

WALLY OF THE WEEK!



LET'S DANCE FOR SPORT RELIEF

BBC1/HD • 7.10pm

We can't help feeling that Steve's a bit of a smug twerp and a tad dull. But then he is far better looking than us, the annoying sod!



Sunday 26 February



Cardiff vs Liverpool

BBC ONE & SKY SPORTS 1/HD • 3pm

After Arsenal vs Spurs at 1.30pm, a big day of footy continues with the Carling Cup final. We expect a Liverpool win, though big occasions can do strange things to the legs of footballers. Cardiff? Well, they're in form, but also in the Championship.

★★★★★

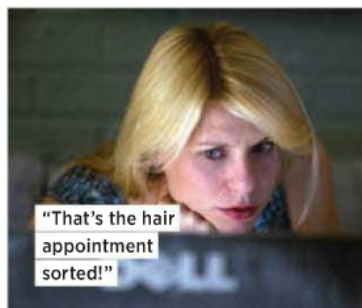


Top Gear

BBC TWO/HD • 8pm

More messing with motors as Jezza and James pay tribute to Saab, while the Hamster races a rocket-powered flying bloke against a rally-spec Skoda. Later, Jeremy tests the Maserati Gran Turismo MC Stradale and Mercedes C63 Black, while renowned Tardis-dweller Matt Smith's the star in a reasonably priced car.

★★★★★



Homeland

CHANNEL 4 • 9pm

This is the best damn show on TV this year! Rescued Marine Brody is clearly suffering with post-traumatic stress syndrome. Meanwhile, CIA Agent Carries is convinced Brody's part of al-Qaeda, and continues to watch his every move via CCTV set up around his house. It's a twisty-turny, brilliant and unmissable drama. Watch it.

★★★★★



TRUE BLOOD

FX/HD • 10pm

Tonight's breasts come courtesy of werepanther (yup, really) Crystal, played by Lindsay Pulsipher. Hooray!



Monday 27 February



The Bleak Old Shop Of Stuff

BBC ONE/HD • 8.30pm

The Christmas special that set this Dickensian sitcom rolling was a mixed bag, to say the least, with the gags being spottable from a mile away. But it's starting to hit its stride now, with Robert Webb enjoying himself as shop owner Jedrington Secret-Past.

★★★



Grimm

WATCH/HD • 9pm

This week's fairytale sees Detective Burkhardt, who has the power to see evil fairytale creatures, investigate when a woman is caught in a flash mob (or swarm... bear with us) and ends up dead, apparently injected with bee venom. His Spidey senses tell him this was no ordinary flash mob but Mellifers - bee creatures.

★★★



Death Valley

MTV • 10pm

The nifty mockumentary about cops patrolling the monster-ridden streets of LA continues. This week, we're introduced to the weird and wonderful world of zombie fights, and hapless rozzers Billy and Stu encounter some vampire terrorists. It's all very silly, but it's just perfect for these miserable February nights.

★★★★



EMPIRE

BBC ONE • 9pm

Not a new show about the rather enjoyable movie magazine or anything to do with Star Wars. No, it's a Jeremy Paxman fronted doc about the British Empire.



Tuesday 28 February

● New issue on sale today!



Friday Night Lights

SKY ATLANTIC/HD • 8pm

This is the best sports drama on the box right now. Tonight's episode sees Coach Taylor having issues settling into his new job, what with his team losing against a rubbish opponent, resulting in his players, and the town, turning on him. Simply great TV.

★★★★★

56 Nuts



Suits

DAVE/HD • 9pm

Our News Editor loves this show, and thinks you should be watching it, so we thought we'd remind you what it's all about. It's a legal drama about a chancer called Mike who's blagged his way into a top law firm thanks to his photographic memory. His mentor is sharp-suited Harvey, who's teaching him all the tricks of the trade.

★★★



Geordie Shore

MTV • 10pm

Yet more frightful frolics from the Tyneside tearaways as they continue their boozy and cringeworthy assault on Newcastle's nightlife. New babe Rebecca continues to let her feisty side shine, the other girls continue to invent weird slang, and the blokes continue to constantly walk around topless. As you do.

★★★



TROY

SKY1/HD • 10pm

At around the 34-minute mark there's a close-up of Eudorus' legs. He's clearly wearing modern-day rubber-soled sandals, but the film's set during ancient Greek times. D'oh!



Wednesday 29 February



"Ha-ha! Stop it, Wayne. It tickles!"

England vs Netherlands

ITV1 • 7.30pm

England friendlies might actually be fun to watch now Fabio Capello's left the country! Caretaker coach Stuart Pearce is sure to instill some passion into a new-look England side as they welcome Bert van Marwijk's Dutch stars to the home of football.

★★★



"OK, time to get my teddy collection back!"

Sons Of Anarchy

SUSA • 10pm

This one's proper intense. It kicks off with the Sons visiting their drug partners, the Mayans. A car full of masked men pull onto the Mayans' turf, and there's a big old shootout which ends pretty shockingly. Then, Bobby tries to oust Clay as boss of the club, and the final scene's so heartbreaking you might shed a tear!

★★★★★



"Stop pretending you're holding a gun, Kevin"

Kevin Bridges: What's The Story

BBC ONE/HD • 10.45pm

The Scottish comic's only been on the scene five minutes and already he's got his own show reminiscing about his childhood. Just how popular is this bloke? Here, he recalls family holidays with a trip to Benidorm, and has a natter to Sarah Millican. Excellent.

★★★★★

Brand New Babe!

THE SECRET CIRCLE

SKY LIVING • 8pm

Lady show we accidentally discovered thanks to our girlfriend which features the awesomely hot Phoebe Tonkin.



Thursday 1 March



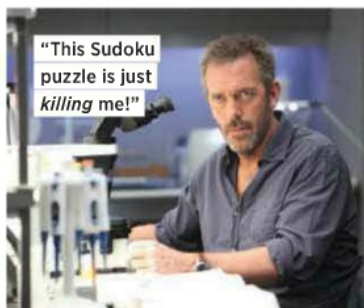
"Just bear with me here. My gym membership expired"

The Transporter

CHANNEL 5/HD • 9pm

Here at *Nuts*, we're massive fans of The Stath. Why? He's a British bloke who plays the same role, brilliantly, in every film he's ever made. And he's bedded Kelly Brook and Rosie Huntington-whatsername! So, sit back and enjoy his first turn as the bloke who works as a courier for the underworld delivering suspect items.

★★★★★



"This Sudoku puzzle is just killing me!"

House

SKY1/HD • 10pm

We've got so used to the antics of the world's most cantankerous medic over the past eight series that we assumed he'd be around forever. Sadly, it looks like this series will be the last, so get it while you can. House and the team treat a homeless girl, with him doing what he does best, winding everyone up.

★★★★★



Judy Finnigan had let herself go

Celebrity Juice

ITV2 • 10pm

Anything that has the brilliant Keith Lemon in it is going to get us watching as a matter of principle. And so it is with the endearingly daft *Juice*, which provides wonderful eye candy in the shapes of Holly Willoughby and Fearne Cotton, and another man with a silly moustache in Rufus Hound. What's not to love?

★★★★★



WHEN FISH ATTACK 2

NAT GEO WILD/HD • 8pm

Karri Larson sustained a shattered rib and punctured lung thanks to a leaping fish (like the one below). And she's not alone, as this show proves.



Nuts REVIEWS

MOVIES



"Whoa, man! Is that a giant doughnut?"



RAMPART

24 February • 15

Woody Harrelson plays a cop on the edge in a moody true-life drama from James Ellroy which fans of potty police flicks like *Bad Lieutenant*

will love. Woody's a fast-talking "sh*t magnet" taking a fall for his failing department as it descends into the chaos of a double-crossing spiral of booze, women and failed heists. Also stars Ice Cube and Sigourney Weaver. ★★★★★



SAFE HOUSE

24 February • 15

Ryan Reynolds' CIA rookie gets a brutal initiation looking after rogue agent

Denzel Washington in an intense cat-and-mouse thriller. ★★★★★



GHOST RIDER: SPIRIT OF VENGEANCE 3D

17 February • 12A

Nicolas Cage returns as

stuntman-turned-hell-dodging vigilante Johnny Blaze. ★★★

DVD & BLU-RAY



"A good spanking should wake him up!"



WARRIOR

DVD & Blu-ray • 12

One for mixed martial arts fans, ex-wrestler and awol marine Tommy (played brilliantly by the massively bulked-up Tom Hardy)

returns to his hometown to be trained by his estranged father for a MMA tournament. Meanwhile, Tommy's estranged brother, who's also a fighter and trying to dig his family out of debt, is heading to the same tourney. Fight! ★★★★★



FRIGHT NIGHT

DVD & Blu-ray • 15

Charlie's the teenager with it all, until new neighbour Jerry (Colin Farrell)

moves in. Jerry, it turns out, is a vampire. Decent remake. ★★★



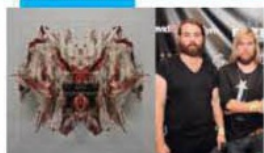
BEST LAID PLANS

DVD & Blu-ray • 15

Stephen Graham shines in this edgy, uplifting Brit-thriller as a chancer forced

to put his best mate into cage fighting to settle a debt. ★★★★★

MUSIC



BAND OF SKULLS SWEET SOUR

The *Nuts* office favourites plough their very fine furrow of dark, brooding rock for their second album. ★★★★★



DODGY STAND UPRIGHT IN A COOL PLACE

The Britpop-era faves' comeback is pleasant alt-pop in the style of The Bees at their most inoffensive. ★★★



DJANGO DJANGO DJANGO DJANGO

This irresistible collection of sunshine-infused, danceable electropop has been setting feet tapping enthusiastically in the *Nuts* office. ★★★★★



VARIOUS ARTISTS TRANCE NATION: COSMIC GATE

There's nobody on this trancefest we've heard of, but those MoS types know what they're doing. ★★★

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

GAMES



SYNDICATE

PC, PS3, Xbox 360

Futuristic shooter where you take on all-powerful business syndicates with just your bullet-spitting hardware and "hacks" that

influence the digital world – slow down time, infrared vision etc. Four-play co-op is the way to go here, with thrills aplenty, but with developer EA's all-conquering space opera *Mass Effect 3* out in two weeks, we'd save our cash for that. ★★★



FALLOUT NEW VEGAS: ULTIMATE EDITION

PS3, Xbox 360

Deluxe version of 2010's exemplary apocalyptic RPG. Essential, if you've not played it. ★★★★★



BINARY DOMAIN

PS3, Xbox 360

Robots invade Tokyo in 2080! You hide behind cover, then shoot them with guns! See *Mass Effect 3* comment, above. ★★★

APPS



THE WALKING DEAD - WALKERS KILL COUNT

iOS

This cool app lets you predict the number of Walkers killed – and how – as you watch. ★★★★★



WRITE SMS BY VOICE LITE

Android

The iPhone has Siri and Android users have this. Just speak into your phone and pick the contact. ★★★

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Nuts man £10 casino challenge!

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He tried his luck at these top casino games at nutsgames.co.uk – and now it's your turn!

Follow Nuts man's advice and with a bit of luck on your side, you could be in the money too!



BLACKJACK

"The idea is to collect cards and stop as close to 21 as possible – as long as you beat the dealer's hand, you're quids in. The dealer was a tough customer but we kept our head and managed to play a good game!"

PLAYABILITY: **9/10**

PAY-OUT POTENTIAL: **8/10**

FUN: **9/10** CASH MADE: **£9**



HI LO

"The easiest game of all to play – simply guess whether the next card out of the deck will be higher or lower than the one before. We were lucky and our gamble paid off, and we were able to pocket a big win!"

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PAY-OUT POTENTIAL: **8/10**

FUN: **8/10** CASH MADE: **£9**



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PAY-OUT POTENTIAL: **7/10**

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Nuts
GEAR

LISTEN IN!
A headphone connector lets you listen in while you convert your tunes.

1 Vinyl Forever

www.firebox.com

Nuts says: Clever, wee thing that connects a record player to your PC. Then it not only pipes vinyl to your computer, but also converts the tracks to MP3s as it does it.

£20

2 Champions League Finale Munich ball

www.adidas.com

Nuts says: All-new Champions League ball, the graphics are inspired by the shape of the Fußball Arena München, they tell us.

£82

DIRTY DOZEN

This is the 12th ball Adidas has supplied for a Champions League final.



3 Samsung Galaxy Tab 2.0

www.samsung.co.uk

Nuts says: Samsung's latest tablet is a 7in-screened beauty packing Android 4.0 Ice Cream Sandwich and a 1GHz dual core processor. Facebook now loads super quick!

£550

FACE TIME

This boasts Face Lock. Hold it up to your mug – it'll open like a flower!

4 USB Cup Warmer

www.firebox.com

Nuts says: For the office-based java fan. This plugs into your PC and keeps your mug toasty, while you gawp at nuts.co.uk/girls.

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Gadget

"I've got a **FIVE SECOND KETTLE** that makes a cup of tea in five seconds. It'd be great if it had other powers as well as the ability to make a cup of tea!"

Comedian

"Mitch Hedberg is my all-time favourite comedian. He was an American comedian but he's dead now. Living, I think **LOUIS CK** is brilliant."



Band

"The Walkmen are my favourite band, but my favourite song of all time is *Poses* by **RUFUS WAINWRIGHT**."



ONLY IN
Nuts!



Sporting Hero

"**DIEGO MARADONA** was the greatest footballer ever and also hilarious. Properly funny."



Holiday Destination

"Me and my girlfriend went on a holiday to Hong Kong, **NEW ZEALAND** and Fiji last year. We hung out, got drunk and went to some cool places."



Food

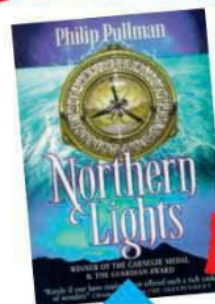
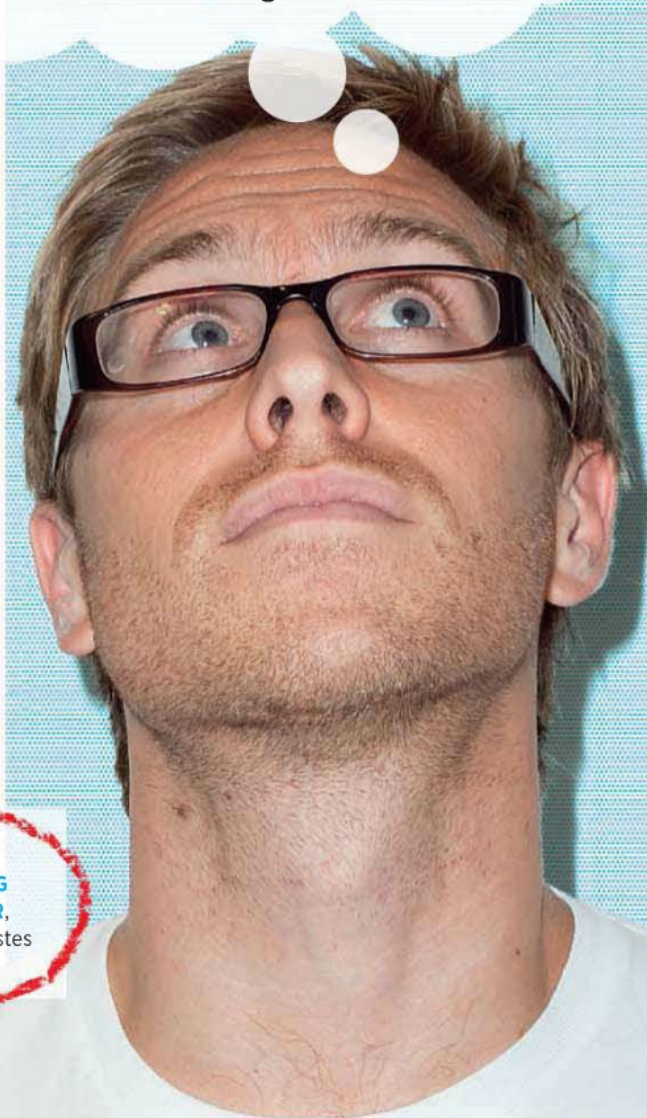
"I love **THAI BEEF CURRY**. I've just found a new recipe for the perfect Thai beef curry and it's amazing."

Drink

"I like **KOPPARBERG MIXED FRUIT CIDER**, but only because it tastes like fizzy Ribena!"

Stuff I like!

Top funnyman **Russell Howard** on some of his favourite things!



Book

"I really like *The Catcher In The Rye* by JD Salinger, but I also like **NORTHERN LIGHTS** by Philip Pullman. They're both great novels."



Football Team

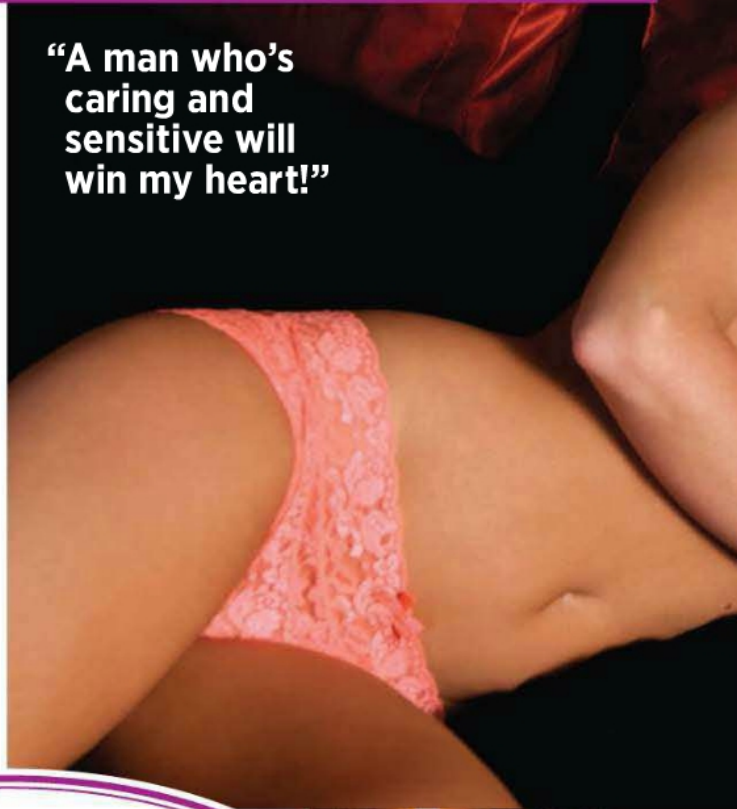
"My favourite football team are **LIVERPOOL**. This season we're going to finish in the top four!"

● Russell Howard Live: Right Here Right Now is out now on DVD

Nuts *REAL GIRLS*



"A man who's
caring and
sensitive will
win my heart!"



BEDROOM **BABE!**

You voted, she won, we took the pics!





The Pic she
Sent us!

Leanne

22 **Wigan**

Boobs: 32D

Best features: "My boobs
and my lips!"

Turn-ons: "I love having
my bottom kissed!"

Turn to vote for our
next Bedroom Babe!

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Pick your winner – and she'll star in *Nuts*!



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Chenade

21 **Essex**

"My little black dress is always a winner!"

Jessica

19 **Kent**

"Men with tattoos are a real turn-on!"



Rachel

19 **St Neots**

"I have so many really sexy outfits!"



Lisa

21 **Paignton**

"Curves and big blue eyes make a woman very sexy!"

Vote now!

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. Simple!

Ladies! 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 over 18.

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London SE1 0SU **Tel:** 020 3148 5000 **Fax:** 020 3148 8107
Email us at: nutsmagazine@ipcmedia.com **Website:** www.nuts.co.uk

EDITORIAL

Editor Dominic Smith

Deputy Editor Nick Soldering 020 3148 6941

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Pete Cashmore 020 3148 6940

Associate Editor - Entertainment

Sam Riley 020 3148 6921

Associate Editor - News

Rory Buckridge 020 3148 6917

ART

Art Director

Simon Freeborough 020 3148 6934

Art Editor

Barney Hammond 020 3148 6933

PICTURES

Picture Editor

John Gooch 020 3148 6937

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David Kenning 020 3148 6916

ONLINE

Online Editor

Keith Walker 020 3148 6855

Online Deputy Editor

Tim Bradley 020 3148 6880

Online Picture Editor

Adrian Callaghan 020 3148 6851

CONTRIBUTORS

Si Cunningham, Rich Pelley, Graham Wray, Jonny Smith, Andy Jones, Nick Watkins, Frank Tennyson
(words); Gaz Lockerby, Jack Van Gelder (design); Mark Petty at mark@parkorange.co.uk
(illustrations); Ross Hassell (marketing); Lauren O'Callaghan (online); Martyn Beard (repro);
Johnny Read (work experience) **WORK EXPERIENCE ENQUIRIES:** pete_cashmore@ipcmedia.com

ADVERTISING & PRODUCTION

Group Trading Director

Kate Mackenzie 020 3148 3670

Group Advertising Director's PA

Laura Cillo 020 3148 3670

Group Deputy Trading Director

Jon Restall 020 3148 7626

Digital Business Director

Andrew Sanders 020 3148 6716

Head Of Agency Sales

Chris Dicker 020 3148 6709

Director Of Insight

Amanda Wigginton 020 3148 3636

Regional Business

Development Manager

Oliver Scull 0161 672 2152

Insight Manager

Verity Amos-Piggott 020 3148 6732

Group Production Manager

Becky Singleton 020 3148 5429

AGENCY SALES TEAM

Hollie-Anne Shelley 020 3148 6725 Tim Collins 020 3148 6703 Stephane Folquet 020 3148 6724

MARKETING

Press Enquiries

Anna Foster 020 3148 5406

Syndication Sales Executive

Cerie McGee 020 3148 5484

Senior Marketing Manager

Ally Johnstone 020 3148 6780

PUBLISHING

Chairman and Chief Executive

Sylvia Auton

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James Thrower

PA to Jo Smalley

Hollie Bishop 020 3148 6848

Financial Administrator

Dan Brightmore 020 3148 6947

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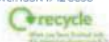
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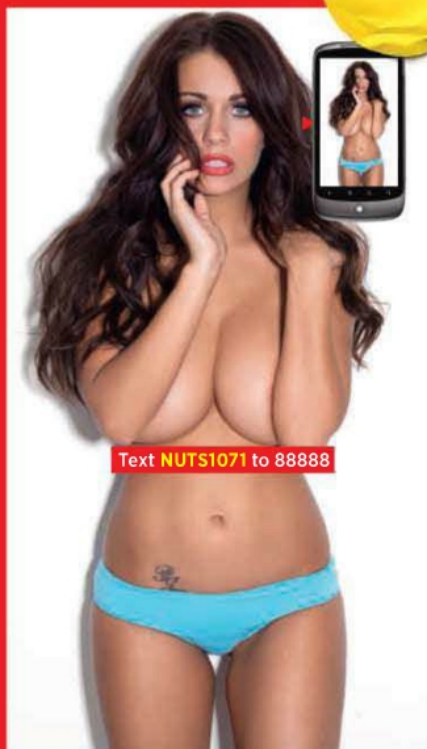
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WITH OUR
SECRETARY!**

Ladies, Got a saucy secret you can't keep to yourself? Send your sexy story to our Lou!



'Our sexy fun in the sauna'

ONE DAY at the gym, I noticed a tall, muscular guy while I was having a workout. We made eye contact a few times but I didn't think anything more of it until I went into the sauna and he walked in after me. We soon began flirting and I noticed a bulge growing in his shorts, so I took his erection between my fingers and worked them up and down while he played with my boobs. The thought of being caught was so thrilling and he came in a matter of minutes. I now have the best incentive ever to go to the gym!

Emily London

'I took him in my mouth'

AT UNIVERSITY, during one of my physio tutorials, we spent one afternoon being taught massage techniques and had to practise on our fellow

students. At the end of a Friday afternoon class, everyone had left for the pub and it was left to me and a cute guy to clear away. I cheekily went up to him and asked him to show me exactly where the various muscles in the leg were. He smiled, knowing that I was playing with him, and pointed

to a few before pointing to his upper groin. I put my hands there, started to rub and he became hard in an instant. We checked nobody was around, then he unzipped his flies and I got down on my knees to take him in my mouth. It was the best hands-on experience I'd had all year!

Lola Glasgow

'We had sex in the office'

RECENTLY, I was working late and got trapped in my office by the snow. There was only me and, luckily, the security guard who I fancied left in the whole place. We started getting cosy in his office as we knew we'd be spending the night together. We had a little camp made of sofa cushions, blankets and food and drink from our kitchen. We were sitting on the floor snuggled under a blanket when I felt his hand creep along my thigh and begin to rub between my legs. I gasped as he played with me and then shuffled down my thighs and gave me the best oral sex ever. He picked me up and laid me on his desk, pulled a condom from his drawer and we had hot, sweaty sex. We both managed a couple of orgasms and then collapsed exhausted for a deep sleep. Unfortunately, he left the company a week later. I'd love to see him again!

Becky via email

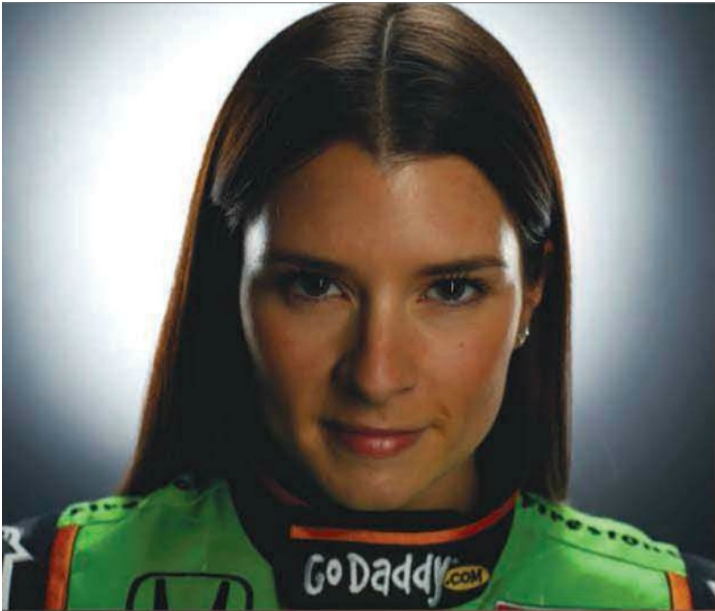
'I felt a stir in my knickers'

I WENT shopping the other day and popped into Ann Summers to get some sexy new lingerie. I selected a red corset and a black fishnet dress. In the changing room, I tried on the corset first and it looked great. It looked so sexy the way it pushed my boobs up, and as they poked out of the top I felt a stirring in my knickers. I took it off then I tried on the fishnet dress and I got even hornier. I loved the way the fabric clung to my curves. I stroked myself through the fabric of the fishnet and my thong, watching myself intently in the mirror, then I put my hand down my knickers and rubbed my clit hard until I climaxed. I quickly got dressed, paid for the items and ran quickly home to have more fun!

Katy London

Win £50!

Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 70. The best one each week* wins £50! Come on, girls!



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TERMS & CONDITIONS

10 RUDE QUESTIONS!

And a real girl to answer them!

Shannon

20 Ramsgate

1 Where's the strangest place you've had sex?

"In a hospital bed while visiting my boyfriend at the time. I thought it might make him feel better, and it did!"

2 What's your trademark naughty move in the bedroom?

"That would have to be tying a man up. I love tying them up and having total control over everything. Putting a blindfold on is even better because then I can be as kinky as I like."

3 What really turns you on in bed?

"Kissing me on the neck. Once you've started, there's no going back!"

4 What's your favourite position?

"Doggy-style. It's by far the best and a little spank while you're doing it is always a winner."

5 Is it better to give or receive?

"I'd like to say it's better to give, but of course it's always better to receive, although I like knowing that I've really turned my man on."

6 What one thing would you really like to try but haven't yet?

"I love having sex in public. The thrill of getting caught excites me so much, so having sex on a plane is one thing I want to try, and also because I want to be a standing member of the 'mile-high club!'"

7 Have you ever got it on with another girl?

"Of course! All my friends are gorgeous, so it'd be rude not to, really."

8 What's your role-playing costume of choice?

"It sounds a bit different, but my favourite would have to be playing a prison officer. I love being the boss and being able to teach a naughty bad boy a lesson."

9 Have you ever made a sex tape?

"No, not yet – it's still on my 'to do' list."

10 What's the single rudest thing you've ever done?

"Stripping totally naked in the daylight on a beach, going for a swim, and coming out and having sex on the beach afterwards!"



"I love tying a man up and having total control!"

Nuts SPORT

CARLING CUP FINAL SPECIAL!

Gerrard: 'Losing would be a nightmare!'

Liverpool's captain on Suarez, Carroll and Cardiff!



Hi Steven! How important's winning the Carling Cup?

It's massive! It'll show that we're heading in the right direction. Our goal is to win the two cup competitions and finish in the top four.

So it's all guns blazing against Cardiff?

We'll throw everything we have at winning it. To lead the team out and be successful is the dream. To lose would be a nightmare.

How important is Kenny Dalglish to Liverpool?

Kenny is this club. He lives and breathes Liverpool and everything he does is for one aim – to get Liverpool to the best place it can be.

He's had some stick this season though.

It's been ridiculous. A couple of poor results and knives were being sharpened.

Some criticism has come for all the off-field stuff.

It's time to focus on the football. Frankly, I'm sick of all the other stuff.

Is Luis Suarez a force for good for Liverpool?

Luis is one of the best players in the world. He'll play a huge part in what we're building here. A lot has gone on but we've now put a line under it.

Is Craig Bellamy as grumpy as he looks?

Craig's a great lad, actually. He's all about winning and I respect him for that.

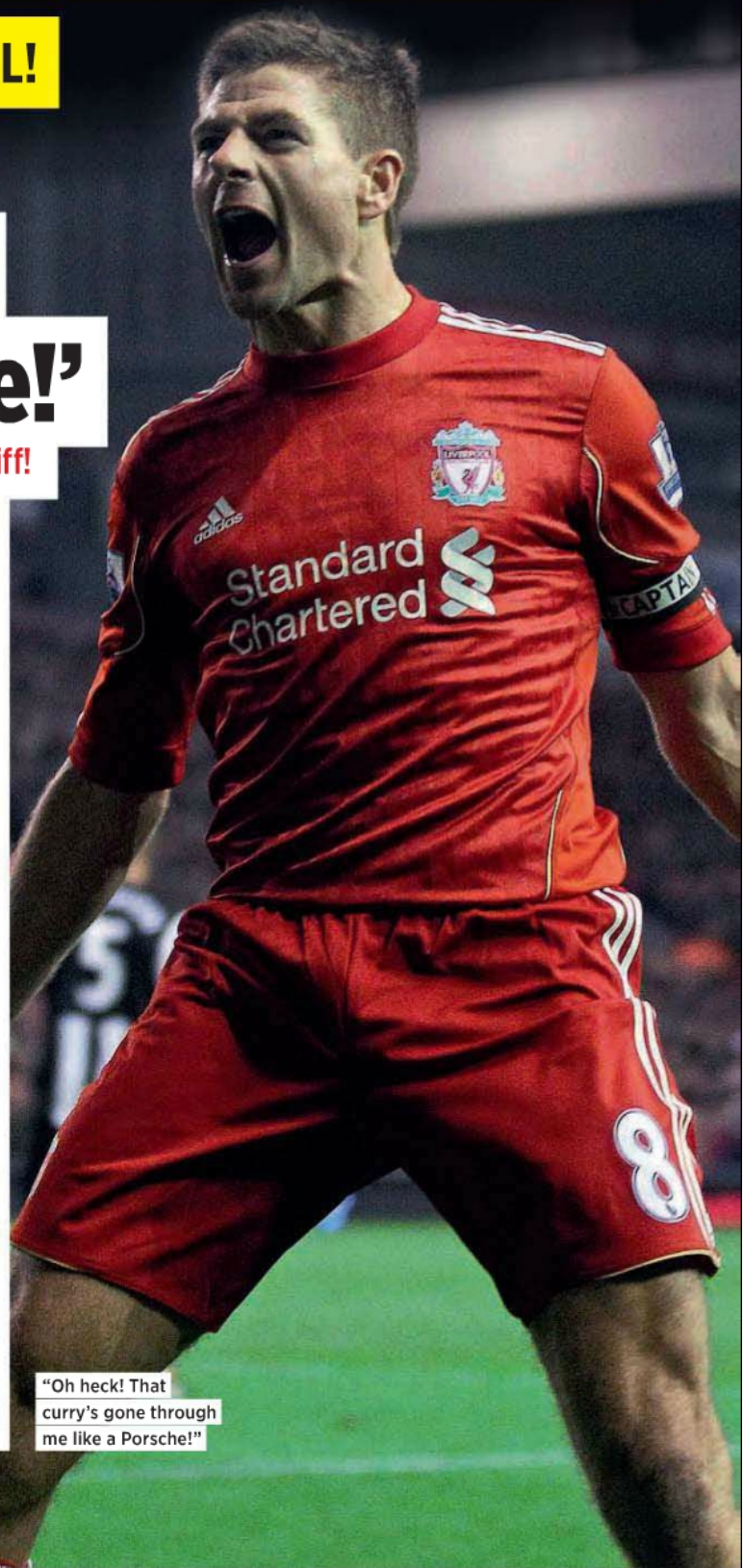
Can Andy Carroll justify his price tag any time soon?

No one here gives even a second's thought to his transfer fee. He came in last season carrying an injury so that set him back and then he's had to get used to a new club, a new environment and a new way of playing.

Presumably, lifting the Carling Cup will be huge for you after your injury?

There were dark days when it seemed I'd never get back to kicking a football. Times like walking out at Wembley looked as far away as you could imagine. But I'm back and enjoying every minute!

"Oh heck! That curry's gone through me like a Porsche!"



"Excellent! A chance to do my bendy leg move!"

Whittingham: 'We're not afraid of Liverpool!'

Cardiff's star midfielder Peter Whittingham on Sunday's showdown!

➔ Hi Peter! Can you beat Liverpool in the Carling Cup final?

We're going to go out with plenty of confidence, with no pressure and no fear. It's a great day for the lads and also the fans, but we'll want to do ourselves justice.

What has been the secret of Cardiff's success in this tournament?

We're a team first and foremost. You can go through our dressing room and you won't find many household names, but that's great because there are no egos, no one who isn't giving 110 per cent. If you lose the ball there'll be team-mates there for you. I can't tell you how good that feels.

So there won't be any fear factor then?

I don't think so. We'll win or lose as a team. We're a tight bunch of level-headed lads who'll cope with whatever ends up as the result.

Pundits have pointed to you as the danger man for Cardiff. Any pressure to perform?

No, I don't see it that way. I've played in big games before, learnt a lot and coped OK. I'm not the kind of guy who likes attention anyway. I just like to play football and leave all the other nonsense alone.

Any truth in the rumours you were set for a big move to the Premier League in January?

I don't know, but talk is just that – talk. All I do know is

that I'm happy here, playing good football and want to get into the Premier League with Cardiff. I'm lucky to be involved in something which is going to be big.

So Cardiff are a club that's going places?

I think when we lost a lot of players at the end of the season people thought we'd be on a downward curve, but it's worked out better for us. It's allowed us to come together as a unit, and we're well-placed in the Championship and in a final. And in terms of strength in depth, I think the standard has massively improved.

And off the pitch?

We've made huge strides with a new training ground and the

move to the new stadium. It feels like a totally new club. Everyone at the club's worked their socks off to get us in this position, so it's great to see that hard work pay off. The transformation has been pretty incredible.

What would you prefer, the Carling Cup win or a place in the Premier League?

The Premier League's the goal for any pro, but once we get out at Wembley with the Cardiff supporters at our back, we'll only have one thing on our minds – and that's beating Liverpool and lifting that trophy!

● *The Carling Cup Final is on BBC1/HD and Sky Sports 1/HD on Sunday at 4pm*

KAMMY'S BIG MATCH VERDICT!

"Cardiff are underdogs but Malky Mackay has worked wonders. They're a top side and will give Liverpool a lot of problems. I think the game will be a lot closer than most are predicting. Liverpool are used to hitting teams on the break, so it'll be interesting to see them have to take the initiative. The difference between the two teams is Steven Gerrard and I think Liverpool will just nick it."

**PREDICTION: 1-1
LIVERPOOL TO WIN
ON PENALTIES**

KAMMY!



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

"I can't believe he's wearing the same outfit as me"



The taxman is waging war on football!

Clubs must act now or face financial ruin!



RANGERS ENTERING

administration will have shocked a lot of football fans who thought big clubs were untouchable when it came to finances. In times gone by, the tax office has been kind to football, but after they lost millions prosecuting Harry Redknapp, it seems the good times are over.

Fans aren't usually worried about club finances, they just want their club to buy the best players and win games. Just look at Everton – their supporters want new signings regardless of how little money the club actually has. Maybe what has happened to Rangers might wake a few up to the reality that you can't spend what you don't have.

Something must be done as it's obvious many teams simply can't run themselves properly. Uefa have started introducing new rules on club finances, but it's too little, too late.

Also, what about the clubs that are further down the league? They should get my missus in to help – she's always been very good at tightening the purse strings!



"Argh! This shoulder rub really hurts!"

Sorry Arsenal made Milan look good!

IT WAS embarrassing watching Arsenal get taken to the cleaners by AC Milan. Arsene Wenger's boys were never in the match and I can't understand the manager's team selection. The Gunners have spent millions on players like Alex Oxlade-Chamberlain, but he was left on the bench.

I know experience counts for a lot, but players like Tomas Rosicky have never done the business at that level. It'd be great to see Wenger play a youthful line-up in the second leg. Time to give some new guys a chance, Arsene!

- Send jokes, comments, pics etc to kammy@ipcmedia.com. The sender of the best one each week wins themselves a signed *Nuts* T-shirt!

KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY GOOD!

SUPER SCHOLES!
I know Fergie played it down, but it'd be great to see Paul Scholes back with England. Harry Redknapp loves him and he's one of the finest midfielders England has produced!

UNBELIEVABLY BAD!

TYPICAL TEV!
Carlos Tevez has only just got back to Manchester and he's already arguing with Roberto Mancini. If he gives 100 per cent for the rest of the season I might just forgive him!

THE BIG MATCH!

"You put your left foot in..."

Suarez's handshake-gate's statement's not enough!

THE STATEMENTS issued by Liverpool and Luis Suarez over handshake-gate is simply not enough. Why on Earth didn't Suarez and Man United's Patrice Evra meet up for a public apology? If they'd done that, it would have drawn a line under the whole issue. Some words on a bit of paper are no good – people need to see action. What happens next time the two players meet? In my opinion, it still isn't over!

"Don't pass it yet, Andy – I'm going to sneeze!"

Arsenal vs Spurs

26 FEB, 1.30PM • SKY SP1/HD

Tottenham are absolutely flying at the moment and I can see them picking up all three points at the Emirates. Harry Redknapp's boys will smell blood after Arsenal's mauling in Milan. Arsene Wenger's side are vulnerable and I can't see Spurs giving their neighbours an easy time.

KAMMY'S PREDICTION: 1-2

Key man

Scott Parker has been sensational and I expect him to keep an eye on Arsenal's Mikel Arteta. It'll allow Spurs to dominate in the middle.

MLS loan stars have shone!

IT'S A shame Thierry Henry, Landon Donovan and Robbie Keane are heading back to the US. They've been fantastic and their loan moves have proved they dropped out of top-level football too soon. All three have something to offer, and I hope they return next season!

They loved an impromptu arm wrestle

Nuts SPOR

EXCLUSIVE!

Training with Nathan Cleverly!

How the Welsh boxer stays in tip-top shape!

BOXING CLEVERLY!

World champ Cleverly boasts a record of 23 fights and 23 wins (11 by KO).



AHEAD OF his big fight with Tommy Karpency, the light-heavyweight champ shows Nuts his gruelling regime!

- Cleverly vs Karpency will be live and exclusive on BoxNation (Sky Ch. 456/ Virgin Ch. 546) on Saturday. Join at www.boxnation.tv



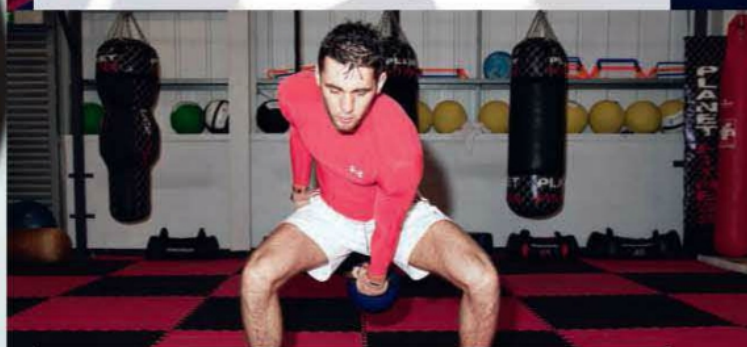
THE DAY BEGINS • Time: 10.30am

Stretching and a 3.5 mile run around a local pitch kicks it off. "Sometimes it's like a swamp, but it's helpful to train in different conditions as it gives me something to think about."



SHADOW BOXING • Time: 12.15pm

Nathan starts his ring work by throwing some uppercuts: "This is for my mobility and bending the knees. I have to bend my knees while keeping my eyes up on the target."



KETTLE-BELL • Time: 2.30pm

"The kettle-bell will work the arms, back and shoulders. There's the two-arm lift, which is one way of lifting it. It weighs 15kg but sometimes I go up to 20kg."



HEAVY BAG • Time: 3.15pm

"This heavy bag replicates a fight. You can also improve your power and accuracy. We do this for three minutes non-stop. The heavy bags are good for getting your punches right."



HILL SPRINTS • Time: 10.45am

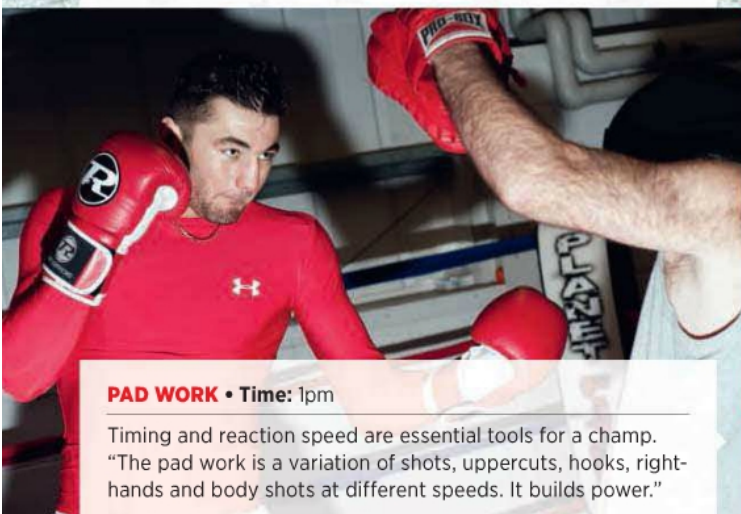
Nathan throws in some hill sprints to loosen his body further. "Running uphill is similar to when you're in the ring. You have to get your breathing right and calm the heartbeat down."



Nuts SPORT

IN THE GYM • Time: Noon

Nathan warms up again before the gym and sniffs Vicks. "I need a good warm up, then a deep breath of Vicks clears the nasal passage and helps me breathe during sparring."



PAD WORK • Time: 1pm

Timing and reaction speed are essential tools for a champ. "The pad work is a variation of shots, uppercuts, hooks, right-hands and body shots at different speeds. It builds power."



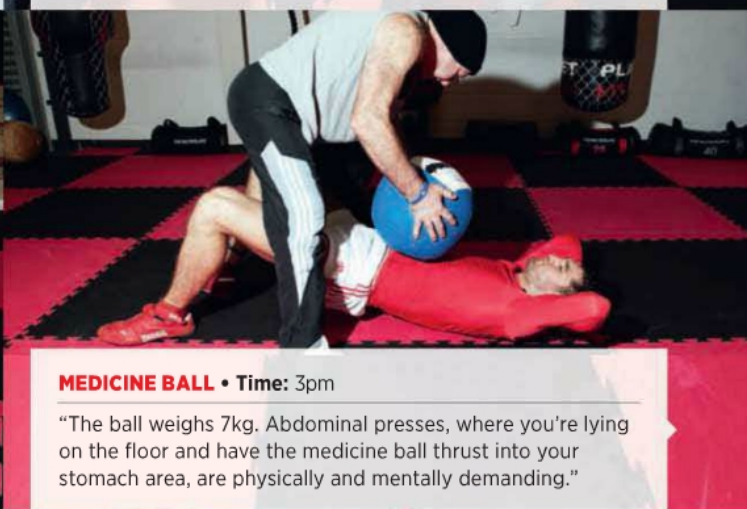
AIDED SIT-UPS • Time: 2pm

Strength and conditioning work gets under way with sit-ups. "This exercise is particularly good for the abs and it's a lot tougher than doing normal sit-ups on the floor."



POWERBAG • Time: 2.45pm

"The powerbag is good for building explosive reactions as well as toning the forearms and biceps. I also work on my legs with the powerbag on my shoulders while squatting."



MEDICINE BALL • Time: 3pm

"The ball weighs 7kg. Abdominal presses, where you're lying on the floor and have the medicine ball thrust into your stomach area, are physically and mentally demanding."



RINGS • Time: 3.30pm

"Hanging on the rings stretches the arms out as they've been bent for a long time after a training session, so it's a good idea to straighten them out with some pull-ups."

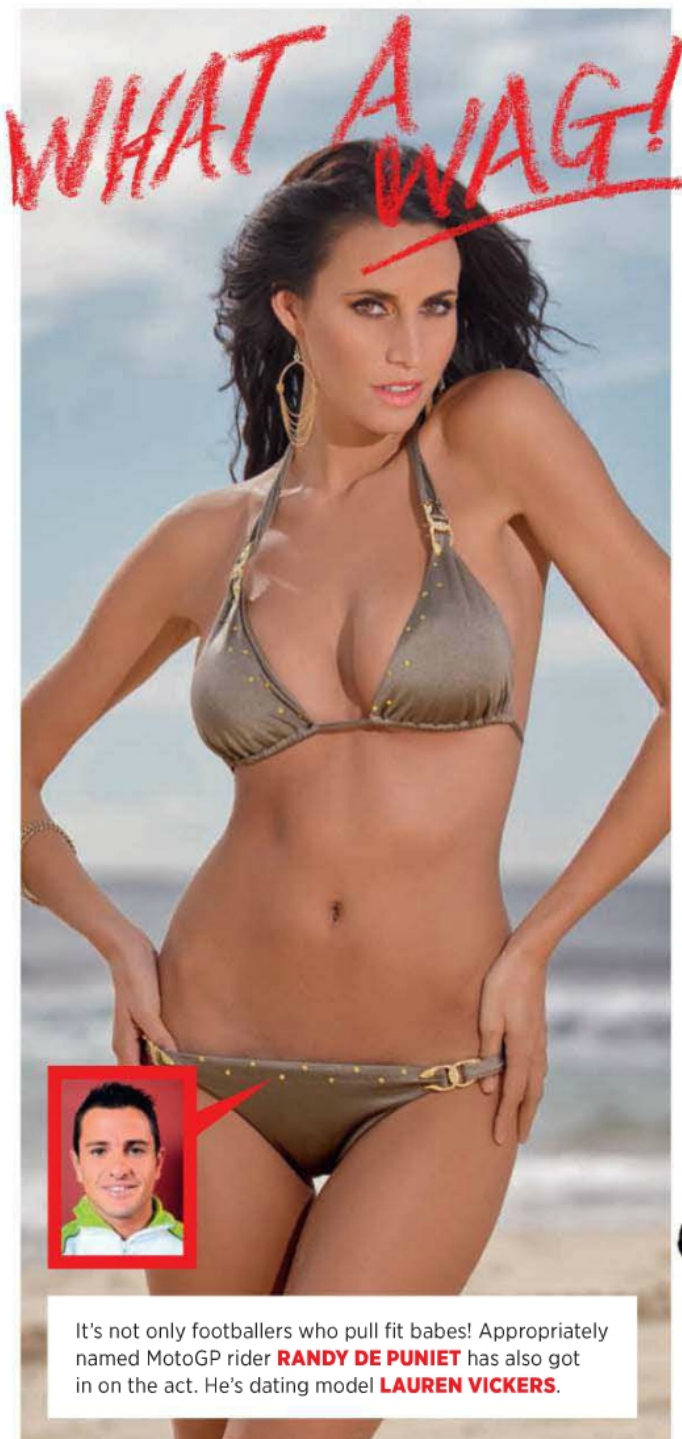


DONE! • Time: 3.45pm

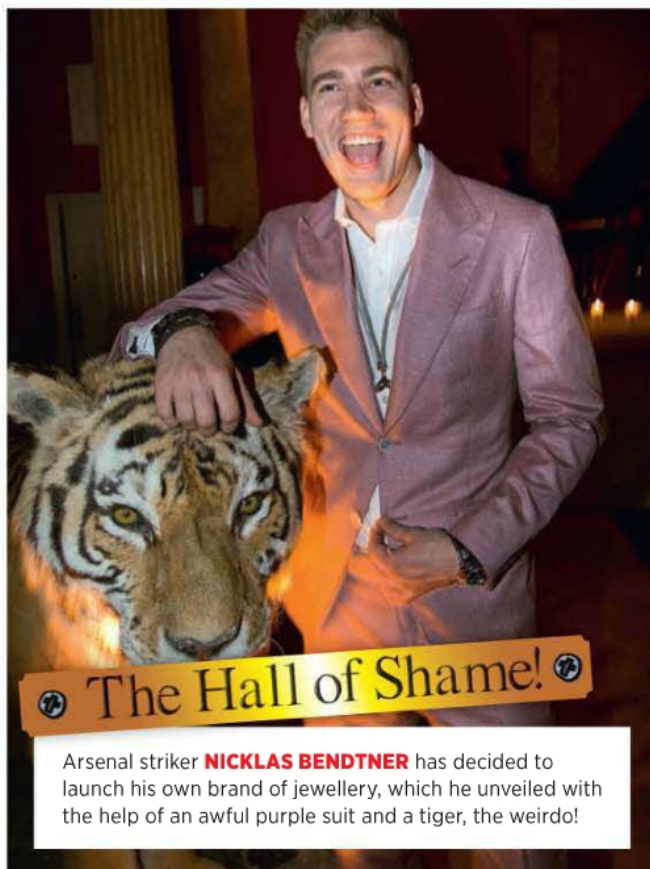
After training, Nathan finally gets the chance to relax. "I normally just chill out and have a protein shake immediately after training. I check Twitter, that sort of stuff."

Nuts ABOUT SPORT!

Funny goings-on in the wonderful world of sport!



It's not only footballers who pull fit babes! Appropriately named MotoGP rider **RANDY DE PUNJET** has also got in on the act. He's dating model **LAUREN VICKERS**.



The Hall of Shame! 72

Arsenal striker **NICKLAS BENDTNER** has decided to launch his own brand of jewellery, which he unveiled with the help of an awful purple suit and a tiger, the weirdo!



Obviously, boxing is meant to hurt, but we rarely see it captured in such a face-mashingly wonderful way. **STEVE "USS" CUNNINGHAM** is the fighter about to go down faster than a sinking ship.

“Quote me on that!”

This week's biggest match debaters!

“World Cups are like being on *Big Brother* and Harry Redknapp's got the *X Factor*”

Martin Keown gets his TV shows mixed up.

“Terry Henry scored but Arse Shaving did really well”

Robbie Fowler needs to work on his pronunciation.

“I've been here since when I came in here”

Bolton's Owen Coyle doesn't do specifics.

“I have always been straight”

Wenger denies he's on the turn.

“If I was a hippo taking a penalty, I'd just smash it”

Robbie Savage is a bit of an animal.

“I got back from Sunderland and thought I was more like a man”

Did Danny Welbeck used to be a lady?

**OO-ER SOUNDS
A BIT RUDE
CORNER!**

“I like to come in the hole”

Don't we all, LA Galaxy striker Robbie Keane.

“Kevin Pietersen does have a monster weapon”

Nasser Hussain has been in the changing room.

“Look at the centre half. You can't expose yourself like that”

Sky Sports and *Nuts* legend Kammy spots a flasher.



NEYMAR's Santos team-mates helped him celebrate his 100th career goal by covering him in chocolate sauce!



international
MAN LOVE

We can't tell if that's a look of pain or ecstasy on Chicago Bull **TAJ GIBSON**'s face. Either way, we're sure this sort of behaviour isn't permitted on court.

THE NUTS LIP READER!

When he watches a match, he sees every word!



**WATCH
YOUR
MOUTH!**

John Cassidy is a real lip-reading expert. And a fully paid-up FA coach to boot!



John Arne Riise:
"You OK? You right-footed?"

FULHAM VS STOKE Craven Cottage, 11 February, 3.16pm
The Norwegian can't believe Pavel Pogrebnyak's goal.



Roy Hodgson:
"We need to take who off?"

WOLVES VS WEST BROM Molineux, 12 February, 3.05pm
The Baggies manager needs some help from his assistants.



Joleon Lescott:
"Yeah, baby!"

ASTON VILLA VS MAN CITY Villa Park, 12 February, 5.51pm
City's defender celebrates winning his team three points.



Stiliyan Petrov: "Man up! F**king enough! Enough, man!"

ASTON VILLA VS MAN CITY Villa Park, 12 February, 5.36pm
The Bulgarian slams the referee for awarding a foul to City.

Potty mouth corner!



Sylvan Ebanks-Blake:
"You lying git! F**k off!"

WOLVES VS WEST BROM Molineux, 12 February, 2.36pm
The striker shares a joke with West Brom's Steven Reid.

TO CONTACT THE LIP-READER, WRITE TO: JOHNNYRSCASS@HOTMAIL.COM

"Which way is
Manchester again?"

In the doghouse with Carlos Tevez!

Carlos 'treated like dog', but what kind of pooch is he?

➔ **CARLOS TEVEZ** returned to Manchester last week in a bid to patch things up with Man City boss Roberto Mancini. But things didn't exactly go to plan, with the Argentine telling the press that the Italian treated him "like a dog". That got us thinking, if the moody striker really was a pooch, what kind of dog would he be?

STROPPY!

IN THE PAPERS!

The papers made pedigree chump Carlos a laughing stock, hounding him with dog-based headlines.



YORKSHIRE TERRIER

These annoying fur balls never give you a moment's peace and never shut up. Fairly apt for Carlos, who's always yapping to the press.

Canine rating: 🦴🦴🦴🦴🦴



GOLDEN RETRIEVER

Although Carlos loves chasing balls around like a demented pup, he's no retriever – after all, they're extremely loyal to their owners.

Canine rating: 🦴🦴🦴



HUSKY

Single-minded, difficult to train, used to being left out in the cold... Husky would be perfect, except they love being part of a team.

Canine rating: 🦴🦴🦴



MONGREL!

ROTTWEILER

Tetchy Tevez certainly reminds us of this angry postie-botherer – snarly, bad tempered and just a little bit short in cutesie looks.

Canine rating: 🦴🦴🦴



VERDICT

Thinking about it, the stroppy striker is more like a cat than a dog – he disappears for months on end and only comes back when he wants something. The selfish get!



RING OF TRUTH!

**ONLY IN
Nuts!**

Football seen through the *Nuts* comedy glasses!



WORDS: TIM BURNETT. PHOTOS: BACKPAGE IMAGES, EAMONN AND JAMES CLARKE, ACTION IMAGES, PA PHOTOS, OFFSIDE, GETTY IMAGES, CAMERA SPORT

MAN-LOVE CORNER!



SOD OFF!

"Neil Warnock's the new Wolves manager? Not a chance!"



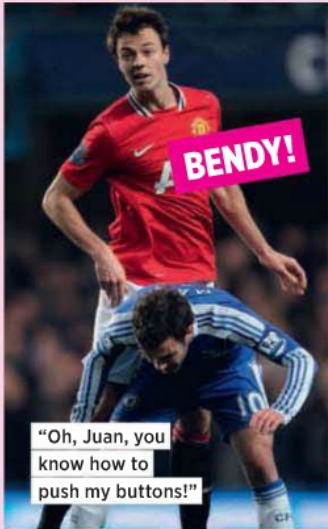
"I had a terrible nightmare I'd signed for Stoke!"

HORROR!



SNAFFLE!

"Sorry, chaps, I just couldn't help myself!"



BENDY!

"Oh, Juan, you know how to push my buttons!"



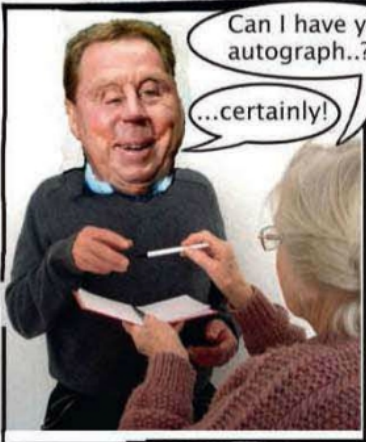
HUGS!

"We're both so damn good looking!"

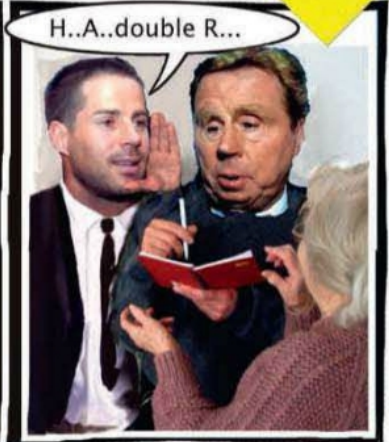
ONLY IN NUTS!

Outside the Box

JULIAN PUCKETT & STEPHEN GULBIS



Can I have your autograph..?
...certainly!



H..A..double R...



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88211 costs: First £3 FREE. * 1p to send a message, 1p to receive unless profile. Billed in £3 increments. To stop text STOP to 88211. *New customers only. IP: All Points North, L51 8BF. Help: 08442 430071

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REALLY URGENT? TEXT:-URGENT to 68889

Arguably the UK's BEST Entertainment service
roleplay & live out your fantasies NOW!

BRITISH HOOKUPS

25p for all sms text messages sent into 68889, £1.50 per sms text received from 68889 18+ only. Maximum 4 billed messages per reply

FROM 18 TO MATURE - NATIONWIDE SERVICE

www.britishhookups.com

britishhookups.com WINTER 2011 - UPDATED WEEKLY!



**ALL CONTACTS
HAVE PHOTOS
WAITING -
JUST ASK!**

Not a windup
Service!
Messages are from real
people, and not
computer generated.
Hook up whenever suits
you! 24/7. 18+

25p for all sms text messages sent into 68889, and
£1.50 per sms text received from 68889. (maximum
4 billed messages per reply, including photo/video
exchange in/out)

Especially looking for younger guy
Sheffield. Black always
carefree fun woman
looking for guy. Newly
single. Text 24/7. Text
SHARON to 68889

Especially looking for younger guy
Hot divorced woman in
Yorkshire. Get photos and
more...
Text LULU to 68889

Especially looking for younger guy
Sexy JUST divorced
curvy busty woman
desperate for fun.
48 years old UK
anywhere PHOTOS.
Text SAMANTHA
to 68889

Especially looking for younger guy
Tani. UK anywhere.
43 yrs. Photos. Text
TANI to 68889

Especially looking for younger guy
Wales. Divorced
Looking for fun.
Text - BETSY
to 68889

Especially looking for younger guy
Ellen. 45. Just Divorced.
Looking for fun in
Scotland! Photos.
Text ELLEN to 68889

Especially looking for younger guy
London. UK
Experienced sexy JUST
divorced woman looking
for fun. Photos.
Text- JILL 68889

Especially looking for younger guy
Black girl, 18
years old. Cute.
Fun loving.
Up for fun 24/7!
Text MISTI
to 68889

Especially looking for younger guy
Anywhere UK OK.
51. Busty divorcee
bar maid looking 4
hook ups. Photos.
Text HELENA to
68889

Especially looking for younger guy
Older just divorced curvy
busty woman wants to hear
from younger guys 18+
Photos and more. Text
MARI to 68889

Especially looking for younger guy
Older woman.
Glasgow. Foot loose
and fancy free looking
for fun! Text 24/7.
NANCY to 68889

Especially looking for younger guy
Wales. Really sexy
babe. Get my pics
and more! Text
24/7. Text CARRIE
to 68889

Especially looking for younger guy
UK/London anywhere.
Experienced woman.
Old enough to know
what I want! PHOTOS.
Text GEORGIA
to 68889

Especially looking for younger guy
YORKSHIRE. Pissie. 18
years old. Fun teen of 18 in
Yorkshire area looking for
fun times. PHOTOS and
more... Text PIXIE to
68889

Especially looking for younger guy
Sexy fun babe in
Birmingham.
Looking for fun.
Photos and more.
Text JENINE to
68889

Especially looking for younger guy
Anywhere UK.
Photos and more... Text
SHIRLEY to 68889

Especially looking for younger guy
Derbyshire or
anywhere UK.
Very mature
woman. Photos.
Text IVY to 68889

Especially looking for younger guy
Leeds. Yorkshire.
Indian hot babe
wants some fun.
Text 24/7. Photos.
Text SHANTA
to 68889

Especially looking for younger guy
Tanya. Older woman.
Not looking for
anything serious.
PHOTOS. Text
TANYA to 68889

Especially looking for younger guy
Anywhere UK. Travel
rep 19. Looking
desperately 4 hook
ups. Photos. Text
SOPHIE to 68889

Elle. 37. Blond. Fun. Easy going. Single. I love
being single. I don't want kids or ties. Only fun. Guys
18-30 text me I have some fantasies too. Ask me!
PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced.
40DD. Young inexperienced guys welcome. Photos.
TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a
bit of no strings fun! Shy guys welcome. Photos.
TEXT:- JEAN to 68889

MEG. Get my pics and
naughty videos. Get in
contact 24/7.
Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun
divorcee likes a drink & fun. Younger guys please.
TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in
their 60s, then I'm your fantasy woman! Blond. Slim.
Toned. Nice figure and boobs. Gorgeous - that's me! I
like wearing nice underwear & things. I'm still hot and
sexy. So guys of any age text me Now! Anytime I'm up
for fun! Text me 24/7! PHOTOS.
TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate. BIG
BBW woman needs fun now. Text/contact 24/7 guys!
Looking 4 fun hook ups. Younger men welcome
Text JESSE to 68889

Tash, Glasgow (18) Nat, Midlands (19)

Get my hot pix. Text
TASH to 68889

Get my hot pix and
HOT videos. xxx
Text NAT to 68889

Jule, UK (40)

Hot Single woman
(40) wants to be
contacted by guys
18-35 for fun easy
times. Get my HOT
pix and HOT videos.
Text JULE
to 68889

Naughty, Southwest
Hot fun girl
looking for
fun. Get my
HOT pix &
HOT videos.
Text-
NAUGHTY
to 68889

Saucy older woman
wants younger guy.
Get my HOT pics
and VIDEOS.
Text BEVERLY
to 68889

Annalise. 43. Newcastle. I am just divorced, hot and
naughty! Younger guys 18+ especially wanted.
TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences,
especially with guys same sort of age. Blond. HOT
Midlands. REALLY HOT. Photos.
TEXT:- BELLA to 68889

Kyli. 20 years old. Get my
HOT pixs and videos.
Text KYLI
to 68889

POSTCODE MATCH!

See who replies to your postcode....

To be matched to a
woman (with HOT
photos & maybe HOT videos
Text-
NUTS followed by your postcode to 68889
(for example
NUTS NE344NB)

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

*Text SWAP anytime to swap to a
different hot woman*

Are you especially looking for an
experienced older women?
Use our older women postcode match!
Text: EXPERT
followed by your postcode to 68889 for a
quick easy hot match (with photos)

25p for all sms text messages sent to 68889 & £1.50 per
sms text received from 68889 (maximum 4 billed
messages per reply including photo/video exchange)

Men/Women 18+ Visit - **18+**
www.britishhookups.com

Join
for
free
now

www.britishhookups.com

Hook up & meet though the website

25p for all sms text messages sent into 68889, & £1.50 per sms text received from 68889 18+ only. (maximum 4 billed messages per reply, including photo/video exchange)

Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received
sms text from 68889 (Maximum 4 billed messages per reply, including photo/
video exchange). 2 automated billed messages pay for 1 photo or video sent in or out
Only 100% real people replying - not a computer. Not a subscription service. Photos
are for display purposes. For entertainment/role play/fantasy purposes only. You need
a wap enabled phone or browser to be able to view photos. Contact your network
for possible download charges. You must be 18+ and the bill payer or have bill payers
permission. Adult service only. No meeting made or implied. Please see the full
virtual hook up service terms at www.britishhookups.com Results guaranteed in that
you will receive a reply. Virtual sex only offered by text - join the website for possible
meetings. Sexy hooks ups via your mobile. You may need to remove your adult barring,
if you have not removed your adult content bar you will be assigned and matched to a
random persona. By using the service you are confirming you are 18+ & agree to the
virtual operator led service t&c's at www.britishhookups.com B Media 331, 77 Beak
Street. W1F 9DB CS- 08458388647 Text swap to swap to a different hot persona with
photos. Text stop to 68889 to end service. 18+ only.

LIVE CHAT

GET HOT & SEXY WITH NAUGHTY GIRLS AT HOME**MATURE LADIES**

Hot sexy rated ladies who are very eager to please you! Very dirty and naughty we would love you to call xxx

0909 897 2053**SWEET 18'S**

Very adventurous and lovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x

0909 897 2038**SINGLE MUMS**

Lush bodies and filthy minds when you want to get fully excited then just call - You'll love it! x Get hot satisfaction right now

0908 145 0576**SEXY & MATURE**

OPEN ALL HOURS 24-7 Experienced ladies - do you want it hard and fast - Just call us to get the best get off in the UK XXX

0909 897 9111**40+YR SHARON**

Divorced and sex mad will give you pure relief every time - Total satisfaction X-rated time xxx Real hot extreme relief!

0909 897 9416**POSH TOTTY**

Naughty posh girls looking for a bit of rough. Get down and horny with hot nympho's with class. Call now for hot relief!

0908 145 0580**STUNNING FIT SEXY BLONDES**

Very sensual 100% genuine & really up for it always horny & ready to get you off - Ring now

0908 145 0581**ON THE PULL**

Girls who adore horny guys looking for a quick fix with some totally adult relief. Feel the pleasure and call xxx

0908 145 0575**SEXY CHAV BABES**

Give the very best relief - mutual excitement now! Try us now & we will fulfill your dirtiest hot naughty fantasies fast!

0908 145 0579**MIND BLOWING**

YOU'LL TOTALLY LOVE IT Naughty girls at home just looking to hook up with guys for the ultimate quickie session anytime!

0909 897 9412**SUPERFAST RELIEF**

Are you ready to enjoy yourself cheap horny live get off. girls desperate to relieve you & their own urges xxx

0909 897 9442**HOT FETISH BABES**

STRICT LADIES who love to be obeyed! Be controlled if you can handle it call now immediately. Let them use their big toys on you!

0909 897 0888**FANCY A REALLY FILTHY TIME?**

Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief

0909 897 9333**COLLEGE GIRLS 18+ YEAR OLD CUTIES**

Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx

EASY & CHEAP, CALL NOW- 0908 145 0582**HORNY DIVORCEE**

Very attractive eager women who will always get you turned on. Get off NOW with full adult satisfaction - fancy it?

0908 145 2544**NAUGHTY WIVES**

Just hungry for a really dirty wicked time with you. 100% live sexual stimulation when you need it the most! xxx

0908 145 2542**QUICK FIRE GIRLS**

Sexy girls who know when its a 1min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx

0909 897 0612**40+ FRUSTRATED AND READY**

Looking for many partners, any age/size to unleash their total fantasies! Its live, horny & cheap!

0909 897 9405**I'LL BLOW UR MIND**

Filthy thrills that'll blow your mind. If you want it live, Call for serious fast relief now & have the best ever 121 - you'll love it! x

0908 145 2543**ONLY JUST 18+**

Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!

0908 145 2545**RING ME, LISTEN AND GET OFF**

Pleasure each other totally live for full & total relief on the cheap. Girls waiting to hear from you

0909 466 7250**HORNY GIRLS READY AT HOME**

Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ultimate relief x

0908 145 3021**OLD BETTY 62**

She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!

0908 145 2975**CHEAP AND LIVE**

Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x

0909 466 7252**SINGLE & SEXY**

Hot alone and ready to give fulfillment superfast! if you want naughty babes, mature ladies, bad chicks or horny wives. Try us x

0908 145 2976**NAUGHTY DREAMS JUST FOR YOU**

Looking for instant relief, call us today for a really back breaking time of sheer lust & banging relief

0908 145 3020**STUDENTS 18+**

Can you handle these shocking students who will do anything and everything it takes! Call them over & over again x

0908 145 0578**LUSH & LOCAL**

Incredibly filthy skilled local babes ready to take a firm grip. They know just how to handle anything you've got to give

0908 145 2974**OFFICE JUNIORS**

Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x

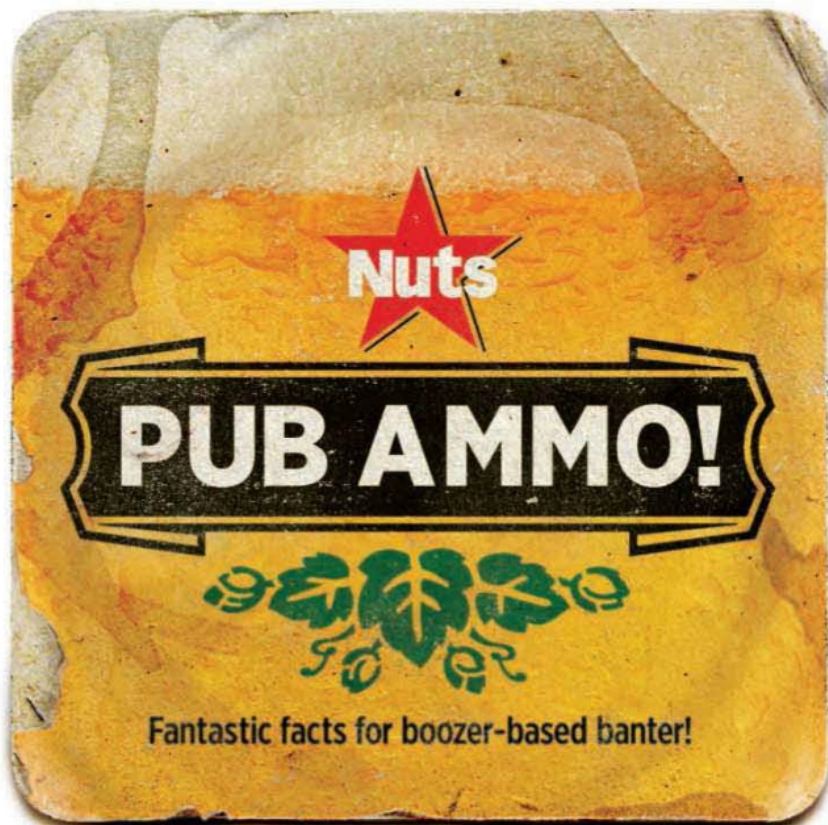
0909 466 7251**DIVORCED & SEXY**

Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7

0908 145 0577**SEXY & PHYSICAL**

Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention

0909 897 9447**SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469**



If it was uncoiled, the **DNA** in every cell in the human body would stretch about ten billion miles.



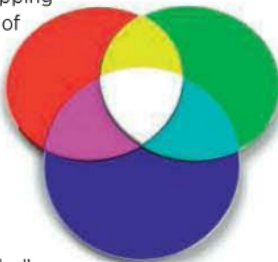
The **water** temperature needed to kill all bacteria on your hands would be over 80C.



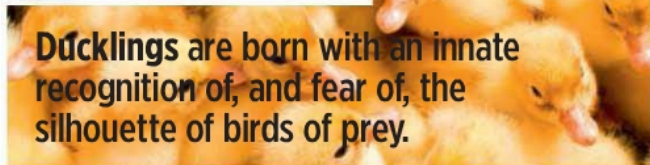
Until the '80s, the **Canadian Mounted Police** tested officers for homosexuality.



The overlapping middle bit of a **Venn diagram** is called a "vesica piscis", which translates literally as "fish bladder".



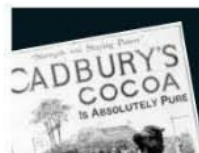
Ducklings are born with an innate recognition of, and fear of, the silhouette of birds of prey.



US military working dogs are always one rank higher than their handlers so that if a handler ever mistreats his dog, it's considered an assault on a superior.



In 2002, **Johnny Vegas** sold the photographic rights for his wedding to *Viz* for £1.



The original **Cadbury's store** was opened in 1824. Deeply religious owner John Cadbury hoped that the hot drinks he served there might succeed as an alternative to alcohol.

Pub ammo on... *The Scorpion King*

- Vince McMahon is credited as an executive producer on the original *Scorpion King* because he owns the rights to the name of its star, The Rock.
- The \$5.5m that The Rock received for the original is the highest salary for a first-time leading man.
- The series has featured UFC stars Randy Couture (in part two) and Kimbo Slice (in part three).
- *The Scorpion King 3: Battle For Redemption* is released on DVD and Blu-ray on 27 February.





Nuts

Gemma Merna

FROM DIRECTOR **OREN MOVERMAN**
AND **JAMES ELLROY** THE WRITER OF
L.A. CONFIDENTIAL

**"ABSOLUTELY
BRILLIANT"**

★★★★★

HEYUGUYS!

**"HARRELSON
SHINES AS L.A.'S
DIRTIEST COP"**

TIME

★★★★★

LITTLE WHITE LIES

★★★★★

GO

**"DAZZLING AND STUNNING.
WOODY HARRELSON
IS ASTONISHING"**

★★★★★

TIME OUT

WOODY HARRELSON
NED BEATTY • BEN FOSTER
ANNE HECHE • ICE CUBE
CYNTHIA NIXON • SIGOURNEY WEAVER
ROBIN WRIGHT AND STEVE BUSCEMI

RAMPART

FOR ONE COP CORRUPTION KNOWS NO LIMIT

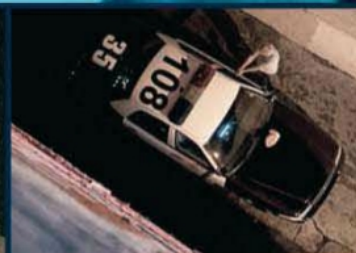
LIGHTSTORM PICTURES PRESENTS A RAMPART ENTERTAINMENT PRODUCTION A FILM BY OREN MOVERMAN "RAMPART" WOODY HARRELSON NED BEATTY BEN FOSTER ANNE HECHE ICE CUBE CYNTHIA NIXON SIGOURNEY WEAVER ROBIN WRIGHT AND STEVE BUSCEMI CASTING BY LAURA ROSENTHAL COSTUME DESIGNER JACQUELYNNE TANNER EXECUTIVE PRODUCERS JIM BLAKE AND DOUGLAS HINCHCLIFFE PRODUCED BY CATHERINE GERRIE AND JAY RADKOWITZ WRITTEN BY JAMES ELLROY AND OREN MOVERMAN DIRECTED BY OREN MOVERMAN

STUDIOCANAL

CDUNIVERSITY

WWW.RAMPARTMOVIE.CO.UK

15 CONTAINS STRONG SEX REFERENCES & LANGUAGE
ONLY VERY STRONG & MODERATE SEX



IN CINEMAS FROM FRIDAY