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IDRIS ELBA

The tough guy from *Pacific Rim*.



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RUPERT GRINT

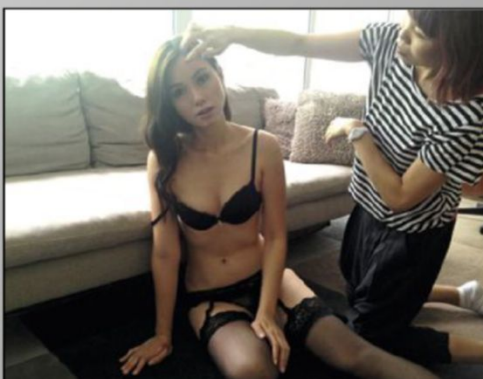
The comic relief from *Harry Potter*.



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LORENZA IZZO

The scream queen from *Aftershock*.



ON THE COVER

Daniella Syta wears lace bra and garter, by Simone Perele. Lace thong, by La Senza. Lace stockings, stylist's own. Art direction: Tony Law; Photography: Joel Low; Styling: Cheryl Chan; Art direction assistance: Dannii Choo; Photography assistance: Alfie Pan; Hair: Alicia Tey/Mosche Hair Salon; Makeup: Sha Shamsi/9628-7035 using M.A.C. For more behind-the-scenes photos, visit [Facebook.com/FHMSingapore](https://www.facebook.com/FHMSingapore), twitter.com/FHMSingapore and [instagram/FHMSingapore](https://www.instagram.com/FHMSingapore).

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Letters/Cool
Materials/
Countdown/
FHM Abroad

ACCESS

THE SECTION YOU CONTROL

Hard to Handle

FHM Models finalist, Mel Tan, shares with us more than her sexy dance moves.

Words: Gladys Goh
Art direction: Pyron Tan
Photography: Joel Low
Styling: Cheryl Chan

Lace bra and panties,
by **Cotton On Body**.

Photography assistance:
Alfie Pan; Hair: Peter Lee/
Hairloom using Goldwell;
Makeup: Michelle Chin/9154-0169
using Makeup Forever Cosmetics.
Location: Bobbi Pole Studio.

A hot babe in lingerie might catch your attention but a hot babe in lingerie who knows how to work the pole? That's guaranteed to make you sweat. An avid believer of having sexy fun while working out, Mel Tan makes you wish you were that pole.

What attracted you to the pole?

I got into pole dancing because I wanted to find a different way of getting fit, so I heeded my friend's recommendation to try it out. After my first class, I realised I really enjoyed it.

What challenges did you face when you first started pole dancing?

I was offered a free trial lesson for striptease where I had to learn very seductive and sexy moves. As a beginner, I felt that was an audacious challenge.

What do you like to wear when you're working the pole?

I usually wear workout clothes when I'm having my lessons. The school often hosts parties with themes like "Animals" or "Christmas", so I get to dress up with the other students and have fun.

Are the moves useful in the bedroom?

Yes! It makes things that much more exciting.

What do you look for in a guy?

He has to be humorous but, most importantly, we must have chemistry. Any guy is fine as long as we have chemistry.

What are your opinions on men who pole dance...hot or not?

Not. There are many ways for guys to get fit but someone who pole dances doesn't score extra points from me.

How do guys react when they find out about your unique talent?

Guys have really big reactions whenever I tell them that I pole dance. They always say things like, "Wow! Can I watch you pole dance?"

What do you think surprises people most about pole dancing?

According to friends that I invite over for our performances, most of them are surprised by the costumes or how strenuous the dance moves are.

What is the naughtiest surprise you've given a guy?

Dressing up in costumes.

What is your favourite song to dance to?

What Are Words by Chris Medina.

You're on the dance floor and a guy starts gyrating closer and closer to you...what do you do?

It depends how good-looking the guy is. If he's handsome, I might continue dancing with him, but if he's not, I'll just dance for a bit, smile, and slowly move away. But in general, I prefer dancing with my girlfriends. **FHM**



Lace bra and
panties, both
by Chalone.

**"Learning pole
dancing makes
things more
exciting in
the bedroom!"**

Editor's Letter

Stars are made, not born — although Jay-Z would like you to believe otherwise. Classic example? Miley Cyrus. Before she simulated self-pleasure, twerked Robin Thicke's crotch and almost gave dad Billy Ray Cyrus a near-heart attack (actually he didn't; in fact, he praised her for "evolving as an artiste") in a rehearsed MTV Video Music Awards performance, Cyrus was in danger of becoming just another "good girl gone bad". But with this debauched transformation, she became a "good girl gone very, very bad". Now, that takes effort.

If you also like to become the talk of the town, you can either do a Steven Lim, or you can try out our **19 Incredibly Effective Ways to Become Famous**. With our attention firmly focused on fame, *FHM* is pleased to have the incredibly sexy **Daniella Sya** from Channel 5 drama *Mata Mata* gracing our cover.

The stargazing moment doesn't end there — monster killer and Norse god **Idris Elba**, Harry Potter-sidekick **Rupert Grint** and new lady of horror **Lorenza Izzo** all make special appearances in this issue.

Without letting (too much) fame go to our head, we end with two of the most humble sportsmen we've met in a while — **SSC Rugby 7s' Hairul Naim and Kevin Loo**.

Go on and enjoy your read. And if you do become famous, drop us a note and we'll consider putting the spotlight on you next.

Dennis Yin
Editor

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NINE GUYS YOU ALWAYS SEE AT THE BEACH

09

Mr Gymbuff

He's been putting in two-hour sessions at Fitness First every day for a month, so if Mr Gymbuff wants to aimlessly parade up and down the beach — occasionally flexing a bicep, all casual like — then he's earned it. And yes, he's going to keep his top off long after the temperature's dropped into nipple-stiffening territory.

08

Mr Hangoverrrgh

He awoke — parched, fully clothed, sweat-soaked — in his wrecked hotel room at 2pm, utterly destroyed by a hangover so brutal that he genuinely feared for his life. Scrabbling into a pair of shorts, he fled the resort and headed to the beach to soothe his angsty agony. Unfortunately, now that he's there, the sun feels like a 10,000 deg C death ray, the crashing waves seem louder than fighter jets, and the laughter of frolicking children is like sulphuric acid burning through his ears.

07

Mr Lifeguard

Look at him, up in his giant wooden chair, like some kind of lecherous, buff toddler. See how he smirkily slides his sunnies down his nose as

he flirts with the bikini babes who've gathered beneath him. You do realise that if your girlfriend starts to drown, and Mr Lifeguard rescues her, and gives her the kiss of life, she's going to fall in love with him? You know that, right?

06

Mr Pervypants

On a beach filled with topless fitties bronzing their oiled-up bodies, you'd have to be dead from the waist down not to steal the odd guilty glance. But there's a world of difference between a quick sneaky peek from behind sunglasses and perching there with a sandy semi as you mentally record every moment of that busty Chinese woman rubbing factor 30 into her glistening buttocks.

05

Mr Lost

Mr Lost's appearance suggests he's just been teleported on to the beach following a mad scientific experiment gone wrong. Dressed in clothes inappropriate for both the weather and location — long sleeved shirt, pants, Oxfords — he looks simultaneously confused and desperate to stay inconspicuous. If you speak to him, he may well grab you by the shoulders and yell, "What's the COE price for Cat A cars? What year is this?"

04

Mr (Old As The) Universe

He may be ancient enough to have fought during the Japanese Occupation, but he's been running along these sands for 63 years — and he's not about to stop now. As hypnotic as it is watching the gnarled and pickled old fella grimace through his daily 100 sit-ups, if you hear a nasty "crrrick!", and his eyes suddenly go all wide, you might want to jog over and check if he's okay.

03

Mr Crimson

There's one on every beach: The guy who clearly fell asleep several hours ago, having failed to apply sufficient suntan lotion beforehand. Predictably, his blistering skin has now turned angry scarlet. Shouldn't someone wake him up? Maybe you should wake him up? Nah, someone else will wake him up. (Nobody's going to wake him up.)

02

Mr Beach Soccer

Everyone enjoys a half-a***d beach sport — it can get a little boring out there without something to idly chuck about. Mr Beach Soccer, however, has lost all sense of perspective, and believes that this is A Serious Sporting Event. He's sprinting, yelling, crashing into kids' sandcastles, stomping over sunbathers' backs... Nobody's even keeping score, you loon.

01

Mr Well-Prepared

Handheld electric fan? Check. Cooler filled with beers? Check. Visor, beach towel, inflatable ring, mosquito cream, iPod dock, spare tee and a bottle of after-sun? Check. If he's your mate, Mr Prepared is an absolute godsend; if you're enviously watching him from the other side of the beach, he's an absolute wanker of a b*****d.



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COOL
MATERIALS

SEX UP YOUR WALLS

Treat yourself —
and your pad — to
some collectible
arty prints.

1. Light it Up

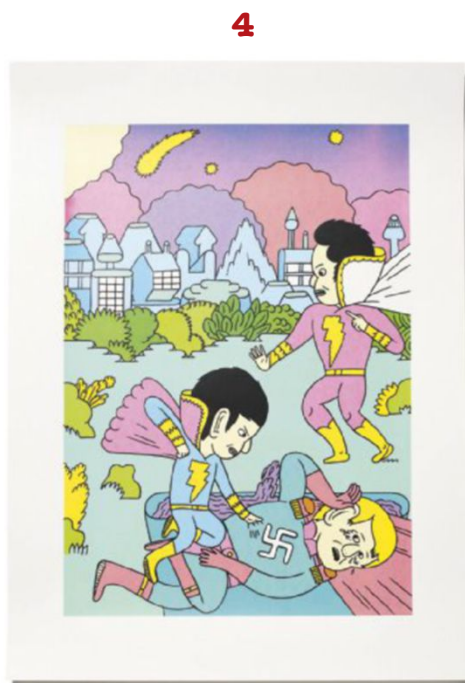
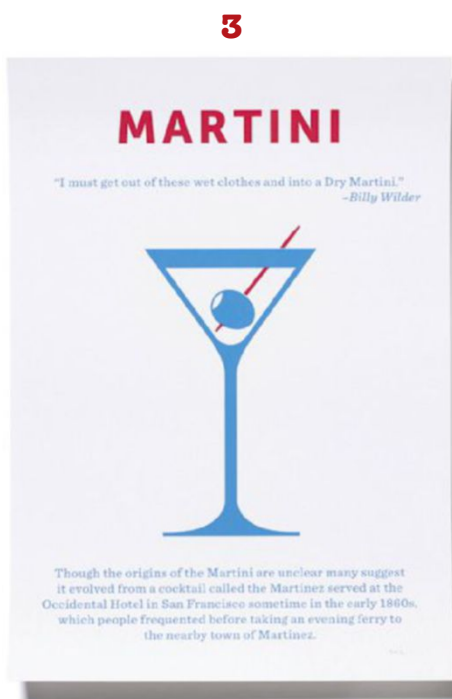
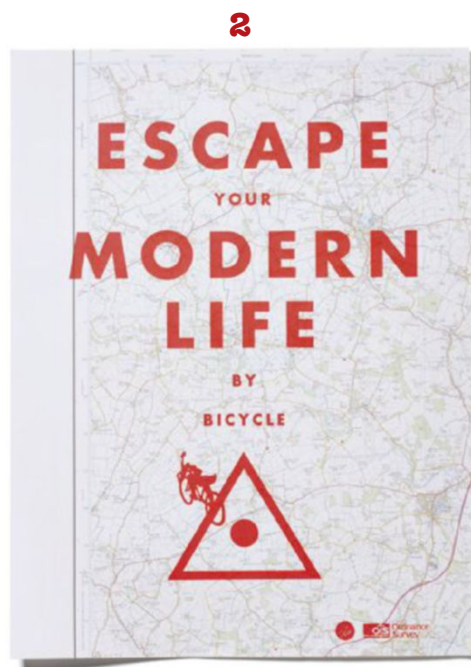
Thanks to its glow-in-the-dark ink, this trippy print only gets trippier when the lights go out. So there's no need to sleep with the light on any more...

Moonlight by Mark Ward, \$81,
beachlondon.co.uk

2. Take the Hint

Bikes and triangles and big red words and maps. It's a collision of mega trends, all in one signed 660mm-tall artwork.

Escape Your Modern Life By Bicycle by Andrew Diprose, \$93, printclublondon.com



3. Drink Like a Man

Classy up your place with this minimalistic offering from Crispin Finn. The arty double team only work in red, white and blue, so invest in a couple more from this series and your pad will look professionally thought out.

Manhattan Cocktail by Crispin Finn, \$90, beachlondon.co.uk

4. Beat the Institution

Is it a deep metaphor for modern America's struggle to retain world domination, or just a really cool drawing of a couple of

superheroes beating down a Nazi sympathiser? All we know is that we want it on our wall.

Shazam! 34 by Jon Boam, \$90,
nobrow.net

5. Rep the Lucra

If you're still recovering from Chris Froome's annihilation of the Tour de France, this one's destined for your walls.

Cycling Jersey Chart by David Sparshott, \$60,
magmaBooks.com

5



6



7



8



9



10



6. Eat Healthy

The only way a sleeve of medium fries from Mac's won't look weird on your wallpaper is if it's from the warped mind of English illustrator Sam Boxer.

Chips by Sam Boxer, \$90, printclublondon.com

7. Say Hello to a Little Friend

Feel like a modern-day Tony Montana out of *Scarface*, minus all the drugs and guns, with this tasty quote.

Scar Face by James Joyce, \$80, printclublondon.com

8. Say "R"

R is definitely the coolest letter in the alphabet. It's the first letter of words like "rad", "ridiculous" and "roisserie chicken". It's so cool that Alec Doherty even decided to give it its own suit of armour.

R by Alec Doherty, \$30, puckshop.co.uk

9. Say it Loud

Anthony Burrill's renowned for prints that scream phrases in an upbeat way. Pick a positive one to help start your day with PMA (positive mental attitude).

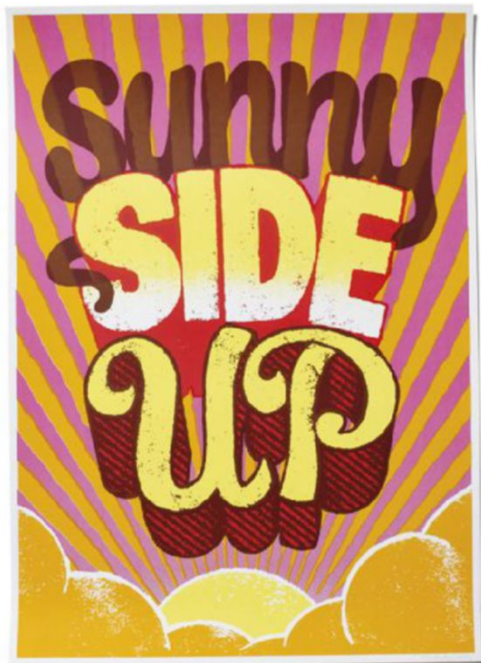
Make The New! by Anthony Burrill, \$60, beachlondon.co.uk

10. Come Out to Play

More than 30 years on, and *The Warriors* is still one of the coolest films ever made. Pay homage to New York City's enduring awesomeness in your home with this beauty.

The Warriors by Gentleman Pencil, \$200, printclublondon.com

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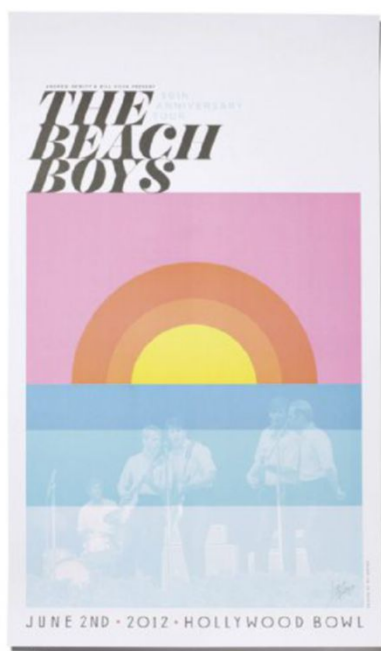
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12



15



13



16



11. Look on the Bright Side

Andy Smith has worked with some big ol' names, from Sony to Mercedes, Orange to McDonald's, but he still kicks out art that's cool as hell and proper feel-good for your walls.

Sunny Side Up by Andy Smith, \$150, somagallery.co.uk

12. Chow a Doughnut

The pen-wrangler behind this, Robbie's Brown Shoes, is a good friend of *FHM UK*'s. He's scribbled plenty of illustrations for the mag in the pasts. He's also pretty damned good at blue doughnuts.

Breakfast by Robbie's Brown Shoes, \$50, puckshop.co.uk

13. Make the Call

When it comes to alternative movie posters, the go-to name is Brandon Schaefer. He's done *Ghostbusters* here, making Slimer look less gross but just as awesome.

Ghostbusters by Brandon Schaefer, \$70, thefloodgallery.com

14. Obey your Cat

Cats on your bed, cats on your computer screen, cats on your T-shirt and now cats in your frame. There's no escape from the feline b*****s,

especially in this black piece with their glow-in-the-dark eyes.

Cat Town by Babycrow, \$60, puckshop.co.uk

15. Hit the Beach

Keep the spirit of summer going with this tasty piece of Beach Boys memorabilia. Spray with factor 30 for added sunshine.

The Beach Boys by Kii Arens, \$90, thefloodgallery.com

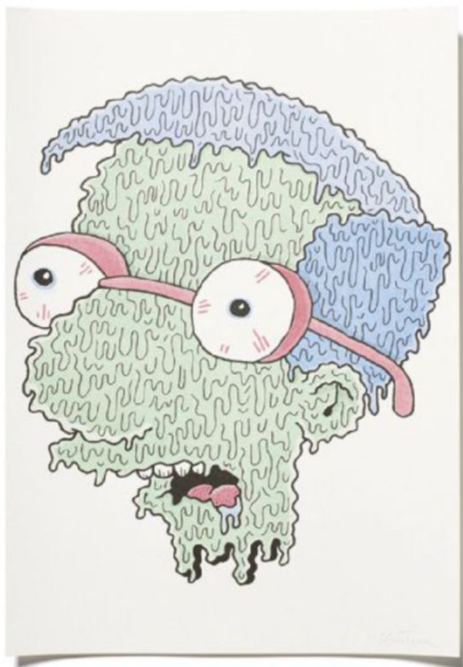
16. Fight the Ring

Had Peter Jackson used this incredible artwork for his film posters instead of hairy-footed little

17



18



people, we'd bet our shoes he'd have made at least £1,000 at the box office. Definitely missed a trick there, pal.

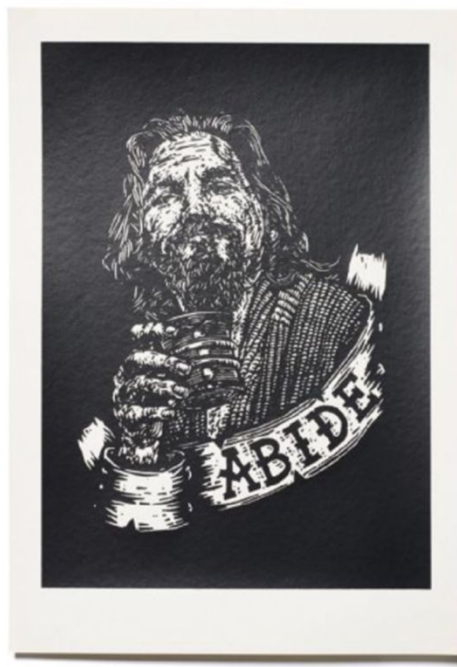
Mordor Olympics by Brandon Schaefer, \$70, thefloodgallery.com

17. Taste the Goodness

Let that be a lesson to all you budding artists: If Van Gogh had concentrated less on starry skies and more on bikinis, smiling fruit with eyes and Will Ferrell, he definitely wouldn't have lopped his own ear off.

Make It Better by Kii Arens, \$70, thefloodgallery.com

19



18. Come Up Milhouse

Sam Taylor has inked a stack of stuff for us lately, including the *Pro Evo vs Fifa* illustration in this issue. Now he's melting Simpsons characters' faces in a horrific yet brilliant manner.

Melthouse by Sam Taylor, \$30, samtaylorillustrator.com

19. Abide by the Dude

Pour yourself a White Russian and kick back in slacks under the gaze of your new hero, The Dude from *The Big Lebowski*.

Abide by Adam Hartshorne, \$50, puckshop.co.uk

WHAT NOT TO HANG ON YOUR WALL

Stick the wrong picture up and you can expect to be shunned by friends, family and lovers alike. Here are four big no-nos...

Omg Ur So Hansum

Unless you're an EPL footballer or a cocaine dealer, there is no need for you to own a large black-and-white portrait of yourself. A majestically piss-poor caricature done by a shaky-handed street artist is, however, permitted.

Rudey Nudity

A little tasteful erotica is fine — a bum cheek or two can enliven the drabest of spaces. But if you've got areola, mimsy and nipsy on display, your living room just crossed the line into "sex-offender's prison cell" territory.

Kewl Car, Bro

Hanging a picture of a high-performance sports car on your wall won't make people think you're a Cristal-swigging millionaire playboy. It'll just make them think you're a Gatsby-gelling 13-year-old schoolboy.

"Inspirational" Shizz

If it's got a photo of a dolphin, a sunset or an eagle on it, and underneath it says something like "Belief: It's the wind of dreams beneath the courage of forever", then your wall, and you, will look like a massive d***head.



FHM editor,
Dennis Yin

WORDS: DENNIS YIN

OCEAN DEEP

FHM dives into the great wide open with marine explorer Scott Cassell and his Great White Submersible.



It's rare to observe the ocean's vast diversity in a private manned submersible. It's even rarer to have an eco-legend as your pilot. And **FHM** was fortunate enough to experience both, thanks to watch brand Luminox. As part of its "Luminox Saves the Seas" 2013 campaign that aims to raise public awareness about the importance of conserving ocean ecosystems, we were zipped off to Tioman Island for a once-in-a-lifetime ride on a home-built deep-diving craft, The Great White Submersible.

The Man and His Sea

Like a character off Discovery Channel, our distinguished pilot, the larger-than-life Scott Cassell, wears many hats:

Filmmaker, ocean explorer, commercial diver, US Coast Guard-qualified submersible pilot, counterterrorism combat diver for the US Armed Forces Special Ops, medevac flight instructor in the US Army National Guard and world record-holder for "Longest Dive Distance Travelled".

We'd, therefore, expected to come face to face with a cigar-chomping, no-nonsense action hero who could devour the clueless media contingent (some of whom boarded the submersible in heels and suit) for dinner. Instead, we were greeted by one of the most humble guys we'd met; a serious advocate with a genuine passion to protect the ocean. We knew we were in good hands.

The "Citizen Scientist" Induction

While The Great White Submersible is capable of going down to depths of up to 300m, our underwater jaunt barely scraped the 10 per cent mark (due to timing), but that did not mar our experience of being a "citizen scientist" — the concept of learning to observe the ocean's eco-system through the special underwater craft. With a different perspective of deep-sea diving and the chance to view marine life without getting wet (although drenched in perspiration due to the tight space), **FHM** floated back up to the surface totally in awe and impressed by the tireless work of Cassell.

To find out more about Scott Cassell's ongoing effort to save the ocean visit www.underseavoyagerproject.org. "Like" [facebook.com/LuminoxSingapore](https://www.facebook.com/LuminoxSingapore) for everything Luminox.



Best Vest Etiquette

Is it ever okay to get your pits out?



Yes Way

Where: On the beach, at a festival, in the park.

It's a case of basic style maths: Sun plus booze equals vest time. It's not even a question of if you can wear one — it's a question of why the hell aren't you? Choose a looser fit for an ultra-cool surf look.

Tank top, by Crooks & Castles.
Shorts, by Brookhaven. Trainers, by Saucony.



Half Way

Where: Beer gardens, heartland malls, public transport.

When the mercury is bubbling, it's the perfect opportunity to bust out your guns. Combine with khaki chinos and some sandals and you have a winning combo. And don't be shy with the deodorant.

Tank top, by Stussy.
Trousers, by Ben Sherman.
Sandals, by Birkenstock.



No Way

Where: In a restaurant, down the pub, funerals.

Enjoying a tippie by the beach? Surrounded by hot surf girls? No, so best stick to T-shirts and leave the vest at home. The unleashing of pits in the wrong environment is what's given tank top a bad name in the first place.

Tank top, by Carhartt.
Jeans, by Edwin.
Trainers, by Adidas.

Three Strong Looks

At a Festival

Stand out from the dancing masses while embracing a dip-dye-and-printed-shorts combo. Wearing these, you'll not only look the money, but your mates will also be able to pick you out a mile off.

Amp it up: Combine with a whistle and a bottle of cold cider for maximum effect.

Tank top, by River Island.
Shorts, by Native Youth.



In the Park

Bring some extra floral flair to the park with these on-trend printed shorts and sport-style tank top. Whether you're whacking a football or just soaking up the rays, these will make you look bloody good while you do it.

Amp it up: Finish this winning combo off with a pair of Le Coq Sportif Eclat trainers.

Tank top, by Le Coq Sportif.
Shorts, by Franklin and Marshall.



On the Beach

Channel the vibe of our stylish Antipodean peers with some natural earthy-looking colours. Good for a day on the sand and an evening's barbie (you won't see the BBQ sauce stains for starters).

Amp it up: Get yourself a bright pair of sunnies — perfect for adding oomph to your outfit.

Tank top, by Volcom.
Shorts, by Dockers.

KNOW
THE
LINGO

7

Impressive things to say when flexing your guns *

1 Leaning forward in a gorilla pose:

"Have you seen my giant inflatable beach ball? It was right here a minute ago."

2 Flexing both biceps:
"Do you know a good vet? 'Cause these puppies are sick."

3 Hitting a bicep pose and pointing both fingers in the same direction:
"The beach is that way."

4 Looking at each bicep:
"Don't worry, these weapons are licensed."

5 Pointing to your head:
"Of course, I also exercise the most important muscle of all."

6 Striking any pose:
"My arms are bigger than your boyfriend's entire mum."

7 Striking any pose:
"Hey, do you have a needle and thread? 'Cause I'm ripped!"

*FHM cannot guarantee that any girl will be remotely impressed by these comments.

Gold is Bold

No longer the colour of towkays, gold sets a new standard in style.



Mexico66 metallic leather sneakers, \$169,
by Onitsuka Tiger from Star Three Sixty.



Cotton silkscreen-printed T-shirt,
\$95, by Agnès B.



C3PO thumbdrive, \$45.90,
by Mimobot from Nimbus.



Leather belt with studs, \$99,
by Dr Marten's.



Leather metallic brogues, \$529,
by Dr Marten's.



Nylon embossed wallet, \$269,
by Porter.



Plastic phone case, \$39.90, by Elago from Nimbus.



Checked satin printed hat with embossed snakeskin brim, \$79.90, by Hater from P.V.S.



Leather headphones with gold details, \$247.90, by Skull Candy from Nimbus.



Cotton silkscreen-printed T-shirt, \$115, by Agnès B.



A0371431 watch, \$729, by Nixon from City Chain.



Nylon messenger bag with gold details, \$469, by Porter.



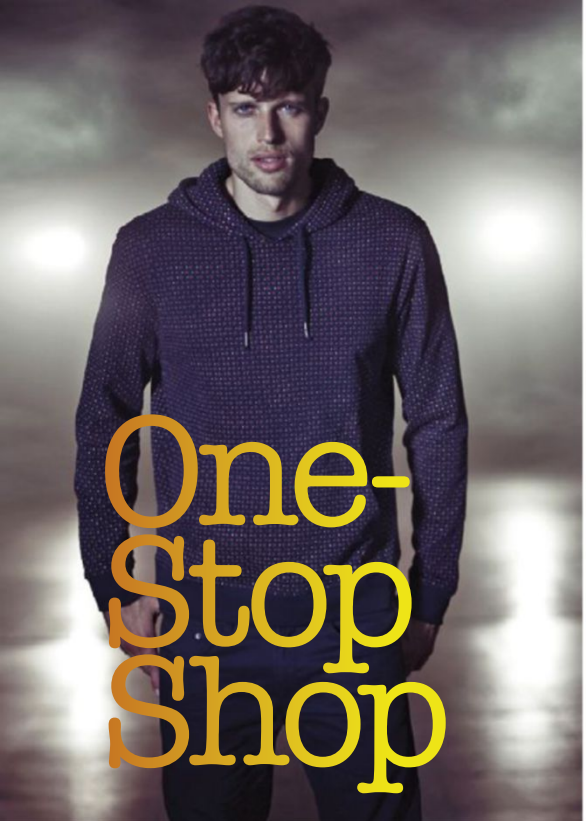
Stainless-steel Phineas sunglasses, \$960, by Mykita & Kostas Murkudis from The Eye Site.



Nylon briefcase with gold details, \$399, by Porter.



Gold card, Priceless, by American Express.



One-Stop Shop

Singapore might be summer all year round, but that doesn't mean we can't enjoy whatever the autumn wind blows in. **Springfield** has got it covered with its selection of outerwear, ranging from snuggly pullovers to Harrington blousons. Whether you're a boy next door or a dandy gentleman, get ready to deck yourself out in structured fabrics, patterns and the colours of fall.

From Springfield boutiques.



Mad World

Art pieces are no longer boring frames hanging in a stuffy museum, thanks to cult label **Rockwell by Parra**. Bored with atypical printed tees with cheesy slogans? Replace them with Dutch artist Parra's signature graphics of hypnagogic creatures. Playing with bright hues and hand-drawn typography, Parra packages dark humour in a quirky fashion. For the record, we'd pick the artist's post-pop imagery over that cheesy "life's short, paddle hard" slogan, anytime.

\$59 (caps and tees) to \$125 (sweaters) from Actually at 313@somerset.



Swede and Simple

We're inclined to believe the Swedes have a way of designing spectacular products that ace the functionality department. Swedish brand **Sandqvist** does away with fancy embellishments, defining minimalism in a bag. Whether you're exploring the wilderness of the Amazon or the concrete jungles of Bangkok, bid farewell to gaudy, patterned bags because these are going to be the sweetest deal you'll get.

From Kapok at Tangs Orchard.



Leather Weather

There's little on this planet more badass than a well-fitted sleek leather jacket that channels effortless cool. **Pierre Balmain's** Fall/Winter Collection is an assembly of leather suaveness paired with neutral coloured trousers, and guaranteed to give you an edge over classic Greaser, Danny Zuko, this monsoon season. (Motorbike and boots are optional, but recommended).

From Pierre Balmain boutiques.



Bling Ring

You know what's ballin'? Aviators. You know what's even more ballin'? Gold aviators by **Gucci**. No longer a colour just for towkays, gangster rappers or C-3PO, this lustrous sheen is now the new black — meaning it will match anything in your wardrobe and is just as appropriate for the beach or skiing in the Alps. Embellished with a leather insert at the bridge and laser-engraved temples, these sunnies sit nicely in that elusive style niche that says, "I've got money and style." Which as we all know, is rarely the case.

\$640 at 1F Takashimaya Department Store.

A Flower for Her

We've all heard the phrase "a taste of freedom", but no one's ever quite smelt it. **Kenzo's** latest Flower In The Air fragrance might just be the closest thing to that phrase. Filled with notes of raspberries and pink peppercorns, this white musk topped with roses and wispy hints of magnolia and gardenia, exudes a light floral scent with a delicate touch of fruitiness. At



the risk of sounding weepy, we've got to admit this one reminds us of our first sweetheart.

\$105 (50ml) from major department stores.

Pimp My Ride

When a shoe's been around for 30 years and is still relevant, it must be doing something right. Limited Edt joins forces with **Reebok** to reinterpret the Classic Leather; and we like to imagine the design brief called for something along the lines of "glo-fi space serpent with built-in lasers and moonwalking capabilities." The result? Reebok's signature silhouette outfitted with iridescent faux snakeskin, pink accents on the midsole and a crazy glow-in-the-dark outsole. Pretty bitchin' if you ask us, even if they left out the lasers.

From Sport B at Isetan Orchard and Isetan Scotts.



Street Code Kicks

If you think three's a crowd, then you clearly haven't seen **Caterpillar's** Code collection that caters to three different types of consumers — the fashion forward, those who value function, and the wild ones. Whether it's retro designs with a vibrant splash of colour, or clean neutrals with an interesting mix of materials and coloured outsoles, these kicks will bring you to your destination, catching everyone's attention along the way.

From \$99 at Royal Sporting House and Stadium.



Clean Cut

Cleanse, soothe, hydrate and come out of it all smelling like a peach with the latest grooming swag.





5



6



7

1) Skincode Essentials Purifying Cleansing Gel, 125ml, \$49

Formulated with botanical extracts and biotech ingredients, this facial cleanser clarifies the skin without messing up its natural moisture balance. The presence of polysaccharide CM-glucan makes it suitable for sensitive skin.

2) Lab Series Age Rescue Face Lotion plus Ginseng, 50ml, \$79

Formulated specially for men, this light lotion features ginseng with properties that repair and refresh skin, smoothening out lines and creases, resulting in revitalised skin.

3) b.liv Hyaluronic Original, 25ml, \$45

With its ability to absorb moisture a thousand times its weight, just four

to six drops of this high-potency active hydrator twice a day is enough to effectively moisturise the driest of skin.

4) Nivea Lip Butter Original, 19ml, \$5.90

No girl wants to kiss chapped lips. Restore your pucker to its supple glory with this lip balm packed with shea butter, natural almond oil and Nivea's patented moisturising technology.

5) Skincode Essentials Intensive Moisturizing Emulsion SPF 10, 100ml, \$71

This lightweight, non-oily cream provides immediate and long-lasting moisture, leaving skin soft and hydrated. For those with sensitive skin, the osmotic activity in the emulsion soothes sunburns and protects skin.

6) Lab Series Age Rescue Eye Therapy plus Ginseng, 15ml, \$62

Pulling an all-nighter without looking like a zombie the next day is now possible. Gently pat this cream around the eye area to moisturise and improve firmness and elasticity.

7) Crabtree & Evelyn Verbena & Lavender de Provence Bath and Shower Gel, 250ml, \$30

Tired after a long day? Unwind in the shower with this soothing lemon verbena and lavender extracts, leaving you with smooth skin and totally relaxed.

**HER
OPINION!**

How do my gladiator sandals look?

(She'll let you know..)

They've been spotted on an increasing number of local guys lately, and are something to either love or loathe. *FHM* finds out which side the ladies are on.



ANGEL, 20

They look feminine and sloppy; all right when you pair them with T-shirt and bermes, and just going around the block. It'd look weird if you wore them to town.



HAZEL, 26

Okay to wear them on dates but only to somewhere casual. They look best on tall and beefy guys; not on slouchy men with bellies.



SABRINA, 17

It depends on what they're wearing and where they're going. Not for dates though; it'd just make me feel very uncomfortable.



VIKI, 21

These sandals don't look girly; just ugly. Although I would be okay if a super good-looking guy wearing them were to hit on me.



THAIS, 22

In the city, it comes across as a little bit touristy, but in the heartlands, it's fine. They're best worn with bermudas and a white T-shirt.



SHARIFAH, 23

The guy would appear chill and easygoing, if he wore them with a casual outfit. But I would associate such sandals with foreigners or tourists.



STEFFI, 23

Not every guy can pull it off; it can look sloppy with the wrong outfit. If worn with a casual outfit, it can give off an effortlessly chic-vibe that's appealing.



ERIN, 20

They're comfortable and look very nice, especially the black leather ones with thick straps. I mean, the Romans wore such sandals, right?

Hammer Time

The Norse god of thunder returns in this greatly anticipated sequel.



Marvel's *Thor: The Dark World* continues the big-screen adventures of Thor, the Mighty Avenger, as he battles to save Earth and all the Nine Realms from a shadowy enemy that predates the universe itself. In the aftermath of Marvel's *Thor* and Marvel's *The Avengers*, Thor fights to restore order across the cosmos...But an

ancient race led by the vengeful Malekith returns to plunge the universe back into darkness. Faced with an enemy that even Odin and Asgard cannot withstand, Thor must embark on his most perilous and personal journey yet, one that will reunite him with Jane Foster and force him to sacrifice everything to save us all.

WIN!

Marvel's *Thor: The Dark World* premiums worth more than **\$3,700!**



FHM is giving away 15 sets of Marvel's *Thor: The Dark World* premiums (worth \$250 each). To win, answer the following question:

Who does Thor approach for help in Marvel's *Thor: The Dark World*?

E-mail your answer, name, NRIC, age, mobile number and occupation to fhm_promo@mediacorp.com.sg. Type "NOV THOR THE DARK WORLD PREMIUM" in the subject header.

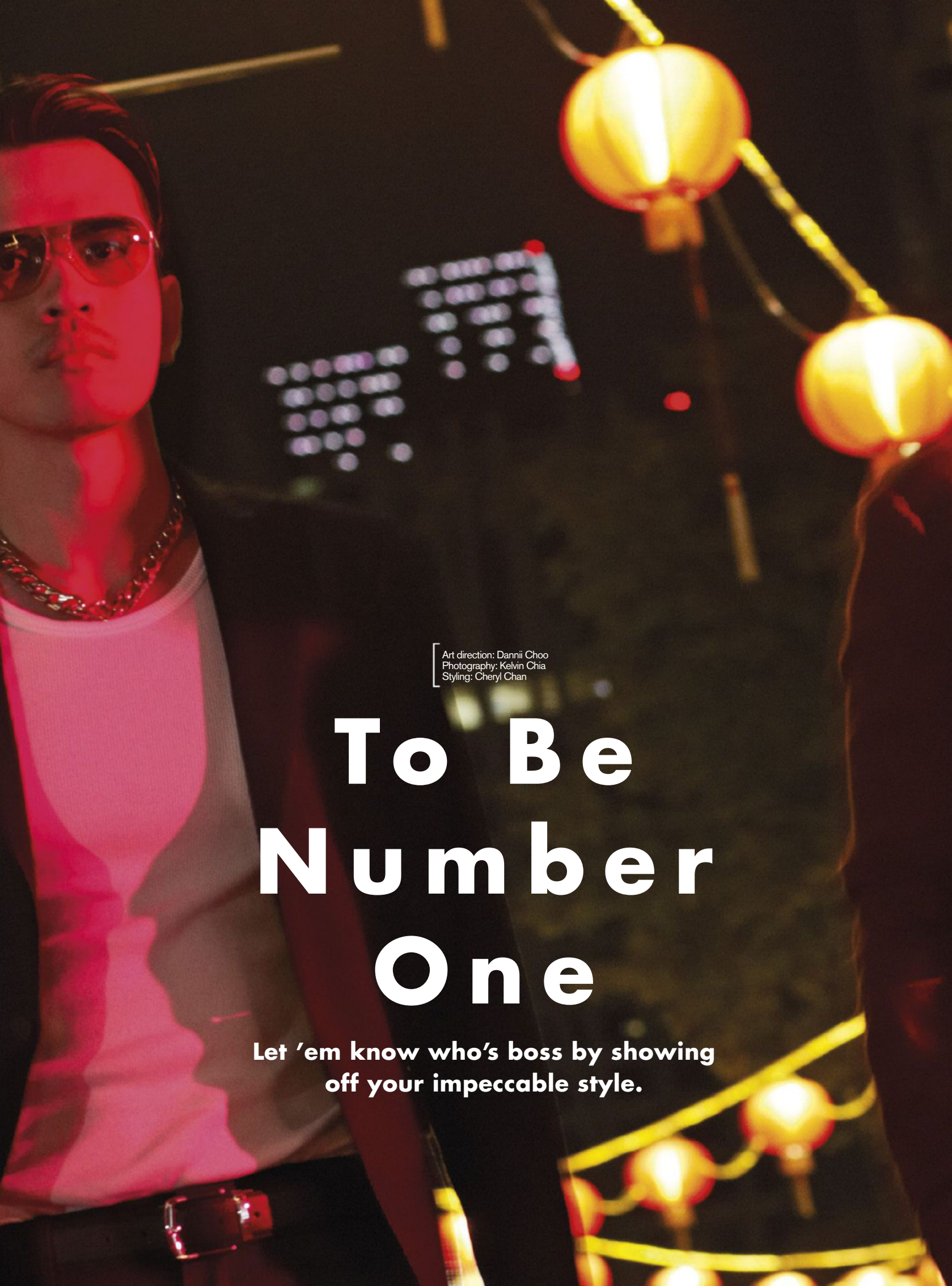
CLOSING DATE: 6 Nov 2013.
Winners will be notified via e-mail.

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WALT DISNEY Studios
Motion Pictures, Singapore

SINGAPORE **FHM**



Art direction: Dannii Choo
Photography: Kelvin Chia
Styling: Cheryl Chan

To Be Number One

Let 'em know who's boss by showing
off your impeccable style.



Left (worn throughout): Wool suit and leather belt, both by J.Lindeberg. Aviator shades, by Oliver Peoples from The Eye Site. Tank top and accessories, stylist's own. Shoes, model's own.

Centre: Wool blazer, by Canali. Cotton shirt, by Blackbarrett. Wool pants, by J.Lindeberg. Velvet bow tie, by Benjamin Barker. Silk polka dot pocket square, by TM Lewin. Sunglasses, by Moscot from The Eye Site.

Right (worn throughout): Wool suit, by Benjamin Barker. Leather belt, by Pedro. Leather dress shoes, by Pedro. Aviator shades, by Frenzy & Mercury from The Eye Site. Tank top and accessories, stylist's own.

Photography assistance: Andy Wee; Styling assistance: Nicole Green; Hair: Michael Chiew/Hairloom using Goldwell; Grooming: Ronalou Lau/Ronaloulau.com. Model: Eric Thai/Mannequin, Zee and Jun Ming. Location: Singapore Heritage Restaurant.



Cotton shirt and pants,
both by Blackbarrett.
Polka-dot silk tie, by
Benjamin Barker.

Opposite: Checked wool
blazer, by Ted Baker.
Checked cotton shirt,
by Benjamin Barker.
Polka-dot silk tie and
pocket square, both by
TM Lewin.





Wool peacoat, by
Blackbarrett.
Wool pinstriped suit,
cotton pinstriped shirt,
striped silk tie and
polka-dot silk pocket
square, all by TM Lewin.
Leather belt, by Pedro.

Opposite: Plaid cotton
blazer, herringbone
tweed waistcoat, cotton
shirt, wool pants, all by
Banana Republic. Velvet
bow tie, by Benjamin
Barker. Leather shoes,
by Canali.





Cotton trenchcoat,
tweed blazer, striped
cotton/linen shirt, pants,
leather belt, cotton/
linen leather brogues,
all by J.Lindeberg.
Patterned tie, by
Benjamin Barker. Polka-
dot silk, by TM Lewin.



Faces of Time

They look different, but they all serve the same purpose.



Classic with a touch of modern — always a winning formula. **Calvin Klein City**, \$450 to \$520, Tangs, Robinsons The Centrepont and Robinsons Raffles City, Takashimaya and authorised retailers.



You don't need bold digits to tell time. **Emporio Armani Meccanico Collection (AR4663)**, \$779, Watch Station International stores.



Not as pompous as its namesake, but still very stylish for any-day wear. **Karl Lagerfeld Karl 7 Klassic**, \$549, Watch Station International stores.



Even in total darkness, you don't need to squint your eyes to see time. **Luminox Super-LumiNova Deep Dive Automatic Watch**, \$2,991, Tangs, Robinsons The Centrepont, OG Orchard Point and authorised retailers.



Analogue plus digital: The best of both worlds. **Nautica BDF 101 Ana-Digi**, \$329, Nautica boutiques, Tangs, Metro Compass Point, and OG Orchard Point and People's Park.



Tell time in the colour of adventure. **Nixon The 48-20 Chrono P (A2781089)**, \$659, Nixon at Ion Orchard, Tangs, Robinsons and authorised retailers.

**EDITOR'S
CHOICE**



Go for gold without going over the top. **Rado HyperChrome Gold Automatic Chronograph Limited Edition**, price unavailable, Rado boutique and authorised retailers.



It's for you and also for her. **Skagen Ikon**, \$329, selected department stores and authorised retailers.



Magnifying the best time of the day – happy hours! **Swatch Enlarge Time (SUOW704)**, \$99, Swatch boutiques.



Telling time on this face is easier than it looks. **Timex Intelligent Quartz**, \$389, OG Orchard Point and authorised retailers.



An ode to speed and the man who exemplifies it. **Tissot T-Race Nicky Hayden Limited Edition 2013**, \$1,250, Tissot boutiques.



Keep time simple and classy. **French Connection FC1159B**, \$168, Metro City Square, OG Orchard Point and People's Park, Robinsons and Tangs.

Hot Metal

Gadgets and accessory to toy with this month.



< Samsung Galaxy Gear

Why's it good? Like a house-arrest ankle bracelet, this gadget shackles you (voluntarily, of course) to your mobile communication tools — it notifies you of incoming messages and lets you conduct hands-free calls. A 1.9-megapixel camera also means you can be rude and point your wrist at a subject. Serves as a watch, too.

Gimme: \$488; Samsung Experience stores and authorised retailers.



^ LG G2

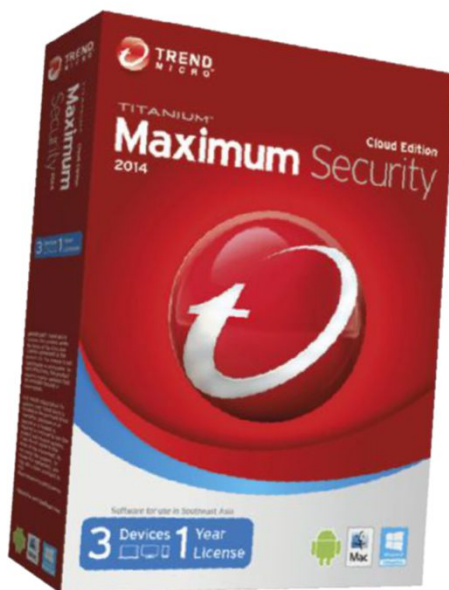
Why's it good? Plenty of nice features on this smartphone, but the ones that stand out for us include: G2's breakthrough rear key (no buttons on the side) that gives you more control with your index finger; and Guest Mode that protects your privacy by displaying only pre-selected apps when guests (read: Your lady) try to access the phone.

Gimme: \$898 (without operator contract); authorised retailers.

> Trend Micro Titanium Maximum Security

Why's it good? You've got the hottest digital devices; now keep them totally secured with the latest protection software. Titanium Maximum Security protects against viruses, blocks dangerous websites, guards against identity theft and more.

Gimme: \$39 (for 1 device), \$99 (3 devices), \$129 (5 devices); www.trendmicro.com.sg and authorised retailers.



v Kef E305 HomeTheatre Speaker System

Why's it good? Looking totally at place on the set of *Prometheus* or your *über-cool* pad, this stylish speaker system offers hi-fi audio performance at a friendly pricing.

Gimme: \$1,750; Kef at Adelphi.



Social Media Outburst!

Want to get the latest news on Singapore **FHM** or just wanna know what our team has been up to?

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- Click "LIKE"!



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on **Twitter**
now!

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- Log into your Twitter account
- Go to twitter.com/FHMSingapore
- Click "FOLLOW"!



< Logitech Ultrathin Touch Mouse T630

Why's it good? Bid farewell to click and say hello to pinch; this thin touch mouse connects wirelessly and just one minute of charge time (through USB) will keep it working for another hour.

Gimme: \$99; authorised retailers.

Canon Legria Mini >

Why's it good? Even if you lack talent, you can still potentially become a YouTube star with the right tool. Canon's latest compact personal camcorder could just be that tool. Take high-quality, wide-angle videos of yourself, using just one hand or hands-free (with built-in stand), and upload them instantly via wi-fi. Then wait patiently for viewers to "like" your snapshot.

Gimme: \$429; authorised retailers.



< HP Recline All-in-One Touch PC

Why's it good? Putting a nice touch to your touch-screen experience is this HP desktop that pivots the monitor lower and closer, making interaction more accessible and comfortable. For example, you can position the screen below the table and closer to your lap, or it can be adjusted upright for normal use.

Gimme: From \$2,499; authorised retailers.



Mayer Smokeless V BBQ Grill

Why's it good? Grill your favourite meats indoors without choking fumes, thanks to the appliance's unique design that prevents excess fat from dipping on the heat source. Best of all, you don't have to invite the whole village over just to enjoy grilled *kebab*.

Gimme: \$349; Mayer showrooms.



Music Overhead

The three cans that can!



Sol Republic 987FM

Why's it good? A must-have collector's item born out of a 987FM-Sol Republic design competition. Only 50 sets available worldwide. The best thing about owning this set of cool cans? Great sound, plus part of the proceeds go to the radio station's chosen beneficiary, The Animal Lovers' League.

Gimme: \$205; EpiLife and EpiCentre.



Onkyo ES-HF300

Why's it good? Audio equipment expert Onkyo gets into the moving-music business with its first series of headphones. And the result is pretty decent — a stylish black number with the brand's signature audiophile-grade sound.

Gimme: \$399; authorised retailers.



On.Earz AC/DC Headphones

Why's it good? Whether you're into S&M or just love your music hard and loud, this pair of headphones is a showcase of your defiant personality.

Gimme: \$149, HMV, Tangs, Stereo, Tech@Vogue, Gain City and IP Case.



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Take Pics Like a Pro

Whether you're using your phone or a flashy beast of a camera, learn how to take photos that people will actually want to see.



Danny North has been a professional photographer for six years, shooting everyone from Muse to Rudimental and Foo Fighters to Oasis, with loads in-between. He's also a totally cool dude.

1 My number-one rule for camera phones is turn your flash off — it isn't that powerful, it's not a great colour, and it doesn't really work beyond two feet, even when it's night-time. I'm a very firm believer in going with the flow of nature: if it's dark and moody and twilighty, then use that. If it's dark, bring your flash out, but if you've got light, use it. Natural light will always look superior to flash. Always.

2 Thinking about light can change a photograph from being terrible to being amazing. If you're taking a picture of your mate and the sun's behind his head, your camera phone will almost certainly expose for the background, leaving your friend in shadow. Most people don't think about how easy it is just to move your feet, or the person's feet that you're taking a picture of.

3 Look for a new perspective, different from what everybody else is doing. So, if you want to take a picture of something like the Eiffel Tower, get in close and pick out details. Or go directly underneath the tower, lie on the ground and look up. Get your knees dirty, get down low, climb stuff. Just get stuck in.

4 Zooming on a camera phone is always a bad idea, because it's a digital zoom — it doesn't actually zoom, it just crops. You're better off taking a photograph and cropping it using an app. Want to take a picture of a parrot in a tree? Who's going to look at that when you get home? But if you got up in the tree, got in close and it was pecking at the camera, then you've got an award-winning wildlife photograph right there.

5 It's easier to ask for forgiveness than it is permission. If you're at a festival and you see an opportunity to sneak backstage and get a photograph with some band, do it. Nothing that bad will happen — a slap on the wrist, that's it. If you ask them in the first place, you're never going to get in.

6 The Rule of Thirds sounds complicated, but it's very basic and very important. Divide your screen into three sections — horizontally or vertically — and use those thirds to frame the picture. Try placing your subject on one side, then you have two thirds left on the other side. It makes things feel a bit more cinematic, and if you're up some mountains or on the beach, you get to see the background. It's the difference between something looking considered and just a snap.

7 Megapixels mean nothing. What you need to be looking at if you're buying a camera is how good it is in low light because, ultimately, if it performs well, it means it must have a really good sensor. Unfortunately, people normally fall into the more-megapixels-equals-better-camera mentality, which is completely and utterly untrue. At 8 megapixels, you can comfortably print up to A3 in size.

8 I can't see the point in owning a really nice camera and putting it on auto. I understand that it's hard for people to go from fully auto to manual, because it's a lot to think about, but if you just want to use auto mode, use a point-and-shoot snapper — you can get a decent one for a couple of hundred bucks. If you've got a DSLR, grow a pair of balls and learn how to use it.

APPS TO PIMP YOUR PICS



Snapseed

Phone photos can come out dark — bump up brightness and contrast with this simple editing tool.

Free on iOS and Android



Photosynth

This Microsoft app automatically stitches together flawless

360-degree panoramic pictures.

Free on iOS and Windows Phone



Fotodanz

Take partially animated GIFs that look like normal pictures, but also contain moving parts. Pure magic.

Free on Android

“Megapixels mean nothing.”



Screen Giants

Mammoth TVs to fill up your living room space.



▲ Philips PFL6008 TV

Why's it good? The remote control features both cursor control and sensor-driven keyboard input to make Internet browsing and navigation hassle-free and easy. You also get an impression of watching a much larger TV screen when light that is colour-matched to the on-screen image is projected onto the wall behind it.

Gimme: \$1,699 (42-inch), \$2,299 (47-inch), \$3,099 (55-inch), \$3,599 (60-inch); authorised retailers.



▼ LG Ultra HD TV

Why's it good? It offers 4K resolution (four times greater than a full-HD TV). While there is currently no 4K content in the market, you can still upscale any video format and view them in near-Ultra HD quality, thanks to LG's proprietary Tru-Ultra HD Engine. Its 4.1 channel surround sound system features a sliding speaker under the screen that can be positioned to be hidden or visible.

Gimme: \$6,999 (55-inch), \$9,999 (65-inch); authorised retailers.



▲ Loewe Individual TV

Why's it good? Eight speakers are installed into this slim HD TV; an integrated multichannel decoder with AV pre-amplifier transforms the set into the main control centre for your entire home entertainment system. The TV also comes with its own unique operating concept — Loewe Assist Media that efficiently integrates your TV programming, Internet content, personal photos, videos and apps.

Gimme: \$5,669 (40-inch), \$7,099 (46-inch), \$8,879 (55-inch); Atlas Experience Audio Visual boutique at TripleOne Somerset.



▲ Toshiba L4300

Why's it good? It's the brand's first TV with Android — you get access to a wide array of Android apps, and offers a convenient way to browse and enjoy content. The TV also supports YouTube and images from the website are reproduced clearer and smoother, thanks to Toshiba's image processing technology. Available in 39- and 50-inch models.

Gimme: Price unavailable; authorised retailers.



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Law of Attr

TV's latest darling and *Mata Mata* star, Daniella Sya, is so

Words: Janine Lee
Art direction: Tony Law
Photography: Joel Low
Styling: Cheryl Chan



Lace bra, by Triumph. Garter and lace thong, both by La Senza. Stockings, stylist's own. PVC pumps with stud heel, by Pedro.

Art direction assistance: Danni Choo; Photography assistance: Alfie Pan; Hair: Alicia Tey/Mosche Hair Salon; Makeup: Sha Shamsi/9628-7035 using M.A.C.

action

charming, it's almost criminal.

Daniella Sya plays officer Tan Siew Lan, one of the nation's first policewomen, in post-war Singapore rife with crime and social unrest. And while her *Mata Mata* character might be a weepy-wispy waif (she cries in almost every episode), off-screen, Daniella is the polar opposite. Vivacious, confident and thoroughly enchanting, the Malaysian ex-radio DJ

has a knack for lighting up the room and taking command of the camera. We steal the actress away for a chat about life on set — and also to get a peek at what lies beneath that frumpy uniform.

You look familiar. Where have we seen you before?

I did a Channel 5 drama series *Keong Saik Street* (2012). That was my first proper acting gig in Singapore. I've also been in a couple of TV commercials.

How'd you get started in acting? I started modelling in Malaysia first

and did a shoot with a friend who's a veteran in radio. He liked my voice and asked if I was interested to move over to radio. He started training me and I got picked to host some shows. I then moved over to acting, which I discovered I really enjoyed. So I dropped everything to focus on that.

Is being an actress or radio DJ tougher?

I love radio but it was more challenging because you don't have a script or body/facial expressions to help you, and you only have your voice to engage the audience. I was once told that if you were excellent in radio, you'd be very good at anything else in the

entertainment industry. I don't know how true that is.

Did you take acting classes?

No but I'm very blessed, as I was able to learn from experience through numerous acting projects.

How has the *Mata Mata* experience been?

It was great. We filmed intensively for four months and there were long hours with very little sleep, but it was so much fun.

You play Tan Siew Lan, a rather weak character that tends to be pushed around quite a bit.

A lot of things beyond her control happened to Siew Lan but she's incredibly strong inside. It's just that her confidence and self-



Lace bra and garter,
by Simone Perele.
Lace thong, by La
Senza. Lace stockings,
Stylist's own.

Opposite: Lace bra &
lace garter, both by
Simone Perele. Lace
panty, by Triumph.

"If I could host a TV show, it'd be a speed-eating competition. Contestants have to do stuff like eat a foot-long sausage in one minute and I'd be holding a spatula to smack the losers!"





esteem took a huge beating from everything that's happened. As you progress through the episodes, you'll find her searching for herself. **Will she ever start standing up for herself?** It's frustrating to Siew Lan getting pushed around, but you'll see; she'll make progress. **Was it challenging playing a role like that?** Yes, as I'm the opposite of her. I had to tell myself to channel all the traits I didn't like into the role. It was emotionally challenging and almost every episode I'd be breaking down. I also had to do a wispy voice that is unlike mine! **What's it like acting alongside co-stars Nadiah M Din and Cheryl Wee?** I love it. Cheryl, who's new in the industry, has to

put a lot of effort into her role because she's leading the show. She hasn't acted before so that's really respectable. There are two jokers on set — Jason [*Godfrey*] and Nadiah. We also play pranks on each other. **Did you do all your own stunts?** I'm trained in martial arts and had acted in action films. But because Siew Lan is a vulnerable character, she didn't have many stunts. **What kind of martial arts do you practise?** I've been practicing *silat* for four years now. My house got robbed some time back, so my friends suggested I pick up martial arts in case I ever face danger. I loved dancing and, at that time, I was considering taking up *salsa*. I

wondered what would be the best infusion of dance and martial arts — *silat* was the clear choice. Thankfully, I've not had to use it in a real-life scenario, and I hope I never have to. **Could you ever be a policewoman in real life?**

The passion for police work is not something I have. I'm more of a creative person; I love music and the arts. If I weren't acting, I'd probably be an interior designer or archaeologist.

Is being on TV as fun as it looks?

Yes and no. Yes, because you get to meet many different people on set with the same goal; and you cultivate a relationship with them that's mutual and involuntary. No, because the hours are so



long and the pain we go through to finish one scene is just crazy. It's not only about memorising lines; doing that and looking pretty is nothing compared to the actual production. It's incredibly challenging — a lot of blood, sweat and tears.

Do you ever worry you'll burn out?

I'm a perfectionist but I have my loved ones who ground me and tell me when I'm going overboard with work. It's important to have a very strong support structure in my line of work.

When the cameras aren't rolling, what are you normally doing on set?

Sleeping. Finding any chance or spot to catch up on sleep. Or charging my phone.

What kind of role are you dying to play?

I loved *Cloud Atlas* and want to be part of something in that scale. It's a very big and deep story with so many possibilities and it's so

beautifully done. I'd love to play anything that can influence and touch people the way I've been touched by other actors.

If you were to host a TV show, what would it be about?

It'd be a speed-eating competition, where contestants have to do stuff like eat a foot-long sausage in one minute and I'd be holding a spatula to smack the losers!

Ever received strange declarations of love?

Yes, it's incredibly flattering but it can get quite scary and weird sometimes. A lot of fans assume that I am like Siew Lan.

What would we have to do to get your attention?

I like still, quiet men who are centred. There's something so sexy about that — for them to be able to keep that composure within themselves.

What's something you've always wanted to try but haven't had the chance to?

I want to skydive but I'm scared. I am currently gathering people to go skydive with, so we can do those aerial formations!

Tell us something about yourself not many people know about.

Some people scratch themselves or crack their knuckles when they get stressed out; I tap the side of my nose when I'm annoyed, or frustrated.

What other projects are you working on?

I have a Malaysian drama, sitcom and movie called *Genggam* coming up.

Will we see more of you on local TV?

There are some projects in the works; *Mata Mata* is not the last that you're going to see of me! **FHM**

Catch Mata Mata on Channel 5, Mon, 8pm.

Lace bra and lace
thong, both by
Triumph. Garter, by
La Senza. Stockings,
stylist's own.

**"I like still,
quiet men
— there's
something
so sexy
about that."**





19

INCREDIBLY EFFECTIVE WAYS TO BECOME FAMOUS

***FHM* shows you how to become the
talk of town.**

[Words: Janine Lee]

At some point in life, everyone aspires for affirmation, popularity or, at least, some recognition for doing what they do. Alas, fame is a fickle beast that's notoriously difficult to capture — or so they say. As it turns out, all you really need is a little creativity, a whole lot of courage and a raving desperation for attention. Have all those qualities been checked off your list? Good, because the following list will propel you into the limelight and turn you into a legend. As for how long you'll stay that way, that's another story...

01

THROW A PERFORMANCE THAT WILL LEAVE EVERYONE DUMBSTRUCK

It's the 2013 MTV Movie Awards and everyone's expecting Bruno Mars to take home a bunch of awards, Lady Gaga to wear an outfit made of pig foetuses, at least three members of N'Sync to have gained a ton of weight, and Taylor Swift hooking up, then breaking up, with a male pop star within the show's three-hour span. What they got, however, was way more bizarre. By the end of the night, all anyone on the planet could talk about was Miley Cyrus' extreme twerk number, which spawned a thousand memes and horrified parents the world over. Whether you're now a fan or feel an unnerving sense of revulsion, you can't deny it's stunts like this that set Twitterverse on fire.

What you can do: Gather a large group, permit flash photography, drink 12 cups of coffee mixed with Redbull, then engage in a hyper-sexual dance routine that involves gyrating and lewd tongue gestures. It's worth noting that this will probably work best if you're barely legal and/or wearing a raunchy outfit. Like most performance-art pieces, your audience will feel like they're watching an impending train wreck and find themselves unable to turn away.

02 PISS LARGE GROUPS OF PEOPLE OFF, BIG TIME

Let's face it, there's no better way to gain fame (or infamy) than by angering the masses. From music-festival organisers cancelling events two days before the show, to religious groups allegedly misappropriating funds, nothing gets people talking quite like an organisation screwing up in a major way. Think about it: Before it cancelled the 1 World Music Festival without explanation, no one had even heard of it. Well, we all know who Retfar Entertainment is now.

What you can do:

- 1) Start an organisation.
- 2) Pander to something people truly believe in.
- 3) Commit fraud, launder money, orchestrate a scam.
- 4) Make headlines.
- 5) Profit.

03 GET THE ATTENTION OF ANONYMOUS

The closest thing to organised crime in real life (unless you live in New York where the mob actually exists), the faceless, leaderless hacking collective Anonymous is not something you want to mess with. Before you dismiss them as a bunch of scrawny nerds wearing Guy-Fawkes masks and hiding behind computer screens, it's worth noting it has hacked into some of the world's biggest government, religious and corporate websites as a form of freedom fighting and, in some cases, just for laughs. It has also made it into *Time's* 100 Most Influential People in the World. So if you were to find yourself in its crosshairs, expect all your personal details and incriminating photos up on the Web in roughly 24 hours.

What you can do: The group has a tendency to pick its battles and the range is varied. Perhaps the easiest way to get its attention would be by openly insulting the group on social media, or starting a Twitter war. Let us know if that works because we d**n well aren't going to try.



04 PROVIDE SEXUAL FAVOURS FOR CAREER ADVANCEMENT

We're not sure what the fascination is with people's sex lives, but apparently it's kind of a big deal to sleep with your superiors or clients when you're getting something in return. From law students arranging sex-for-grades schemes to high-profile members of government agencies under fire simply because they couldn't keep it in their pants, it seems like getting lucky will turn you into a household name.

What you can do: Getting drunk at the office Christmas party and initiating a game of strip poker might be a good way to start. At worst, you get a promotion and, at best, you make headline news; it's win-win really.

05 ACT LIKE A WANKER AND EARN YOURSELF A PRIME SPOT ON A CITIZEN-MEDIA WEBSITE

Have a naturally unpleasant personality? That's okay, the world needs villains (or just plain idiots), so why not use it to your advantage? Thanks to the hobby called "citizen journalism", your day-to-day shenanigans of being a jerk or simply not having curtains in your home could totally result in you being the next big Singapore super-star.

What you can do: The key is to be as annoying and inappropriate as possible and to do everything in public. Try copping a feel with your gal (inappropriate) who happens to be outrageously drunk (annoying) at the void deck at 3pm in the afternoon (public). Get creative and who knows, you just might make it into our next feature: "32 Singaporeans Whose Lives Were Ruined Because of Citizen Journalism".



06 START A FIGHT ON PUBLIC TRANSPORTATION

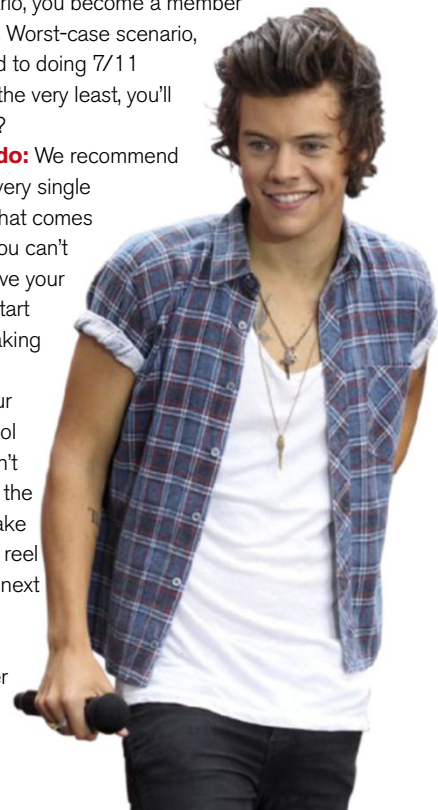
It doesn't matter if you're a middle-aged auntie, a teenage *ah lian* or a loud-mouthed foreigner; public transport altercations don't discriminate. They can happen to anyone at anytime and, very often, when you're not expecting it.

What you can do: Pull a stunt during rush hour when the trains are overcrowded and tensions are running high. It could be anything from refusing to give up your seat to a self-righteous, not-even-pregnant woman to blasting techno music at maximum volume — without earphones. Just make sure there's a bored student hovering nearby waiting to film the whole debacle on his smartphone.

07 JOIN A SINGING CONTEST

The beauty of being a successful singing-competition contestant is that it turns you from a nobody to a superstar in a matter of months, and talent isn't a real prerequisite. Best-case scenario, you become a member of One Direction. Worst-case scenario, you get relegated to doing 7/11 commercials. At the very least, you'll still be on TV, no?

What you can do: We recommend auditioning for every single singing contest that comes by, especially if you can't hold a tune to save your life. Before you start accusing us of taking the piss, can you name at least four past American Idol winners? We didn't think so. Instead, the aim here is to make it into the rejects reel and become the next William Hung — whose name we still remember nine years on.



08

BREAK A RECORD

According to the *Singapore Book Of Records* (a real book that contains gems such as "Most Number of People Eating Bananas Together" and "Largest Chinese Character Made from Chocolate"), breaking records might be a lot easier than you think.

What You Can Do: If you're feeling ambitious, might we suggest creating The World's Tallest Stack of *Roti Prata*? Or perhaps grabbing some friends and going for Most Number of People Napping During Lunch Time at Raffles Place? Alternatively, you could try for something legitimately cool like The First Double-Suspended Upside-Down Straitjacket Escape (performed earlier this year by our cover girl Magic Babe Ning) — but that would require actual skill and who's got time for that?

PHOTOGRAPHY: JOEL LOW



09 MAKE AN AWESOME MUSIC VIDEO

From Psy's *Gangnam Style* to Robin Thicke's *Blurred Lines*, nothing propels an obscure musician into the spotlight (and garners more YouTube views) faster than a provocative music video. And if *The Fox* is the only Ylvis video you've seen so far, check out *Stonehenge* — it's older but funnier, and will make you question everything you think you know about life.

What you can do: Remember, if you can't afford sexy topless models, a bunch of stoned teenagers left alone in a room will produce pretty much the same effect (*Harlem Shake*, anyone?).



10 GET INTO AN ACCIDENT DRIVING A REALLY EXPENSIVE CAR

If there's one thing people hate more than a reckless driver, it's a reckless driver in a flashy European sports car. Get into an accident in a practical fuel-efficient Nissan and nobody bats an eyelid. Get into an accident in a Lamborghini Aventador, however, and suddenly everyone loses their minds. You know which incident we're referring to here — for months last year, you couldn't say the word "Ferrari" without provoking a snide comment or xenophobic sentiment, proving once again that it's just that much easier to hate rich foreigners.

What you can do: Buy an obnoxiously flashy import vehicle, then proceed to trash it in the most insane manner possible. To guarantee your place in the nation's book of infamy, make sure they find your body clothed in a polo tee complete with popped collar.



11 GROSS DISPLAYS OF WEALTH

Start a collection of something frivolous yet ridiculously expensive, like a local socialite who's rumoured to have more Hermes Birkin bags (around \$15,000 each) than Victoria Beckham. Alternatively, opt for something subtler like that 21-year-old girl from Beijing who got \$32,000 worth of banknotes made into an actual dress for her birthday. As always, keep it classy folks.

What you can do: Think of the most vapid, offensive and downright deranged thing you could blow cash on, and make that a reality. Remember, the outlandishness of the stunt is directly proportional to the number of times your name gets Googled in the next month.

12 FACEBOOK YOUR LIFE

You have an interesting life. It's filled with trials and tribulations (trying to get through *GTA V* on the hardest setting), as well as various shining examples of human endurance (surviving the department meeting without falling asleep). In other words, completely riveting stuff. In fact, it's so interesting, you've probably thought about releasing an autobiography. But why bother finding a publisher when you have Facebook at your disposal?

What you can do: Create half-hourly status updates on everything you're doing including what you had for lunch and the last time you went to the loo. Every time a significant life event occurs, create an album and post as many photos as possible (even if it's 67 photos of your newborn nephew in the exact same pose). Stick it out and you're sure to get noticed eventually. Either that or find your number of Facebook friends mysteriously decreasing.

13 JOIN A MANHUNT CONTEST ESPECIALLY IF YOU DON'T HAVE THE GOODS

Got the body of a pre-op Randy Jackson or the awkward grace of Michael Cera? A manhunt contest or male-model search is the place for you to shine. The way we see it, the world loves an underdog, and we could all use a new topic of discussion during weekday coffee breaks.

What you can do: Nothing to it really, just apply as you are right now.

14 TAKE A WHOLE BUNCH OF SELFIES

When smartphones introduced the front-facing camera, everyone above 30 heaved a collective sigh of defeat and the world was changed forever. Nonetheless, there's something deeply satisfying about getting that perfect, grainy self-shot, which you should then proceed to post everywhere from Instagram to your company's intranet — because who wouldn't want to see your duckface?

What you can do: Whip out your phone and start snapping because lighting, composition, exposure — none of that matters. The only thing that counts is getting your magnificent mug to fill the four-inch screen in a glorious display of narcissism. Don't forget to include at least 20 different hashtags when posting.



15 DRESS LIKE IT'S FASHION WEEK WHILE ON TRIAL

There's something to be said about being well dressed for every occasion, even if that occasion happens to be while being tried in court for money laundering or your 5th DUI count. None of that matters as long as you're looking fabulous. And even if blues and white are the only colours you'll be wearing for the next decade, you'll be rocking it.

What you can do: Any outfit that will prompt a reporter to slip in an Elton John reference will work here. In fact if the judge is a fan, they might even reduce your sentence.



16 BECOME A MEME

What do Good Guy Greg, Overly Attached Girlfriend and Success Kid have in common? They were regular human beings until some genius decided to plaster their faces all over the Internet, accompanied by ironic/silly/deprecating text representing an idea people could identify with. If you have no idea what we're talking about, we suggest upgrading your Windows 95 IBM ThinkPad and removing yourself from that rock you've been living under for the past 10 years immediately.

What you can do: Just take a photo of yourself looking like a stereotype of something the public can make fun of, post it on Reddit, 9Gag or 4chan, and you're golden.

17

BECOME A SOCIAL-MEDIA STYLE ICON

We've seen fashion bloggers go from posting daily-outfit photos to being given front-row seats at the New York fashion week. It doesn't matter if you don't have any concept of fashion or your last bulk clothing purchase was from Giant's bargain rack — sharing your unique style with the world will get you the attention you crave.

What you can do: Refer to Alonso Mateo, a five-year-old kid who's creating huge buzz on Instagram for his pint-sized yet *très-chic* outfits put together by his stylist mother. You might be about three decades too late but it wouldn't hurt to give it a shot.



18 GET BOOB IMPLANTS... WHEN YOU'RE A DUDE

If you've exhausted every other option on this list and are still living in relative obscurity (though we find that hard to believe), pull a Kurt Tay and get a new pair of C-cups. Instead of going for a complete sex change (that'd be boring), keep your biological man-bits and beard and work those moobs in sexy low-cut tops. The tabloids will have a field day and you'll, henceforth, always have a conversation starter at parties.

What you can do: We hear

Thailand is extremely efficient at this sort of thing? And that's really all the advice we'd care to offer on this.

19 LEAK YOUR OWN SEX TAPE

If there's one thing the world could use more of, it's vaguely attractive people making clumsy, badly lit documentation of their awkward bedroom activities. The logical assumption is that since the sex is good, then it must *look* good, too, right? And really, why should you be deprived a career in porn just because you don't have killer abs and the stamina of an energiser bunny? Go on, the world wants, nay, *deserves* to see this. It's only a matter of time before you get your own reality show — it worked for Kim K didn't it?

What you can do: Video camera set on night mode, a willing partner, your body's weight in alcohol and the propensity for making bad life choices. **FHM**





IDRIS ELBA

FROM HACKNEY TO HOLLYWOOD

**How Idris Elba became Britain's
most important actor.**

[Words: Dan Jude



➔ In the early '90s, a 20-something struggling actor from Tottenham named Idris Akuna Elba was paid to chop a woman into pieces and store her body parts in a freezer.

The event was televised to an audience of millions. But there was no trial, no tabloid headlines, no repercussions. "I used to do reconstructions for Britain's *Crimewatch* at the beginning of my career," recalls the now-40-year-old from a sun-dappled five-star hotel suite in the epicentre of Hollywood. "It was nice to get a f**king job, you know what I mean? But it was grim. I played the geezer who committed the murder, and we shot it in the flat it happened in. It was a bit harrowing."

Playing killers in crime-reconstruction scenes should be, in acting terms, a life sentence. The role of "freezer murderer #1" isn't exactly top of anyone's CV. But two decades on from his slash-and-stash cameo, Idris Elba is arguably the most in-demand British actor on the planet. When A-list directors like Guillermo del Toro need a huge name for a huge movie, they put in a call to the man who goes by the nickname "Big Driis". After butchering aliens in last year's *Prometheus*, he was back this summer in del Toro's mega-blockbuster *Pacific Rim*, trading extra-terrestrials for sea monsters. "I play Stacker Pentecost, who's a central army figure, a sort of 'balls-to-the-wall'-type guy who's head of the resistance. He's the man who pioneers robots to fight the monsters."

If it sounds utterly bonkers, that's because it is. For those who have seen the movie, it was *Transformers* versus *Godzilla*, but with dark twists and jaw-dropping cinematography you'd expect from *Hellboy*. "It's got big characters and big ideas" says Elba. It also features the words "Today...we are cancelling the apocalypse!", a line so brilliant, it's destined to join Bill Pullman's "Today, we celebrate our Independence Day!" speech in the annals of disaster movie folklore.

COMING TO AMERICA

Today, no apocalypse is being cancelled. Today, Elba is at peace, in his new-found part-time home town of Los Angeles. "I used to love my council flat in Hackney," he says through a north-London accent that has yet to be even remotely Americanised, "but I couldn't live there now, it would be too congested. I'm in the States at the minute with work and I love that, and I'm in London quite a bit as well. I love it here in LA though; it's a really great city."

With giant acting projects taking place in three different continents, and the public recognition to match (he can no longer go out without being spotted), there's no doubt now that Elba is officially a global superstar. But had it not been for one show, life could have been very different. After the *Crimewatch* reconstruction stint, Elba spent the best part of a decade taking on small-to-middling roles in mediocre British '90s TV staples (*The Bill*, *London's Burning*, *2point4 Children*) before he finally got the break that would

transform him from bit-part UK telly actor to Hollywood big cheese.

That break was, of course, landing the part of Stringer Bell in *The Wire*, a show which — in the eyes of most sane people — competes only with *The Sopranos* for the title of Greatest TV Drama of All Time. "When I got the job as Stringer back in 2002, it was the one moment in my life when I felt like I had arrived," says Elba. "Four or five years prior to that, I had just moved to America, thinking, 'I'll just get straight on screen.' But, of course, that didn't just happen."



Part of the reason it didn't happen was down to Elba's American accent, which was, in his own words, "a bit s**t. It took years to perfect, man. Years." But by the time he auditioned for *The Wire*, it was so flawless that he didn't even tell the producers he was British until he'd been given the nod. "My casting agent and I decided not to tell them at all. Because *The Wire* is so authentic, they don't want some Brit coming in. So I just said nothing about not being American. They were pretty surprised when I told them I was from London!"

THE GAME CHANGER

At that point, Elba's life changed forever. Season after season, *The Wire* notched up more fans and more awards, and people finally started to take notice of an actor who, only months before, was

toiling away as a minor part in *The Inspector Lynley Mysteries*. "The *Wire* changed everything, man. It's an association I can never walk away from because it's a landmark piece of TV." Even though the show finished five years ago, it remains a central part of his DNA. "It stays with you. It sticks to your ribs. But I'm so proud. I mean I'm proud of Luther too, but *The Wire*, that changed everything. I still get jobs from it."

Alongside *Pacific Rim*, those jobs include *Marvel's Thor: The Dark World*, out in October, and *Mandela: Long Walk To Freedom*, the biopic of the former South African leader, out in 2014. For the first time, Elba won't just be part of a big ensemble cast — he'll be the sole lead, taking on the role of Mandela himself. "Playing someone like him was without a doubt the hardest work I've ever done. I mean, look at him. Look at me. How are we going to pull that off? And I don't know if I did. But we didn't go for the whole look-a-like-y thing. I mean, the man's story is big enough." So high is Elba's stock that he was given the part after the Mandela foundation explicitly asked for him. Not Denzel Washington, Will Smith, Morgan Freeman or any of the other usual US A-list suspects, but Idris Elba, a boy-done-good from Hackney.

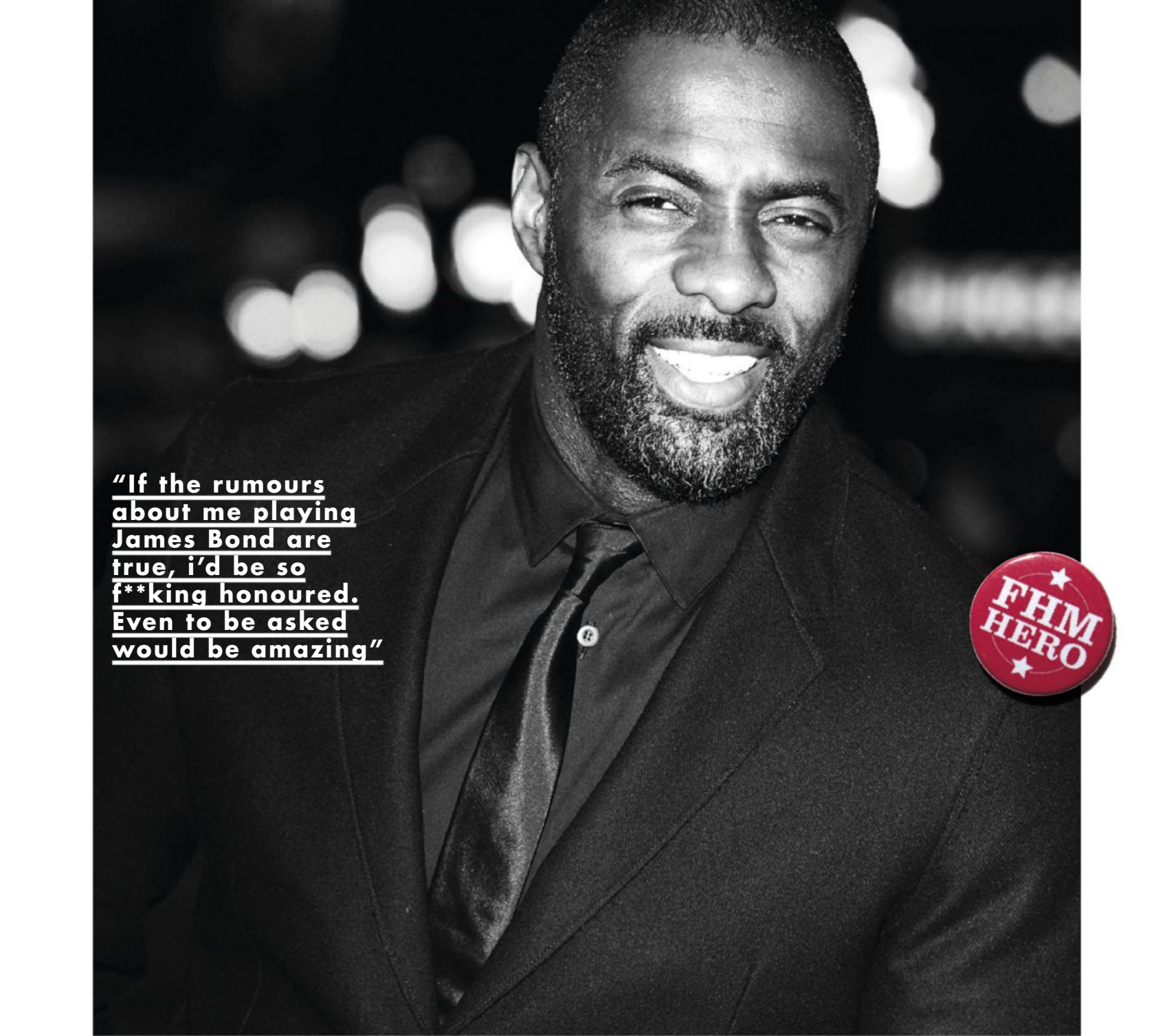
The Mandela Foundation aren't his only fans, either. Among his admirers and mates, he can now count Jay-Z, with whom he recorded a track for his latest album, and P Diddy. "Yeah, I'm friends with Puffy now," he says, as if "Puffy" is a builder from down the road, not one of the most famous rappers on the planet. "But when I first met him, I was a big Puff fan and he was an idol for me. It's a bit of a mind-f**k becoming friends with guys you've been fans of, because you're not entirely sure what to say half the time. Or what to call them. But I tend to keep the distance and stay cool cos I don't want to fan-geek out."

MAN OF THE PEOPLE

It's odd hearing Elba talk about himself as a fan of others when he's got so many fans of his own. In a recent poll of celebrities that men would like to share a pint with, he was close to the top — and it's not hard to see why.

Despite all the fame, all of the millions and all of the rapper friends, when you talk to him, it's like chatting to someone you've known all your life over a pint and a bag of crisps at a pub. He's warm, funny and interested in what you have to say (something exceedingly rare among A-list actors). What's more, he's actually down to earth. Not *faux*-self-deprecating, "you're-too-kind" thespian way, but properly humble. "I don't read my own press, so I don't know how far I've climbed," he says, and you believe him. "I think the people who concentrate on how far they're climbing on the success ladder of fame end up being idiots because there's an insecurity that comes out."

For Elba, life is about staying true to his roots as much as is humanly possible within the circles he moves. Like last summer, when he took on a seven-week DJ residency at a little-known bar in north-west London's Kilburn High Road. "I've



**"If the rumours
about me playing
James Bond are
true, i'd be so
f**king honoured.
Even to be asked
would be amazing"**



always loved music, ever since I was a kid," he says, as a humongous grin covers his face. "At 14 years old, I was running around with my uncle doing DJ gigs, weddings, christenings, whatever. Me and my best mate were given a pair of turntables from school. We hid them under my bed because my mum didn't want me to have them, and I remember that was when me and my mate started DJing together. It was like the beginning of a love affair. I remember DJing as a kid and thinking, 'This is how people make a living? Choosing tunes and getting people on the dance floor?! That's pretty f**king awesome!'"

For someone with so many big acting projects on the go, it's amazing Elba finds time to get his hair cut, let alone forge a simultaneous career in music. But he's not someone who's at ease just sitting at home twiddling his thumbs. "Over the last two years, I've spent a lot more spare time working on my music. I've got a studio and have started spending quite a lot of my time in there. It's pretty

weird stuff — I play house, hip-hop and progressive house, but I make soul and rhythm and blues. I've made rock songs no one has ever heard. I've made folk songs that no one has ever heard."

THE NAME'S ELBA

Elba belting out a few Dylan tracks on a rusty tambourine would no doubt surprise a few people, but perhaps not as many as if he landed the biggest role in British film, one that he's already been quietly touted for. "Yeah, I've heard all the rumours about the *James Bond* role. And if I was offered it, I'd be honoured. Completely f**king honoured to just be asked. Even to be considered is a massive step in the right direction for me as an actor. But I think that it is, for a lot of Bond actors, the silver-lined coffin. Like, where do you go after Bond? Plus, I hate the term 'Black Bond'. I really hate it. It becomes all about the colour. I don't even know what a black actor is. You're known as a

footballer, not as a striker, defender or midfielder. I'm just an actor."

Only, he's not just an actor. He's an actor, a musician and a DJ; a football fan, a father and, to a lot of people, Stringer Bell. He might have turned 40, but he came late to the party and he's just getting started. "When you're in your 20s and 30s, you can get away with acting in a certain way. But when you hit 40, you're supposed to behave like a grown-up. When I turned 40 last year, I was like, 'Aw s**t, I'm still a young man in my heart. I still love the partying and the girls and the loud music.' That's not the behaviour of a 40-year-old man."

So what will he do when the partying finally takes its toll, when he needs to take life a couple of gears slower? "I'm going to get a house out in the countryside somewhere and just chill out. I'm just going to play music, me and Mumford & Sons. All I'll need is a banjo, some dogs running around on the grass and a straw in my mouth. It'll be complete and utter bliss." **FHM**



LI

Cotton track jacket, by Adidas from Goal@313. Lycra bra and cotton panties, both by La Senza. Sneaker wedges with metallic trim, by New Look. Snapback cap, by Us Versus Them from Limited Edt Vault. Accessories, all by Forever 21. Hoop earrings (worn throughout), stylist's own.

Photography assistance:
Alfie Pan; Hair: Reds
Hairdressing; Makeup: Ronalou
Lau/ronaloulau.com using
Kyrolan Cosmetics.

Fantastic Baby

Words: Mitchell Pereira & Janine Lee
Art direction: Danni Choo
Photography: Joel Low
Styling: Cheryl Chan

FHM Models resident cutie Gaby Tan will never let fame get to her head.



She was placed first runner-up in our *FHM Models 2013* search earlier this year, owing to a combination of good looks and an adorable personality. Despite Gaby Tan's victory, this girl next door doesn't exactly revel in the limelight, instead preferring to pursue genuine relationships and lead a relatively private life. But as is often the case with cutie-pie types, beneath Gaby's sweet facade lies a wild streak you'd only be able to experience if you ever got her alone. Lucky for us, we did.

How was the *FHM Models* contest experience? Did it fly by too fast?

It was a very enjoyable journey, I grew a lot through the competition and met some really awesome friends! The whole process lasted five months, but it felt so much shorter.

Has winning first runner-up gotten you a lot more attention on social media?

Definitely. This is something new to me, as I've always been the quiet girl next door. But I don't remember receiving any weird messages online yet. It's probably because I ignore or block anyone who tries to talk weird to me.

What have you been up to since the competition ended?

I've been spending more time with my loved ones and working on my career.

Since this is our "rising stars" issue, what's the craziest thing you'd do to be famous?

I don't really fancy fame, but if there really was a need to have lots of people knowing me, then winning more pageants is not a bad idea.

Where do you draw the line on what you would refuse to do?

There are a lot of things I'd refuse to do for fame. For example, going out and making loads of random friends all the time; or doing shoots with photographers that I don't know.

Your biggest celebrity crush?

[Japanese model, blogger and singer] Kyary Pamyu Pamyu! I love her distinct style and music.

Would you rather be famous, or date someone famous?

Either way, I'd become famous so I'd rather be the famous one. Dating someone famous may sound thrilling, but it's going to be quite a stressful relationship, as it would be scrutinised by the public and media.

If you were ambushed by the paparazzi, how would you treat them?

That's very flattering but I don't think I'd ever be ambushed by the paparazzi! If it happens, though, I'd probably let them take some photos and maybe sign some autographs.

What was your worst experience with the opposite sex?

My phone was once bugged by a guy, and every message and call I made was under surveillance.



It happened when I left my mobile phone unattended for an hour or so. I only found out days after it happened, when he confessed to me that he knew about my supper destinations and Whatsapp conversations in detail.

How fast before you lose interest in a guy who is trying to hit on you?

When the guy decides to act annoyingly in front of me, like repeatedly saying "hello?".

Do you think boys with flashy toys are more attractive?

Yes, I think they are attractive; the same way a well-dressed girl is attractive to men. Men with

nice toys have an upper hand when it comes to stealing the show.

You see a guy you really like in a club, but he doesn't know you yet. What are you going to do?

I'd go up to him and say, "Hey, I really like you!" I'm simple and straightforward — beating around the bush is not for me.

Is there a wild side to you?

Absolutely, who says cute girls can't be wild? I once plugged out the power of a DJ console — twice — while the party was going on, and the whole club went silent! **FHM**

Lycra bikini top, by Triumph. Denim shorts with studs, silver chain, silver rings, silver bangles, all by Forever 21. Leather sneaker wedges, by Reebok from Limited Edt Vault. Mix material chain necklace, by New Look.

Opposite: Cotton varsity jacket, by Pull & Bear. Leopard print cotton bra and zig-zag print cotton panties, both by Cotton On Body. Sneaker wedges with metallic trim, by New Look. Snapback cap, by New Era from Limited Edt Vault. Accessories, all by Forever 21.

"If I like someone, I'd go up to him and say, 'Hey, I really like you!' I'm simple and straightforward."



GABY TAN

Polka-dot cotton
bra, by Cotton On
Body, Cotton
panties, by
Triumph.
Accessories, all by
Forever 21.

"Boys with flashy toys are
attractive; the same way
a well-dressed girl is
attractive to men."



Denim jacket and accessories, all by Forever 21. Lycra bra & zig-zag-print cotton panties, both by La Senza. Mix material chain necklace, by New Look.

Opposite: Superman crop top, by New Look. Cotton bra, by La Senza. Cotton panties, by Triumph. Leopard-print sneakers, by Nike from Goal313. Silver chain, by Forever 21.

Hartke





THE MAN WHO GREW UP **ON SET**

Words: Dan Masoliver
Photography: Neil Bedford
Styling: William Barnes

How do you go "back to normal" when all you've ever known is Harry Potter? **FHM** catches up with Rupert Grint to find out.



Jacket, by Schott.
Polo shirt, by Sunspel.
Jeans, by Levi's. Shoes, by
Russell & Bromley.

Hair & Makeup: Joe Mills.
Set design: Tom Bird.

Jumper, by Kenzo.

Opposite: Jacket, by Paul Smith. Jumper, by APC. Jeans, by Pepe Jeans. Shoes, by Loake.

"I couldn't relate to my friends. I felt like an alien."

There are people in this world who are special, who have an air about them — an A-list aura — that marks them out as different from the rest of us. Call it “star power” if you will, but when they walk into a room, with their chiselled features, perfectly coiffed hair and immaculate styling, everyone immediately knows they’re in the presence of greatness.

Rupert Grint is not one of these people. Surrounded, as he is today in a central London studio, by an army of set-builders, stylists, makeup artists, photographers, publicists and several others with unidentifiable but seemingly very important roles, the only person in the room to have had his face printed on a lunch box actually looks like the most, well, normal one here. Yet this 25-year-old’s life couldn’t have been further from normal if he’d been raised by chimpanzees in a jungle.

In the year 2000, an 11-year-old boy from Stevenag (a small town in Hertfordshire, England) sat down to watch a *Newsround* report about an open casting for the film version of his favourite book, *Harry Potter And The Philosopher’s Stone*. With a handful of school shows under his belt — including a dazzling cameo as a donkey in a nativity play — the young Grint sent an audition tape to the film’s producers, in which he rapped the reasons he should be considered for the part of Harry’s ginger sidekick Ron Weasley.

The rest, as you know, is highly lucrative, record-breaking history. In the decade that followed, Grint, and his trademark mop of red hair, would become one of the most recognisable figures on Earth, starring in the eight *Harry Potter* movies, the highest-grossing film franchise of all time — bigger than *Star Wars*, bigger than *Batman*, bigger even than Bond. Something that the bright-eyed 11-year-old couldn’t ever have dreamt of.

“It was a complete fluke,” says Grint. “I was a huge fan of the books, and I’d always been into drama, but I never really thought of it as a career. I just thought it was a bit of fun.” But landing the role of Ron in the *Potter* films marked a dramatic fork in the road, one that would, on the one hand, sentence him to a life of fame and fortune and, on the other, deprive him of any semblance of a normal childhood.

CHILDHOOD LOST

In Secondary 1, while you were faking the flu to try to get out of PE, Rupert Grint was riding a broomstick and getting shouted at by Alan Rickman. By Secondary 3, as you tried to hide your boner during a game of Spin the Bottle, Grint was waving his wand at Dementors and shooting the s**t with

Gary Oldman. It sounds like every kid’s idea of a dream come true, but the reality was that he missed out on so many of the shared experiences that the rest of us take for granted.

“My life completely changed,” he recalls. “I went back to school in Year 9 (Secondary 2) to do some exams, and I hadn’t really been there for two years. I couldn’t relate to any of my friends any more, because I had such a different life. I felt like an alien.” Even the most basic of hair gel-induced alterations that everyone makes in their teens was off-limits to Grint until he was well into his 20s. “I could never change,” he says. “I could never have a haircut, or control stupid stuff like that.”

That may sound trivial, but there’s a reason that the long-standing stereotype of the child-star-gone-bad endures to this day. Pulled out of school and away from their friends, while being thrust into the limelight and introduced to a life of money, glamour and every imaginable vice, it’s hardly surprising that the Lindsay Lohans and Macaulay Culkins of this world go off the rails. But sat on a sofa this afternoon, taking a sip from his bottle of Coke, Grint seems to have avoided the pull of sex, drugs and tabloid column inches.

“It’s not something that’s swayed me. I have quite a strong fear of death, so that’s always kept me away from it,” says Grint, in the friendly, familiar tone he retains throughout our conversation. “And we were quite contained, in our own little bubble. I mean, we filmed *Harry Potter* in Watford. It’s not exactly Hollywood.”

PENCIL-CASE FACE

Regardless of where the films were made, they grossed almost \$10 billion in box-office takings alone, and countless millions more in DVD sales and merchandising. The series may be called *Harry Potter*, but alongside co-stars Daniel Radcliffe and Emma Watson, Rupert Grint’s face is plastered on posters, duvet covers and pencil cases. Grint may rarely have got the heroic,



scene-stealing lines, but he's still had to deal with the same all-intrusive fame.

Everywhere he goes, there's a ripple of recognition that culminates in his posing for photos with fans. "I'm quite a shy person," says Grint, "and wherever you go, there's someone taking a picture of you. I've been to a couple of music festivals in the past few years, and that's quite tough, because there's a huge amount of drunk people, and once one person comes over, it attracts a crowd. Sometimes it's a bit overpowering."

Grint still remembers the first time he was spotted in public, when he was out with his family in North London's Brent Cross shopping centre after the first *Potter* film came out. Since that day, Grint has turned heads everywhere he goes. "You can't just be yourself — you're always on show," he says. "It puts me on edge. I do hide away from it and wear hoods and masks. I wore a mask at [rock music] V Festival two years ago, and it was invigorating — I felt free. But it was a latex duck mask and it was really hot, so I couldn't keep it on for long."

Wearing a latex duck mask may sound a little extreme, but this isn't some cry for attention; talk to Grint, and you get the impression that this is someone who is simply attempting on a daily basis to regain some of the normality that he's been denied his entire life.

This is a man who spent more years pretending to be Ron Weasley than he had spent actually living his life as Rupert Grint. One childhood whim to send an audition tape to a casting director effectively set him on an irreversible path to everlasting fame. "I had some other ideas: I wanted to design hats, or become an ice-cream man," he says. "After getting the part of Ron, I didn't have much choice. There's no turning back after that."

Despite the occasional rough patch, and a self-confessed mid-franchise fatigue, Grint learnt to love acting. So when faced with the finale of *Potter*, and the trauma of having the only constant thing in his life whipped out from under his feet at the end of a decade of filming, he was finally faced with a choice: Sit and roll around in mountains of bank notes, or try to shake the associations with that ginger wizard and make it as a serious actor. The only catch: Now, instead of starring in a film with a guaranteed global audience of millions, he'd have to start every project from scratch. More than a little daunting, surely? "Harry Potter is a very unique thing and I'm probably never going to replicate or experience that again," acknowledges Grint. "In a way, it's quite nice, because there's not the same kind of pressure — you don't expect it to do as well, so it's quite a free experience."

LIFE AFTER POTTER

The upcoming project that Grint hopes will go some way towards expanding his thespian horizons is a new West-End run of the gangster-plot black comedy *Mojo*. It will be Grint's first appearance on stage since playing the lead role in *Rumpelstiltskin*, aged 10. "I think I need to do it," he admits. "It's real acting, and there's something quite thrilling about only having one shot, not loads of takes. That excites me." His upcoming cinema role in *CBGB* — in which he plays a foul-mouthed anarchist rocker with a penchant for flashing his pasty ass — is no less of a departure from the sorting hats and golden snitches of Hogwarts. Like Daniel Radcliffe and Emma Watson, he's carving out a place for himself in the grown-up world of proper acting.

That's not as easy as it sounds. Dropping the invisible cloak of the *Harry Potter* franchise is harder than performing an Expelliarmus spell with your hands tied behind your back. Robert De Niro left his prints on Los Angeles' Hollywood Walk of Fame in February this year; that's a full six years after Grint, Watson and Radcliffe left their palm, feet and wand prints in the same famous concrete. No pressure or anything, but where do you go from there?

Grint went back to his parents' place in Hertfordshire — or the massive mansion he'd bought for them anyway. In his spare time, he makes artwork and designs T-shirts. But whereas some famous types would exploit their "brands" to sell sub-par wares to fans who'd buy their used tissues if that came from a reputable source, Grint, under a false name, submits his designs to legendary tee website threadless.com. "It's really hard to get something on there, and it would be the ultimate achievement to get one made," he admits. He probably wouldn't turn his nose up at an Oscar, but the fact he's so keen

to have his creative endeavours recognised for their merit alone, and not because of who made them, tells you everything you need to know about the most down-to-earth man in film.

Though as hard as interviewers, critics and fans may try, we'll never truly be able to understand Rupert Grint. There are only two people who can really know what it's like to walk in his world-famous shoes: The young actors he spent all day every day with on set for a whole decade. "Someone once said the three of us were like astronauts," says Grint. "We'll always have that connection, and that's important."

One of the major things Grint, Radcliffe and Watson have in common is cash — and plenty of it. Growing up as one of five siblings, Grint didn't come from money, yet for as long as he can remember, thanks to a certain boy wizard, he's had more of it than he knows what to do with. "I've got a weird relationship with money; it embarrasses me a little bit," he says. "I've never really known what to do with it. I don't even know how much there is." Well, considering that by 2010 he'd made it on to Britain's *Sunday Times* Rich List of young millionaires, with an estimated fortune of \$40 million, it's safe to say the man's totally minted.

You might expect Grint to be living the high life, wearing designer labels and travelling by helicopter. In fact, he arrived at today's shoot in black jeans and a baggy white T-shirt, and was driven here by Jim, the same man who has been driving him around since the very first *Harry Potter* film. "I find it all a bit uncomfortable, the whole money thing, so wasting it on private jets and stuff like that seems a bit weird," he says. "It's not really me."

"We filmed *Harry Potter* in Watford. It's not exactly Hollywood."

UNIMAGINABLE RICHES

That's not to say he's keeping all his cash in some gigantic Harry Potter-headed piggy bank. He's just spent it on slightly more, let's say, unusual things. When he passed his driving test, he bought an ice-cream van — complete with Mr Whippy machine and jolly jingle. To get to V Festival a few years back, he bought a second-hand VW camper van. Other purchases have included an indoor ice-rink at his family home, and a fully functional hovercraft. And his latest project? "I'm trying to put a slide on the side of my flat — it's got a roof garden and the slide will go down to the floor below," he says. "But it's not up yet. I've had some complaints." And in perhaps the least glamorous spending spree in Hollywood history, he recently went through a particularly unusual eBay phase, buying Royal-Mail memorabilia — from fleeces and postbags to miniature souvenir letterboxes.

It doesn't take a psychoanalyst to spot the pattern in these purchases. Grint seems to spend a lot of money on items that could hardly be more symbolic of the childhood he never had. But he isn't buying this stuff out of some weird fixation; he's just buying it because it's fun, and because he can. Most surprisingly for someone who never got to be a kid like the rest of us, make mistakes and learn the hard way, spike his hair and skip school and smoke a cigarette behind the bike sheds, Grint is a totally regular chap. Someone you could enjoy a round of golf with (though he'd probably beat you), and chat to over a pint (though you'd be constantly interrupted by camera-wielding fans).

He may be unimaginably famous, a hell of a lot wealthier than you, and own some pretty weird shit, but Rupert Grint is about as nice and normal a young man as you're likely to meet. He may not have the aura of a Hollywood star, but that seems to suit him just fine. This is a man who didn't go out looking for fame, but had it thrust upon him as a young lad; a man who now continues to act because he relishes the challenge, and because he's actually pretty darn good at it. And he does it all with a smile on his face, and an easy, laidback spirit. In his own words, "I came into this on a bit of a fluke. I'm just enjoying the ride." **FHM**

Jacket, by Bape.com.
Jeans, by Edwin-Europe.com. Shoes, by Saucony from MrPorter.com.

"I'm trying to put a
slide on the side of
my flat. I've had
some complaints."





Picture Perfect

There's a new queen of horror in showbiz. Lorenza Izzo is so sexy, it's terrifying...

Words: Dan Masoliver
Photography: Emir Erlep
Styling: Lauren Grant

Cardigan, by River Island.
Briefs, by Princess Tam Tam.

Hair & makeup: Clare Read.

Movie makers have caused audiences to tremble, scream and poop in

their pants since the 1890s. Yup, the horror film is as old as cinema itself and in that time, certain ingredients have become spine-tingling staples.

To begin with, you'll need a suitably creepy location. Anywhere dark, creaky or dangerously isolated will do nicely. Next, you need to introduce a life-threatening foe — serial killers, the undead or vengeful spirits are popular choices. Finally, you'll need a potential victim — someone whose life is worth rooting for; someone with a heart of gold and nerves of steel; but, mainly, someone really ruddy hot.

If there's one person you'll want to see make it to the end credits in one beautiful piece, it's Chilean sensation Lorenza Izzo. The scarily lovely Izzo screamed her way through her Hollywood debut *Aftershock*, alongside her boyfriend, Eli Roth (the twisted mind behind *Hostel*). It's a movie, she explains, that hit pretty close to home...

Tell us about your new film, *Aftershock*.

The film is about some travellers who go to Chile and go out to a really fun club. They meet these gorgeous models and are just having fun then, all of a sudden, BOOM!, this f**king earthquake hits like nothing you've ever seen — the bars come down, bottles smash on the floor, people die. And when the city collapses, the prison security systems stop working, too, so all the inmates are on the loose. The travellers have to run for survival.

Doesn't that sound just a little far-fetched?

The film is based on true fact. I actually experienced the earthquake the movie's based around. It was in Chile in 2010, when all the college kids were out partying — thousands of kids down at the clubs by the beach. I was in a club and the walls came down on top of my

friends. To get out we had to clamber through rivers and carry our buddies who were in shock or had fainted on our backs. It was insane.

That can't have been fun to act...

To relive it in the movie was hard. We had this set where there was a whole street destroyed, with debris, destroyed cars, people wounded, and I was like, "Oh, my gosh, I'm getting a flashback." But we still had fun!

How exactly did you manage that?

We had to cover ourselves in dust, so we'd find a tent and the makeup people would throw dust all over us and we'd be like, "Dust party!" Then we'd go cover ourselves in blood.

Sounds messy.

My hair was covered in blood, dirt and dust all the time. I had to have a three-hour shower every single day. Three hours! For two months! I thought I was going to lose my hair and go bald, but, in the end, my hair was actually healthier — I was so happy. For all the girls out there, just put fake blood in your hair.

Is working on a horror film as scary as it looks?

Yeah! For five days I was in a cemetery shooting at night, and I'd be thinking, "I'm sorry I'm in your territory, dead people." It was creepy as f**k. I didn't have to pretend to be scared...

You met your boyfriend Eli Roth on the set. Is he as sick as you'd imagine him to be?

You see his movies and they're so twisted and crazy and gory, but he's the opposite — he's the sweetest, most huggable bear ever. How he imagines those things, I don't know.

So other than a potential maniac, what do you look for in a bloke?

They have to be a gentleman. I'm very much an old-school lady; I like a guy who holds the door for you and pays the bill; a guy who's sure of himself, who has something about him and knows where he's going. Pretty low standards then.


When you're not screaming in terror, how do you like to relax?

I love sport. I love skateboarding, I love jet skiing, I love waterskiing. But kite surfing's my favourite. It's really tough and fun, but it's dangerous. I'm so energetic. I like to talk a lot. People are like, "Lorenza, shut up, please be quiet." But they like to have me on set, especially on night shoots, because I do not stop. I'm like a bunny hopping around.

Are you a party animal, too?

I used to be such a party girl — I was horrible — but now I'm more of a stay-at-home girl. I like to stay in and watch TV shows. I love *Skins* — I'm obsessed with Kaya Scodelario — *The Big Bang Theory*, *Girls*... Oh, and I really like Guy Ritchie movies. **FHM**

Aftershock recently ended its theatrical run here.

A full-page photograph of Lorenza Izzo. She is standing against a rough, grey stone wall. She is wearing a white, long-sleeved, open-front cardigan with a textured knit pattern. Underneath, she is wearing bright pink, ruffled shorts. She has long, wavy brown hair and is looking directly at the camera with a neutral expression. Her right hand is resting on her hip, and her left arm is extended outwards to the left side of the frame. The lighting is soft, highlighting her features and the texture of the wall and clothing.

"For five days I
was in a cemetery
shooting at night,
and I'd be thinking,
'I'm sorry I'm in
your territory,
dead people.'"

Sweater, by River island.
Bra and briefs, by
Princess Tam Tam.

**"I'm just so energetic.
People like me on set,
because I do not stop.
I'm like a bunny
hopping around."**





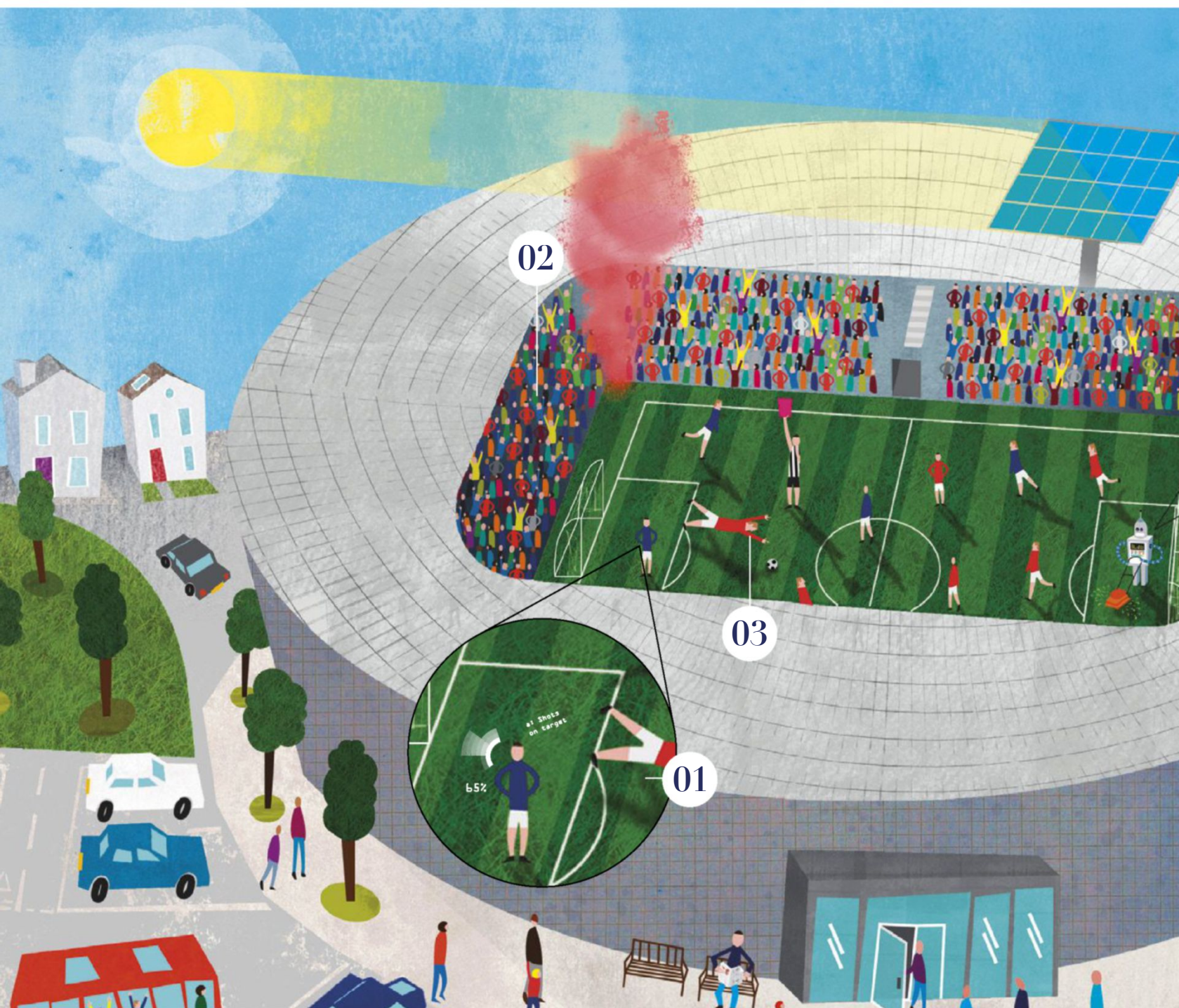
"I'm very much an
old-school lady;
I like a guy who
holds the door for
you and pays the bill."



LORENZA IZZO

Camisole, by
American Apparel.
Bra and briefs, by
Fleur of England.





Words: Jim Butler, Andy Brassell & Nick Harper
Illustration: pascale.binks@hotmail.co.uk

A MANIFESTO FOR BEAUTIFUL

**As much as we tell football that we “love it just the way it is”,
Here are our suggestions for making the beautiful game**



OR THE GAME

**we see room for improvement.
absolutely bloody gorgeous...**

01 INTRODUCE AUGMENTED REALITY

You know in the video game *Fifa*, where you press a button and see a player's condition and stamina bars pop up next to them? Imagine that in real life. It's called augmented reality and will be one use of Google Glass, the tech giant's forthcoming mind-bending product. "How cool would it be to have real-time player stats like "pass completion rate" appearing in front of your eyes from your seat?" says Google's Stephen Rosenthal. "That is absolutely in the realms of possibility."

02 ULTRA POWER

Ever sat through a Sunday kick-off at Arsenal? The atmosphere's as flat as Nemanja Vidic's nose. We need more of the European ultra culture. Those hardcore flare-flinging fans live by one rule — no matter what the score, you never stop singing. The English Premier League (EPL) is already getting a taste of it with Crystal Palace's promotion back to the top flight. The Holmesdale Fanatics, founded in 2005, is a non-violent group with the aim of "creating a strong unit, with visual and vocal dominance". Their relentless (and we mean relentless) singing should be part of every ground.

03 HUMILIATE DIVERS

How do you solve a problem like diving? Simple. Shame those that tarnish football's pure qualities by awarding players that go to ground too easily (cough, Gareth Bale, cough) a pink card. The player with the highest number of pink cards at the end of the season gets presented with a ceremonial girls' blouse.

04 GO GREEN

The sleepy Gloucestershire town of Nailsworth might seem an unlikely outpost to be at the vanguard of a football revolution, but thanks to its local club Forest Green Rovers, it's become just that. "We want to be the first club with a zero carbon footprint," says its chairman Dale Vince. They've installed solar panels on the

stands, which supply 20 per cent of the club's electricity, and laid the world's first organic pitch, cut by a solar-powered robot. Players, meanwhile, eat a meat-free diet, and share a fleet of electric cars. Forcing Samir Nasri to pootle about in a Toyota hybrid might be good for him.

05 FANS RUN THE CLUB

Sick of complaining about your club's clueless board? Perhaps they should do like English League Two's AFC Wimbledon and instate the supporters as directors. "Most fans would love to be involved with their clubs, but about 400 of ours actually are," says AFCW's chief executive Erik Samuelson, a retired accountant. "There are 60 to 70 volunteers involved every match day and the rest of us have an extraordinary range of important roles behind the scenes." Don't get any ideas about voting for a \$400 million bank loan to buy Lionel Messi, though. "My main job is to ensure that we don't take risks with the club's finances," Samuelson says.

06 LESS MEDIA TRAINING FOR PLAYERS

Is it unreasonable to want our football heroes to express a bit of personality when engaging with the wider world? Let's have more players using Instagram to provide us with the sort of eloquent insight that clubs' official channels fail to. So, more photos of Southampton's Dejan Lovren larking about with a humongous Hello Kitty doll, the bookshelf of QPR's Esteban Granero and Real Madrid's Xabi Alonso enjoying a beach sunset, please.

07 MORE KICK-A** APPS

Most of us can't get through a game on TV without texting mates or boasting about our team on Twitter, so we want to see more creative apps to help us feel involved. Check out *Picklive* app, in which you select five footballers from a match and compete against other players in a game room who have done the same. Whoever scores the most points via goals and assists takes the pot.



08 HOLOGRAPHIC REPLAYS

So you're sitting in the pub with your mates, having just watched your club's luxury winger curl in a perfect free kick. You all lose your s**t like a bunch of gibbons let loose in a cage full of bananas. What could make it better? How about watching a miniaturised, holographic replay, right there in the middle of your table? "You could bring footballers to life in your pub," says Ismail Hanif, chairman of award-winning hologram design firm SquareZero. "It would basically look like they were playing in front of you. At the moment, it's too expensive to set up in most places, but the price of tech falls faster than Luis Suárez when he's got sight of the goal."



09 LIVE MASCOTS

Forget Swansea City's Cyril — a man standing 2m tall in a slightly creepy swan costume. Nobody who's seen Portuguese giants Benfica at home will ever forget Vitória — a real, live eagle — flying from high in the stands, swooping around the stadium and eventually landing on a podium on the halfway line before each match. If only Newcastle United manager Alan Pardew had spent all summer training flocks of magpies to do his bidding, that would reek of awesomeness...



10 HAVE RETRO THIRD KITS

Football was not better "back in the days". The pitches in the '50s and '60s resembled battlefields and the violence dished out on a regular basis was equally brutal. One exception: The kits. The tops sported back then were lessons in simple, understated elegance. Check out the Inter Milan or Liverpool strips from the 1960s for proof. So why not make every club's third kit an old-school throwback? Just look at the positive reaction to the retro kits the Manchester clubs sported in their 2008 clash, marking the 50th anniversary of the Munich air disaster.

11 REWARD TEAMS THAT KEEP ATTACKING

Football fans might dry-heave at the idea that their sport could learn anything from rugby union. But it could. "Football could do well to follow rugby, which has begun to crack down on the dark art of slowing down play," says sports writer Mike Pattenden. "As in rugby, free kicks could be awarded against teams who try to run down time by noodling around in the corner while grimly holding on to a one-goal lead." The league could also reward exciting football by, as in rugby union, awarding extra points for a large number of goals — say six — scored by a team in a match.



12 FUTURE FOOTBALLS

In mediaeval times, football — or an early variant of it — would involve anything that could be kicked: Leather wine bottles and pig bladders were popular. These days, balls are getting clever. Adidas tells us it's developing one that senses the weather conditions and adapts, using air pressure, accordingly. So no more whining about the “weird bouncing” when your team plays in some frozen-over Europa-League Baltic hell hole.

13 MIC UP THE REFS

In American football, the refs are all mic'd up. This serves a dual purpose. Firstly, you wouldn't have situations where the crowd are having to guess why a free kick has been awarded. Secondly, it might prevent refs from having abuse screamed into their faces (because any spicy language picked up by the mic is probably not going to amuse the offending player's multinational sponsors). And admit it — you're sort of curious to hear what EPL referee Mark Clattenburg actually sounds like.

14 OWNERS SHOULD LOVE THE CLUB... NOT JUST THE CASH

If money was no object, which football club would you buy? Arsenal? Real Madrid? For Fawaz Al-Hasawi, a man with the aforementioned riches, there was but one option: Nottingham Forest. “I was offered other clubs to buy. But Nottingham Forest was the one I wanted,” he said at the time Al-Hasawi came of age when Forest was a European powerhouse, and he's stuck with them ever since. “I don't think of myself as a sugar daddy. I'm just a football-mad man who's lucky enough to be able to help.”

15 BETTER NICKNAMES

American sport is saturated with cool nicknames — basketball player Karl Malone was “The Mailman” because he always delivered; American football star Joe Namath was “Broadway Joe” because of his flashy style. Over in England, Steven Gerrard is known as (drumroll) Stevie G Frank Lampard? Lamps. Ryan Giggs? Giggsy. We're sure the Brits can do better than that. Proof? Watford defender “One Size” Fitz Hall. More of the same, please.



MANAGERS SHOULD HAVE THE BALLS OF TONY PULIS

He ruled the Britannia Stadium with an iron fist for seven years, his Stoke City side respected and feared by the rest of the English Premier League. Having left the club at the end of last season, hardman Tony Pulis takes the time to share the wisdom he's garnered from a career spent managing football's toughest teams...

I was bought up in Newport, South Wales. I was part of a big family in a close-knit community. You had to fight for everything you wanted and needed, but that was just the way life was.

I certainly haven't been sitting around scratching my toenails. I've got into history in a big way; I enjoy reading about generals. I want to read about how they got to where they were, whether they were great men or despots who caused enormous tragedy.

I'm a very organised person and like to think that managing a team is like putting a puzzle together. You've got to find the right people to go in the right slots, ones that suit the picture you want to create.

I am fascinated by Napoleon. He came from Corsica, not an overly rich family and not from the lines of power, but he moved himself up to be one of the great military leaders of all time. War intrigues me.

The Stoke City job was brilliant because I was given the chance to actually build a football club. We went from a mid-table Championship club that had been in the doldrums for nearly 23 years to an established Premier League force that's played in Europe and reached an FA Cup final.

We got the local community wrapped up in what we were doing. It was a movement. Me, the fans, the players — we were all marching as one. The atmosphere at the Britannia Stadium was second to none.

Life is a challenge; don't panic when things go wrong. Accept it's part of life and embrace it. If you run from it or move around it, then it catches up with you. Recognise where the fight is coming from and roll with it.

Everyone does man management differently. If I'm coming into a big game, I will isolate individuals before the start, maybe one or two who I think might need a little gee-up, confidence-wise, or a kick up the backside if they're too relaxed.

I've always been dedicated. I sat on a train as a 15-year-old, travelling from Cardiff to Bristol every day to become a professional footballer, and I never ever, ever wanted to go back to where I'd come from. I had that determination.

As I've grown older, I've become more aware of the things I enjoy doing. My advice? Learn, listen, watch. Take in as much knowledge as you can about everything. About life.

PLAYERS NEED MORE OF JOHN RUDDY'S DIE-HARD SPIRIT

The new season brings a fresh chance for Norwich City's John Ruddy to prove what *FHM* has suspected for a while: That he's England's best keeper. Yeah, we said it. But is he too modest to admit it?

Best keeper in the league? That's not me. I don't think you can see past Joe Hart, or maybe David de Gea, or Begovic at Stoke. I'd put them all ahead of me. But I'll keep working on it.

My teammates used to call me "The Iceman". Back when I had hair, I looked like Val Kilmer in *Top Gun* — not a great look. Then I shaved it off and everybody went back to calling me John. I prefer John to be honest.

I came so close to quitting football while at Everton. I went out on loan to nine different clubs, just to prove I was good enough to make it. Every night I'd come home and just mope around the house, wondering what the hell I was doing. I was miserable and I came so close to just jacking it in.

I might have joined the army. My best mate signed up and I always had that in my mind if football didn't work out. Am I cut out for killing? I don't know. I guess you'd find out pretty quickly if you could handle it.

Being recognised in the street is nice for the ego, but it worries me. It's usually kids asking me to sign their school uniform or their trainers, but I always dread being collared by their parents demanding money for the dry-cleaning bill.

I've been lucky that no one's ever given me any grief in the street. I guess being 1.93m tall with a shaved head helps.



Goalkeepers aren't as mad as they used to be, although Lionel Perez at Cambridge United was.

He used to wear a cricket box in training to protect his nuts and get right in your face screaming when he was annoyed. Lovely guy but definitely mental.

I used to follow the same ritual every game. Porridge for breakfast, leave for the ground at exactly the same time, scrambled egg and beans on toast pre-match. Then I finally realised that it doesn't make a blind bit of difference, so I just stopped worrying.

[Aston Villa's current manager] Paul Lambert was the scariest manager I've ever worked with. He could make you feel like the best player in the world when you'd done well, but mess up and he'd make his feelings very loudly known. I had it a couple of times and you just had to keep your head down and hope it passed.

I can hear pretty much everything the crowd says when I'm playing. The worst I get is people calling me a bald, ginger bastard. I wouldn't mind but I'm not even ginger.

The growing expectation doesn't bother me. It's there because I'm doing well, and whenever it gets too much, I just remind myself of how low I felt at Everton. Compared with that, this is no pressure at all. **FHM**

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THIS MONTH'S TOP 10

01 Festivals Korean Music Wave Festival

Here are the only two reasons why you should catch this musical fiesta: Hot girl groups and hot boy bands — not that we care, but they attract the ladies to the show.

The K-pop wave first hit us when five porcelain-doll lookalikes, decked in golden mini-dresses and vintage hairdos, started the "I want nobody, nobody but you" craze. Since then, K-pop has evolved into a global behemoth, and no November rain is going to dampen our spirits when the *Korean Music Wave Festival* hits our shores.

Labelled the "largest multi-band K-pop concert in Singapore", this one-night affair consists of 13 different acts, five of which are heart-stopping, jaw-dropping K-pop girl groups (and a singer) — 4Minute, Kara, Sistar, Miss A and IU. Of course, no K-pop gig is truly complete without the hordes of overly enthusiastic, star-struck fangirls of heartthrob boy bands SHINee, EXO, 2PM, 2AM, FT island, B1A4, Teentop and BAP.

And because we are big fans of Korean babes, here are some snippets you should know about the five girl groups. (Yes we're biased like that).

Miss A





Kara

4Minute

Not content with taking the Korean pop world by storm collectively, some of the gorgeous dolls have their own side projects: Hyuna performs as a solo artiste, while Ga Yoon and Ji Yoon has teamed up as duo 2Yoon. If that's not ambitious enough, the group even has a Japanese album, *Diamond*, which peaked at 27 in the Oricon Weekly Charts.

Kara

This quintet known for its sweet-girl image is the first Korean girl group to have its own line of dolls. Paying attention to even the smallest details like eye colour and face shape, we'd say they're almost the real deal.

Sistar

In case you were confused between Sistar and Sistar19, no they are not imposters. Sistar19 is a subgroup of Sistar, featuring main vocalist Hyolyn and rapper Bora. Paying tribute to the experiences they (or every other girl) had when

they were 19, Sistar19 focuses on the transition of becoming a woman with songs that have the central theme on love. Confused yet?

Miss A

Made up of Chinese and Koreans, it is no wonder they are nicknamed the "Chinese Wonder Girls". The quartet even released a Chinese album last year that includes its Korean hit single, *Touch*, in Mandarin.

IU

Known as "Nation's Little Sister", IU (Lee Ji-eun) has an amazing vocal range three octave highs. The singer also double as an actress and a very good one at that, bagging the lead role in the latest drama *You're the Best, Lee Soon Shin*. A pretty girl who can sing, act and dance; guys, she's a keeper.

Korean Music Wave Festival is on 16 November, 7pm, at Gardens by the Bay. Tickets \$168 to \$688 from singtic.com



Sistar

02 Festival Sundown Festival 2013

The other gig happening on the same day.

In case you were wondering, the Sundown Festival isn't a movement to swear at the sweltering heat. Do give us a call if that ever happens, though. Back for its fifth instalment, this eight-hour-long affair boasts familiar faces from Asian pop and rock — and we're talking stars like AOA, Screw, D=OUT, Bosco Wong, Yoga Lin, Shao Yu Han, Nidji, Rico Blanco, Rock Steddy and No More Tear. To top it off, the festival even has food supplies in case you faint from the excitement.

Sundown Festival is held on 16 November at the F1 Pit Area, Marina Promenade (next to Singapore Flyer). Tickets \$98 to \$138 from sistic.com.sg



03 Movie Lovelace

Amanda Seyfried in her most challenging role yet — as the infamous *Deep Throat*.

Lovelace covers the turbulent years when Linda Lovelace was a porn actress and abused wife. How did you shake off the role when filming was over?

I still haven't shaken it off entirely, in fact. I'm struggling every day. How did I try? I did *Les Misérables* three weeks after it wrapped. I jumped into that, in which I play an 18-year-old virgin. It really couldn't have been any more different. I mean there are actually a lot of similarities between Cosette and Lovelace. But it was hard to shake this off, really hard. I realise that I actually lost myself in the role for the first time ever in my career. I feel like a real actor now!

Did you have any doubts about taking on such a risqué role?

Honestly, I didn't have many doubts. Apparently a lot of people did, which is why I was lucky

enough that it came to me. Of course there has to be some thought about how you're going to be perceived afterwards. But after I met [directors] Rob and Jeff, there was barely any hesitation. It just seemed like the perfect challenge for me. I needed an emotional outlet and to lose myself in something — and I really believed in this woman. It really wasn't that hard a decision to make. Sex is something that has such a stigma about it with younger actresses that I know, but I just don't feel like it's that scary. We're all human so that was the least of my worries.

You got to wear some pretty wild hairstyles to blend with the time period. What did you think of them?

The hair in this movie is insane. It's super fun. I had quite a few transformations, I love that. The Afro is my favourite one.

Lovelace didn't want her parents to know about her job. Is there anything in your

own career that you don't want your parents to see?

I don't want my dad to see my naked body, ever! I'm going to sit through it and cover his eyes. It's only the nudity. I don't have a problem with him seeing me in violent situations. In sexual situations... it's a little tough, but it's more just the nudity. That's been it for me.

Rumour has it that you practise certain

"Sex is something that has such a stigma about it with younger actresses that I know, but I just don't feel like it's that scary."

moves using popsicles to simulate oral sex. Is that true?

The popsicle thing was something I was just joking about. But I did use them. When you're simulating something, sometimes it's easier as an actor to actually be doing something. Technically, my lips would be wet so it would be more realistic. They were banana popsicles, so they would not stain my lips or tongue. It just seemed right in the moment to help. I'm simulating that and it's weird to simulate.

What did you do to wind down after shooting?

I don't know if it would have gone quite as smoothly if we hadn't started out with the mother/daughter stuff, because I was terrified the first day. Terrified! It would have been different had it not been Sharon Stone [who played Lovelace's mother] helping me through, especially with the maternal energy. It was amazing.

Were you able to relate to Lovelace in any way?

A lot of women can relate to her in that she was kind of stuck. She made some bad choices, and she was escaping one bad situation and entering into another bad situation. How can you foresee that... I related to her in a lot of ways. She was always trying to figure out who she is and trying to find her footing in her life. Her circumstances are pretty awful throughout the whole thing, which is why I wanted to play her. I felt like I could do her some justice. She tried so hard to be heard. In this film, we are trying to tell her story again and make her a real person.

Lovelace is now showing at selected cinemas.


 A photograph of a man with a beard and curly hair, wearing a grey t-shirt, shaving another man's head. The man being shaved has a surprised expression and is wearing a white towel around his neck. They are in a barbershop with a wooden counter and various grooming products.

04 Man Mark Millar

Meet the Scottish comic-book writer whose *Kick-Ass* comics went from scrappy sketchbooks to Hollywood cinema screens.

One of my brothers convinced me that I'd develop super powers on my seventh birthday. From then on, I only ever wanted to be a superhero.

I took karate and weight-lifting lessons with a friend just so we could fight crime as a teenage dynamic duo. That was my inspiration for *Kick-Ass*, actually.

My family was really poor when I was growing up. We had no money at all, but my parents were still hugely aspirational. They made sure we were just the same.

I once earned a wage by spotting peed-on raspberries at a canning factory.

People used to urinate on the fruit they'd picked to make it all slightly heavier, as they got paid by the pound. I just had to look for any that seemed especially mushy and take them out. I haven't eaten canned fruit since.

There was absolutely no work around in Scotland when I dropped out of uni. I had to look at what skills I had and use them to make money. I knew a lot about superheroes, and something in that line of work seemed like the only way for me.

Failure was just not an option when I started to make comics. I had access to a typewriter at uni and spent the last of my money on stamps to post submissions.

Being pushy isn't a bad thing. It opens doors.

I'd love to do what Stan Lee did back in the '60s. He created a wave of comic-book characters that people read and saw for years to come.

Porn stars love comics. I have a huge number of porn-star readers. I guess between takes they're after something fast and easy to read. Actually, there's already a porn version of *Kick-Ass* online. You know you've made it when you've got a porno parody.

"I took karate and weight-lifting lessons with a friend just so we could fight crime as a teenage dynamic duo. That was my inspiration for *Kick-Ass*, actually."

Surround yourself with like-minded people. That's very important in business. **The first comic I owned was a reprint of *The Night Gwen Stacy Died* from *Spider-Man* in 1976.** It's quite a cool first comic as Spider-Man accidentally kills his girlfriend, accidentally murders his best friend's dad and then comes home to find said best friend on LSD. As a kid I was baffled by it all but also enchanted, so I kept reading.

I make sure that all my films get premiered in Scotland. Watching them with friends and family makes me really proud.

I used to dress up in a Superman costume. I made it myself and I'd lie on the coffee table as if I was flying.

My elderly aunts are my biggest critics. When they saw *Kick-Ass* for the first time, one

of them said it definitely didn't need as much swearing, let alone the c-word, or violence in it. I told her the film would have been about seven minutes long without it.

Make your work free online if you want to get noticed. A lot of comic work is found that way these days.

Robert Downey Jr crashed my first Hollywood meeting disguised as an Arab terrorist. He was wearing sunglasses, had a scarf tied around his face and was carrying a real-looking machine gun. He shouted, "Where the f*** is the infidel [*Iron Man* director] Jon Favreau?" I was so scared, I jumped into another room.

I still love walking on to a film set and seeing things that I've sketched six months before made into real-life props. It's as if I've stumbled into my own head, a bit like in *Being John Malkovich*.

Try to get on with your colleagues, and make sure they always value what you're doing. It just makes everything fun, y'know? My agent thinks I'm crazy because I put a lot of pressure on myself. That's the biggest stress in what I do.

I'd say at least a third of Americans can't understand my Scottish accent.

I once told a guy I was working with I'd be late because of a funeral. He replied, "Ha ha, hilarious — that's really cool." Turns out for three years he'd never understood me.

Kick-Ass 2 Blu-ray and DVD will be out soon. The comics are available online and at good bookstores including Kinokuniya.



05 Movies

Thor: The Dark World

With Lord Voldemort no longer in the picture, Loki is officially our new favourite (recurring) scoundrel.

Loki may not be as vile-looking as Lord Voldemort (the man resembles a snake and speaks like one, too,) but he sure packs a punch given his undernourished (by supervillain standard) built. Dubbed "God of Mischief",

Loki's impishness always gets the better of him, as he continually tries to prove himself a bigger d**k than adopted brother Thor. His sharp wits and crafty nature also gives him the potential to be as malefic as He-who-must-not-be-named. After all, Loki did try to kill his stepbrother — twice.



More reasons why Loki is quite the badass we think he is:

- Like the Dark Wizard, Loki is a master of illusions and has the ability to turn invisible (without the help of any cloak!), teleport and create self-mirages.
- With his true identity as a Jötunn (mythological race with an affinity to cold), Loki has a high tolerance for chills. Plus the fact that he's an adopted Asgardian for most of his life, Loki's body is resistant to trauma — which explains the

lack of bruises after being tossed around like a sack of potatoes by Hulk in *The Avengers*.

- Although Loki has a hatred for [stepfather] Odin and Thor, he doesn't harbour any anger towards adopted mum Frigga. We guess it's true when they say a mother's love is the greatest love.
- Tom Hiddleston initially auditioned for the role of Thor and, though, he originally had that in the bag, director Kenneth Branagh felt that Hiddleston was more suited as the antagonist. (Okay, size does matter sometimes.) And what a good decision that was, as Hiddleston won the MTV Movie Awards 2013 for Best Villain and Best Fight.
- Hiddleston's sterling portrayal of Loki has led to a "Free Loki" petition to Marvel Studios to produce a solo film about him. With only 6,000 more supporters (at time of print) to go before it hits 30k, we're keeping our fingers crossed.

Thor: The Dark World opens 31 Oct.

06 DVDs

Linked by Fear

What do these horror flicks have in common?



Stoker

A dysfunctional family welcomes a long-time-absent uncle into its household with dire consequences, of course.

Its link to *Sleep Tight*:

Mentally unstable characters.



Sleep Tight

A creepy psychological thriller about an apartment concierge who makes life a living hell for its tenants.

Its link to *[Rec] 3 Genesis*:

Best Fight Jaume Balagueró helmed the first two *[Rec]* movies, as well as the upcoming fourth instalment.



[Rec] 3 Genesis

A blood-soaked parallel sequel to the first two films (about a virus outbreak that turns the infected into, well, the undead).

Its link to *Childish Games*:

Both movies are in Spanish and released in 2012.



Childish Games

A childless couple takes in an orphan of a recently deceased friend but they get more than they bargain for.

Its link to *Dark Skies*:

Sinister image of a kid with a cuddly toy in tow in both film posters.



Dark Skies

A suburban kid becomes the target of alien abduction. Father and mother take matters into their own hands to stop the kidnapping.

07 Woman Celina Jade

Meet the Hong Kong singer/model/actress making waves on the hit cable TV drama *Arrow*.

Arrow is based on the *Green Arrow* comic books. Are you a comic book fan?

I didn't know much [my character] Shado or if she had more to come in future episodes. What I knew about her was from talking to the producers and DC comics. I love movies and TV shows that are based on comic books, though. So I was excited when I got to audition for Shado.

So you didn't feel any pressure that you may have left fan boys down with your portrayal of Shado?

Honestly, I was too naïve then to feel the pressure. I didn't think of the fans' expectations until much later when I realise there's such a huge *Green Arrow* following. I'm glad that their expectations and what I played seem to align.



"Honestly, I was too naïve then to feel the pressure. I didn't think of the fans' expectations until much later when I realise there's such a huge *Green Arrow* following."

Was working with actor Stephen Amell distracting? As we all know, he has one helluva ripped body.

No, he wasn't. I was focused on who [Amell's character] Oliver Queen [was] before he transformed into a vigilante when he was stranded on the island. The feelings needed to be authentic, so I can't be thinking of him as this beefed-up guy he would be in the future. I have to see him as a character with vulnerabilities and see his potential that he could be.

In *Arrow*, Shado teaches Queen archery. How good are you with a bow and arrow? Good enough to be a teacher?

I've been learning archery and having fun with it. I'm getting better and better at it. In fact, I just bought my first bow. I won't make a good teacher, though. I don't have the patience for it.

You cut your teeth making action movies in Hong Kong and China. How different is it working on an American set?

On an American set, it's like "*tian tang*" (Mandarin for "heaven") [Laughs]. There, they have unions to make sure you work certain hours and regulations to keep actors safe. It's really quite comfortable and controlled. The craft services are amazing, too. And I had my own trailer, which was, really strange because in China they put me up in a hotel room and I didn't have a trailer to rest in — not that there was much time to do that. But if you've worked in Hong Kong and China, it gave you great grounding and toughened you out.

It helps too that your American father, Roy Horan, was a kung fu actor who played the token bad guy in early Jackie Chan movies. What advice did he give you?

When I was growing up, my father had already left showbiz to be a professor [at Hong Kong Polytechnic University]. The stories I heard was of him doing his own stunts on *Game of Death II* where he got hung on a wire that snapped and left him with rope burns and scars on his neck. Because he had been through the stunts, he's good at teaching me the safety precautions and when to say no if you believe it's outside your ability to perform a stunt.

You sing, too. Any chances of seeing you sing on *Arrow*?

It'll be cool, but it won't be in Shado's character. If she breaks out into a song, it'll turn the show into a comedy.

Really? Amell is already making us laugh with that awful hairpiece he wore in the flashbacks.

He was always complaining about the wig. I actually like him in long hair. I generally like guys with long hair.

Arrow Season 1 is out on DVD; *Season 2* premieres 21 Oct, 9pm, on Warner TV (StarHub Ch515).



08 Games

Reminisce About Old Pro Evo and Fifa

The battle for console football supremacy rages, as *Pro Evo* and *Fifa* go head-to-head once again with their new releases. Here's a nostalgic look at some of the games' highs and lows from the past 20 years...

PRO EVO

The Oranges

Pro Evolution Soccer 2 (2002) didn't have name rights for any Dutch player, so they called every player "Orange". Seriously.

Extra Goals

If you pressed "pause" as the ball crossed the line and went to a replay in *PES 4* (2004), you'd get an extra goal for each replay.

Upton Lake

Japanese developer Konami had curious geographical knowledge. *PES 2* had Aston Villa as "Dublin" and West Ham as "Lake District".

Mental Names

Throughout the series, licensing issues saw misspellings of names, such as Brazil's "Roberto Larcos" in the first *PES* (2001).

FIFA

Ditching The Ref

In the first *Fifa* (1993), you could run away from the ref when he tried to card you. A tactic we hope to see in the EPL.

Deliberate Fouling

There was an option in *Fifa 2001* to ruin opponents with a deliberate foul trigger, or the "Paul Scholes Button" as it was better known.

Indoor Football

Fifa 97 introduced an amazing but short-lived indoor six-a-side football mode. Hammering the ball against the wall was weirdly satisfying.

Fifa Kama Sutra

Fifa glitches are legendary, particular in *Fifa 12*, where bugs meant goal celebrations often looked akin to giant sex orgies.

09 Music

Grade an Album

Five big indie hitters are scrambling for our iPod space right now. Oddly, each band appears to have commissioned an art class to do its album artwork. *FHM* asked art lecturer Ian Anderson to pass judgement on their efforts...



Arctic Monkeys

AM

"It suggests a greater aspiration. They've earned the right through previous achievements

to do something like this. It's consumable, digestible and looks great on T-shirts."

B+



White Lies

Big TV

"Because it's framed, it just says, 'We want to show you this picture.' To do that, it really

has to be the best picture in the world. It's not dreadful, but it's not great"

D+



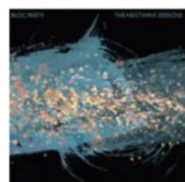
Babyshambles

Sequel To The Prequel

"It doesn't relate to either the band or the title. It's horrible, really. It's a mess, but not for the

reason that they might want it to look a mess."

F



Bloc Party

Nextwave

Sessions EP

"They've tried to break out of their mould, which was clean, arty, '80s.

But I don't know what this is. Well, I do — it's a swirly splatter painting."

C+



Franz Ferdinand

Right Thoughts, Right Words, Right Action

"It's playful but deliberately says, 'We're not going to be too smug about our

intellectual music; when, actually, it is smug. It's almost design without design. Very good."

A

10 Books When S* *t Hits the Fan

The world is ending, robots are taking over and a dystopian future awaits us — these fresh reads show you what to do when it all starts going south...

Black Feather **Joseph D'Lacey**

A welcome departure from overly romanticised vampires and a fresh breath of air for the apocalyptic genre, *Black Feather* is a tale of two timelines shared between two protagonists, masterfully crafted to reflect a dystopian future swallowed by humanity's greed. D'Lacey's writing paints the horror genre with sophisticated flair; this novel will grip you viscerally from the get-go.

The Age Atomic **Adam Christopher**

Following his success with the prequel *Empire State*, Christopher weds science fiction with *noir* thriller, resulting in an absolutely delightful novel that throws readers into a plot of epic proportions. Robots are scheduled to take over the world (Skynet, anyone?) and it's up to hero and heroine, Rad Bradley and Jennifer Jones, to crush the evil cyborgs.

Apocalypse Now Now **Charlie Human**

Zombies, gargantuan mechanical beasts, South-African mysticism and *kung-fu* dwarves are all thrown into Human's newest tale. It revolves around Baxter Zevcenko, a 16-year-old delinquent/porn peddler who has to journey to the underworld to save his dream girl. Brownie points for setting the novel in the South-African continent because, c'mon, not everything happens in the US of A.

The Demonologist **Andrew Pyper**

The horror story sees a literary professor David Ullman, whose main focus is 17th-century writer John Milton's *Paradise Lost*, traversing into the great unknown to save his beloved daughter. While the human connection may be a tad weak sometimes, Pyper's graphic portrayal of horrific nightmarish scenes left us saying, "Man, that's some scary lit."

Shift **Hugh Howey**

Claustrophobia is best illustrated in the world of *Shift*, where the human population has to live in silos and experience a closed-off world. Digging deeper reveals a pre-apocalyptic backstory, with the novel moving back and forth between 2049 and 2110, focusing on two characters Donald Keene and Troy except... wait a minute, they are the same dude! With memory-erasing pills and cryogenic chambers, living a gazillion feet underground might not be such a bad thing after all. Well, at least until you find out that everyone you hold dear is dead and you're the only one left.



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Epic Finale

The *Hangover* that nobody regrets having is finally coming to a close...

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\$6,000!



It's been two years. Phil, Stu and Doug are happily living uneventful lives at home. The only member of the Wolfpack who's not content is Alan. Still lacking a sense of purpose, the group's black sheep has ditched his meds and given in to his natural impulses in a big way, which, for Alan, means no boundaries, no filters and no judgement — until a personal crisis forces him to finally seek help. What could possibly go wrong? But when the Wolfpack hits the road, all bets are off.

FHM is giving away 20 *The Hangover Part III* Premium Hamper (worth \$300 each). To win, answer the following question:

Who plays Asian mobster Mr Chow in *The Hangover Part III*?

E-mail your answer, name, NRIC, age, mobile number and occupation to fhm_promo@mediacorp.com.sg. Type "NOV HANGOVER PREMIUM" in the subject header.

CLOSING DATE: 6 Nov 2013.
Winners will be notified via mobile/e-mail.



Terms & Conditions: All entries must be submitted by 6 Nov 2013, 11.59pm. ■ MediaCorp employees and their immediate family members are not eligible for this promotion. ■ We reserve the right not to award prizes to any participant who has won any prizes from MediaCorp in the past six months. ■ Participants who have entered more than one contest in this issue shall be entitled to win only one contest. ■ MediaCorp Pte Ltd reserves the right to use entrants' information for future promotions and to amend the terms and conditions without prior notification. ■ Prizes are non-transferable and non-exchangeable for cash or any other services. ■ Only those 18 years of age and above are qualified for this contest. ■ Participants may send only one email entry per contest. ■ Multiple entries will not be accepted. ■ Winners will be chosen from correct entries on a first-come-first-served basis. ■ Winners will be notified via SMS or e-mail.

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\$1.30
from Google Play Store!



The **Singapore FHM 2013 Calendar App** is the only calendar anyone should have on their Android tablet. Produced by Singapore's best-selling men's lifestyle magazine, it includes a very useful planner and a picture of a super-hot *FHM* girl to accompany your planning each month.



Features:

- Create your own calendar of events for 2013.
- Monthly showcase of the hottest *FHM* models.
- Exclusive new model photo update every fortnight.
- Connect your calendar with the social networks.
- Share the app with friends via Facebook.
- Be the first to know about and gain access to Singapore *FHM* events and highlights.





+ 05
HAIRUL
NAIM

FHM
UPGRADE



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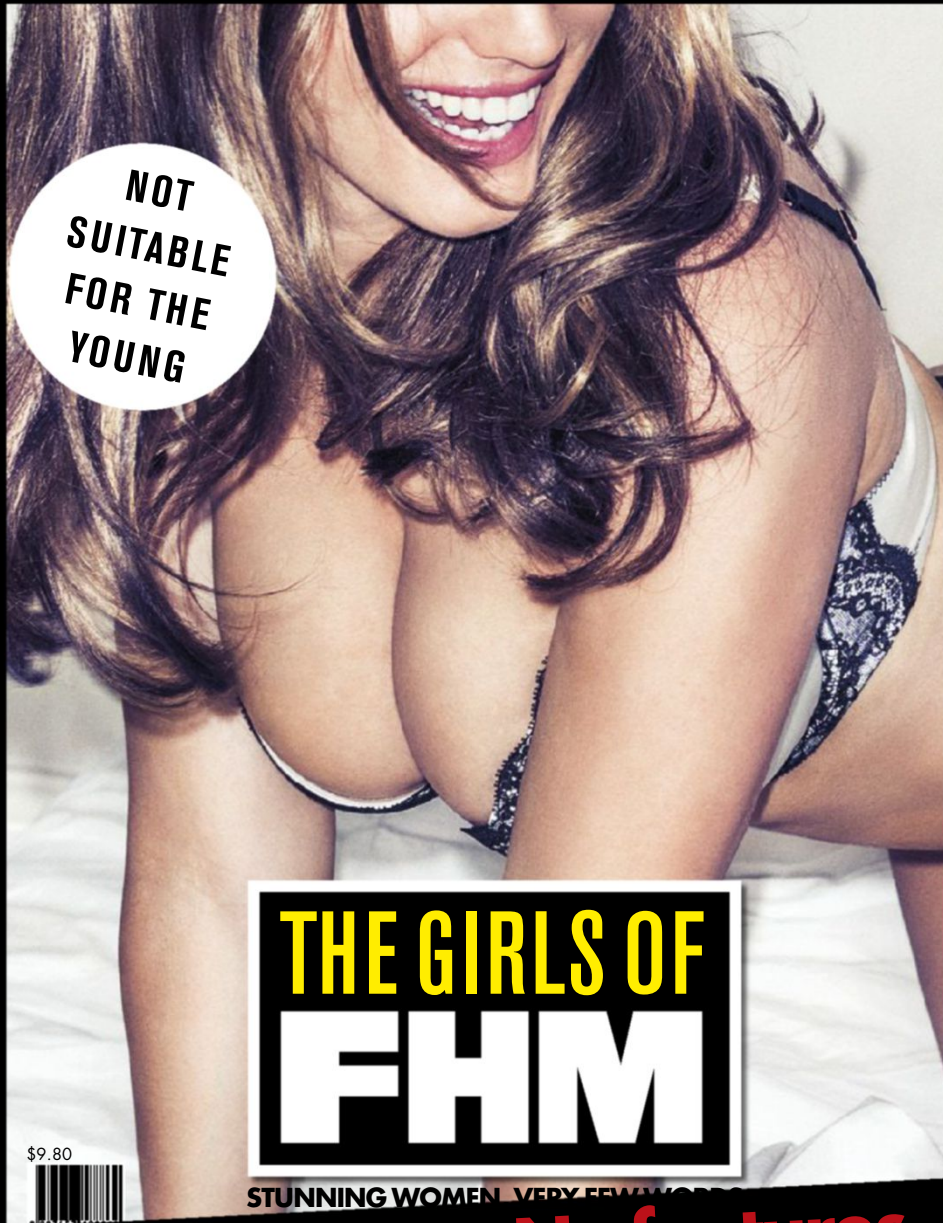
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VOL 16 ON SALE NOW!

BIKINI & LINGERIE SPECIAL



**No reviews. No features. No stories.
Just stunning women, very few words.**



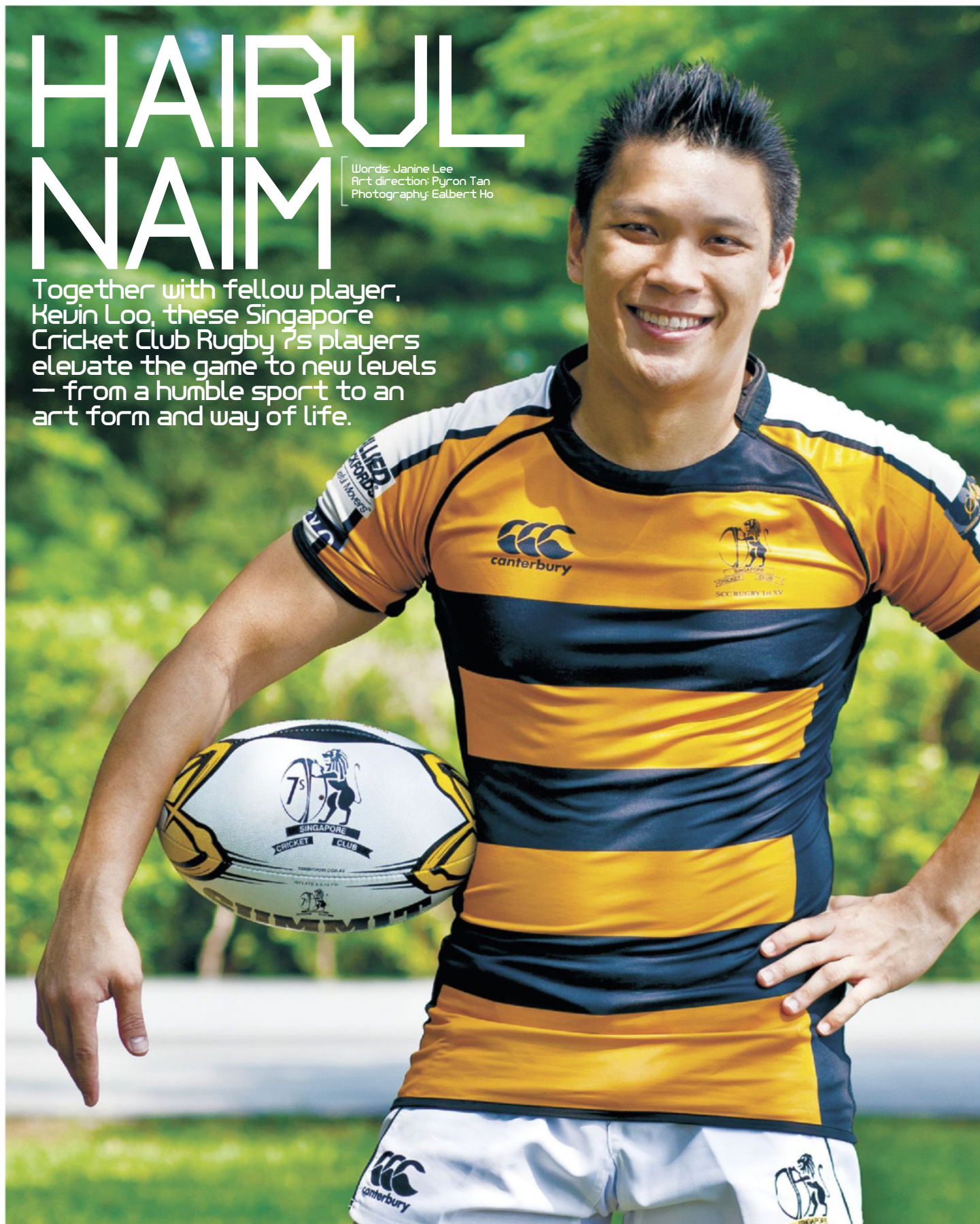
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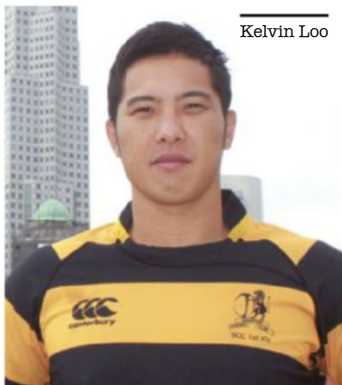
REAL SPORTSMEN WHO LOVE THEIR GAME

HAIRUL NAIM

Words: Janine Lee
Art direction: Pylon Tan
Photography: Ealbert Ho

Together with fellow player, Kevin Loo, these Singapore Cricket Club Rugby 7s players elevate the game to new levels — from a humble sport to an art form and way of life.





Kelvin Loo

It's an elegant game steeped in centuries of tradition, played by gentlemen who keep it classy both on and off the pitch. Famous for being a brutal sport where injury is commonplace and team spirit at the forefront, Hairul Naim, 33, who's been playing in the SCC Sevens for the past 12 years, and Kevin Loo, 30, fellow player and coach (pictured above), drop some perspective on the game, and share why they've stayed dedicated to the sport all this time.

How'd you get started playing rugby?

Hairul Naim: I used to be a football and badminton player in primary school. When I moved on to secondary school, there wasn't a football team and I decided I wanted to try something different. Rugby is a core sport so I decided to give it a try. Despite my small frame, the coach still picked me. I remember what he said, "Rugby is a game for everybody, regardless of size or ability."

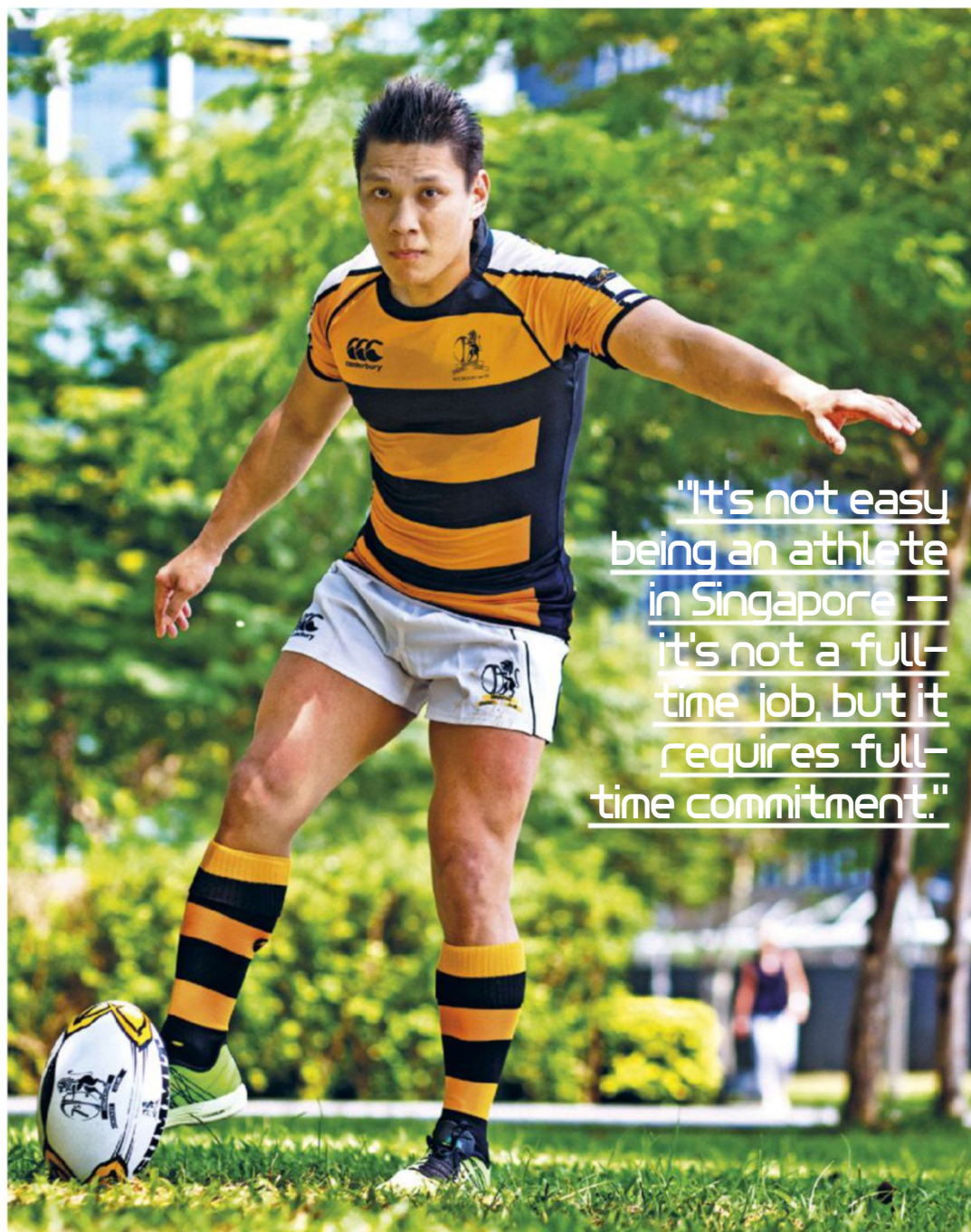
Kevin Loo: When I was in secondary school, I was overweight and wanted to find ways to lose weight. One of my friends suggested basketball, so I spent a few months jumping around on the court. Then I decided to try out for the touch-rugby team and instantly fell in love with the sport.

"Football is a gentleman's game played by ruffians, and rugby is a ruffian's game played by gentlemen." What do you make of this statement?

KL: To each his own. I grew up watching football, so I definitely appreciate the game. But my passion is still rugby. It's possible to appreciate each sport for its merits.

HN: Rugby players always like to say that rugby is a game they play in heaven, but I respect every sport and





"It's not easy being an athlete in Singapore — it's not a full-time job, but it requires full-time commitment."

every athlete. It takes a special person to be an athlete, as they have to go through a strict exercise regimen. Rugby and football are very different sports with different requirements. But both are team sports and I have great respect for people who play well in team sports.

Do you feel that rugby deserves more attention in the sporting world?

HN: Football is still the world's most popular sport but the rugby World Cup is one of the next most-popular, most-viewed sporting events in the world. And I feel that it's a good thing that rugby sevens has been included in the 2016 Olympics; that is a huge step in gaining good exposure for the sport.

KL: I agree and, as a rugby fan, I'd love to see rugby on an equal level as football somewhere down the road. With the Olympics inclusion, I think the profile of the sport is only going to go up from here.

What are some of the injuries you've sustained in your career?

HN: I tore up my left knee in 2006 when I got tackled from the side. That resulted in a torn meniscus and a partially torn ACL (anterior cruciate ligament). I also dislocated both my shoulders last year in the span of a month. It wasn't too bad; I did some rehab work and continued to play.

KL: Thankfully, I've been spared serious injuries. The worst was when I tore the meniscus in my knee and

had to spend six weeks on crutches. I put on a lot of weight and getting back in shape was a challenge. Eight years on, I feel great! Injuries are part and parcel of every sport; rugby is no different. It's about how you get back on the road to recovery.

How do you psych up before a game?

HN: It's not easy being an athlete in Singapore — it's not a full-time job, but it requires full-time commitment. At the end of the day, it's about your desire to play. You'll always want to try and do better than how you did. I've played against some of the best players in the SCC Sevens and I always aspire to be like them. So as long as I do better than I did last year, I'll be happy.



KL: I watch videos of big rugby hits and other motivational videos. It gets me psyched up to play. I listen to my favourite playlist as well.

What's the shelf life of a typical rugby player?

KL: It depends on the individual and how you take care of your body.

These days, I do a lot of stretching and yoga, and also eat well.

HN: Most rugby players peak just below 30, though some great rugby legends played till the ripe, old age of 38, especially in rugby sevens.

Eric Rush was a good example and in England, there was Dan Luger who played for a long time, too.

What do your loved ones think about your participation in the sport?

KL: They love it because they can tell that I really love the sport and put a lot of effort into it. My parents get a little worried sometimes because that's all I talk about at home, but at the end of the day, they understand and give me great support.

HN: My mum didn't like it because my clothes were always dirty and she always had to do the laundry! A couple of my friends still wonder why I do it every year. I just enjoy the sport — it's not all about physicality, it's not all about brawn. There's an element of thinking to it. I liken rugby sevens to a chess game. It's fairly physical, but there is an element of creativity to it.

KL: Rugby is a thinking game; there is plenty of strategy. You need to be quick on your feet during matches.

What's your routine for bulking up?

HN: In rugby sevens these days, players tend to be fitter and faster, hence we don't want to carry any excess weight. Bulking up is, of course, important in the off-season periods. Closer to the season, we'll try to trim down any excess weight. It's mostly about working out in the gym, doing the right exercises and eating right. Consistency is key.

KL: I eat well and hit the gym. It's never hard for me to put on muscle.

What's the toughest aspect of your training?

HN: I hate running. In rugby, we tend to do a lot of repeated sprints. Most of the runs tend to be about 60m to 100m full maximal effort, or at least 90 per cent of your capacity. On top of that, we also do down and up exercises; there is wrestling involved to introduce the physical aspect into

"Rugby players would never be involved in a pub brawl."

the run. It doesn't take very long, we spend about 15 to 20 minutes running each time, but it's brutal.

KL: Running, for sure. We do a lot of sprint intervals and it just kills us. But I love it in some ways because it's great for my fitness; I love the burn.

Since rugby is a team sport, is camaraderie between teammates just as strong off the pitch?

HN: We always talk about the "third half" in rugby and how a team that stays together plays together. If you look at all the great sevens teams — guys like Ponsonby, North Harbour — they stick together; they travel and tour the world together and they enjoy each other's company. I think that's when you start to play really well as a team. That's what we've been trying to do for the last four years, to have more tournaments together, and to get to know and understand how each individual plays.

KL: Yes, we definitely do. After training, we'll go for food. We also train together in the gym.

What has been your greatest highlight so far?

KL: Just wearing the national jersey. The feeling of wearing Singapore's colours is really indescribable.

HN: Playing against Amasio Valence, one of New Zealand's top players, back in 2005. That was an invitational team with a pretty strong lineup and I was thrilled just to be able to play against him. What made it better was that we made the first score of the game within two minutes. Despite losing that game, it was one of the greatest highlights of my rugby career to score first against such a strong team.

Which attribute is most important for a good rugby player?

KL: A high level of physical strength, speed, power, agility and flexibility are important, but discipline and mental toughness are what differentiate you from every other good athlete.

HN: Yes, discipline and determination — that you'll wake up early in the morning to train, and to watch your diet.

Who would win in a pub brawl: Footballers, NFL players or rugby players?

HN: Football players because rugby players would never be involved in a pub brawl.

KL: I'd like to think that a rugby player would be able to hold his own in a brawl, but we would never stoop to the level of settling matters with our fists.

Naim, you've been playing rugby professionally for 12 years now. How have you kept yourself dedicated for so long?

HN: I get a lot of support from my family and friends. It's also really important that you enjoy the things you do in life. I enjoy rugby and I want to play for as long as I can. I also want to see the SCC team do better each year, so that's what keeps me going.

You've played against top international teams. Which was the toughest opponent you've faced?

HN: While the New Zealand and

South African teams tend to be very good, the team that stood out as the most difficult to play has to be the Fijians because there's just so much creativity and flair in their game. You cannot plan for how to play against the Fijians; they'll just come up with something more special.

Loo, you've also started coaching rugby; it is a new challenge. How do you find yourself in this role?

KL: Yes, it is indeed a new challenge because you deal with kids of different backgrounds and athletic abilities/capabilities. You have to be patient, yet strict on pushing them to their limits. When I see my boys playing together as a team, it brings me great joy and pride because it's not easy for a group of individuals to come together as a unit.

The 66th SCC International Rugby Sevens Tournament takes place at the Padang on 1-3 November, and features teams from over 10 countries. Tickets from www.ticketbooth.com.sg.

EAT LIKE A RUGBY PLAYER

It's true they look like they can eat a whole cow, but professional rugby players have strict dietary habits.



Pre-competition Diet of Kelvin Loo

BREAKFAST

- 5 eggs (only 2 yolks)
- Bowl of muesli, or wholemeal bread wrapped with banana and cottage cheese

PRE-TRAINING SNACK

- Wholemeal bread wrapped with banana and peanut butter

LUNCH

- Lean minced beef
- Mushrooms
- Avocado
- Sweet potato

DINNER

- Chicken breast
- Noodle soup

PRE-SLEEP

- Cottage cheese
- ZMA supplement (zinc monomethionine and aspartate and magnesium aspartate) for strength gains
- Gaba supplement (gamma-aminobutyric acid) for calming the nerves and promoting human growth hormone production
- Multi-vitamins



Hairul Naim's Dietary Tips

- Eat a high-protein diet of lean meat, fresh milk and soy products.
- Avoid fatty and fried foods.
- Avoid red meat up to four days before matches.
- Avoid processed foods and opt for natural sources of carbohydrates/sugars such as vegetables and fruits.
- Avoid fruit juice as it tends to be high in sugar content.
- For carbohydrates, stick to low Glycemic-Index foods such as multi-grain and whole-wheat bread, whole-wheat pasta and brown rice. (Glycemic Index (GI) refers to how much a

person's blood sugar level rises after eating a certain food. Low GI foods ensure a slow, sustained release throughout the day; while high GI foods, which tend to be refined foods like white bread and white rice, cause a sharp spike in a person's blood sugar level.)

- Take protein shake right after any exercise to help in recovery. (Hairul uses Maximuscle Cyclone that contains protein, creatine and glutamine, among other ingredients.)
- Drink plenty of water.

Workout

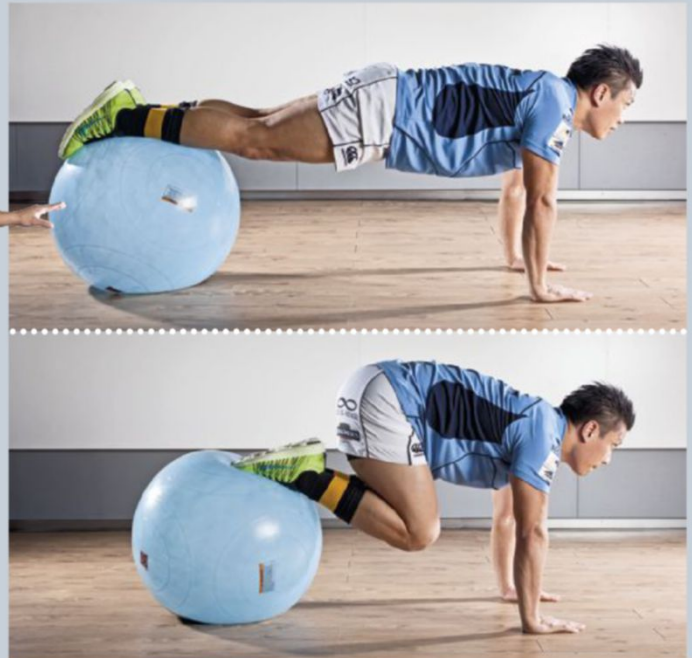
A rugby player's training regimen.

1 SWISS BALL CORE WORK



- 1) Kneel down on all fours on a Swiss ball.
- 2) Raise your chest and extend your arms to your side.
- 3) Balance on the Swiss ball for as long as you can.

2 SWISS BALL CORE WORK



- 1) Place both feet on a Swiss ball, with your hands resting on the ground in a push-up position.
- 2) Bring your knees towards your belly and extend your legs until they return to the original position.

3 SHOULDER JAMMER

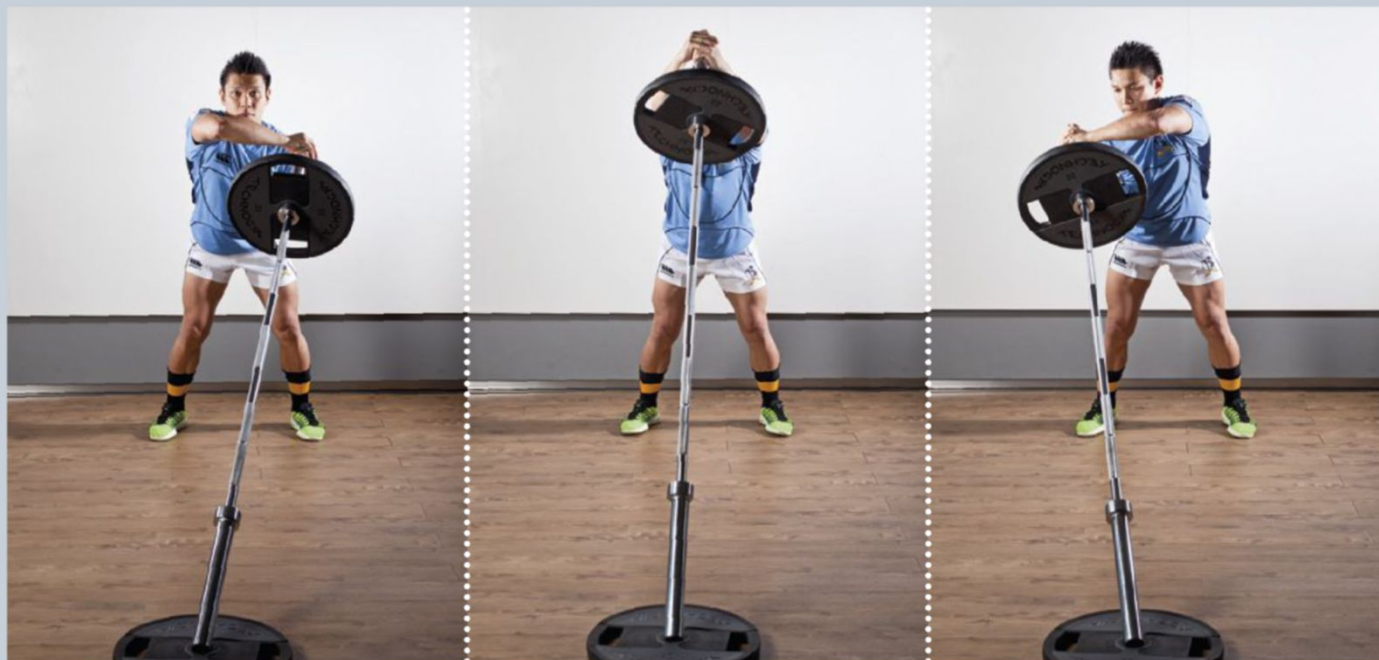


- 1) Anchor one end of a barbell on a weighted plate on the ground. Then add a weighted plate to the elevated end of the barbell.
- 2) Begin the move by letting the barbell rest on your shoulder. Lean forward slightly.
- 3) Push the barbell overhead until your arm is completely straight.
- 4) Repeat with the other arm.

Workout

A rugby player's training regimen.

4 BARBELL HALF MOON



- 1) Anchor one end of a barbell on a weighted plate on the ground. Then add a weighted plate to the elevated end of the barbell.
- 2) Begin the move by gripping the elevated end of the barbell with both hands and letting it rest on your left shoulder.
- 3) Rotate the barbell 180 degrees in front of your face to your right shoulder.
- 4) Rotate in the other direction.

5 BOX JUMPS



- 1) Set up a platform to a height that you can comfortably jump to.
- 2) Jump with both feet and land with both feet on the platform.
- 3) Make sure to land on the balls of your feet with your knees bent.
- 4) Stand straight up.
- 5) Step down and repeat.

6 VERTICAL BARBELL LIFT



- 1) Begin by resting a barbell by your side perpendicular to the ground.
- 2) Raise the barbell in a straight line up towards the ceiling.
- 3) Repeat with the other arm.

BEEF UP LIKE A PRO ATHLETE

Whether you're bulking up or slimming down, our protein-popping expert explains how supplements can help boost your bod.



Mike Naylor is a nutritionist at the English Institute of Sport. He works with the muscle machines at London Wasps Rugby Club and a bunch of beefy Olympians. Get your teeth into his wisdom.

01 Protein promotes muscle recovery and muscle growth and is an important part of your diet, especially if you're exercising regularly or looking up. Two of the most popular types of protein consumed by athletes and gym goers are whey protein and casein. Whey is rapidly absorbed and gets to your muscles quickly, so it's good after training, while casein is absorbed a bit slower and is better before bed.

02 The best time to get protein on board is in the first hour after training. That's why the main advantage shakes and supplements have is that they're more convenient than food. If you're leaving the gym and you want to get some protein in quick, a shake might be more convenient than a chicken wrap.

03 Having said that, you can get all the nutrients inside tubs of protein from normal food. Many pro rugby teams, like the London Wasps, will eat chicken skewers in the changing room after a game. Some brands will suggest you have a protein shake when you wake up, but if you're having two eggs in an omelette and a yoghurt for breakfast, that's a very big protein hit already, so the powder isn't going to have any additional benefit.

04 A suggested serving of protein is typically between 20 and 30g, but it varies between individuals. If you've got more muscle mass it'll be closer to 30g; less muscle mass and it'll be nearer 20g. If you eat two chicken breasts you're probably looking at about 60g of protein, which is more than your body actually needs. Now, unless you've got pre-existing health conditions, it's not going to do you any harm, but your body doesn't need the extra protein at that time and will just excrete it. Some powders will recommend a 50g serving, but you need to be cautious as 30g is probably enough.

05 I'd recommend that most healthy individuals, even if they're not training, should have at least 1 to 1.2g of protein per kg of their body weight per day. If you want to put on lean mass, then I'd increase that to 2g per kg per day. So if you weigh 75kg, that would be 150g of protein over the course of the day. The best way to do that is to give your body a regular hit of protein — a serving every two to three hours.

06 In most cases you have to combine supplements with training. If you drank protein shakes — let's say two a day — on top of your normal food and you didn't do any exercise, you're just adding an extra 200 to 400 calories to your daily intake, which may not have a positive effect. Eventually, with the extra calories you're consuming, this may lead to an increase in fat mass.

07 Protein supplements are not a magic get-fit-quick tool or an alternative to normal meals, they're a convenient way of getting the protein you need to aid the muscle recovery and development process. How long it takes to see results depends on how hard you're training, how good your diet is and what state your body's in to begin with. To get in shape, you first need to get your exercise and your diet right.

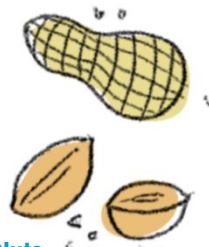
08 A lot of the packaging for supplements will suggest that you check with your GP before using them because some people might have certain health conditions that could be of concern, but there's nothing to say that protein supplements are always dangerous. Most respectable brands promote natural food supplements and there's nothing in them that you wouldn't get from normal food anyway. There is one side effect to be aware of: If you eat too much protein and your body's trying to excrete it, you will fart.

NATURAL MUSCLE



Fish

Oily fish such as mackerel and salmon are a great source of protein, and high in super-healthy omega-3 fatty acids.



Nuts

Nuts are calorific, but contain plenty of protein. Peanut butter on wholemeal bread is a great pre-workout snack.



Milk

Cow's milk contains all the proteins you need to develop muscle, so many athletes use it as part of their post-gym recovery.

UP YOUR GAME

GREAT
STUFF

Improve your active lifestyle with these sportswear and everything in between.

NO SWEAT

Wipe your perspiration and actually look cool doing it with a **tokidoki x Coolcore Singapore towel**. Coolcore is the world's first and only patented chemical-free cooling material that is eco-friendly, hypo-allergenic, anti-microbial and anti-bacterial; while tokidoki is a cult lifestyle brand by famed designer Simone Legno.

From \$50 at www.coolcoresingapore.com and Isetan Scotts. December onwards.



CONQUER THE COURSE

Enjoy your treks with **Ecco Biom Terrain Akka Mid Plus GTX**. The new boot is 100 per-cent waterproof, tough (made from yak leather) well cushioned and doesn't weigh like a sack of rice (only 510g). It's pleasing to the eyes, too, with its lime-green details.

\$379.90, from Ecco Concept stores at The Shoppes at Marina Bay Sands, Ion Orchard, VivoCity, Suntec City and 313@somerset.



LITE FEATHER

After an intense workout, the last thing you want to do is pile your legs with more weight. Put on the **Hi-Tec Zuuk**, a pair of very light, breathable mesh shoes that weigh only 162g (lighter than some hiking socks).

\$69, from World of Outdoors and selected World of Sports.



ACHE SOOTHER

Relieve muscle aches and tired legs, especially after a day of intense sports, with the supplement **Crampeze Forte**. It is formulated with fever few extract, magnesium, vitamin E, Vitamins B Complex, D and E to stimulate muscle function, reduce tension and clear build-up of lactic acids.



GET
MOVING

UPDATE YOUR FEET

New modifications to evergreen favourites.



GEN FOUR

Saucony's most popular line of lightweight trainers, **Kinvara 4**, was accorded "best update" earlier this summer by Runner's World magazine. This fourth-generation model features upgrades such as a redesigned upper that offers more ventilation, and a midsole cushioning made from a premium foam that is lighter and more durable than standard EVA foams.

\$159, from Royal Sporting House.

BREAKING THE WAVE

Colour-conscious runners will be glad to know that The **Mizuno Wave Precision 13** is now available in yellow. With a roomy upper and toe box, the trainer is ideal for men with big feet.

\$189, from Mizuno stores at The Shoppes at Marina Bay Sands and Paragon, and World of Sports.



BEST BOOT FORWARD

To celebrate Timberland's 40th birthday, its **World Hiker Boots** has been toughened up to meet the demands of today's active men. It features Vibram outsole and Buckram waterproof leather for durability and comfort; a three-layer contoured foot bed, last and outsole tooling for improved traction and breathable 100 per-cent recycled PET mesh lining.

\$459; Timberland stores at Raffles City, VivoCity and 313@somerset.

NEW STRIPES

The feline changes its hues with a new colourway for the **Puma PowerCat 1FG**. Worn by FC Barcelona's Cesc Fabregas and Manchester United's captain Nemanja Vidic, the football boots improves ball grip and provides increased power and precision for fast-moving players — not us, for sure.

\$239, from Nike stores and authorised retailers.



TOP POURS

Why settle for second best when you can enjoy these?

GLENFIDDICH CASK COLLECTION

Much to our delight, the maker of the world's most-awarded single malt has released three variants, almost at one go: Glenfiddich Select Cask (matured in hand-selected aged bourbon, European oak and red wine casks), Glenfiddich Reserve Cask (matured in distinctive Spanish sherry casks) and the 2014 arrival, Glenfiddich Vintage Cask (matured in European oak and American bourbon casks). Our only gripe? We can only get a bottle each time, unless we have a travelling companion.

\$69 (Glenfiddich Select Cask), \$89 (Glenfiddich Reserve Cask) from Changi Airport terminals.



CHANG BEER

There's more to this Thai favourite than just being iconised on an Everton FC jersey. Chang Beer received (yet another) Gold Quality Award from the Mode Selection International Quality Institute earlier this April — making it four wins in six years. And just in 2011, it bagged "Asia's Best Premium Lager" at the World Beer Awards, a recognition that has been under the radar for far too long.

Now, when you buy a six pack, you stand a chance to win a year's supply of Chang Beer. Visit www.celebratewithchangbeer.com for more information.

Available from supermarkets and convenience stores.



SUNTORY THE PREMIUM MALT'S

We've always had a leaning towards Japanese beers, and one at the top on our list is this gold nectar, consistently rated as the No. 1 premium beer in its homeland. Brewed with pride, top-notch ingredients and time-honoured methods, Suntory is best drunk (guess what?) anytime of the day — cold, of course.

Available from The Beam Cellar (selected supermarkets, hotels, Japanese restaurants bars and lounges).

BAR STOP

The three that'll make your night out count.



SAUCE BAR

The quirky watering hole recently had a major overhaul that, we think, made many Korean girl groups look on with envy. Besides revitalised vintage décor, the bar introduced a Cocktail Soiree service where a bottle of vodka, gin or rum comes with complimentary cocktail mixes of different concoctions. Rounding off its new look is the city's first gourmet meatball-focused dinner menu, where you can savour six unique meatball flavours in a variety of ways. A visit to the Esplanade has never been this complete.

Opens Mon to Thu, 5pm to 1am; Fri, 5pm to 3am; Sat, 6pm to 2am; Sun, 6pm to 1am. #01-10/12 Esplanade Mall, 8 Raffles Ave, Tel: 6837-2959, www.saucebar.com.sg



LUCHA LOCO

Just when you thought that, perhaps, it's time to move on, the popular Mexican restaurant and bar surprises with a new cocktail menu, expertly crafted by a team led by 2013 Singapore bartender of the year Michael Callahan. The fun selection features eight Mexican-inspired cocktails such as Mexican Moonwalk (tequila, homemade spicy chipotle syrup, lime, beer foam and carbonated candy) and Cancun Colada (dark

rum with agave liqueur and homemade banana- and coconut syrup); three shooters and a number of rotating specials. Its tequila tasting-salt selection has also been enhanced to include smoked sea salt, pink sea salt, cinnamon salt and plum salt.

Opens Tue to Thu, 5pm to midnight; Fri, 5pm to 1am; Sat, 6pm to 1am. 15 Duxton Hill, Tel: 6226-3938, www.luchaloco.com

GOSSIP CLUB

How times have changed. The last time you were at St James Power Station, you'd likely be waving your hands in the air at Powerhouse or enjoying a Martell over "live" mando-pop at Dragonfly. Today, it's all about thumping techno, huge LED video walls, laser shows and professional female dancers at what is touted as "Singapore's first dance club based on concepts from Vietnam. But that's not all a bad thing, as everyone there seems to thoroughly enjoy their big nights out.

Opens daily, 10pm to 6am. #01-02 St James Power Station, 3 Sentosa Gateway, Tel: 9681-1052.



WORLDLY PURSUITS

Taste the globe with the latest international cuisine.

BOCHINCHE

If you have no concept of what Argentinian food is about, here's what you need to know — it's exotic and rich, full of robust flavours and totally accessible even if you're not a particularly adventurous eater. Serving up everything from pork belly and grilled octopus to *chorizo* and sweetbreads, the food comes in small plates so you can try a bit of everything. The restaurant also has an open-concept kitchen that becomes like a "live" version of the Food Network channel during busy periods — so you get dinner and entertainment.

Order: If you're a fan of cheese, the *provoleta* with almonds and oregano honey will blow your mind. Like a cheese explosion in your mouth, it's warm, gooey goodness that pairs superbly with the house-baked breads.

Opens Tues to Thu and Sun, 5.30pm to 10.30pm (bar closes midnight); Fri and Sat, 5.30pm to 10.30pm (bar closes 1am); Brunch on Sat and Sun, 11am to 3.30pm.
#02-01, 22 Martin Road, Tel: 6235-4990, www.bochinche.com.sg



BORNGA

If happiness means gleefully watching your food sizzle above the grill before chowing down, then Bornga is the place for you. Invoke your inner carnivore with Korean celebrity chef Paik Jong Won's new dishes, featuring melt-in-the-mouth pork belly and specially marinated ribs. To top it off, the 130-seater also boasts a scenic view of Sentosa and state-of-the-art ventilators that keep you from smelling like a walking barbecue.

Order: The signature Woo Samgyup. Bathed in Bornga's secret marinade, the thinly sliced marbled beef is like a delectable *bulgogi*, minus the dull brown. To feel like you're in Korea, dip your meat in its patented sauce, close your eyes and enjoy.

Opens daily, 11:30am to 10pm. #02-123/124 VivoCity, 1 Harbourfront Avenue, Tel: 6376-8268, www.bornga.co.kr

WORDS: JANINE LEE & GLADYS GOH



LITTLE SAIGON

It's Friday night and you're not looking for a full meal (after all you need to get jiggy on the dance floor). The new party menu at this Vietnamese restaurant offers bite-sized portions and a great atmosphere. Because it's located in the thick of Clarke Quay, you can choose to come for pre-party drinks, or when you're sloshed and want a decent bite to round off the night.

Order: The deep-fried prawn-and-pineapple rolls are the perfect treat to line your stomach for the alcohol frenzy ahead; while Saigon Kick, with its potent dose of tequila, guarantees an epic night.

Opens Mon to Thu, 3pm to 1am; Fri, 3pm to 3am; Sat, noon to 3am; Sun, noon to 1am. #01-02 Blk E, Clarke Quay, Tel: 6337-5585.



DA LAURA

You know that warm, fuzzy and wholly satisfied feeling you get when you've eaten a home-cooked meal? Like a pimped-up version of grandma's cooking, the food at this Italian diner is beautifully crafted and presented, without pretensions. Keeping the food hearty and authentic, the chef uses only three to four ingredients per dish so the flavour really shines through. It's fancy food, but without the pomposity.

Order: The eggplant terrine with Sicilian tomatoes tastes like a burst of summer with each bite, while the red-onion puff pastry is a sublime combination of flavours and textures. Don't forget the cannoncini (puff-pastry horns filled with custard, which halted all conversation at the table for five minutes — it was that good.

Opens Mon to Fri, 11.30am to 2.30pm & 6.30pm to 10pm; Sat, 6.30pm to 10pm. 47 Neil Road, Tel: 6224-8251, www.da-laura.com



SMITHS FISH AND CHIPS

To anyone giving the British flak for having boring food: We would like to know what kind of cold, soulless person could look at a plate of golden-battered deep-fried fish with a mountain of thick-cut chips on the side, and not want to pack it all down with a shovel? We're talking comfort food at its finest here, and at this British establishment, they do it the *bona fide* way — piping hot, splash of salt and vinegar, wrapped in wax paper and ready to go. Good enough for us, guv'nor.

Order: Choose from a selection of fish including cod, haddock, plaice or halibut, and pair it with traditional sides like mushy peas, pickled eggs or gherkins. Round off with the battered Mars Bar, because some things are worth breaking the diet for.

Opens Tue to Sun, 11.30am to 11pm. 230 Tanjong Katong Road, Tel: 6345-9855, www.smithsfishandchips.com





THE
USER

01 Lucy C, model

"I'm a massive video-messaging fan. I generally just do quick upshots of my boobs and I like to try to tell a funny story. Last night, I mentioned it on Twitter and suddenly had loads of people adding me. It was ridiculous. One bloke just kept sending me pics of himself wanking. He was still doing it this morning, so I can see how it would appeal to extreme exhibitionists. Would I be happy if my boyfriend was sending saucy pictures back and forth with others, though? No, that's not cool. If he could do it online, he could do it physically. I know I send pictures of myself out, but that's my job!"

THE
LAWYER

02 Alan R, law lecturer

"Using video-messaging in this manner isn't, technically, cheating; it's not adultery, which is still confined to the act of sexual intercourse and, historically, was tied up with issues of bloodline. So it isn't grounds for divorce in the same manner as having sex with someone else, which can easily be argued is cause for an irretrievable breakdown of marriage. However, it can be defined as unreasonable behaviour, which is also grounds for divorce. It can be seen as a breach of the relationship with legal implications. Could it be used in cases of a honey trap? You'd have to be careful it wasn't entrapment, but it could be admissible, yes."

MORALITY
POLICE

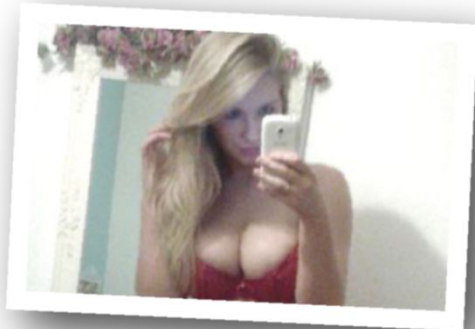
03 Father Ray, priest

"The way we communicate and use social media belongs up there with the big questions about how we live a 'good life'. Flirting between consenting adults can generally be fun and harmless."

IS SEXTING CHEATING?

More messaging apps are now offering video-recording and sharing feature. But just where is the line between a bit of harmless flirting and relationship-wrecking sexting shenanigans? *FHM* asked five personalities: When it comes to video exchanges, exactly how far is too far?





Most of us do it, consciously or unconsciously. But this behaviour can become morally and spiritually dangerous when we're protected from the consequences of our behaviour. Evolving technology increasingly offers us the temptation to act out the darker and often more damaged aspects of our nature. When this relates to sexual behaviour, it touches on powerful forces and drives that many of us are not mature enough to manage appropriately. When social media is used carelessly, for sexual or other purposes, and when we can do this anonymously, we lose the sense of that vital, spiritual connection we have with others."

THE
CRITIC

04 Bashy, music producer

"I know loads of people who use such apps to flirt and send dirty photos. If you're sending rude pictures to someone who isn't your partner — and if you wouldn't tell your partner you were doing it — then it's cheating. The intent is there. Obviously there are levels — it's not the same as sleeping with someone, but I'd be disappointed if someone was doing that behind my back. That's the thing with technology now: It makes life easier in general. It makes communication easier, it makes business easier, so a by-product of that is that it's going to make cheating easier. Back in the 1930s, cheating was probably a lot harder."

THE
ADVISOR

05 Rochelle Peachey, relationship counsellor

"Sending a saucy video or picture to someone online who isn't your girlfriend or boyfriend is certainly a big step towards physical cheating. Even if you have no intention of taking it further, if your other half is not on board with it, you shouldn't do it. You could argue that it's not as bad as sleeping with someone else, and that you're only cheating if you actually follow up on your sexual innuendos or pictures, but flirting can destroy the trust in a relationship. Yet, aren't we all flirts at some time? Harmless flirting is a daily occurrence for most people. However, in this age of social media, where we can easily get back with old flames at the touch of a button, it's important to stay within the boundaries of your relationship."

BEDROOM CONFESSION

Diary excerpts from a confused woman.

13 Sep, Fri

Tonight would be better, I told myself. "That" is not going to happen again. I can't keep having the best one-minute of my life. Sabrina said I could help to manage it while making out... by taking note of everything, from the dinner I prepare to my lingerie selection and even the noises I make... Oh, and Stacy said to go slow.

15 Sep, Sun

The same thing happened again. Strip. Stroke. Even before penetrating... Shudder. Over. Quick meal for the gentleman and no candy for the lady. Again. And he just REFUSES to talk about it. All he comes up with each time is "I'm tired, baby", "Nothing's wrong with coming quickly", "Maybe you should get checked?" or "There's really nothing to talk about; don't kick up a fuss". NOTHING?!? Hello. There is a HUGE elephant in the room... and it has a shortcoming.

16 Sep, Mon

Belle said not to be too harsh on him because men, unlike women, don't have an outlet when it comes to sexual dysfunctions. Like they don't talk to their bros like we talk among ourselves. Dear Diary! HELP!

Did you know?

"Premature Ejaculation is a real medical condition. It is not purely a psychological problem, and it affects not just you but also your partner. However, there is treatment for it — and the treatment is easy, safe and effective."

DR LIM KOK BIN, UROLOGIST, RAFFLES HOSPITAL

To find out more about premature ejaculation and the treatments available, visit www.ministryofmanhood.com.sg or call 6684-8000. The Society for Men's Health Singapore (SMHS) is a body that develops and implements training programmes for medical professionals, nurses and others to promote men's health and ageing.