FHM

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11TH ANNIVERSARY

BIKINI ISSUE SPECIAL

OVER 69 PAGES OF GIRLS IN VERY TINY SWIMSUITS

FADE TO BLACK
THE MANY DEATHS OF PINOY ROCK

60 SECRETS OF GREAT DRIVERS
ON DIY DETAILING, TRAFFIC RULES AND MAKING OUT IN A CAR

DANGER JUNKIES
ATHLETES WHO LAUGH AT PAIN

SOLENN HEUSSAFF
POLISHED TO PERFECTION

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7 SPOTS TO MEET BABES
5 SCORCHING TELL-ALL TALES
4 BOOKS THAT TITILLATE

MAD ABOUT DOGS
POOCH BREEDS WOMEN ADORE

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TEAM SHEET

THINGS WE DID THIS MONTH...





Gambled on horses—as cooperative co-stars in a cover shoot. Gambled on Solenn, too, going all for it. Both paid off well.





(Left) Alex Paita's dream team working on a shoot. Notice how everyone is beautiful? (Right) Editorial assistant Mich with...is that you, Ramon Bautista?





Rocked out with our cocks out (with the exception of Lou Albano) at the Deftones Diamond Eyes tour.

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ERRATUM



Shaun Hilario and Juni Devecais started with Dimmer Switch not Liver Switch. Our apologies to Mr. Bones and the Boneyard Circus. Pardon our hearing impairment.

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SKINCARE SIMPLIFIED

Lab Series simplifies skincare with the high-performance basics MEN need to help protect and preserve your skin's healthy, youthful appearance. Every day.

HIGH TECH. HIGH PERFORMANCE. SKINCARE FOR MEN.

Men are currently living in a fast-paced world. And with that, they want high-performance products that they can really depend upon.

They want to be able to work on their laptop on the airplane, conduct business on their cell phone while driving out to the beach. Quality products with multiple benefits make this possible. Quality of life is enhanced and improved when both technology and performance work together.

And with this comes confidence in all areas of a man's life…in the boardroom and the bedroom… More and more men are taking that extra free time and spending it on improving their appearance. Why? Because looking good is fast becoming another basis for which to gauge success.

Men today are showing unprecedented interest in their appearance, taking advantage of facials, teeth bleaching, hair color, tanning salons, even makeup. They want to look the best they can – NOW.

THE AUTHORITY IN MEN'S GROOMING

"Lab Series has undisputable credentials and credibility in being the expert in men's skincare. We have an over 20-year heritage devoted to targeted skincare solutions for men," said Diana Espino Gitlin, Vice President/General Manager, Lab Series Skincare For Men. "We understand the differences in men's skin, what his skincare problems are and what products he needs to solve them."

MULTI-ACTION FACE WASH
WHO IS IT FOR: Formulated for normal and dry skin types.
HOW DOES IT WORK: Unique multi-action foaming cream cleanses, exfoliates and conditions the skin. Effective lathering system dissolves excess oil and unclogs pores. Purifying beads remove dead skin cells and impurities, minimizing ashiness. Vitamin enriched formula nourishes and re-conditions the skin, prepping it for a close shave.

RAZOR BURN RELIEF ULTRA
WHO IS IT FOR: Formulated for all skin types.
HOW DOES IT WORK: Lightweight soothing lotion delivers fast relief from razor burn, irritation and redness. Immediately distributes moisture to affected areas, calming the skin and re-building the moisture.

DAILY MOISTURE DEFENSE LOTION SPF 15
WHO IS IT FOR: Formulated for normal, dry or oily skin types.
HOW DOES IT WORK: Lightweight moisturizing SPF 15 lotion infused with antioxidants continuously hydrates and helps protect the skin from UVA/UVB rays, smoke and pollution. Minimizes signs of aging, smoothes fine lines and improves overall skin texture.





To simplify the grooming choices available to men, Lab series offers a convenient **navigational system** broken down into four categories on how to navigate their skincare:

CLEAN SHAVE TREAT BODY

THE INSIDER A guide to looking good and knowing how.

Richard Sawyer Spokesperson and International Education Director Lab Series Skincare For Men



Lab Series spokesperson Richard Sawyer educates men on how to analyze their skin and find products that will help keep their skin healthy-looking. They can also interact with Richard on the brand's website, www.labseries.com, and get some lifestyle grooming tips.

Lab Series High Tech, High Performance, Skincare for Men, first introduced by The Estée Lauder Companies Inc. in 1987. The brand's elite team of doctors, scientists and skincare specialists use modern technology, advanced ingredients and the latest research on men's physiological and lifestyle needs to develop products with proven results specifically targeting men's skincare concerns.

Lab Series is currently available at Rustan's Makati and Rustan's Shangri-la.

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LOUNGE LOVERS

I've been loving *FHM* since 2003. The concept and content have always been great. My favorites: Ladies' Confessions and Lounge



section, where I can get tips on relationships, dating and sex. It's very informative and entertaining and it helps keep my relationship with my guy, Czar Patricio, more exciting and hotter! We'll celebrate our 10th monthsary on March 8. He has grown to love *FHM* too and I'm sure he'll be surprised to see this. Hon, thanks for being with me through the ups and downs. Thanks for your love. I'll keep loving you.

Issah, by email

MISSING PAPA

My Christmas and New Year weren't as happy as before because my man has been working in Riyadh, Saudi



Arabia. It's our first time to be away from each other. Last January 5, my officemate gave me the sweetest of Christmas gifts—a subscription to *FHM* for six months (promise, I'll renew it for a year!). Thanks Ate Moni for making one of my wishes come true. Hope you can post my picture with Carla Humphries so I can show it to my man, Dexter. Papa, though we're far apart, you'll always be my one and only man. I love you so much.

Blue009, by email

REKINDLED AFFAIR

I used to read *FHM*, but I had to prioritize my other responsibilities so I stopped buying it for a while. Truth is, I only bought the January 2011 issue because I don't have a 2011 calendar yet. As I was reading, I realized how the mag has evolved. *FHM* is worth my time because it's really a page-turner. January 2011 babes Farah de Forge and Michelle Bento are the stuff fantasy girls are made of. Looking forward to another chapter of excitement from you guys!

JD, by email

BEST BUDS

My best friend will turn 22 in March. He helps me collect all your issues and less than 10 issues *na lang ang kulang namin*.



Tol, thanks for everything! You're really an incredible buddy! Have a merry birthday, Fingy! This is a picture of him with our favorite dog and his favorite *FHM* issue. Happy 11th Anniversary, *FHM*!

Tol, by email

FLYING HIGH

My boyfriend sometimes wonder why I read *FHM* regularly. I tell him I just love *FHM* so much. It's the first thing I look for whenever we go to a bookstore. Here's a picture from our Christmas vacation in



Boracay last year. I have a fear of heights, but he encouraged me to go parasailing—and I did! He is from Finland and he'll go back to his country in March. We hope you'll publish this before he leaves. Make us happy, please.

Oona, Cebu



Janssen gets a a 75ml bottle of Ralph Lauren Big Pony#3

A message from the oft-flooded *FHM* inbox

"I implore you future picture senders to limit your submitted snaps at 80KB to 1MB! Have mercy!"

LETTER OF THE MONTH

SUPER FAN

I'm on cloud nine because this is my first letter for the No. 1 mag in the Philippines and maybe the world. You guys are great, especially Superbonngg! I want to be like him because I'm really his No. 1 fan. My brother and I love to read *FHM*. My girlfriend, however, is not convinced that *FHM* is entertaining and informative. Our relationship turned three years old last February 28. I hope you can publish this, my surprise gift to my brother and girlfriend. *Agyamanak unay*! That's "thank you" in Ilocano, by the way.

Janssen, by email

Ah, yes. The Superbonngg! fan mail that comes once every two years. We're sure he'll be happy to read this, but don't expect him to reply.

GALLERY



Knowledgeable

My hubby encouraged me to read *FHM*. I gained a lot of knowledge reading it. Hope that's enough for you to publish our picture. Cheers, *FHM*!

Almeron Radaza, by email



Start 'em young

This is my 8-month-old boy, Miguelito D. Octavio, hanging out with the hottest *FHM* cover girls. Please publish this photo in your March issue. Thanks and more power!

Jhay-Ar Donna, by email



Love us

Here's to my baby who turned 22 last February 8. Please consider my message to her. I'm sure she'll finally love *FHM* when sees my amazing gift.

Ney, by email



Sleepless

Can you please post this picture of my girlfriend which I took during one of our sleepless nights? I want her to know that I find her really sexy. I love her very much!

Opet, by email



Long-distance Lab

It was my girlfriend last month. She's based in San Diego, California. Happy birthday, Lab. I'm so proud of you. I love you!

Kenn, by email

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DISAPPOINTED

I've been an avid fan for years. Sad to say, your past few issues were boring and predictable. I know you work your butts off for this magazine. We do understand that. But we also hope you can spice up the magazine some more. You've been featuring too many foreigners lately. Where are the more interesting and beautiful Pinays out there? Also, give us something more when you feature gadgets other than facts we can already read on the Net. Feature more after-market products for cars and juiced up automobiles presented in car shows as well. More men's health stories, too! Don't take offense, guys. We'll still look forward to your future issues. Best of luck!

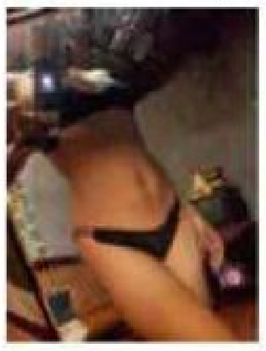
Jay, by email

So basically you're asking us to work some more and not have a life. Nice try. We assure you, though, that we'll figure out a way to make you happy as the year rolls along. If you still find our efforts with regard to your feature requests wanting, well, that's where our brother publications and websites—Top Gear and Men's Health Philippines and their online versions, fhm.com.ph, techie.com.ph—come to the rescue. Also, for the record, in the last six months, we've featured 43 ladies on our pages, only seven of which aren't of Filipino descent.



SHE'S SO EXCITED

I'm an avid reader of *FHM*, a single mom of two. I just want my fiancé, who is Native American, to see my picture in *FHM* when he returns in March. He's been away for 11 months and we miss each other so much. He celebrated his birthday last January 15. I've always been faithful to him and there's nothing I want more than to be with him soon. I hope you like my picture as well.



Angela, by email

YOU GOT IT

My wife used to get mad at me every time I buy *FHM*. *Mukha na nga raw akong FHM e*! But I convinced her that *FHM* is not just about boobs and sex. I asked her to read some of the features you've published in the past. Now,



she's always the first one to read your new issue. She told me that if I could get this letter published, she'd reward me with a one-year *FHM* subcription. Post this one for me, guys! I love you.

Kim Vargas, by email

HAPPY TOGETHER

This is my picture together with my friends from school. You were a very big part of our growing up years. We are graduates now and



most of us are already employed. Still, every time we hang out, we never fail to share with each other our greatest possession—our *FHM* collection. Keep rocking, *FHM*!

Karen, by email

MASS ADULATION

MISA CAMPO ROCKS OUR FACEBOOK FAN PAGE

Wow, Misa Campo! FTW! How about Leah Dizon or Arianny Celeste for the upcoming issue? That will be freaking awesome!

Diasanta Rosabal Eleezar

Kung gano kalamig ang panahon dito sa Pampanga, *sobrang init naman ng* cover girl *ng FHM*. Ha ha ha, love it!

Prince Anthony Buban



Wow, *mukha yata* the best *ang hinahanap ng FHM. Akala ko mauulit na naman yung ibang* cover babes *eh*. Keep up the good work. *Marami pa talagang magagandang* Pinay *diyan, lalo na yung* car models *at* hybrids!

Angelo Enrico Layno Santos

GALLERY



85 months and counting

Our relationship will turn 85 months old on March 5. Please find space for my surprise gift to Anne. I love *FHM* so much!

Ramon, by email



Learning curve

I've been your fan since 2008 and I've learned many things from what you write. It was my birthday last month. I'll be thankful if I see myself on your magazine.

Megz, by email



100 months

Please post this picture in March as Rica and I celebrate our 100th monthsary on March 14. I hope you're surprised, Rica. I love you so much.

Jan Michael, by email



For Chikoie and Totot

My wife and I haven't missed an issue since 2008. She just celebrated her birthday recently. Hope you can publish this *para kina* Chikoie and Totot!

Jake, by email



Priceless

I didn't give my girl a gift for our sixth anniversary last February 14 because I feel that having our picture published is a more priceless present. I love you, Honey. You're my ultimate babe!

DazedJhay, by email

WHO THE HELL ARE YOU



Mike gets a Coast gift pack from Unisell

INTRUDER OF THE MONTH



Wedding disaster

"We took a picture outside the church with our friends after their wedding," Mike relates. "The feeling macho guy behind us was actually an usher in another wedding. *Nagpa-practice yatang mag-pose.*"



Extremely irritating

"Before we played Laser Extreme at Market Market, my officemates and I had a group photo op," says Rodney. We had no idea that the receptionist at the back was making *epal*. *Jejemon ka*, miss?"



Happy stranger

"My friends and I were in Wawa, Montalban, Rizal recently," Sheena writes. "When I took a photo of my pals, a stranger rushed to the scene to do a wacky pose with them. It was too late to shoo him away!"



THE BANGLA GUY

"On January 1," Greedyblitz narrates, "my family and I were having fun at the Chinese Garden in Singapore, strolling around and taking pictures. I thought I had the best pose ever. Of course, a Bangladesh national conveniently leaned and voila! He appeared on frame."

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STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT

LAY IT ON THE LINE

Model and entrepreneur Lae Lusung opens her heart to us, in a bikini, no less

Lae could very well be just your typical *FHM* babe: pretty face, pretty smile, rocks in a bikini.

But she isn't.

The photos will tell you that she's hot, obviously. But if that be equated with a certain degree of snobbishness, then what we are seeing is leading us astray. Lae is, in simplest terms, friendly, and warms up easily to people. Talking to her, you get the feeling that she's unbound by the strict rules of hot-girl society. And it's her candidness that enamors.

Perhaps it's because she's in a business where courtesy and amiability pay dividends, as the owner of a resto-bar in Pampanga (she admits befriending most all her customers). Perhaps it's because she once was a performer in a girl group whose job, naturally, was to be a people-pleaser (she doesn't think a *beso* with her fans is the worst thing on earth). Or perhaps, it's really just in her nature. Whatever the reason, we confess she makes us sound like a lover gone totally mad.

You model and manage a business at the same time. How do you de-stress?

I like going out. I go to the spa. I watch movies. Anything. *Basta nasa labas ako, okay sa akin yun.* I love hanging out with friends. Having coffee and having long chats with them are something I treasure. When I am home I usually just surf the Net. Anything *para mawala muna 'yung isip ko sa trabaho.*

Do you have still time for guys?

Nagkaroon ng time *na talagang hindi ako* ready for a boyfriend *kasi* I was hurt really bad from a previous relationship. *Nahirapan ako mag-move on, kaya kung tinanong mo ako niyan* a couple of months ago, no *talaga. Pero ngayon,* let's just say I'm starting to feel better.

What kind of guy would totally turn off your present state of mind?

I don't like guys who are *ma-feeling, mayabang, mahangin* and who do not know how to respect women. *Ayoko na rin yung* guys *na sa una mabait pero sa huli babalewalain lang yung tiwala mo.*

The way you speak seems to carry a lot of weight to it. How were your past relationships?

The longest relationship I had lasted two years. And I feel like I've always given 100 percent in my past relationships. I've learned though *na hindi pala* enough *yung* 100 percent to stop a guy from hurting you. I've had my trust broken on a couple of occasions, so it's going to take a real special man to really get me to give my 100 percent again.

And how does one get you to give your 100 percent again?

I'm actually a very simple girl that isn't that hard to please. You'll know when I'm content, and as long as I feel loved, I always try to reciprocate and give back. *Simple lang naman, di ba?* **FHM**



PHOTOGRAPHY: MIKE SABARRE

WORDS: GELO GONZALES

MAKEUP: AMANDA PADILLA FOR ESTEE LAUDER; HAIR: AVRIL SEGUIN; SHOT ON LOCATION AT THE LAKESHORE, MEXICO, PAMPANGA

VITALS

Name:
Lae Lusung

Age: 22

Profession:
Model,
entrepreneur

Where you'll (likely) spot her:
The Mansion and Courtyard in Angeles City

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FHM LISTS...SOCIAL CLUBS

Alone tonight? Don't have any friends? *FHM* plays Cupid and hooks you up! You never know where you'll meet the one...



DRINK AND DRAW SOCIAL CLUB

A novel concept *FHM* stumbled upon in Facebook, where members get together to do just as their name suggests: knock a few back and get their artistic juices flowing. Based on the US club of the same name, anyone, professional artist or otherwise, is permitted to join the festivities. Just bring your own art materials.

IF YOU'RE LOOKING FOR: A chick who can draw your caricature...and drink like a mule

Contact them: Look up Drink and Draw Social Club Philippines on Facebook



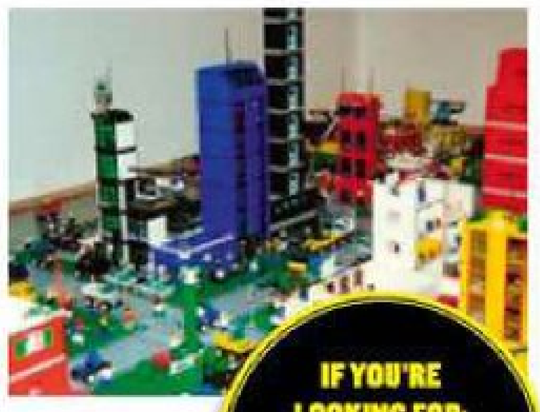


INNER MAGIC CLUB

What used to be Magic Circle Philippines in 1996 became IMC, the hub for local magicians seeking to hone their craft and share all things well, magical. Inner Magic is for you if you've already perfected the sleight-of-hand trick you use to impress ladies at the bar and are looking to learn a bit more (and meet fellow apprentices of the magical arts). Wondering if there are any ladies around? Magician Leodini tells *FHM* that there are active members of the female variety, so you ought to start polishing that bag of tricks.

IF YOU'RE LOOKING FOR: A chick who works her magic

Contact them: www.innermagicclub.wordpress.com or find them on Facebook



BUILD CITY

FHM refuses to taint fond childhood memories with Lego by adolescent horniness, so we bring to the table something a tad more wholesome: Build City by Hobbes and Landes is an avenue for family and friends to get together, and, well, play with Lego and other brick- based toys. Girls can't resist guys and babies, so grab a cute nephew and take him out to one of Build City's exhibits. You just might bump into a girl who is as into connecting bricks as you are.

IF YOU'RE LOOKING FOR: A girl you can build a home with...out of Lego bricks

Contact them: Look up Build City on Facebook





THE NEW WORLDS ALLIANCE

The NWA, formed in 2003, is an amalgam of seven component fan groups, "covering Star Trek, Star Wars, JRR Tolkien, Harry Potter, X-Philes, Buffy the Vampire Slayer, and role-playing games," says one of its founders, Regina Layug-Rosero. So what kind of chicks are we looking at here? "The NWA now has over 20 member groups and at least 500 individual members, including costumers, geek trivia fanatics, gamers of every kind, readers and writers, filmmakers, dentists, engineers, surgeons, artists, you name it!" Hobnob with them at their conventions or at their website, hub of all things sci-fi and fantasy.

IF YOU'RE LOOKING FOR: A girl who is an even bigger sci-fi freak than you are

Contact them: www.newworlds.ph

WORDS: MICH R. LAGDAMEO

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TOPMAN

Robinsons Galleria, Robinsons Place Manila, Power Plant Mall, Greenbelt 3, Trinoma, Alabang Town Center, The Podium, SM Mall of Asia

NIGHT OWLS

THE CALL CENTER AGENT

Profiling the predominant species of the night shift

Reeking of youth, disrupted body clocks, fake accents and better pay, the call center agent is 65 precent more male than female*, falls between 18 and 30 years average, travels in packs typically in the Makati and Ortigas area. What else is he packing?



CIGARETTES

The default other option for when shorter breaks are not utilized by relieving oneself in the can between frantic calls. Consumed in packs, or in fewer number of sticks bought or bummed. Is consistently paired with coffee, stimulates his brain and body functions into not falling asleep.

COFFEE

Almost always caffeinated, though not always hot, and never just one cup for the duration of an entire eight-hour shift. Taken sometimes by itself, other times with quantities of food, but almost always with cigarettes.

SOMEHOW, ALWAYS WELL DRESSED

Due partly to a not-too-stingy pay that affords him to wear his chosen lifestyle, and owed partly to company dress codes that require him to don "smart casual" attire.

NOT ENTIRELY EVIL!
Yes it kills, colors your teeth and turns *fotoy* limp, but in the meantime, the average cigarette contains 1-2mg of absorbed nicotine, a stimulant and relaxant that generates feelings of relaxation, sharpness, calmness and alertness.

PLUGGED

Not just to the headset that is his stereotyped cranial uniform. During breaks, and in transit, he is either on his phone, plugged to an mp3 player, fiddling with one type of tech savvy gadget or the other. But never on radio or television, so it's most likely he knows little about current events and local showbiz.

According to pioutsource.com, an entry level BPO agent earns between P12 and P15K a month excluding allowances starting at P2,500 monthly, performance bonuses as much as P4,000, and target quota and sales per hour benefits plus commissions, earning a well-performing agent as much as P31,000 gross.

'The hair's fine, I just need some dye'



JACKETS IN THE SUMMER

Oblivious to the small fact that we are a tropical country–humid and sunny, with scorching periods of El Niño on the side–his choice of clothing always comes with a longer sleeved outer garment because his office floor's cranked high air conditioning system is the only country he knows.

An October 2010 report from computer tech and consulting corporation IBM says the country now has the largest number of call center agents next to what was once India, and is now the "No. 1 business in the global outsourcing market." Government forecast says Philippine call center revenues are expected to hit $12 to 13 billion this year.

WORDS: KHYNE PALUMAR; ILLUSTRATION: WARREN ESPEJO; *CALLCENTERPHILIPPINES.NET

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'Hello MTV, welcome to my crib!'

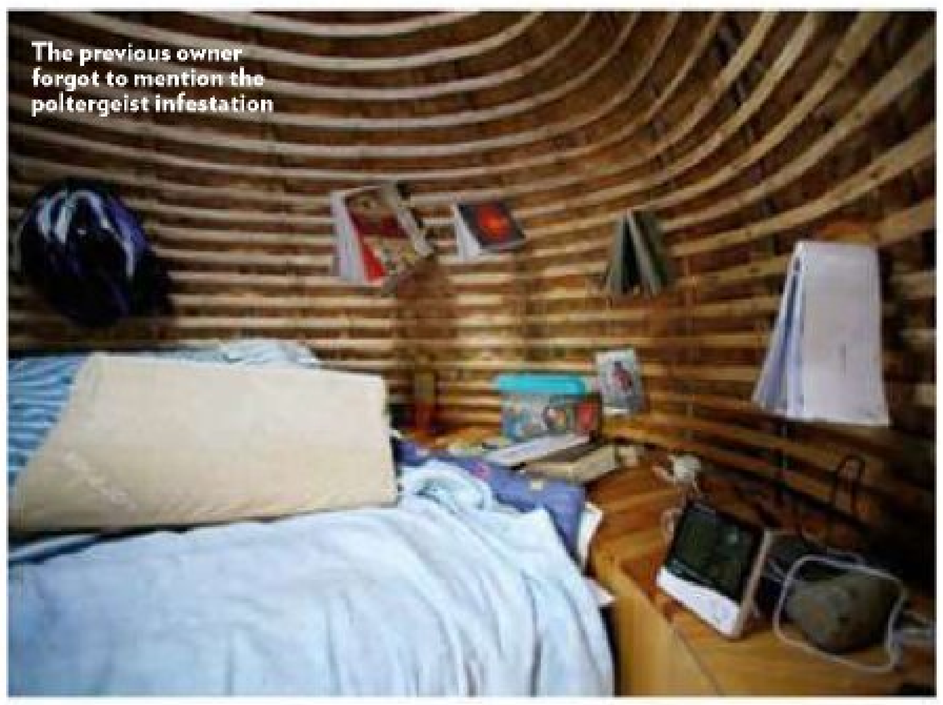

The spacecraft from Mars was mossier than we imagined



MICRO HOUSE

THE EGGHEAD LIVES HERE

Cheap, environment-friendly and totally freaking ingenious!


The previous owner forgot to mention the poltergeist infestation

Notice to all Pinoys planning to enter into NPA (no permanent address) status—in slang, *skwating*—gone are the days of just nailing dilapidated plywood together. If you really want to stand out while also baffling demolition teams who want to evict you out of the land you're "borrowing," construct like the Chinese.

In an interesting real estate choice that makes SpongeBob SquarePants' pineapple look tame, 24-year-old architect Dai Haifei of Beijing has built a six-foot tall, solar-powered home in the shape of an egg. Costing around P43,000, the house is made of bamboo strips, steel bars and sacks filled with fermented wood chips and grass seeds.

Beijing's sky-high rental rates forced Dai to get creative. He also sees the house as a social statement against high housing costs. Dai's egg house used to sit conveniently on the sidewalk outside his workplace. However, due to the widespread media attention it has garnered, the egg house has been issued an eviction notice by the Chinese government. Dai is currently staying in a friend's house, while his house is being kept by his employers.

At least for a while he was able to, as Jack Black in *School of Rock* said, "stick it to The Man."

THE HOUSES THAT OTHER GENIUSES BUILT

Awe-inspiring cribs built by supposedly normal people



01 IT'S A PLANE! American company Max Power Aerospace Inc. offers a very down-to-earth living option: reused Boeing aircrafts. Each unit is custom-built to a customer's needs. Hot flight attendants sold separately.



02 A SHOE-IN Initially a form of advertisement, this house was built by shoemaker Mahlon Haines in 1948. The structure now sits in Hallom, Pennsylvania along Shoe House Road (no, really) as a tourist attraction.

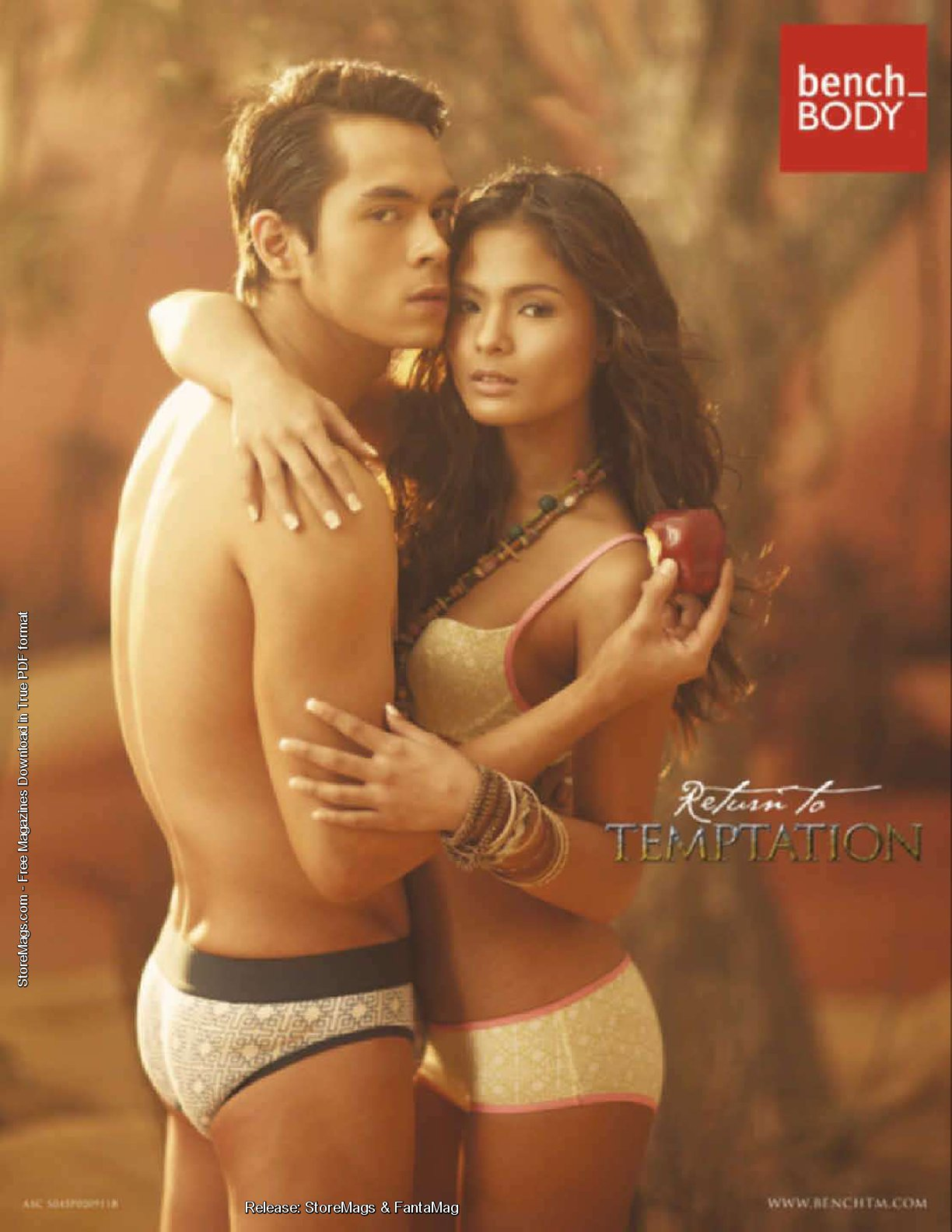


03 FEELING FLUSH South Korean Sim Jae-Duck, who was born inside a *kubera*, lives in a 419 sq. m house in the shape of a toilet. His motives lie in his quest for cleaner toilets worldwide, even launching his own World Toilet Association.



04 A ROCK This stone house was built in 1974 in Portugal as a family's retreat home. Nicknamed the "House of Stone," it has a front door, several windows, a roof, a fireplace and even a swimming pool! Yabba dabba doo!

WORDS: JASON TULIO; PHOTOGRAPHY: PETAR KUJUNDZIC, REUTERS/DAIICHI



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FUEL TRAIL

HOW OIL TRAVELS

You're paying wads of cash for it but do you know how it actually got there? And why it's so damn expensive?



1 IMPORTING OIL

As our country does not have its own petroleum reserves, or at least has not discovered one yet, we import crude oil from other countries like Saudi Arabia, Kuwait and Malaysia. Large petroleum companies like Pilipinas Shell, Chevron Philippines (Caltex), and Petron Corporation, otherwise known as the Big Three, have their own refineries in Batangas and Bataan, while small players like Phoenix Petroleum import refined oil. But what are refineries?

WHAT OIL?

Oil is actually organic matter that has decomposed (example, dinosaurs) and was subjected to pressure and heat from the earth's core, causing it to change into oil. It took millions of years before oil was actually formed, thus the term "fossil fuel."

2 OIL REFINERIES

Fuel is shipped to the different terminals of each petroleum company. If you are one of the Big Three, then crude oil will be sent to your refinery to be processed into different forms of petroleum products—from gasoline to grease to liquefied petroleum gas. If you are a small petroleum player, oil will go straight to your depots. "We operate a refinery in Limay, Bataan, with a rated capacity of 180,000 barrels a day. Our products include LPG, gasoline, diesel, jet fuel, kerosene, industrial fuel oil, solvents, asphalts, and the petrochemical feedstocks-mixed xylene and propylene," says Petron Philippines in its official website.

3 TRUCKING

From the refineries to the depots, the most common form of transport is over land with the use of petroleum trucks or by sea due to the country's archipelagic geography. "We have our own hauling services where our trucks transport petroleum to our Phoenix retail stations," Debbie Uy, corporate communications officer of Phoenix Petroleum, says. For Petron, it's by sea, "from the refinery, we move our products mainly by sea to our 32 depots and terminals situated all over the country." After which, there comes the pipeline.

WORDS: CARLO MALLO; ILLUSTRATION: JOHN LAU

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4 THE PIPELINE

There is only one pipeline that runs from Metro Manila to the refineries in Batangas, and only one major petroleum company uses it. It's the same pipeline connected to the First Philippine Industrial Corporation that continues to leak oil into the basement of a condominium in Makati City, exposing residents to hazardous fumes and a potential blowup. The pipeline is now 44 years old and only has six more years to run (yes, even more bad news). With the leak, the pipeline has had to shut down and hamper fuel transport to the company. Thus, the "no fuel" signs on some gasoline stations of this particular brand.

5 OIL DEPOT

There is an oil depot for every petroleum company in nearly every major city in the country; the Pandacan Oil Depot is the most popular. Its main purpose is to store oil and ensure that supply will be within reach should there be a sudden peak in demand. The problem with oil depots is that it should be situated in an area easily accessible to make deliveries easier but distant from the population to ensure the safety of the public. According to the Department of Energy, we have on average a stock of 16.9 million barrels or a 55 day-supply equivalent as of June 2010 in all our depots.

6 RETAIL: CARS/ PLANES/ POWER

At the end of the chain is, of course, you, the consumer: the *trisikad* driver who buys fuel every day before *pasada*, the rich college kid with the SUV, airline, and, yes, the power utilities. "We supply fuel oil, diesel and LPG to various industrial customers," says Petron Philippines. "The power sector is our largest customer. We also supply jet fuel at key airports to international and domestic carriers." Phoenix Petroleum, on the other hand, albeit a small player, has one of the biggest clients in the industry. "We provide Jet A1 fuel to Cebu Pacific in all its Mindanao destinations, and have been serving their regional routes from Cebu since last year," Uy says.

MID-EAST: MALANGIS

The desert is one of the places immediately associated with oil due to the oil boom in the Middle East that brought billions of dollars to the countries in the Gulf. But aside from the Middle East, oil is also found in the Gulf of Mexico, which everyone knows by now thanks to the recent oil spill in the region, and in the North Sea. In Asia, oil has been discovered in China, Brunei and Malaysia. As for the Philippines, there might be some in Palawan but we're still prospecting.

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Only a few kung fu masters ever learned to levitate

CAN *FHM*... TWIST IN THE AIR?

Our hero attempts hybrid kung-fu without first mastering any basics. Genius, he really is



Groin injuries: Tolerable

I am in tights.

Why? Because when the boys from *FHM* told me that I will need to prove that our lot can twist in the air, my mind quickly drifted to the Natalie Portman movie *Black Swan*. I loved that movie, especially the part where Natalie makes out with another girl and, uhm, the other scenes. I also heard that there are pretty—not to mention, springy—women in ballet.

I didn't get the last part of the message, where "twisting in mid-air" actually meant trying "tricking" with the Pinoy Trix Stylz (PTS). But, the trooper that I am, I march to the assignment proudly wearing my *bakat-santol* [see: crotch] getup.

"Tricking is basically adding 'spice' to traditional martial arts moves—like flips from gymnastics, butterfly twists from Wushu and double legs from Capoeira—to wow spectators," says JP Bacani, a founding member of PTS. "This was actually pioneered by a Pinoy (Ernie Reyes Sr.) abroad so it's just right to bring it here."

"We teach tricking by teaching martial arts basics," says Justin Ubay, another PTS member, "Then you link each move to create an artistic combination."

"Okay. *Kung lagyan ko kaya ng* tricking *ang* ballet, *pwede ba yun?*" I ask.

"*Maganda siguro kung matutunan mo muna yung* aerial twist. *Baka magamit mo yun sa* ballet," answers Bacani in a snap and off we go to do the twist. The boys remind me that the twist (they call it the B-twist) is an advanced trick, a combination of a basic Wushu twist and a gymnastics aerial move so I better take extra caution. "Advanced? *Mala-pusa ata ito*," I shoot back.

They first show me how to do it and after a couple of jumping jacks and warm-up tries, I give it a go. Though they do not see, I "feel" it. The "twist." In my lower back. And it hurts so badly.



"*Isipin mo lang, may kalabaw kang hinihila*"



The new pupil's terrible form truly disgusted his peers

The karate kid had never been a strong drinker.

Send pictures only to fhmphil.stuff@gmail.com

WE'RE GIVING AWAY STUFF! OTHER THAN BEER, YOUR WELL-BEING IS THE ONLY THING THAT KEEPS US AWAKE AT NIGHT

HOW I MET YOUR MOTHER T-SHIRTS



Dress up like your mother and send us snaps before changing right after. Improvise with the latest duster and furry animal slippers in tow and up your chances of taking home this *How I Met Your Mother* shirt from the series it's named after. Hurry, send them to our inboxes by March 25!

HUNTSMAN LITE 1.7915 T FROM VICTORINOX



Send us photos of your most vicious "I'm-an-expert-meat-slicer" face, with or without hack saw in hand and get a chance to take home something smaller, The Huntsman Lite Swiss Army Knife from Victorinox! Entries are acceptable until March 25! Get homicidal, and get posing.

IM PREMIUM CHISELED FOUNTAIN PEN



Photos of you or somebody you know standing next to a fountain–drinking fountains or real ones–will have you this pretty premium chiseled fountain pen courtesy of Parker: gun metal grey and gloss varnished. But do it quick, we only view photo candidates by March 25! Yes to water pyrotechnics!

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PHOTOGRAPHY: DAIRY DARILAG; LEARN GYMNASTICS & TAEKWONDO @ CLUB GYMNASTICA (635-2553 / 634-6713), 5 BRIXTON ST., KAPITOLYO, PASIG. CHECK OUT PINOY TRIX STYLE ON FACEBOOK AND YOUTUBE

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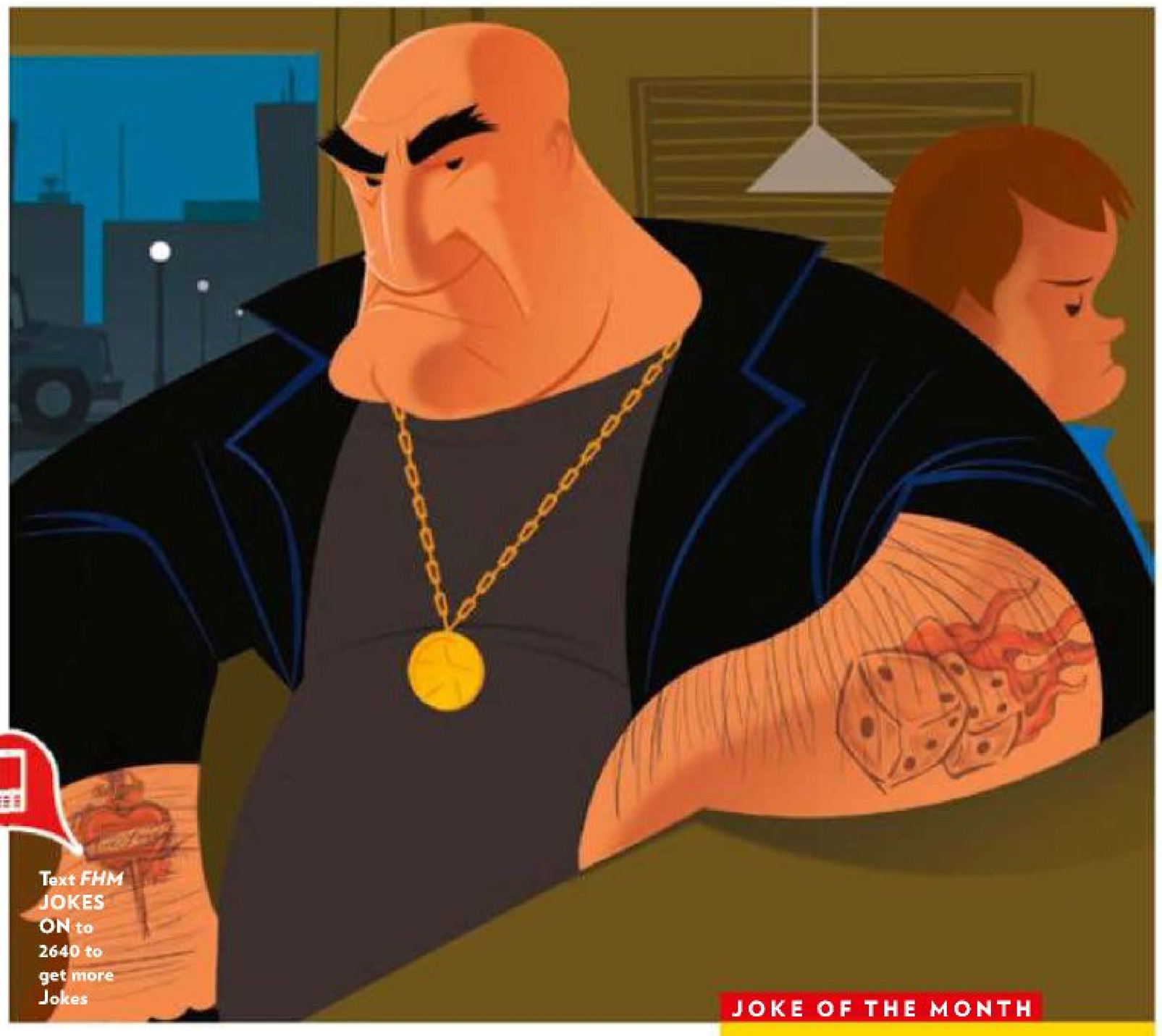
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BAR ROOM JOKES

Penis jokes and a fairly large head will get you ROFL-ing this month



Text *FHM* JOKES ON to 2640 to get more Jokes

THE GOOD MAID

A guy dials his home and a strange woman answers. "Who is this?" asks the guy. "This is the maid," answers the woman. "We don't have a maid," fires back the man. "I was hired this morning by the lady of the house." "Well, this is her husband. Is she there?" "She is upstairs in the bedroom with someone who I figured was her husband," bluntly replies the maid. The guy starts fuming and tells the maid, "Listen, would you like to make P50,000?" "What do I have to do?" inquired the maid. "I want you to get my gun from the desk, and shoot the witch and the jerk she's with." The maid puts the phone down. The man hears footsteps and then two gun shots. The maid comes back to the phone and says, "What do I do with the bodies?" "Throw them in the swimming pool." Puzzled, the maid answers, "But you don't have a pool." The man pauses for a long time before asking, "Is this 567-5309?"

Andrew, by email



Chingga gets a Watsons for men gift pack

Envious? Then send your entry to: fhm Bar Room Jokes, GF, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer st., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph)

JOKE OF THE MONTH

YOU, FATHEAD!

Father and son walk into a bar. "What do you want, fathead?" asks the father to the son. The son stumbles on his words and the father again asks, "What do you want, fathead?" A lady close by overhears this and asks, "Why do you keep calling your son fathead?" "Well lady," starts the father, "there are three things a man has to have in his life in order to be successful. Number one, you've got to have a big truck. See my truck over there? That's the biggest truck in the county. Number two, you've got to have a big house. See that house down up the street? That's mine, and it's the biggest house in the county. Number three, you have to have a tight pussy. And I had one until this fathead came along."

Chingga, by email

HOW LONG

A guy is setting up his new Facebook account with his girlfriend sitting beside him. Feeling all macho, he puts "penis" as his password. His girlfriend fell off her chair laughing when an error message appeared: "Your password is too short."

Rogelio, by email

FLY, DICK, FLY

A family are driving behind a garbage truck when a dildo flies out and thumps against the windshield. Embarrassed, and to spare her young daughter's innocence, the mother turns around and says, "Don't worry, that was an insect." To which her daughter replies, "I'm surprised it could get off the ground with a cock like that."

Bing, by email

DAVE ALL POPULAR

A wife decides to take her husband to a strip club for his birthday. They arrive at the club and the doorman says, "Hey, Dave! How ya doin'?" Puzzled, the wife asks her husband if he's been to this club before. "Oh, no," says Dave. "He's on my bowling team." After they were seated, a waitress asks Dave if he'd like his usual and brings over a San Mig Light. His wife is becoming increasingly uncomfortable. "How did she know that you drink San Mig Light?" "She's in the Ladies' Bowling League, honey. We share lanes with them." A stripper then comes over to their table, throws her arms around Dave, and says "Hi Davey. Want your usual table dance, big boy?" Dave's wife, now furious, grabs her purse and storms out of the club. Dave follows and spots her getting into a cab. Before she can slam the door, he jumps in beside her. He tries desperately to explain how the stripper must have mistaken him for someone else, but his wife is having none of it. She screams her lungs out, calling him every name in the book. The cabbie turns his head and says, "Looks like you picked up a real bitch tonight, Dave."

Red Steel, by email

ILLUSTRATION: MIKKE GALLARDO

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INDEPENDENCE DAY

THE ERA OF CREATOR-OWNED INDIE GAMES IS UPON US

WORDS: MIKEY AGULTO, JASON TULIO; SPECIAL THANKS TO MARA NEPOMUCENO OF NUWORKS INTERACTIVE

What is it? Indie games aren't that different from the video games you're accustomed to playing. But since they're creator-owned and a huge chunk of cash is required for them to be on store shelves, developers distribute their games through the Internet, the cheaper option. These downloadable titles can be as simple as Flash programs, game upgrades, apps for your iPhone and iPad, or something as complex as a 20-hour epic playable on your PC or game consoles. Independent developers can either be as small as a group of college kids (think Mark Zuckerberg and Facebook) or former game publishing hotshots who decided to strike out on their own. Like filmmakers who make indie films and unsigned bands that release their albums online, game developers usually have a brilliant game idea that a.) commercial developers don't want to publish, and/or b.) they want to create with total freedom.



Highs: When an indie title becomes popular, it immediately turns into a hot commodity for major publishers. Indie developers can then sell the rights to the game to them for a hefty amount or partner up and have a share in profit sales.

Lows: Thanks to DIY websites like Pictogame, Simcarnival and Sploder, people are now starting to flood the industry with their creations, hoping to become famous or, at the very least, score a quick buck. Competition is cutthroat.

Verdict: Critically acclaimed indie games, which used to be available only online, can now be downloaded via the Playstation Network and Xbox Live Marketplace.



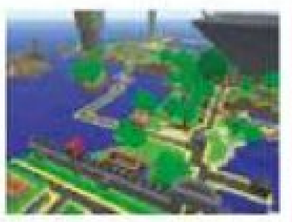
BOX OFFICE BONANZA

TOP-GROSSING INDIE GAMES



SUPER MEAT BOY
(Windows, Xbox)
COPIES SOLD:
Five million

Created by Team Meat, this game is one of the breakout games of 2010. Play as Meat Boy and save your girlfriend in different levels in this balls-to-wall platform game. Imagine playing *Super Mario*, but faster and slimier.



MINECRAFT
(Windows, Mac)
COPIES SOLD:
Almost one million

Developed by Markus Persson, this sandbox-building title lets you build from cubes in a 3D world. Create your own society in an empty landscape for the heck of it.



MIKE NG

Q&A

THE NUWORKS INTERACTIVE GAME DEVELOPER ON FLYING SOLO AND COMPETING WITH HIS BIG-TIME COUNTERPARTS

When did you start making indie games?
I started making independent games immediately after I resigned as a flash game developer. I saw great potential and demand in online games for freelance developers like me.

Can anyone jump in and start creating games?
Yes, all it takes is a PC or a Mac and the desire to explore. You don't necessarily have to hold a degree in IT, but it is a plus. I'm a business management grad, but I'm here, right?

How tough an experience is it?
It depends on the complexity of the features you want to put in the game. Features that involve physics simulation are particularly challenging. And it usually takes weeks even months to produce so you have to be very patient.

How do you earn from your creations?
The easiest and most common way to earn from these games is by selling them to game portals, websites with hundreds of online flash games. You can negotiate the price of your game depending on many variables like royalty, client branding, etc. Another way is to use your game as traffic-generating content for your website, earning from advertisement sales generated by your site. You can also sell it directly to a client. The client may attach their brand to your game as part of their campaign execution.

What is the independent gaming scene like in the Philippines?
I know very few independent developers here in the country, but it's slowly growing as more and more courses related to gaming are being offered in colleges.

Should big-time developers worry about the emergence of the indie gaming development scene?
There is competition naturally and it keep them on their toes. It lowers their prices too. So having indie games around keep the gaming market alive.

What's your favorite among the games you've developed?
That would be *House of Chocolates*, which as far as gameplay goes, is similar to *Bejeweled*. The largest game portal online (freeonlinegames.com) features it. It's also the first successful game I've ever developed. It's just so fulfilling to see the gameplay counter increase every day.

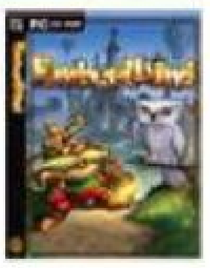
Being an indie designer, what does it take to stay afloat?
Perseverance perhaps. Always try not to miss a deadline. Oh, and you have to make sure you'll survive without a paycheck for a month or two.


'Hi, I'm Mike Ng'



LIMBO
(Xbox)
COPIES SOLD:
Over 300,000

Play a nameless boy in search of his lost sister. Wander in the middle of a forest on the edge of hell. In this two-dimensional platform game, your character only goes two ways—up or forward. The environment is as spooky as *Silent Hill*.



EMBERWIND
(Windows, Mac)
COPIES SOLD:
Around 100,000

Play as Kindle Elderwood, a stout gnome watchman, and save the city from a horde of gremlins led by the evil CandleFinger. This 2D platform game is rich in special effects and eye candy.



JOE DANGER
(PlayStation 3)
COPIES SOLD:
Over 150,000

Use a motorbike-riding Joe to finish an obstacle course full of stunts and slides of the highest caliber. Modifying the obstacle course to your own liking is allowed, which looks great in a cutesy 3D environment.

GAME BITS



100 ROGUES

Go on a randomly generated dungeon quest either as a crusader or a wizard in this role-playing thriller developed by Dinofarm Games. Your task, by the way, is to kill Satan. With weapons like Whack of Glory at your disposal, who says raising hell can't be fun?



OSMOS

You're a single-celled organism called mote in this addicting Hemisphere Games creation and your objective is to grow by absorbing other motes. Beware of bigger motes, though, as aligning with them spells trouble.



DROP7

It's billed as the union of Tetris and Sudoku, which only means it going to be futile to give it up. Some say gameplay takes time getting used to. But the geniuses we consulted beg to differ. Once you get the feel for the game, even those who hate numbers as much as we do will turn into believers.



ZOMBIE PIZZA

As Pizza Chef Zomboni's apprentice, you must make zombie pizzas topped with hearts, bones, eyeballs, guts and brains to feed the throng of flesh-eaters gathered outside your pizzeria. Failure to do it within time limit means you're going to be their dinner tonight.

FreeKpop.com

REELS ROLLING



THE ADJUSTMENT BUREAU

CAST: Matt Damon, Emily Blunt, John Slattery
DIRECTOR: George Nolfi
SHOWING: March 4

Do we control destiny, or do unseen forces manipulate it? Matt plays a man who has a glimpse of the future. He knows what fate holds for him. Still, he wants nothing more than to spend a lifetime of love with a beautiful ballerina. But just as they are falling for each other, fate interferes, sending mysterious men to keep them apart.



I AM NUMBER FOUR

CAST: Alex Pettyfer, Dianna Agron
DIRECTOR: D.J. Caruso
SHOWING: March 2

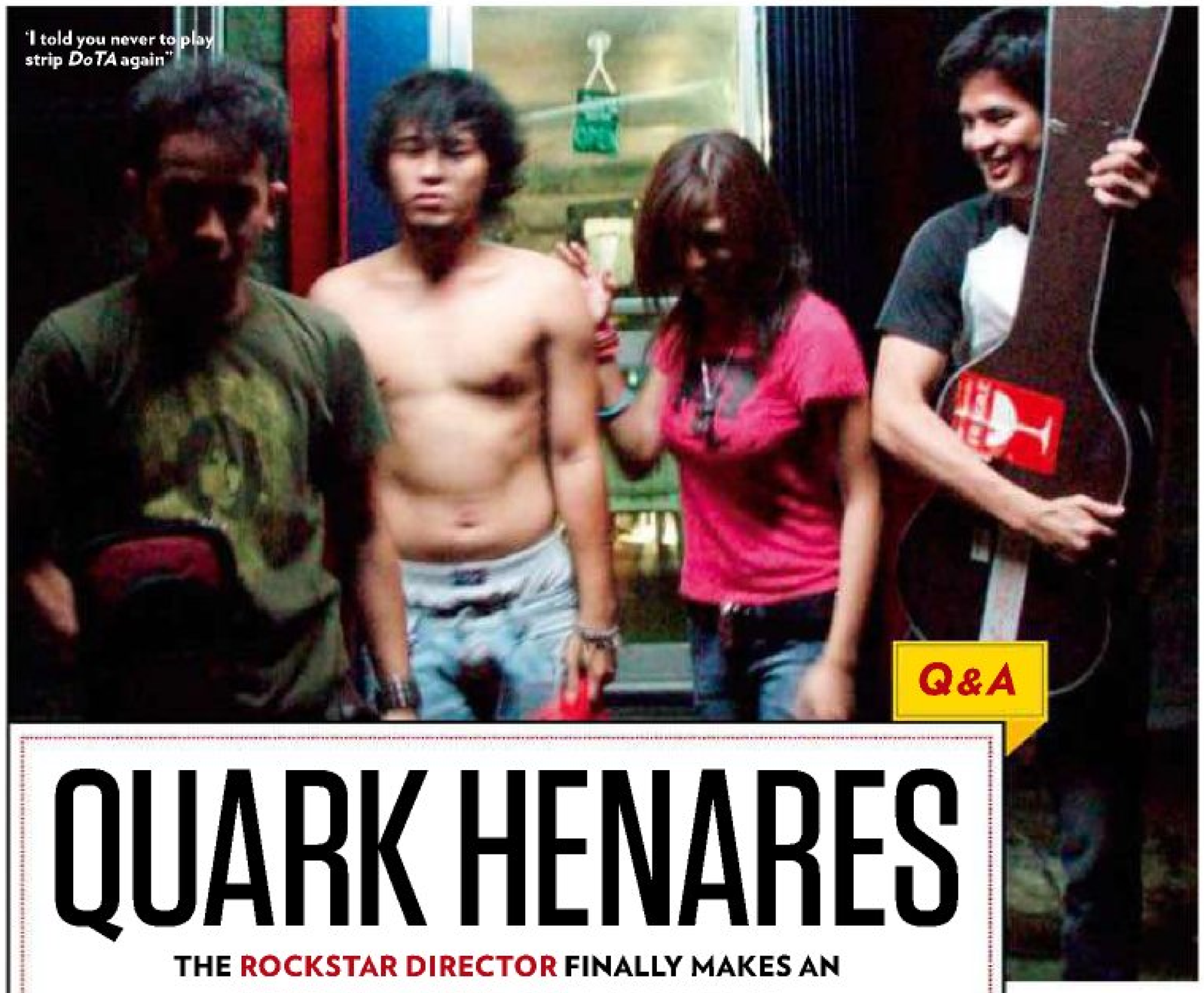
John is a fugitive running away not only from authorities but also from enemies itching to take him down. Nothing about him ever feels true as he jumps from one town to another. That's until he hits a small town in Ohio, where he meets his first love. Typical so far. Till his foes zero in on him and expose the powers he keeps under wraps.



RED RIDING HOOD

CAST: Amanda Seyfried, Gary Oldman
DIRECTOR: Catherine Hardwicke
SHOWING: March 11

Valerie (Seyfried) is a young woman who elopes with her true love. While in hiding, the couple learns about the existence of a killer werewolf. Enter Father Solomon, who desires nothing more than to slay the beast. Valerie later discovers that Solomon is linked to the flesh-eating villain. A *Twilight*-ish take on the beloved fairy tale.



Q&A

QUARK HENARES

THE ROCKSTAR DIRECTOR FINALLY MAKES AN INDIE FILM ABOUT, UHM, ROCKSTARS

Is *Rakenrol* a musical?

It's part-musical, part absurdist comedy, part coming-of-age. Odie (Jason Abalos) and his best friend Irene (Glaiza de Castro) find a second home in the underground rock music scene. The two decide to form a band composed of an unlikely combo: A school bully (Alwyn Uytingco), an ex-punk barista (Ketchup Eusebio) and a child star-turned band manager (Matet de Leon). The film follows their misadventures as they encounter satanic S&M bands, samurai swindlers, narcissist rock stars and the most ridiculous music video shoot ever. *Rakenrol* is a genuine and heartfelt tribute to the Filipino rock and roll scene.

The theme sounds unconventional.

I've been working in the Philippine film industry for eight years now. I realized I wasn't doing what I came here to do, I got too caught up in the bureaucracy, showbiz and comfort of working for studios that I hardly got the chance to tell the stories I really wanted to tell. That's when I decided to do my first independent feature, *Rakenrol*, which I co-wrote with Diego Castillo of Sandwich. We based it on our experiences growing up in the underground band scene. It took a lot longer to make than expected—around four years. Not only does it provide an insight into Pinoy rock but also exudes a lot of the struggles, misadventures and camaraderie. Expect cameos from Urbandub, Itchyworms, Sugarfree and the like. Also, we shot it in genuine landmarks of the scene: Saguijo, Mayric's, NU107, Mogwai, Cubao X and Mag:Net. We shot at the Eraserheads concert, too!



FILMOGRAPHY

SUPER NOYPI 2006

'WAG KANG LILINGON (SEGMENT "UYAYI") 2006

KEKA 2003

GAMITAN 2002

A DATE WITH JAO MAPA 1999

What's troubling about doing the film?

It's the most difficult movie I've done in my life. Writing it was hard. Selling it, I had to pass through maybe three studios and a few indie producers. It took us a year before we decided to finally do it on our own. Then it took us two years to shoot.

Are you planning to enter *Rakenrol* in film festivals?

Yes, I don't care if it's the most hoity-toity festival or one of those grungy genre festivals. I just want people to see it. In many ways, this might be my last hurrah or at least the last movie I'm doing for a while.

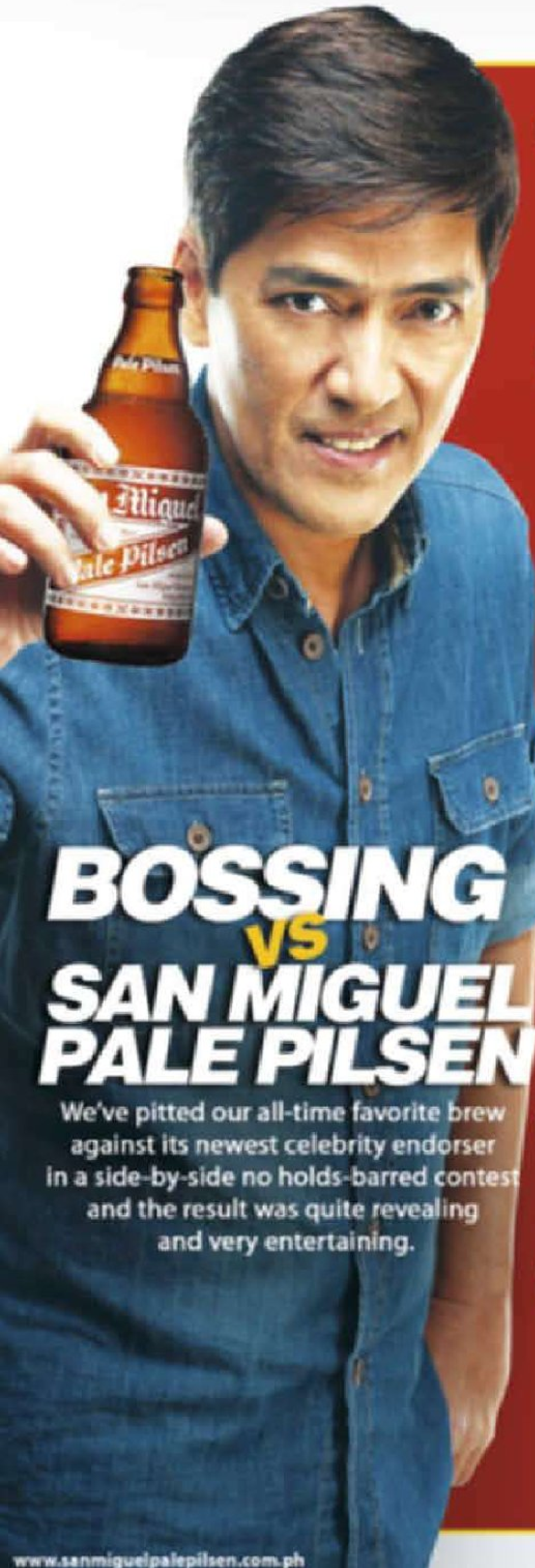
What does *Rakenrol* represent to you?

Growing up. It feels like a full circle, making this movie with Diego. When I was 13, he was the guy who got me into movies and I discovered a lot of the local band scene by following him around. A lot has happened since we first had this movie in mind. Bands formed and broke up, venues were put up and closed down, some very good friends died.

WORDS: BONG GODINEZ. EVELYN THOMAS

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BOSSING VS SAN MIGUEL PALE PILSEN

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www.sanmiguelpalepilsen.com.ph





7 points ◀ **POP CULTURE ICON** ▶ **10 points**

Bossing is responsible for putting Enteng Kabisote, Eat Bulaga and the songs of VST and Co. into the collective consciousness of three generations of Filipinos. But San Miguel Pale Pilsen on the other hand has been the icon of true Filipino friendships for more than a century. No groups of Pinoys can truly call themselves a "BARKADA" if they haven't been through numerous cases and drinking sessions with San Miguel Pale Pilsen.

10 points ◀ **SENSE OF HUMOR & COMEDIC TIMING** ▶ **7 points**

Everybody is saying Bossing is the heir apparent of Dolphy as the King of Comedy. His sense of humor is way off the charts and his comedic timing comes so naturally. Aaah, but then San Miguel Pale Pilsen can challenge Bossing in this department for it's been dropping punchlines that have become entrenched in everyday language... "Isang Platitong Mani", "Sumakay ka pa!", "Mag-Beer Muna Tayo" (delivered with the Bulakenyo accent of Bert "Tawa" Marcelo) as well as "She-boom", "Bilmoko" among many others.

10 points ◀ **STAYING POWER** ▶ **20 points**

Computed in proportion to their age, we declare a tie in this department. Bossing's TV shows and movies have consistently hit the bigtime in spite of challenges poised by several wannabes through the years. San Miguel Pale Pilsen on the other hand has through the years toppled many pretenders claiming to possess a better taste. But people kept on staying with the original ... the only one that has the true taste of beer.

8 points ◀ **LEADERSHIP QUALITIES** ▶ **10 points**

Bossing truly deserves the title of Bossing. In his many projects as a producer, he has helped launch or reignite the careers of countless actors and actresses. And even with the title of "Bossing" or perhaps because of it, Vic has remained humble, simple and always true to his word. San Miguel Pale Pilsen for its part, has been synonymous to beer for a hundred years. It was the anchor by which the first Filipino international conglomerate was built. It provided and continues to provide tens of thousands of jobs and continues to stand as a source of business and economic opportunity for tens and thousands more.

10 points ◀ **POPULARITY** ▶ **10 points**

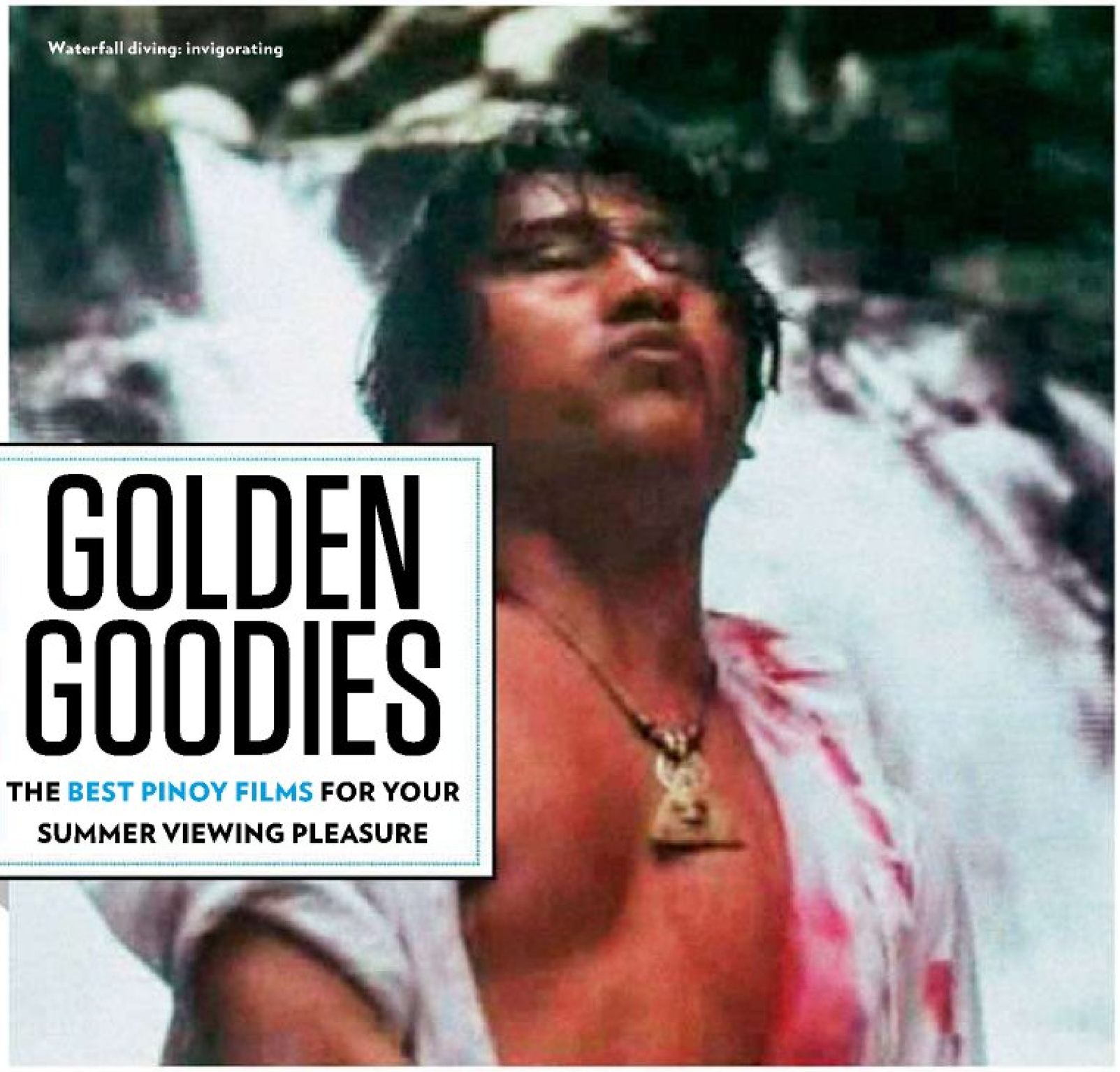
Simply put... make a survey from the farthest point of Batanes to the tip of Tawi-Tawi and chances are those who know Pale Pilsen know about Bossing Vic.

20 points ◀ **"CHICKS" MAGNET** ▶ **12 points**

Although San Miguel Pale Pilsen helped launch the career of some of the prettiest and sexiest faces in showbiz through its TV commercials, the fact remains that it has more male drinkers than female ones. Bossing on the other hand continues to elicit "oohs and aahs" from female fans and he seems to be getting even better.

The Verdict it's San Miguel Pale Pilsen winning with a very slim margin of 4 points: San Miguel Pale Pilsen, 69 points – Bossing Vic, 65 points. Proof that the two are match made in beer heaven.

StoreMags.com



GOLDEN GOODIES

THE BEST PINOY FILMS FOR YOUR SUMMER VIEWING PLEASURE

ORO, PLATA, MATA

Who: Sandy Andolong (*birthday girl*), Cherie Gil (*touched for the very first time*)
What it's about: When a film starts with festivities, it only means it's going downhill from there. But don't let this minor spoiler bring you down. This 1982 Peque Gallaga-directed opus, after all, is one of the best Filipino movies ever made. The story depicts two affluent families blessed with all the perks old money provides. That is until World War II breaks out, rocking them off their lofty perch. Forced to flee to the jungle as war escalates, a number of them fall prey to the beasts unleashed by dire times. While those who survived move on and are forever changed.



ALSO CHECK



BATCH '81

Who: Mark Gil (*the real Sid Lucero*)
What's it about: Screened at Cannes in 1982, this classic helmed by Mike de Leon opens with Mark Gil late for school and a hefty Nanette Inventor (his zoology teacher) talking about "mitotic spindles." At first it seems like some run-off-the-mill teen drama. But the plot thickens as we follow seven hopefuls who will do just about everything demeaning, painful, or violent just to get into the notorious Alpha Kappa Omega frat. Is it worth it? You be the judge. Campus violence at its most disturbing.



MANONG DVD



MABABANGONG BANGUNGOT

Who: Kidlat Tahimik (*Mastermind*)
What's it about: *Bangungot* with perfume? What is that?! The movie is about jeepney drayber who love listening at radio with American talking. I cry at this movie because the story is like me! I'm not jeepney drayber, me too love radio with American talking. Look at me now, I'm very good talking already!



TATLONG TAONG WALANG DIYOS

Who: Nora Aunor (*restless*), Christopher de Leon (*repentant*)
What's it about: This acclaimed drama from director Mario O' Hara explores interracial love in the time of WWII between Rosario and Masugi, the Fil-Jap soldier who raped and got her pregnant. Crispin (Bembol Roco) complicates matters as Rosario's erstwhile fiancé who leaves her to become a guerilla. It's a complex set of characters mired in truly combustible relationships. But with superb acting and inspired direction, the film speaks volumes about forgiveness, love and all disturbances that come in between.



MAYNILA: SA MGA KUKO NG LIWANAG

Who: Hilda Koronel (*revealing*), Bembol Roco (*full head of hair*)
What's it about: This Lino Brocka masterpiece draws you in from the get-go. Our hero (Roco) is relatable (a *probinsyano* fisherman turned Manila construction worker) and our leading lady is 18-year-old Hilda looking immaculate. There are no dramatic ups and downs. Instead, it's propelled by sprawling slices of life that are meticulously shot. So even though we see too much of the almost doe-eyed Roco, it slowly becomes obvious that the star of the show is a side of Manila that's real, treacherous and always hungry for blood.

WORDS: JED GREGORIO

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Q&A

ALICE DIXSON

THE COMEBACKING ACTRESS ON *BABAENG HAMPASLUPA* AND POSING FOR *FHM*

What did you do while you were away?
Well, while I was in Canada, I opened a business, which I'm still running with my partners 24/7, even while I'm here. So *tuloy pa rin yun*.

During your absence, people were still talking about you. Especially about your classic Palmolive commercial and your impact on Filipino cinema. Obviously, you were missed.
You know, I'm just so surprised and very happy that even though out of sight *ako*, I'm not out of *mind*. *Sana mapanindigan ko!* Ha ha ha!

Your new show, *Babaeng Hampaslupa*, is the reason you're back. What can we expect from it?
It was an opportunity to come back, to do a big *teleserye*. *Babaeng Hampaslupa* is not really a revival of the movie, *yung* title *lang ang* same. This is an all-new program. *Abangan ninyo kasi maraming magagaling na artista roon*. Modesty aside, I'm glad to be a part of this really big and great series.

We recently did a feature on the country's sexiest stars pre-*FHM* and you were part of the list. Are you willing to finally debut on *FHM* soon?
I was? Wow! First, I can't believe I'm even on the list! I'm very overwhelmed by it. So overwhelmed in fact that I forgot your question. Ha ha ha!

We're sure you've heard that Dina Bonnevie posed for our magazine twice in the past. Would you be open to the idea?
(Laughs) I'd have to cross the bridge when I get there. I'm not saying no *naman* but if my husband would take the photos, maybe. He's a photographer *kasi*.



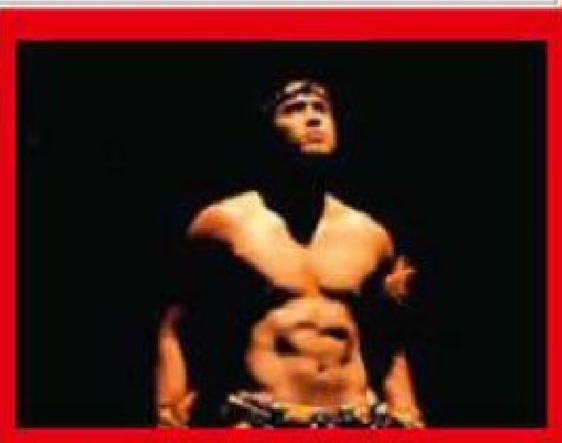
BATIBOT RETURNS...

But where is Pong Pagong?

WEEKDAYS 4:15 P.M. AND SATURDAYS 8:30 P.M., TV5

Batibot returns on air after 12 years of slumber. This time, however, Kuya Bodjie (Bodjie Pascua) and Ate Sienna (Sienna Olaso) are mere guest stars, occasionally appearing for the sake of nostalgia. The two iconic puppets, Pong Pagong and Kiko Matsing, sadly, are out of the picture. According to *Batibot* Executive Producer Fely De Los Angeles-Bautista, "*Si* Pong *at* Kiko *ay ipinanganak sa Batibot*, which is under the Children's Television Workshop, the producer of *Sesame Street*. So under the terms of contract, the two are classified as muppets." Bautista adds: "All muppets created under this co-production belong to CTW. *Ganoon yung kontrata mula pa noong umpisa, kahit pa rito sila ipinanganak*." CTW's new management, unfortunately, made it difficult for TV5 to retain Pong Pagong and Kiko Matsing, charging exorbitant royalty fees for the two puppet stars.

COUCH PARALYSIS



MACHETE

CAST: Ryza Cenon, Aljur Abrenica
SLOT Primetime *telebabad* on GMA 7
Ryza takes the role of Rita Avila, the sculptor who somehow creates the statue of a wooden Igorot warrior, Machete (Aljur), that magically comes to life at night. Expect as many steamy love scenes as the MTCRB would permit in this remake that'll also focus on the undying love affair between the two.



ISKUL BUKOL

CAST: Ryan Agoncillo, Sam YG, Kean Cipriano
SLOT: Primetime on TV5
Another MZet-produced show is airing on the Kapatid network, this one a revival of the iconic '80s sitcom originally aired on IBC 13. Kean and Sam assume the characters of the notorious Escalera Brothers, the university bullies played by Tito Sotto and Joey De Leon. Ryan takes on the role of Vic Sotto, the geeky teacher's pet, Victorio Ungasis.



BAGETS

CAST: Fresh talents
SLOT: Primetime on TV5
The '80s coming-of-age film gets a reboot. *Bagets* launched Aga Muhlach, Herbert Bautista, J.C. Bonnin and Raymond Lauchengco into stardom back in the day. So in keeping with tradition, all of the yet-to-be-named cast will be fresh talents to be launched officially on the show. There are also talks of the original cast reuniting briefly on an episode.

PHOTOGRAPHY: NOEL ORSAL; WORDS: ROMMEL LLANES, CHARMAINE Z. CHANCO, BONG GODINEZ

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Q&A

FLYING IPIS

THE ALL-GIRL ROCK BAND ON METALLICA, FEAR OF COCKROACHES AND DEALING WITH PMS

How did you come together?

Gaki Azurin (drums): It started in high school. But then we disbanded because we all went to different universities.

Deng Garcia (vocals): Back then, we didn't really have originals, we just played covers. We'd play during the fair and small gigs.

Gaki: So when we had our tenth year high school reunion last year, that's when we all came together. Our guitar player got married and pregnant so we put an ad out on a music forum and found Ymi.

An all-girl band at ease with flying *ipis*, you must be a group of tough ladies?

Gaki: On the contrary, ha ha! We were practicing at the time we were thinking of our band name. Within seconds, we were all screaming and running around because a flying *ipis* came into the room. We are all afraid of flying *ipis*.

Ymi Castel (guitar): Actually, *kasama yun sa* requirements *para sumali ka sa banda, dapat takot sa* flying *ipis*.

Who were the artists you covered back in the day?

Deng: Metallica! *Pati* Wolfgang. It was the '90s so *medyo* grunge and alternative *ang tugtugan*.

Gaki: I think we were very heavy back then. In fact, when we came out with our first song, "SSSikreto," we found it too heavy so we changed it a little and made it a bit more danceable. Ha ha ha!

Lets talk about the EP.

Deng: Of course, the *Flying EP*...

Gaki: We just came up with five songs. *Nung naka-lima na kami, sabi namin*, "EP *na yan*!"

Are you guys still recording?

Deng: We are working on a full album...

Gaki: ...for 2014! Ha ha ha!

Deng: So mark your calendars! Ha ha ha! We want things to be edgier. In fact, we have a recording in awhile.

How empowering is it to be an all-female band?

Deng: Okay now, let's all hold hands. Yay! Ha ha ha! It's pretty much the same. I don't think we get an edge just because we're girls. We have more to prove because we're girls! I guess it does give us some attention because when an audience sees us they think, "Oh they're all girls!" and then they don't expect us...

Gaki: ...to fucking rock out!

Do hormones get in the way?

Gaki: Yes, so true. More often than not, it's me. I have a lot of drama.

Deng: Ours isn't based on PMS, just Gaki's. Ha ha!

Gaki: There have been times *na tampuhan talaga*.

Iris Jumao (bass): But the thing is, none of us are really confrontational.

Ymi: Beer *lang katapat niyan*! Ha ha!

What rockstar mantra do you live by?

Deng: Don't believe in stereotypes of what a girl musician or girl band should be. The more different you are, the better.

THE FLYING EP

Five tracks that will infest the airwaves

TRACK 1: SSSikreto
The rhymes and faux-rap lyrics stray far from its title, revealing their hardcore roots.

TRACK 2: The Drive Song
Fast-paced, riot-worthy but lined with a very grunge influence.

TRACK 3: Uh Oh No
It delivers an island rhythm intended to nurse your ice-cold beer.

TRACK 4: After I Love You
You'll find yourself singing, "Saying your name again after I love you." A definite LSS song in the making.

TRACK 5: Past is Past, Bitch!
Probably the most complex track of the EP in terms of instrumentals.

EAR DROPS

KANYE WEST



My Beautiful Dark Twisted Fantasy *(MCA)*
My Beautiful Dark Twisted Fantasy lives up to all the hype all the hype around it, plus, maybe six more positive superlatives found in its immediate perimeter. It opens with the sample of "Dark Fantasy" that breaks into an imposing chorale that asks, "Can we get much higher?" The next 12 tracks answer: Yes, you can. The third track "Power" brings to front the fact that this album is an opus. "Monster" underlines what you already know.

JAMIROQUAI



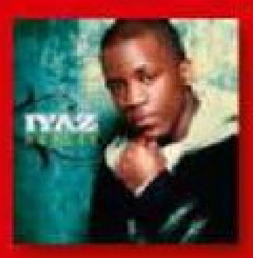
Rock Dust, Light Star *(MCA)*
If 2005's *Dynamite* didn't blow you away, then this one, the British funk band's seventh album, should be blasting you off into outer space. Unlike current dance music that litters our airwaves, this album stays true to funk elements and roots and leans toward a more '70s disco style that is nothing short of brilliant. Front man Jay Kay's falsetto is in top form with songs like "Blue Skies" and "Goodbye To My Dancer."

SANDWICH



Contra Tiempo *(PolyEast)*
The album opens with very tribal percussions in "Lapit! Lapit! Lapit!" as the song breaks into a more alternative melody that is not uncommon for Sandwich. And as if telling you what to do next "Lakad" comes on and you see yourself doing the everyday commute routine you both dread and adore. Then, we hear "Takbo" with its frenetic guitar riffs, perfect for when you're being chased by a rabid *askal*.

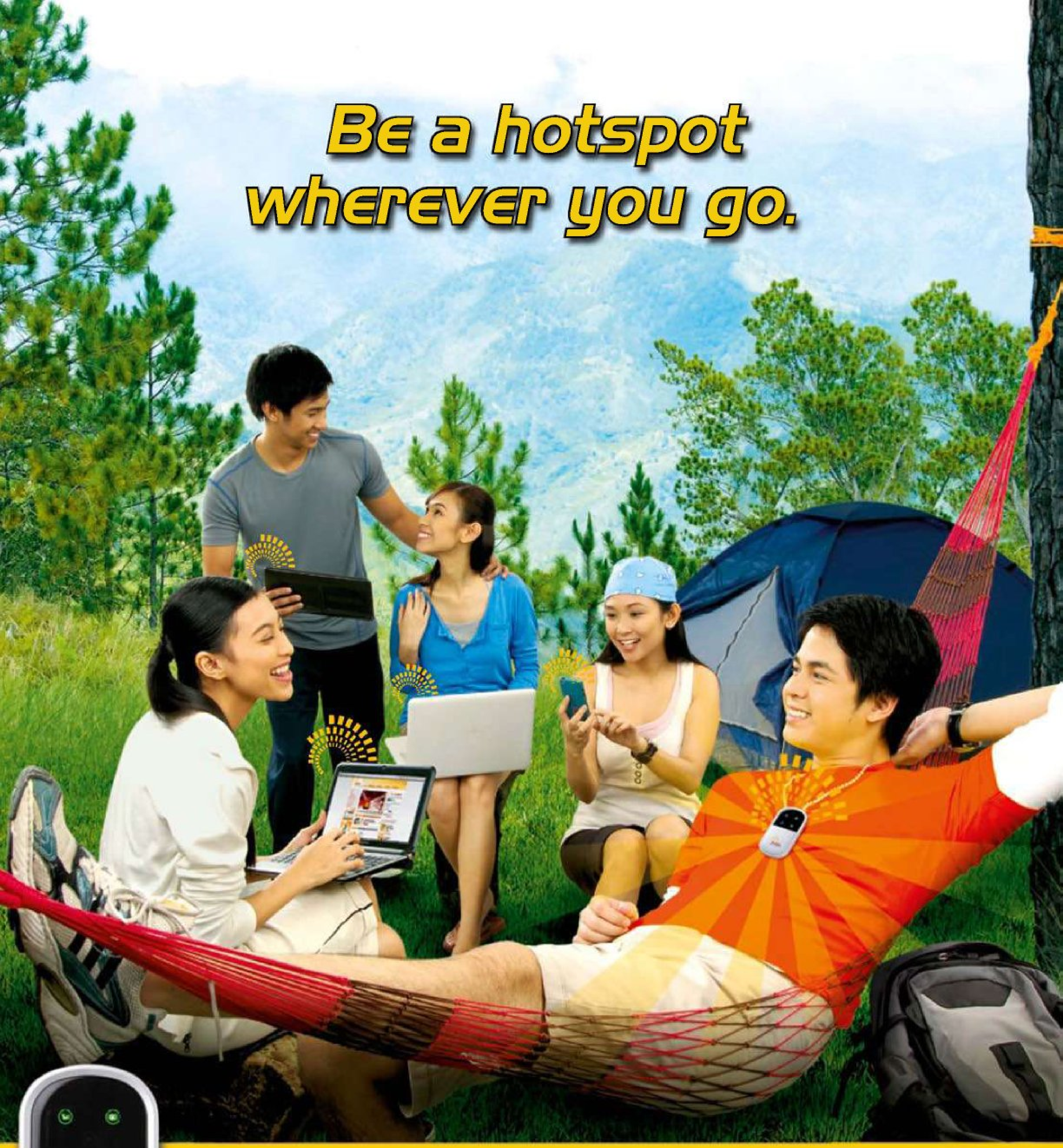
IYAZ



Replay *(Warner)*
It's filled with tracks that somehow get stuck in your subconscious. The title track is a catchy dance song, worthy of hip-hop clubs. "Solo," on the other hand, has a reggae aesthetic, attempting to bring the beach closer to you. "Breathe" and "Heartbeat" are the intimate tracks with slower beats and touchy-feely lyrics. Overall, *Replay* is an RnB album for the dudes into subtle seductions and steamy romps.

WORDS: ANTON D. UMALI, LOU ALBANO

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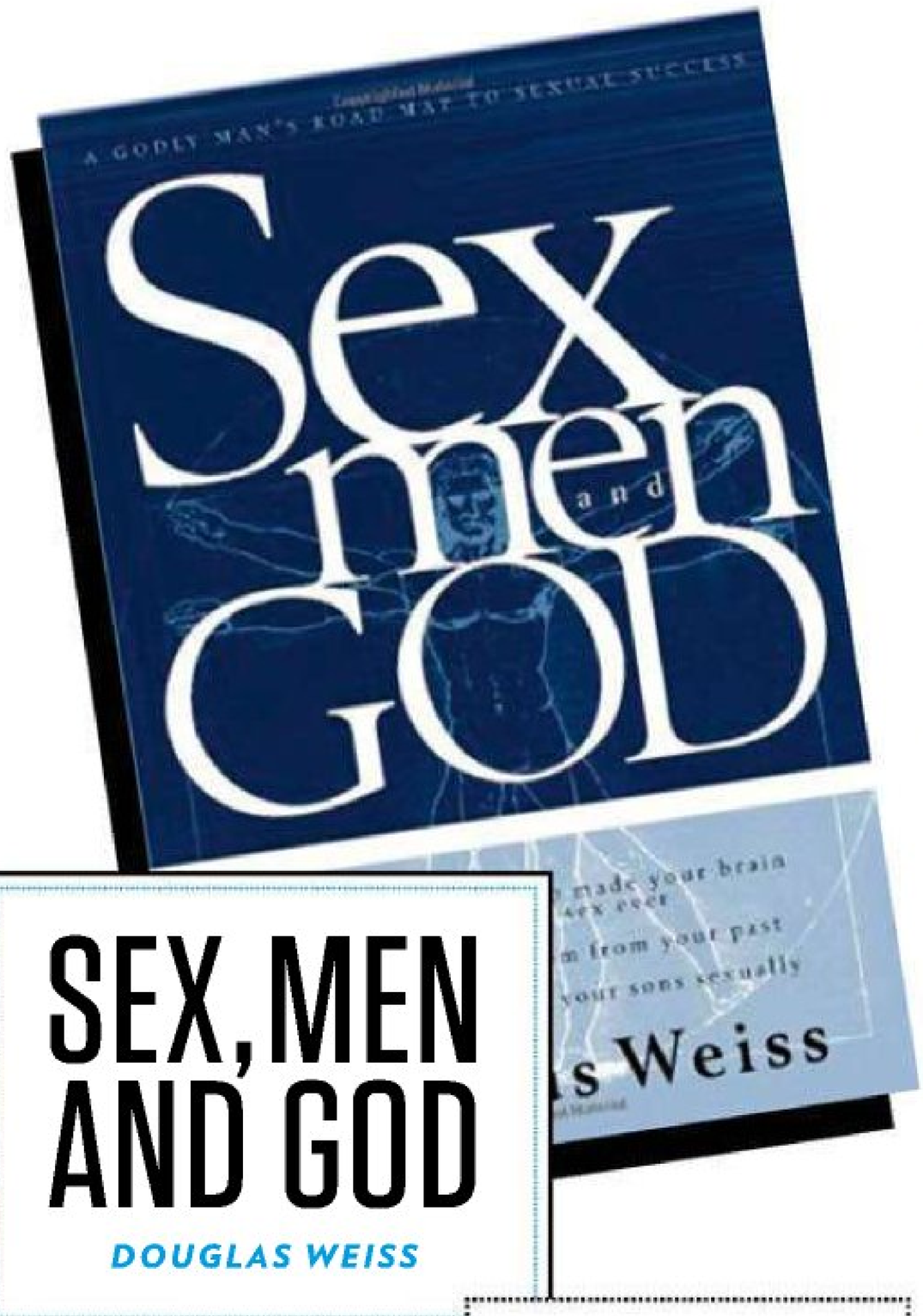
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DOUGLAS WEISS

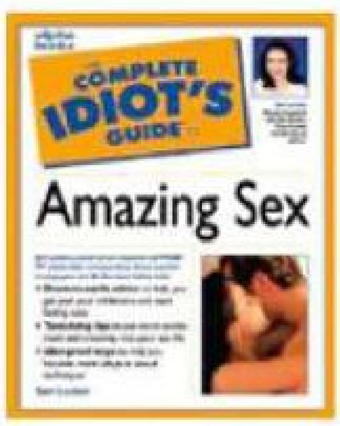
So you're one of the 74 million Catholics in the Philippines and you're not laying your hands on some ancient Hindu sex manual because you hate the prospect of rotting in hell. But you're also now flipping through *FHM* and thinking, "Man, women are hot and they're blessings from God!" If that's the case, you might want to read *Sex, God and Men*. God won't mind, assures author Douglas Weiss. After all, "God wants you to enjoy the best sex ever!" Though you'll never hear that declared from the pulpit, this book actually talks about sex in the context of marriage and also focuses on issues like sexual addiction and parenting.

NEED TO KNOW:

- **SOME VERSIONS COME WITH THREE AUDIO BOOKS: *STAYING SEXUALLY FREE, SHEPHERDING YOUR SONS SEXUALLY* AND *THE BEST SEX FOR MEN ONLY***
- **ON PAGE XII: "...MANY MEN HAVE NEVER RECEIVED RELIABLE INFORMATION ABOUT TRUE SEXUALITY FROM THEIR FATHERS."**
- **THE AUTHOR IS A LICENSED PSYCHIATRIST WHO PRODUCED THE TV SHOW *SEX, LIES AND OBSESSION* AND HOSTED WINNING@ MARRIAGE**



THE LAZY MAN'S BOOK CLUB
WE READ, YOU YAP...



THE COMPLETE IDIOT'S GUIDE TO AMAZING SEX

Sari Locker

Mrs. Locker, we salute you for bagging the best husband in the world. He's probably with you tonight as we speak, doing all the things we mere missionary-fanatics can only dream of accomplishing. Yes, we know, we need to give this well-researched book a go. These are excerpts:

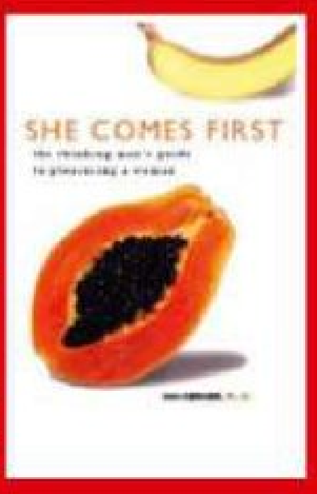
▶ On initiating sex: "Telling someone you would like to have sex with her is the best way to initiate sex. Non-verbal cues don't always work."

▶ On female ejaculation: "Women who have the most sensitive G-spot report that they can 'ejaculate' a fluid from their urethra when climaxing."

▶ On size: "When it comes to pleasure, think 'fit', not size. The idea that a big penis makes a great lover is not the truth... A penis that is very long may bump uncomfortably against a woman's cervix. If it's too wide, it can irritate the vaginal wall."

BOOKMARKED

SHE COMES FIRST: THE THINKING MAN'S GUIDE TO PLEASURING A WOMAN



Ian Kerner

By now you should know that a.) pounding like a Jack Rabbit hardly satisfies her because b.) she likes it—the session, not your penis—longer and slower and c.) she's by nature demanding and spoiled. Deal with it accordingly, otherwise you're not getting any tonight. So take to heart this book's detailed and illustrated guide on how to pleasure your lady to the max. Your tongue is actually the featured performer in this cunnilingus-centric book. Expect to encounter terms like "mouth music," "coreplay" and "moreplay." He says the trick to rocking her world lies in executing these moves to perfection.

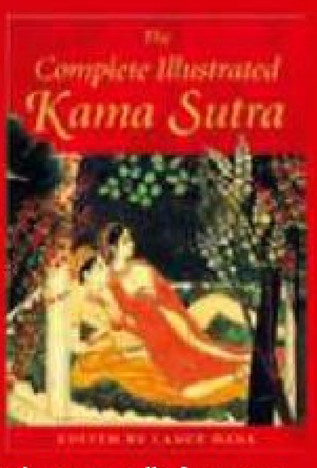
GREAT SEX: A MAN'S GUIDE TO THE SECRET PRINCIPLES OF TOTAL BODY SEX



Michael Castleman

Porn, Castleman asserts, is a "lousy sex educator" because it reduces sex into a purely genital act. That's where his principles of total body sex come in. One of Castleman's tips? Abandon the porn mentality and discover more loving and sincere ways to connect with your lady. Also, he suggests you give your schlong some rest during sex. Yes, it certainly likes being fondled, but focusing all the attention to it puts too much pressure on it to perform better. The book also talks about sex in long-term relationships and the myths about great spontaneous jiggy.

THE COMPLETE ILLUSTRATED KAMA SUTRA



Lance Dane

The Kama Sutra, said to have been written some 2,000 years ago, is pretty much as old as Christianity. Because it's Sanskrit for "sexual formula," this hard-bound 300-page version naturally features more than 200 illustrations that'll teach you the "principles and techniques of sexual pleasure, to best achieve ecstatic expression of life's beauty." That, gentlemen, is all that needs to be said. Oh, the artwork used here was gathered from distinguished museums all over the world. They're so stunning that this edition makes for an eye-catching coffee table book as well. It's up to you if you want to take it out of the bedroom, though.

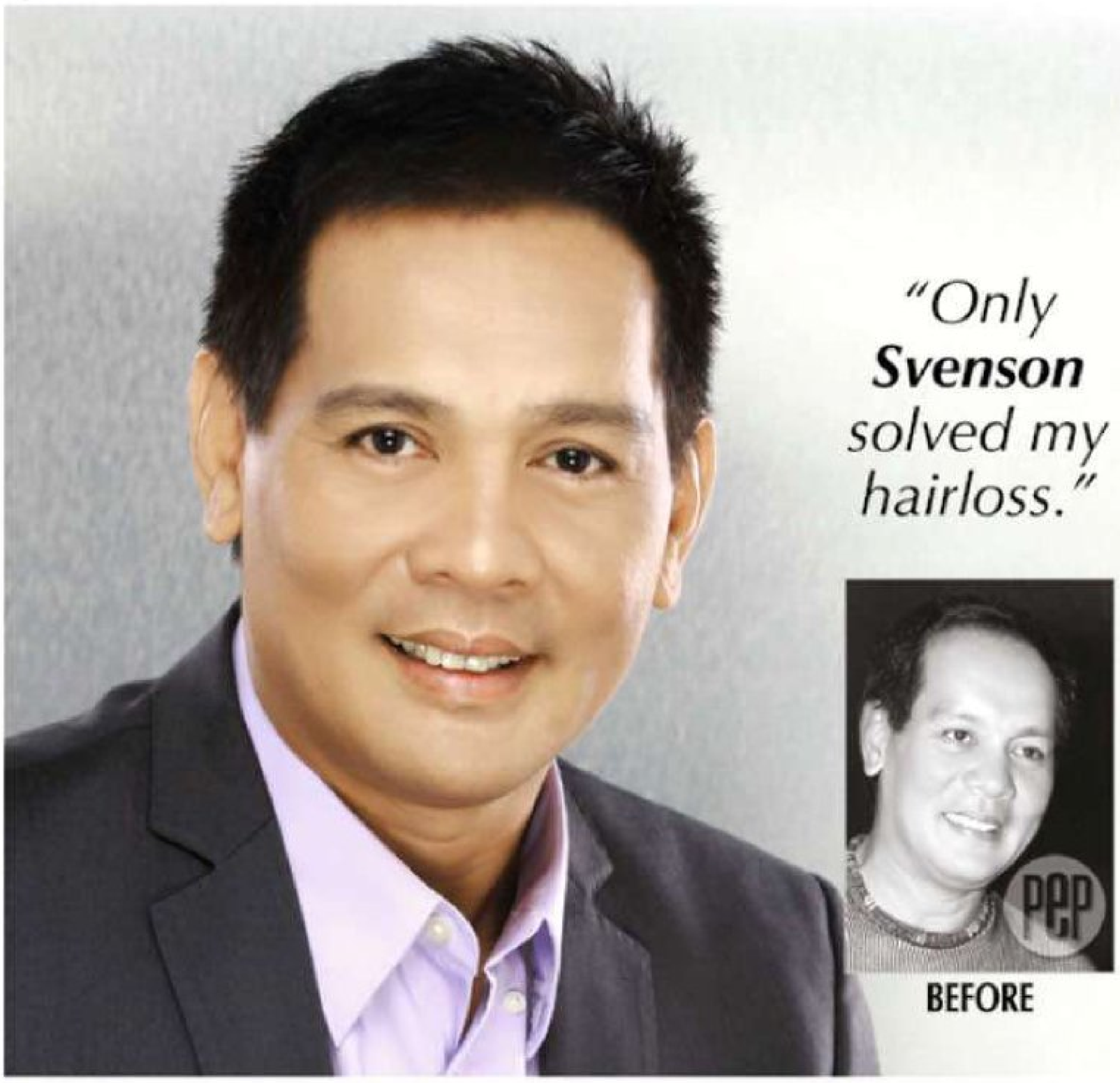
WORDS: JED GREGORIO

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FOR MEN SUFFERING FROM HAIRLOSS:

HOW SVENSON SOLVED JOEY'S RECEDING HAIRLINE



"Only ***Svenson*** *solved my hairloss."*

BEFORE

Like most men, **Actor/Businessman Joey Marquez** feels that hairloss is no laughing matter, and it should be taken seriously. "People used to tease me about it. There were times that I joked about it, too. But I reached the point that it started affecting me. I couldn't believe I looked older. I lost my self-confidence and couldn't go out that much because I felt self-conscious with my receding hairline," he recalls.

Hair growth shampoos, imported remedies and even going to the U.S. just to restore his hair – name it, Joey did it. "It was a total disappointment. Nothing happened. It was a waste of time, and I spent so much without getting any result," he says. Before he became absolutely hopeless, he decided to seek professional help. This time around, he didn't have to go abroad. He found the solutions at Svenson. Svenson is the country's leading hair and scalp center. For almost three decades, it offers solutions for different types of hairloss like Joey's receding hairline.

The Svenson Hair Recovery Program

1 *FREE hairloss consultation* – Svenson has trichologists (hair and scalp analysts) to assess your hair condition and advise you on how to solve hairloss.

2 *Personalized hair recovery programs* – since each individual has a unique hair condition and problems, the trichologists will formulate a personalized hair recovery program based on the results of your consultation.

3 *Technologically advanced treatments* – no gimmick remedies. The latest and the most modern treatments will stop hairloss and help you restore the original volume and health of your hair.

Joey said: "In just three weeks, I've seen noticeable improvements. My hair started to grow thicker. After a course of treatments, I got my full head of hair back. I'm definitely satisfied! Only Svenson solved my hairloss."

Joey recommends: Tricho-DHT Inhibitor – a treatment that fights Dihydrotestosterone (DHT – the main cause of hairloss), controls a receding hairline and other balding spots and boosts hair production. "No more receding hairline for me. I look younger and feel more confident. People now say, 'You don't seem to age with your hair. You even look younger!' Tricho-DHT Inhibitor helped me a lot to get my hair back. I made the right decision. I solved my hairloss at Svenson."

Call Svenson now at **892-HAIR / 234-0851 (Cebu)** for your FREE private consultation.

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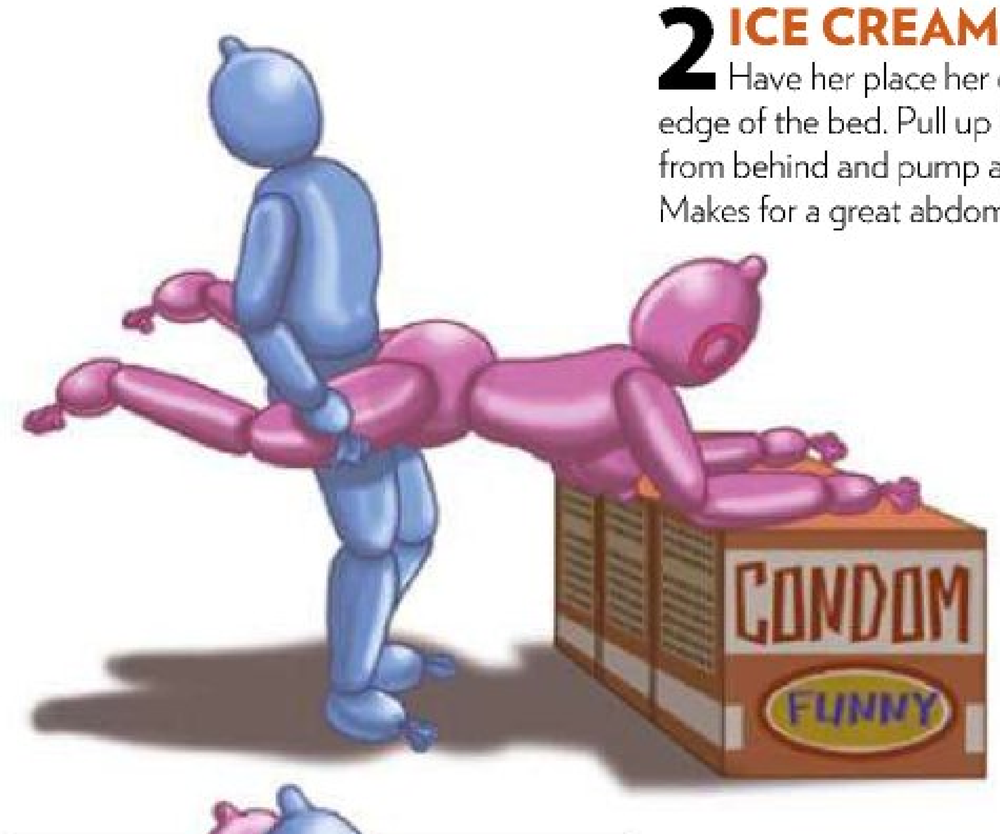
BURN YOUR FAT WITH SEX POSITIONS

NO TIME FOR EXERCISE BUT HAVE PLENTY OF TIME FOR HUMPING? TRY THESE FUN WORKOUTS FOR SIZE—AND DO AS MANY REPETITIONS AS POSSIBLE!



1 BEAR HUG

Not only is this a highly effective workout, it's also very pleasurable as you have to carry her full weight and be able to thrust her deeply at the same time. This will eat up your energy the most among the sexercises here. Forget about it if your ladylove is twice your weight.



2 ICE CREAM MAN

Have her place her elbows on the edge of the bed. Pull up her legs, enter her from behind and pump as fast as you can. Makes for a great abdominal exercise.



3 TWIN PEAKS

Squat and let her sit on you, embracing each other for support. Given that this pose will require you to carry her full weight, orgasm may be hard to, well, come by. Expect leg cramps, too.

4 TRAPEZE

An acrobatic sexual technique that requires skill and talent. Hold her hands and lift up her body while running the show. Those with back injuries should avoid this, though.



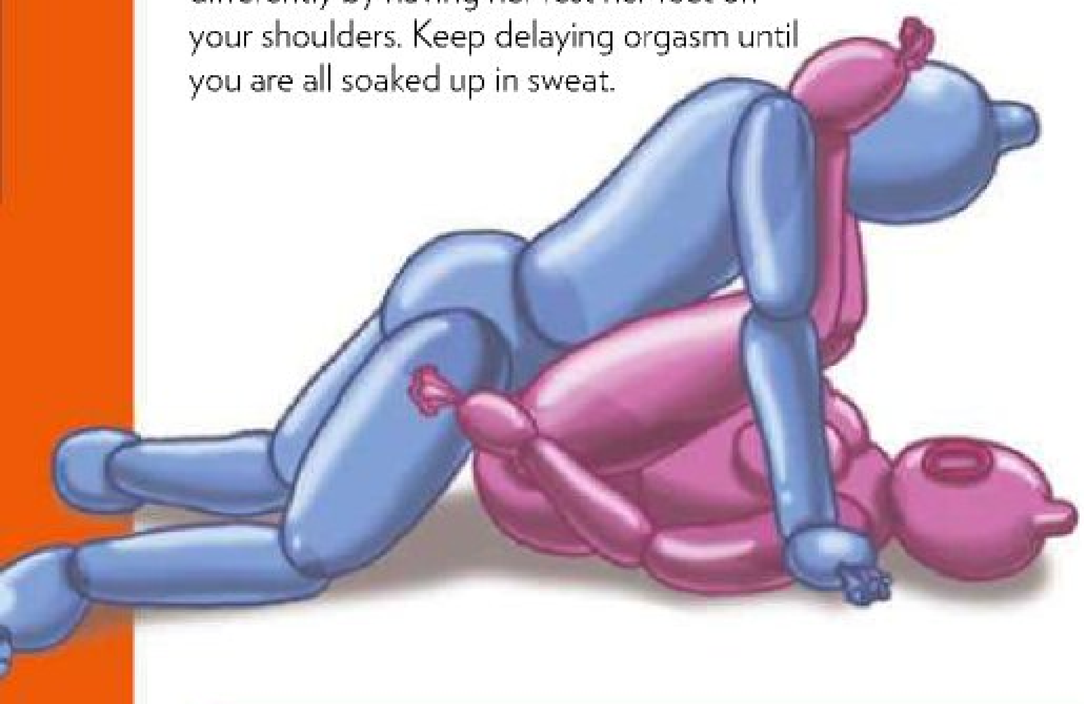
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WORDS: APISAK JUAJAN; ILLUSTRATION: ARNEL SANTOS

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5 THE DEEP ONE

You've seen this one before: the go-to position for deep thrusting. Do things a bit differently by having her rest her feet on your shoulders. Keep delaying orgasm until you are all soaked up in sweat.



6 FROG LAUNCHER

Let her lie down on her back. Grab her by the waist while you squat. Raise her back, carrying half of her weight. Shake your hips back and forth, gradually increasing the speed until the big release.



7 THE FLIP-FLOP

Just like a push-up, only with her legs clasped around your back and your crotch located right smack on her mound. Initially, movement will be difficult, but once you've had the hang of it, this position will send both of you to high heavens!





8 THE ARMCHAIR WARRIOR

Extend your arms backward for support and let her sit down on you. Facing each other, you swing in opposite directions. Boom!

APPETITE FOR DISASTER
WE EXPLORE THE TRUTH BEHIND APHRODISIACS



OYSTERS

What they say: Oysters increase your libido and get your pecker up all night.

The sad truth: Oysters are high in cholesterol, which blocks your blood vessels. This means not only is it harmful for your health but can also cause your one-eyed willy to lose erection.

SPANISH FLY

What they say: Sprinkle some into your ladylove's drink and it will turn her into a sex-crazed vixen.

The sad truth: Research indicates that Spanish Fly doesn't have any impact on women and can even cause trouble if taken in high dosages.



CHINESE GECKO

What they say: It's a mix of Chinese quack medicines that can heat up your honey and make you last more rounds.

The sad truth: It may affect one's moods, but the part about you lasting longer in bed has yet to be verified.





9 CRADLE OF FILTH

Also known as The Hammock, in which you and your partner swing together in a fluid motion. It's not as easy as it sounds, though: You'll have to keep your hands firm to prevent her from falling while you rock her out of her wits.



10 MIRROR OF PLEASURE

For this position, you have to twist your body to the side and put all your weight on your right hand. Wrap your left hand around her thighs and pump away. Not for those with backbone problems, as this position may lead to serious injury.



MARCH GIRLFRIEND

JANNA TIANGCO

SHE LIKES TO STAY HOME AND READ BOOKS, PROBABLY WHILE WEARING JUST THESE

[redacted]

PHOTOGRAPHY: **PAOLO FELICIANO**

INTERVIEW: **ANTONIO ONGCHAP, JR.**

MAKEUP: AMANDA PADILLA FOR ESTÉE LAUDER
HAIR: AVRIL SEGUIN
SHOT ON LOCATION AT THE LAKESHORE, MEXICO, PAMPANGA

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[redacted]

Age: 19

From: Angeles City, Pampanga

Occupation:
HRM-Tourism graduate

Longest relationship:
Two years

Shortest relationship:
Five months

Likes: *"Basta* mabait *at* sincere okay *na sa akin. Hindi kailangang guwapo. May naging* boyfriend *na akong pangit."*

Hates: *"Ayaw ko sa mayabang, siga* and *preskong lalaki."*

PAGEANT HOPPER

I've joined beauty pageants in my hometown—Mutya ng Angeles, Miss Lyceum, Miss SPI and other contests. I've won awards like Miss Friendship, Best in Swimsuit and Casual Wear. This year, I'm planning to join Binibining Pilipinas. It's my dream to join and win in that pageant.

MISS FRIENDSHIP

Kapag may bago akong kilala todo smile *lang ako. Para sa akin, kapag nakita kong mabait yung tao,* okay *na siya sa akin.* I'm really easy to get along with.

MARIA CLARA

I want to be courted the old-fashioned way. I require guys to pay me a visit in my house and introduce themselves to my parents. I want them to spend time with my family. I believe it's the sincerest way to court a girl.

HOMEBODY

I don't go out on dates. I prefer to stay home rather than go to malls and watch movies. *Sa* exes *ko ganoon yung ginagawa ko.* Usually, *tumatambay lang sila sa bahay at dinadalahan na lang nila ako ng* roses. I also rarely go out on gimmicks with my girlfriends. When I want to drink, I invite them over or I go to their place.

BOOKWORM

I'm a bookworm. I love reading trivia books and almanacs. Do you know that the total length of all the veins found in the human body is approximately 60,000 miles and can go around the earth two-and-a-half times? Here's another bit of trivia: A Saudi Arabian woman can file for a divorce if her husband doesn't give her coffee.

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LADIES' CONFESSIONS

THE SUMMER HEAT HAS GOT NOTHING ON THESE SWELTERING TALES

CONFESSION OF THE MONTH
MEET THE PARENTS

My last boyfriend was the very first guy I ever brought to our house to meet my parents. Since then, he has always been welcome to visit. One night we hung out and realized it was too late for him to go home. He asked my parents' permission to sleep over and they agreed. Our family sleeps together in one room so he ended up bunking with everyone. At midnight I got up to go to the toilet, and when I came back I got so fired up seeing him lying there. I quietly got on top of him. I started kissing and caressing him until he woke up and got horny, too. All I wanted was some "play" but things started getting naughty when he tried to undo my shorts. I hesitated at first but the urge to do it was so intense! I pumped up and down on him and when we were about to come, my mother suddenly changed her sleeping position making me tremble and stop for a while. Thank goodness the lights were out so we continued. It was a great experience but in the end I was still *bitin*!
MJ, by email

COUPLE DEFILE SPA

This started out as a dare about three months ago when my boyfriend and I first visited this spa near Banawe. We thought it was ideal for the plan since we were required to wear swimsuits (for easy access) and there's a somewhat semi-open Jacuzzi in the spa. When we returned to the place, we finally decided to push through with the deed. At first I was a bit reluctant because there were quite a few people in the area and some kids taking swimming lessons but we figured that the bubbles from the Jacuzzi would be enough to cover us. So he pressed the button for water pressure and began fondling my clit while we pretended to talk about stuff. Him rubbing my clit so gently plus the water pressure made me so hot I couldn't help

PHOTOGRAPHY: CHARLES BUENCONSEJO; STYLING: LIA ALEJO; MAKEUP: IRA MATA; MODEL: DANIELLA JOSE; SPECIAL THANKS TO BAHIA DE BALER; BALER, AURORA

but hug him so I could muffle a moan. When I was hot and ready, we exchanged quick kisses as he lifted my bikini bottom aside while I anchored my legs around his waist so he could let his very stiff and furious "general" into my "office." We moaned as he pumped slowly and steadily until it felt like a warm iron rod ramming into my womanhood. I wrapped my legs around him more tightly and kept my arms around his neck as the sensation of the warm water and his hotter rod flooded through me. He kept asking how it felt and surprisingly, it felt nothing like I expected. It felt so good that I let out a moan so loud the guy on the other side of the pool couldn't help but overhear. For fear of getting caught after a good few minutes of pumping action, we hurriedly checked out and finished what we started at our favorite motel. He gave me six mind-blowing orgasms!

Last hoorah, by email



Envious? Then send your story to: *FHM* True Stories, 6F, Robinsons Cybergate Center Tower 3, Robinsons Complex, Pioneer St., Mandaluyong City, 1550. Or try our fax (6372206) or email (fhm@summitmedia.com.ph).

EXPERIENCE A MOUTHFUL

One night my beau and I were hanging at my folks' house to kill time. Since we talk about practically anything, I asked him about his sex life before he met me. So he told me (it turned me on) until it was my turn to tell him mine. We got so caught up with our stories that we didn't realize it was already 2 a.m. Walking him to the gate, I kissed him the usual 'goodnight' but it immediately turned hot and passionate. So I hurriedly checked to see if my folks were fast asleep. All clear, so we continued what we started. First he finger-fucked me, making me real wet and turned on. I returned the pleasure by giving him a blowjob that really blew his socks off. He was about to come so I sucked him fast and hard until he exploded inside my mouth. I kept licking and sucking even as he grasped to recover. I was about to let go when I heard the door to my parents' room open! Luckily, the only thing we unzipped was his pants so we quickly fixed ourselves before my father came down. He asked if my beau was going to leave and I couldn't answer because all his spunk was still inside my mouth! I couldn't swallow it though because I wasn't used to it so while I was accompanying my beau on his way out, I was mumbling to my father that he was leaving. Finally outside, I quickly spat his spunk in the gutter. He kissed me on the cheek with a sarcastic smile on his face. Left with a *bitin* feeling, I quickly texted him: "You owe me one >:)". The night after that incident, he returned the favor. It was worth it.

Trish19, by email

WORK CRUSH TURNS INTO OFFICE AFFAIR

I was new in an office in the city. I had an officemate who looked good, dressed well and really smelled good all the time, which I really adore and made me wet whenever I smelled him. And of course, fantasized about him doing the nasty with me. Some people said he was snobbish but people who knew him told me he was only shy. These things didn't bother me. The obsession grew like a spell. It came to a point that I borrowed his handkerchief just to sniff his scent. Time came when he caught me sniffing him closely and this got me nervous and I told him that I would explain in the conference room. Luckily it was empty. I took the chance to grab his cock while I kissed him. He responded by grabbing my boobs and sliding his hands down my pussy. Then I gave him the best blowjob ever. He returned the favor by eating me on the table. Then I leaned back for a doggy. I finished it off by swallowing his cum. It was so intense and crazy that I didn't even know how many times I came. Oh, did I mention that I'm already married?

Spell Caster, by email

REASON FOR OT

I have work on Saturdays when my boyfriend is free. But one Saturday, he needed to work. I was feeling lazy that day so I decided to visit him at work. It turned out that he was with his assistant. His assistant sits on the other side of the room where he can barely see me. I got horny. I caressed my guy's privates and kissed him. When he got a hard-on, he told me to go to the men's room. He pulled me into the cubicle. He took off his pants and unbuttoned his boxers. I held his man-meat out and gave him a good sucking. When he couldn't stand it anymore, he pulled my pants down and fucked me. We were having the time of our lives when someone walked into the restroom. I sat on him while raising my legs. He was still hard so I put it in while someone was in the other cubicle. When he thought that we might get in trouble, we went to their conference room where he banged me on the carpet. I was overflowing with cum when he finished me in missionary. He stayed hard inside me while licking my nipples and playing with my boobies. We got back to his office and realized that his assistant was still engrossed in front of the computer. Good thing because he did not see the fly of my guy open. We both went to the restroom to wash and called it a memorable day.

Van, by email

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HAVE HER AT HELLO

GONE ARE THE LONELY NIGHTS (OR DAYS) ONCE YOU'VE GARNERED MASTER PICKUP ARTIST STATUS



01 AT A BAR

Bars and clubs are a proverbial meat market, "We know that guys who hit on girls in clubs are looking for a hookup, but discretion is the name of the game," says Drea, 26. "Try making eye contact first to see if she'll respond." If she meets your gaze and smiles, then that's your cue. It's time to shimmy your way in her direction with a drink in hand.



02 AT THE BEACH

With the sun, sand and surf on your side, the beach offers a casual environment conducive to getting that beach bunny's guard down. So quit ogling all those babes in bikinis, and courageously zoom in on that one girl who has caught your eye. Stroll toward her, smile and say hi as you walk by. "You'd be surprised at how far being genuinely friendly can get you," assures Pauline, 23. After she acknowledges your greeting, stop immediately and strike a conversation. Take it a bit further later on by inviting her to go in the water or play beach sports.

03 AT THE PARK

For dog lovers and pet owners, the park is a haven for finding your perfect match. "I met my boyfriend at the park. It seemed fated when his Lab ran up to me with a ball in his mouth," explains Denise, 27. If you're inherently *torpe*, patiently teaching your dog some tricks has its own perks. It could make the moves for you. Otherwise, borrow your sister's dog or pick a cuddly, little creature—something the ladies won't be able to resist—and watch them flock to you without you having to lift a finger.

04 AT A RESTAURANT

If you can't resist the lure of her beauty, then send a drink or a plate of appetizers her way. "On one of our trips abroad, my friends and I were out for dinner, when a guy from the next table had the waiter bring us a heaping plate of nachos," remembers Jen, 28. "It was a sweet gesture, so we invited him to join us for drinks afterward." An offering of food or beverages is a subtle way of showing interest without disrupting the goings-on at the other table.



05 IN THE OFFICE

Working with the chick you dig already gives you a leg up. The fact that you work in the same office gives you something in common. "Some random guy in the elevator made a crack about how the computers in our office seemed to run on DOS and COBOL that I couldn't help but laugh," shares Tina, 25. "We struck up a conversation and became constant lunch buddies after that." Showing her that you've got a mad sense of humor by poking fun at something you can both relate to will have her seeking your company after work hours.

06 AT THE MRT

Commuters are usually wary of the people around them. So, if you pull off a pickup while in transit, then you've got it made. "Getting approached at the train station is kind of creepy, but I wouldn't write it off completely if it were a cute guy," muses Patricia, 22. Start by exchanging glances from a distance. Once she fixes her eyes at you, throw a friendly smile back at her. A positive response is a good sign that you should move in for the kill.





07 AT THE MALL

Girls are in their element at the mall, and they could be so engrossed with shopping that your attempts to establish contact may go unnoticed. The key lies in appealing to her interests. "A guy came up to me to ask for my opinion on which top to get for his sister," says Rissa, 23. "He followed up with a compliment on how I'm such a sharp dresser that he figured he could trust my taste." That's how it should be done.

WORDS: CEREB GREGORIO



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*based on SRP of 3 Day Pre-Paid Game Card
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In its first month, Blizzard Entertainment's StarCraft® II: Wings of Liberty™ has achieved recognition as one of the best PC game of 2010, setting sales milestones like the fastest-selling strategy game of all time and bestselling PC game of 2010 within its first 24 hours of availability.

StarCraft II prepaid passes are now available and players can choose from an array of convenient alternative pricing options: 3-day, 7-day, and 30-day increments, to play on a schedule that best fits their preferences. Prepaid passes are currently available in select internet gaming cafes, convenience stores and gaming retail shops, and can be purchased online by using local popular online payment methods.

Visit your nearest participating retailers and experience the game of the year 2010!

Q: What does alternative pricing mean?

A: The alternative pricing payment method offers players prepaid game-time options which promote flexibility and convenience to Southeast Asia's gamers. Most importantly, it offers gamers the opportunity to experience StarCraft II any time they want.

Q: Will the full retail Southeast Asia version still be available for purchase?

A: Yes, the full unlimited access version will still be available as both retail and digital purchase. For more information on where to buy the full retail box, visit http://blizzard.iahgames.com/wheretobuy/philippines.html. To download and purchase digitally, visit http://sea.battle.net.

Q: Can the prepaid options for SEA be used to play on the North American Battle.net servers or those of other regions?

A: No. The prepaid options are exclusively for use on the Southeast Asian servers and will not allow access to the North American servers or activation on other regions.

Q: After using the prepaid options, can I upgrade my account to a full unlimited access version?

A: Yes. You can upgrade your account to a full unlimited access version by purchasing the retail box or purchasing the code digitally and entering the key into your Battle.net account. You do not need to reinstall the game.

Q: Will my profile be lost if I don't add game time to my account regularly?

A: No. Even if you only use your StarCraft II Battle.net character occasionally, all your campaign progress, achievements, portraits, and win-loss statistics will all be retained the next time you log into Battle.net. Your profile will also be retained if you decide to upgrade to a full retail version.

Q: Where can I purchase StarCraft II prepaid game-time passes?

A: Please visit http://blizzard.iahgames.com/sc2-prepaid/philippines.html for more information.

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So Hot!

Pauleen So tells why there can only be one *PREMIERE* Ultimate Vixen!

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Lingerie from Velvet Rose, Shangri-La

So Sexy

Paulene has lent her voluptuous figure to numerous photo shoots since she started out modeling in 2007, but the *PREMIERE* Ultimate Vixen didn't have it easy long before that. "I was a very shy person, and every time someone would take my picture or video, I would run far away! " In spite of this, Paulene secretly desired to be a singer until she realized that she can't sing a note, which eventually led her to become a model. "My first ever sexy shoot was for FHM's Girl Next Door. I didn't really care how the photo will come out during that time; I just wanted to be featured in the pages of FHM." Soon after that she became fully aware of her innate sexiness, which led her to brave even sexier photo shoots. "Being sexy is relative, but it's how you carry yourself and how you highlight your best assets. In my case, my eyes are my best assets—they're the window to my sexy soul!"

So Popular

So many other sexy sirens have come and gone, but soon her fan base eventually grew, especially through Facebook. "I had so-so number of friends on my page but soon after the ***PREMIERE*** Vixens Search it blew up to 59,000 fans and counting! When the ***PREMIERE*** Vixens Search asked for gathering of votes, the fans really helped out in doing so. I also enjoy interacting with fans. They're the reason why I'm here!" Adding to that distinction, Paulene also ranked number three on FHM's list of the Most Popular FHM Babes. "Actually I was really surprised I was included in the list. I never thought I'd be regarded alongside the likes of Angel Locsin and Christine Reyes. It's so flattering!! *Siguro* it helped *na* I was also an FHM Online Babe and voted as a 100% Hottie. (I hope to be on the cover of FHM reeeaaaal soon!)"

So Vixen

"I was at a car show at SMX a few years back, and a guy from FHM approached me and asked if I wanted to join this search they were doing for ***PREMIERE*** condoms. I was initially hesitant but I realized that there's nothing to lose if I try. I prepared myself mentally and physically: mentally because I know that I might get some bad feedback or that I might not make it to the top spot, and physically because as we all know, you have to be really sexy and daring to join the photo shoots." After several months of elimination rounds and stringent selection from ***PREMIERE*** representatives, Paulene stood out and is now heralded as the *PREMIERE* Ultimate Vixen! "The biggest challenge during the search was how far I was willing to go to be daring and sexy, which ultimately led me to stand out among the rest." Skimpy clothing and daring challenges aside, being the *PREMIERE* Ultimate Vixen leads back to loving what you do. "I know that I love what I do, and I'm happy with what I have and how things are going for me now as the *PREMIERE* Ultimate Vixen and I give back to those who got me there. I can't say this enough but I thank all those who supported me all throughout, but the biggest shout-out goes to ***PREMIERE***, for putting their confidence in me to be declared as the ***PREMIERE*** Ultimate Vixen!"

> "being the *PREMIERE* Ultimate Vixen leads back to loving what you do."



HOT FACTS

Every Certified Paulene So Fan Should Know:

She's into really nice cars. So much in fact that she likes modifying them.

She went to karting school and took firing lessons — she's an adrenalin junkie!

She's afraid of heights.

She hates cockroaches.

She sported a short boys cut until she was 11 years old.

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Thank you for purchasing the maiden issue of *Horse and Hound Philippines*. It is truly a pleasure to present to you the best of horses. And maybe not the best of hounds because we've got a beagle instead—which is technically not a hound but still a fine dog—on page 94 together with other great dogs. And while none among us will disagree that no other creature is more beautiful than horses and hounds, there is one we will make an exception for: Woman. And here we have a perfect specimen, Solenn Heussaff.

We run the risk of sounding bestial—or Hugh Grant after he got caught in a car *in flagrante delicto* with a prostitute notwithstanding the image of a proper but doddering Englishman he cultivated in movies like *Notting Hill* (for which he brazenly used our magazine name to get into the graces of Julia Roberts)—but we find none more pedigreed and thoroughly bred than this Paris-educated, half-French lady born and raised in the country. If it's not horses, or hounds, we wouldn't put anyone else on the cover, save for Solenn. She is—how shall we say it? Impeccable.

So, on behalf of all horses and all hounds please enjoy our initial offering.

Anyone for a cup of tea?



We have here a list of the things that you are: singer, painter, stylist, makeup artist and instructor for makeup, socialite, fan of tattoos, a Survivor, French, a product endorser and an *artista*. Did we miss anything?

No, but it's actually more like designer and not stylist. I had already finished with being an instructor for makeup and I'm not doing it anymore. I will comment on being a socialite. As for being a famous *artista*, we shall see.

Triathlete? Extreme sports? Sexual deviance?

No, none of that.

Before we ask questions on all these things, which will no doubt fill the entire interview, let's get this one bit of annoyance out of the way first: How can a French television crew who you said had interviewed you for a documentary say you're a bimbo when you do all these things?

That's how the French are. You know French journalists like to exaggerate the facts, so when they came here they wanted to show both sides of the Philippines, like how the streets are and how Greenbelt [a posh Makati mall] is, and they wanted to interview me as a socialite. I suggested that maybe they should show how a French woman like me is able to work different jobs here whereas in France I won't be able to do that. And then when it came out they edited it this way: They'd show me in my house with my tattoos, then they would cut to the prisoners in Tondo with their tattoos. Then they had a footage of a raid in a drug den in Pasig, and then showed a picture of my dad in the upper corner. The way they described me, it was like "Solenn only hangs out with the biggest fish in the sea..." Basically all I do there is walk from my house to the car and go to the mall. Plus the title of the documentary was *Gangsters, Drug Lords and Bimbos*.

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Maybe the French thought it was clever.
The title was bad, but they said it was the network that did it. My sister actually got interviewed for a job offer in France and when the interviewer saw her family name, he remarked, "Oh, are you the girl in that documentary?" And she said, "No, I don't know her."

How did you end up here?
Oh no, I was born and raised here. I went to a French school and when I graduated [high school] at the age of 17, I moved to France for four years to study fashion design. My dad has been living here for 33 years, he has his own company in oil services, and my mom's Filipina.

Your family name sounds like it's from another country.
It's Celtic. Really very deep French. But even in France they think it's Arabic.

There are two things about French women that we need immediate answers to. First: armpit hair.
Ha ha ha! I guess they just don't care. You'll see older women in their 40s or 50s that just don't shave. But everyone my age or younger is hairless in their armpits. I don't think they ever thought it was sexy, I think they're just too lazy to shave it off or it doesn't bother them, but they don't think it makes them sexy, definitely not.

Second: the appetite for sex.
They're very sexual, that's for sure. In France, we have a lot of nude beaches; girls are not really shy about showing anything. Walk in the streets of France and you'll see women wearing T-shirts or *sandos* with no bras, for them it's just normal.

Okay let's go through the list now: Socialite. Prior to *Survivor*, we had known you only because you were with the upper crust.
You know I'm not even sure why people think that. I used to go out a lot but not that much to be called a socialite. I think the tag really came from *Survivor*. I guess they had to show different types of people who had to live together—the actress, the sports guy, the socialite. Instead of calling me a designer, or a makeup artist, they decided to call me a socialite because most of my friends are in the "elite" group; I have all kinds of friends but the ones they usually see me out with are my *artista* or model friends. Or maybe because I work in fashion, so that's how they tagged me.

Anyhow, *Survivor* changed all that. There was one challenge where you were standing in some sort of tree stump for hours, in a storm. What was going through your head then?
It was freezing! I remember that day like it was yesterday. I did four hours on that. I would have quit early on because the food really looked good but when I saw we were only four left I resolved to stay. My legs weren't tired, I just couldn't stand the cold. I was thinking, "Is this still a game? This is slavery."

You know what was in it for you, so why did you want to join *Survivor* to begin with?
I've always watched *Survivor*, especially the first three seasons in the US, I loved it so much. I never thought I'd be joining but then one time over dinner Ruffa [Gutierrez] told me I should join. I remember telling her, "No way!" but when I was told I knew the people who'd be joining the celebrity edition, I figured it might be fun. I auditioned—I think I was the only one who did so, the rest were all picked—and then soon I got a text saying I got in. I was, like, "Oh no, what am I getting myself into!" So when I got there I wanted to at least be in the top 10 but I never thought I'd reach the final four.

Relieving yourselves in *Survivor* is supposedly left to nature—but how did you exactly do it?
You dig when you poo, then you cover it, *patung-patong*, and then there's, like, such a big tree, he he he, just kidding! [The humor escapes us, although we presume it has something to do with composting]. You do everything on the ground, you clean your butt with your hand, you rinse in the water. But since we weren't in the most beautiful island that *Survivor* had chosen in its entire history, the water was so dirty you couldn't even rinse yourself so I was just dirty for 36 days.

Still you looked great on TV.
But that's because you couldn't smell us.

Exactly. And the stink on your person must have been horrible.
A couple of weeks ago I bumped into Drew [Arellano, host] who guested and cooked breakfast for us in one episode and so I asked him, "Did we smell bad then?" and he said, "You know you didn't really smell *baho*, you smelled like *usok*." That's because we were always next to fire because we were cold.
It wasn't as bad as he thought it would be if someone didn't shower for 36 days.



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Moving on—what stuff do you paint?
I don't consider myself as a painter because I don't live off of my work. It's a hobby. I started when I was three and I had lessons till I was 18 and then I just did it in my home. Usually I'd just copy my dad's travel photos but recently I've been practicing my portraits. But I only do huge scale, about 50 in x 50 in., I hate small paintings.

Are you into snooty, high-brow art, all the –isms?
I like graffiti art, and this guy Carmelo de la Pinta, who's into fantasy art, so I like combining the two [styles]. But I only use acrylic because oil takes nine months to dry in the Philippines and I'm the type who likes to see the result right away. If I have to paint the background first and then wait nine months to paint the face or something then that painting is going to be forever empty.

Do you paint on and off?
I have phases where for, like, three months straight I paint every day for six hours or less, depending on work, and then I won't even get into it at all for the next three months. But right now I haven't *really* painted because I haven't had the time and when I do, all I really want to do is sleep.

Do you keep your works to yourself or sell them?
I've given everything away. So far I have three at home that will be given away but I'm trying to accumulate work for an exhibit this year.

Do you think they'd be worth much in a couple of years?
I don't know. We'll see. Hopefully.

What about the singing thing? We hear you're coming out with an album?
Yes, I signed with MCA Records for a three-year contract, so that's three albums. The first one will be launched sometime middle of the year. I wrote two songs already but I have yet to send it to them. We're still experimenting on different genres. Hopefully that will work out.

But can you give us an idea of what it would sound like?
Well, my voice is very low, very jazzy, but we're trying to make something dancey because not too many Filipino artists make music for the clubs, so we're exploring that niche.

We're afraid we can't talk much about fashion and design because, well, we can't—but did you like what we made you wear?
Yes, I super loved it plus Pam [Quinones] is my favorite stylist so I wasn't worried there.

Is there anything wrong with how Pinoy women look, especially when they're trying to look sexy for us men?
For me sexy is the one that's confident so no matter if you're wearing a garbage bag or a gown you'll still be sexy.

Is there anything wrong with the way men look at women?
I know Pinoy men are not so direct, they're a bit shy, that's why they're scared of women but when they stare, they *really* stare! Like, *awkwardly* stare. But they're shy! Especially when they see, like, a girl wearing short skirts or something. Freak! Weirdo!



Are you saying that, in an elevator, women know it when we stare from behind?
Oh, they can feel it from behind! I know I can. I don't need to see your face, I can feel it when a guy's...it's just the way, the vibe is just...ugh! There's a way of staring that's not scary, I don't know how to explain it, just don't look creepy. Don't look like...you're doing something with your hand. If she catches you staring, just smile, don't keep staring.

Guilty! Not with the hand part, of course. But never again, Solenn. So, do you really want to be a movie star?
Now, I'm open to it. But I really was against it. I didn't want to enter showbiz, I wanted to launch an album, but when I got out of *Survivor* and I got linked with Richard that's when people started asking me if I wanted to do a movie with him or do *Captain Barbell* and I was, like, "Hell no, I'm not doing any of that stuff!", but they kept insisting and my manager asked me to reconsider but I said I was anything but an actress. I've never acted in my life. I thought about it for a while until I said "Okay fine, if it's just one movie it's not gonna kill me. And if I suck, if I get bad review it's not the end of the world." I had fun doing it [*My Valentine Girls*].

But a movie will just be shown in a few weeks. You now host a show on the new GMA News TV and Captain Barbell will be shown every day. Obviously it's not a one-off.
Goodbye private life! But loving it and thankful.

Are you sure your pedigree fits this profession?
I'm *sanay* to everything. Like I can eat in a super small *sari-sari* store in the streets like I can enjoy caviar and foie gras in a six-star hotel. I like both equally and there's not one that I prefer. And I'm very patient so...don't test my patience ha ha ha!

Will it happen, that you'll suddenly quit, then pack up and leave?
I'm very like that. I'm an artist in that way where I'll do one thing and then stop and then do another and then stop and then get back to the other thing I was doing. My brain is scattered everywhere! But don't get me wrong, I'm enjoying this part of my life right now. I always contradict myself all the time. I'm weird. **FHM**

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That summer is a time for rest and relaxation is a myth reborn year after year.

Take a look at your garden-variety list of summer activities: Beach parties spent drinking beer while eyeing that lady friend of yours who suddenly looks infinitely more attractive in a bikini. Valiant attempts at water sports, laughing at buddies who can barely stay upright on that slippery surfboard. All those long road trips accompanied by friends with poor navigational skills. And the endless posturing in worn board shorts, sucking your gut in every time a camera clicks so the world can see on Facebook that your summer is the best one yet.

All these sun-drenched debauchery and festivities in surf and sand, however, can leave you more tired than recharged. The perfect antidote to this debilitating slide, Paloma says, is rehydration, which she deems very sexy. "To me summer is about going away to where the water is."

We don't even doubt our erstwhile sex guru is talking from experience. By now we know a fair amount about this perennial *FHM* favorite to conclude that she's rarely idle and inactive. She happily reports that her pole-dancing skills are improving by the day ("I'm doing the reverse caterpillar now!"). She loves good parties and almost always is the life of them thanks to her boldness and wit. "I've been shooting everywhere as well at *nag-newscasting din ako* for TV5. Then I went to different places like Tokyo, so *ang daming* opportunities here and overseas."

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So it's great she chooses to spend some much-deserved R&R with us. Posing for our pages, while you can call it work, comes as naturally to her as breathing. The results, as you can see, never fail to mesmerize. What's most welcome, though, is Paloma's refreshing shift in perspective. "People only see me as sexy," she says. "But there's a side of me that you don't know."

Soon we discover what Paloma's talking about as we watch her bask in the sultry sunset on this pristine beach. She's still scorching, yes, but it's also apparent that she looks more subdued, at peace and revitalized.

"Sometimes all you need is to sleep, rehydrate and drink some vitamin C," Paloma says of what keeps her inspired and on the go. "The same can be said about life. When it gets too busy, it's important to reflect on the things you've been doing lately, if they've been bad or good for you. Taking a step back once in a while allows you to move forward in life."

Get to know Paloma more and check out FHM.com.ph now



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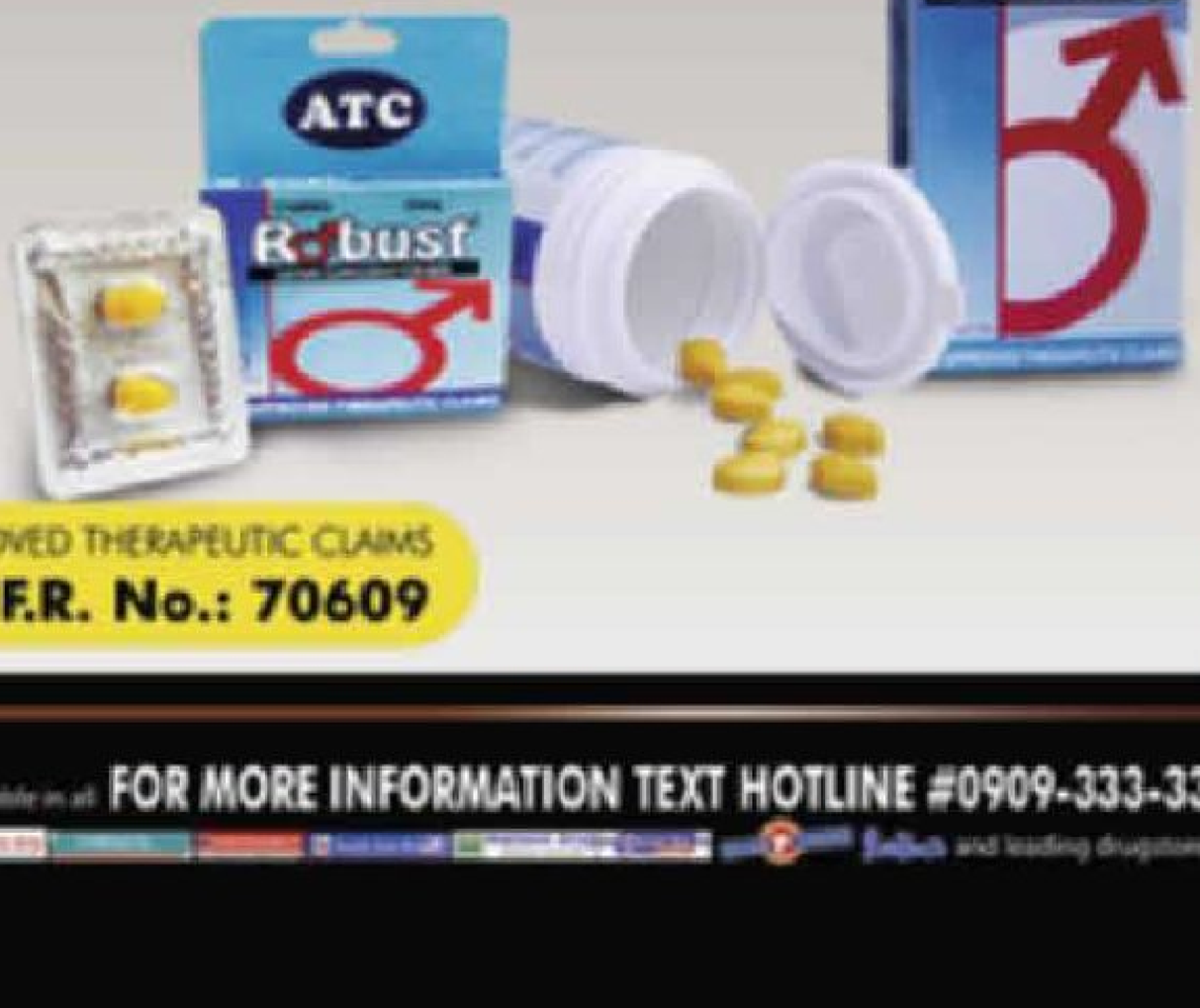
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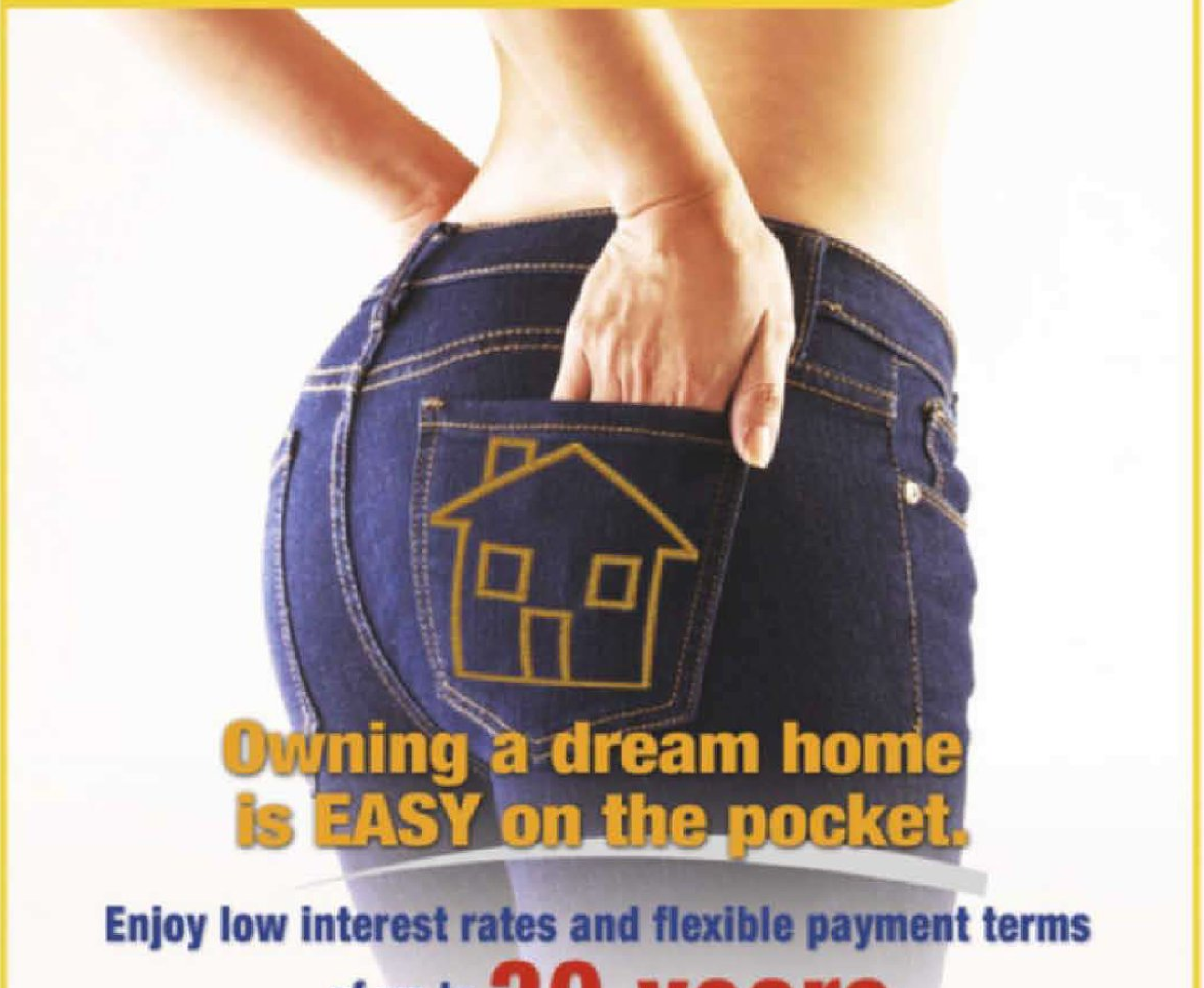
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Good things come when you least expect it.

Whoever coined the phrase was definitely on to something. At the end of a gruelling day of shooting, the crew was all set to head home just in time for a late *meriend*a. Then along came Richelle Prickett.



This exotic beauty first caught our eye as she was strolling along the beaches of Subic. After our sun-dried brains managed to muster up the courage, we went ahead and asked if she was willing to bare her bits for the magazine. She responded in a surprising Australian accent, "Sure! Let me just ask my mom." Her parents gave it a nod and off we went.

And so it was then that we learned what this Filipina-Australian stunner from Brisbane, Queensland was all about. On the surface, she strikes you as a bombshell, literally. With a unique mix of Megan Fox-like features, a homegrown tan, a curvaceous body and a hot Aussie twang, it's a sure fire recipe for explosion.

But beyond her ravishing good looks lies a brain and personality to die for. This 22-year-old has a degree in Business and Hospitality Tourism Management, and claims this is her first modelling gig. "When I was younger I trained a little bit in modeling," she says. "This is my first time and it's very fun. I'm glad the photographer was guiding me with the positions. At first, I was really nervous but I got used to it then I became a little more relaxed."

We certainly couldn't tell. She fit the wet bikini look like a glove. The summer season, like Richelle, is slowly but surely dawning on us. According to this attractive Aussie: "Summer's all about fun at the beach, swimming, being around your family and friends, having a drink or two and just having lots of fun. I'd gather a whole group of friends and carpool up to hit the beach. We love to get dunked by the waves!"

But no need to wrestle crocodiles and call your friends "mate" to get her attention; she's been in and out of the Philippines for most of her life, and it's no surprise that her girl-next-door charms are deeply rooted in her Pinay ethnicity. "Family values, I think, are a lot different in Australia. There are bigger and closer families here. For some reason, I'm a lot closer to my Filipino family than I am with my Australian one."

Not one to shy away from a party or two, Richelle prefers the laidback *inuman* ways of the Pinoys. "I find that every place I've been to has a live band, which is really good. And not everybody gets extremely drunk," she says. "In Australia, a lot of the teens love to drink a lot, get drunk and kind of legless!" By the same token, Pinoy men tend to approach her more—"I think because my skin's a lot whiter. They're just fascinated with that."

So what makes summers sexy to Richelle? "Tanned skin, girls in bikinis, curly hair. And of course, ripped shirtless guys at the beach."

You don't necessarily have to agree with her on that last one.

Get to know Richelle more and check out FHM.com.ph now



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JASON TULIO

STYLING: REY SANTOS
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BRAZILIAN MODEL ANA CORADO SAYS SHE SPEAKS 'LITTLE ENGLISH.' BUT HER BODY LANGUAGE MADE US UNDERSTAND SO WELL EVERYTHING SHE WANTED TO SAY

hug

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Ever seen *Spanglish*, that movie where Adam Sandler has trouble communicating with his Spanish maid? Yes, neither have we. Chick flicks kind of go against the grain we've set here at *FHM*. But the movie does bring up a good point, especially when you deal with hot foreign models for a living. Sensuality is a universal language, but conveying it through words is an entirely different matter.



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Fortunately for all of us, Brazilian bombshell Ana Corado spoke another language that we're all very fluent in: alcohol. Amid cries of "I need vodka for sexy!" while getting her hair done, her shyness slowly gave way to her wild side as she soaked in some liquid courage. Before we knew it, she understood our photographer's instructions of "*Pa-sexy pa*!" perfectly, like a well-memorized football chant.

Sexy is as sexy does, and what a sight it was!

The 20-year-old native of Paraná, Brazil is currently living the dream; that of a globetrotting, club-hopping model. When asked how she found working with *FHM*, she says: "I love it. It was done very well. The pictures were so sexy!" Her work has certainly been great for her frequent flyer miles. "That's the best part of the job! I've been to China and Hong Kong, too. In the last two months, I've been to Batangas, Boracay and Tagaytay."

Brazilians are no strangers to the nuances of life under the sun. "Summer means beaches and partying! It's summer practically all year-round in Brazil. I usually hit the beach with my friends, play volleyball and hire out some jet skis." The image of her riding a jet ski certainly struck a chord with us. But her sporting interests aren't limited to the shores, "I'm a huge football fan, it's very big in Brazil. I love going out to play and supporting my local team."

A note for all you potential Casanovas out there: Ana is single, telling us, "I'm available but not looking in particular!" Her requirements are as follows: "He should just be nice, friendly and confident." It might help to buy her a drink, or maybe even several. "I love vodka and beer, you know. It usually does bring out my sexy side."

In her two-month stint here in the Philippines, she has enjoyed the local nightlife to the fullest. When asked of her clubbing experiences, she says: "I love going to Republiq! [Clubbing] is about the same [as Brazil]. The men approach me more here, though, because I'm a foreigner. In Brazil I look just like everyone else!"

If that's the case, then maybe it's our turn to learn Portuguese!

Get to know Richelle more and check out FHM.com.ph now

ANA CORADO
GIRLS OF FHM

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YOU KNOW I'VE NEVER KNOCKED OUT ANYONE IN THE END BEFORE.

I WAS INCREDIBLY I KILLED YOU. MADAME CAITLYN HERE TOLD ME YOU DON'T BREAK EASY.

I ALMOST DIDN'T BELIEVE HER.

CAITLYN'S OVER HERE TOO?

I TRIED LOOKING FOR YOUR YOUNG ZYN BUT I NEVER REALLY DID FIND IT BACK.

OH I DIDN'T REALIZE YOU WERE LOOKING FOR ME.

I'VE BEEN HERE AS YOU SOUGHT IT SINCE LAST YEAR.

WELL YOU SHOULD LISTEN TO YOUR PHYSICAL THERAPIST.

EVEN GIVEN MAGNUSON IS MADE OF STRONGER STUFF.

NO BIGGY LADY KICK CAN KEEP ME KNOCKED OUT FOR LONG.

I ALWAYS FIND WAYS TO STAND UP.

OH HEY!

BOING!

WELL HE CERTAINLY IS STANDING UP RIGHT NOW, ISN'T HE?

TOLD YOU HE'S A KEEPER.

AND LOOK AT WHAT HE BROUGHT ALONG.

BYNG?

FLING!

SO EVEN NOW ARE YOU STILL ALBEIT IN ACTION?

WE'VE ALREADY BROUGHT YOUR GEAR OUT AND IT LOOKS LIKE YOUR MUSCLE IS ALREADY IN CONDITION FOR SOME GRABBING.

UNLESS OF COURSE YOU'RE AFRAID OF BEING KNOCKED OUT AGAIN?

SO WHAT ARE YOU? A FIGHTER, A LOVER, OR BOTH?

UHHH, LET'S GET IT ON?

GOOD MORNING!

Premiere MAX

Feel the Thrill

OH EREK! YOU'RE SUCH A STUD, YOUR ENDURANCE AND STAMINA ARE BEYOND ANY WOMAN'S WILDEST DREAM.

IT FEELS LIKE WE'RE JUST GOING, AND GOING AND GOING AND GOING. YOU'RE LIKE AN ENDLESS FOUNT OF MANLINESS.

OHHH OHHH OHHH

OHHH OHHH OHHH

MY TURN NOW. MADAME TOLD ME ABOUT YOUR MAGIC FINGERS. AND NOW YOU CAN USE THIS TO AMPLIFY YOUR TOUCH. HIHIHI.



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OH LOOK. HE'S STILL STANDING UP...

HOW ABOUT ANOTHER REMATCH? BEFORE YOU HEAD TO JAPAN TO FOLLOW YOUR DAD.

MAKE THAT TWO REMATCHES.

REMATCH? JAPAN? WHEN WILL THIS ADVENTURE EVER END?

THANK YOU LORD! MAKE THIS LAST AS LONG AS YOU CAN...

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SHIRALEE COLEMAN
GIRLS OF FHM

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WHERE THE WILD THINGS ARE

THAT'S WHERE SMOKING AND FUN-LOVING FIL-AUSSIE SHIRALEE COLEMAN WILL BE

PHOTOGRAPHY: **GUY TADMAN**

WORDS: **LOU E. ALBANO**

MAKEUP: **KRISTILEE WAINE**

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Australia puts a different spin to the word "wild." We mean, Australians always dominating the ridiculously incredible Ironman Triathlons. We mean, Australians making the already extreme activity—rappelling—even more extreme by suspending you in mid-air, a la Tom Cruise in *Mission Impossible*. We mean the Tasmanian Devil—it is not just a cartoon character, people!—living in the Australian state Tasmania. We mean Shiralee Coleman, the lovely lady whose photos you are ogling, saying how she's "always pushing the boundaries." How she "won't say no to fun." How she's "always pressing the red button." "Am I extreme and wild?" she repeats our question over email, thinking out loud. And then a resounding "Yes" followed by a convincing "ask my best friends."





But we don't need to because immediately, this 28-year-old model and PR manager tells us of the "many spontaneous trips and adventures" she can speak of. "One minute I was in Marbella, Spain at a champagne spraying party, the next minute I was on a flight to Ibiza, where we partied for days. I won't say no to fun."

Fun, in fact, is how she lands here on our pages. Producing this shoot, if you can get it through your tired, burnt-out head, is actually just a personal little project of hers. We don't get it too, because she could be sleeping or watching TV or doing what other regular people do during free time. But Shiralee is not like other regular people.

Her Aussie blood has her doing extreme productivity even on her days-off. Her Pinoy blood assures steady fun all throughout. She says of her smoldering photographs: "We had a fun time shooting on a perfect sunny afternoon." Then her cousin sees the photos and suggests she emails them over. "I wanted to be involved with the magazine because I've read *FHM* and I think it's great! It's cheeky and fun and great for both guys and girls!"

Quite the proactive little kitten, Shiralee is up-to-date with the ways of the world; as in she leads a pretty full life on the Internet. "I use the Internet a lot, especially for my work," she informs. While she's on Facebook "and even Myspace before this!" and says MSN is how she got through the long hours of university, Shiralee is old-fashioned when it comes to online dating. "It isn't as taboo as it was years ago," she says, "but I prefer to meet someone other ways."

That said, the lady is single but she does have a type! Tall, dark and handsome, she says, sounding like every other Filipina. But as cliché as that sounds, here her Aussie blood becomes obvious: "A great smile, charismatic, with a bit a game," she goes on. "I like muscles a lot," she says, "but if a guy can make me laugh and spoil me, then I'm won."

There's more to see and know about Shiralee, gents.

Get to know Shiralee more and check out FHM.com.ph now

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Makati, TriNoma

PHOTOGRAPHY:
BJ PASCUAL

WORDS:
ANTON D. UMALI

STYLING: CIT-CIT SIOSON
MAKEUP: AMANDA PADILLA FOR ESTÉE LAUDER
HAIR: TERESA MATIC

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Point break

LIKE A WAVE HITTING A GIANT ROCK, CAR SHOW MODEL SHANNA SOLIDEO CAUSES A SUPERB SPLASH

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When famous beatnik author and lonesome traveller Jack Kerouac said, "Live, travel, adventure, bless and don't be sorry," he wasn't simply making a checklist for an out-of-town vacation where you get to plant your ass on a beach chair and get a tan. He was talking about grabbing life by the balls; seizing the day; never resisting the unfamiliar.

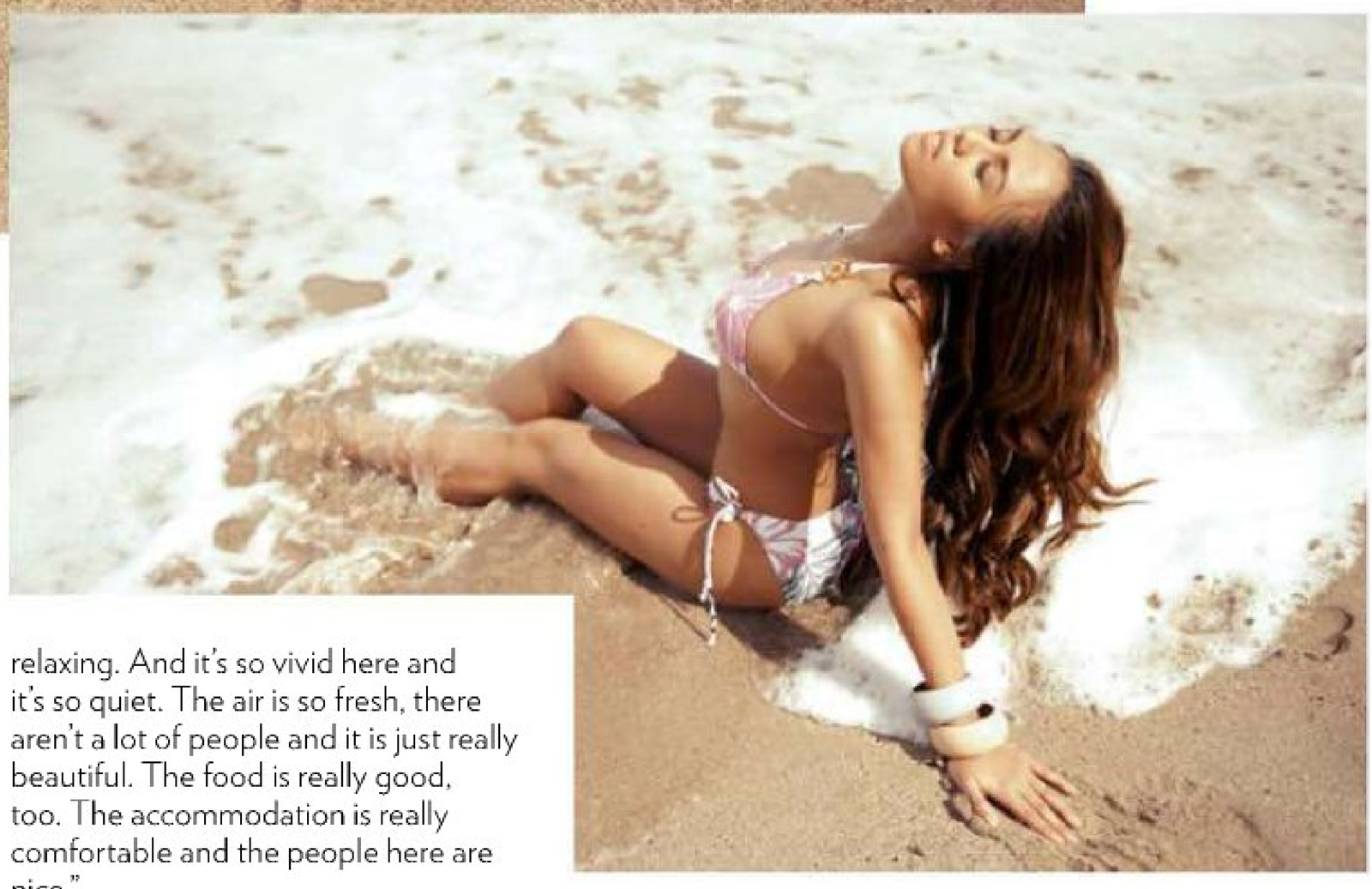
So when the opportunity to shoot at Bahia de Baler Resort Hotel in Baler, Aurora came up, we had to heed Mr. Kerouac's advice and take the opportunity head-on. With a crew that includes five models, two photographers, two makeup artists, one hair stylist, two stylists, six *FHM* staffers and a partridge in a pear tree, we made our way up north.

The trip, just as we had anticipated, was long and arduous. The roads were no joke–narrow and unpaved with no railings to prevent your rickety bus from tipping over the cliff and robbing you of your precious life.

Trust us, although it took almost 10 hours to get there, Baler was one for the books. We met our destination with enough curiosity and excitement to make Mr. Kerouac proud. Our model/nurse and med student Shanna enjoyed every bit of the stay. "It's so

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relaxing. And it's so vivid here and it's so quiet. The air is so fresh, there aren't a lot of people and it is just really beautiful. The food is really good, too. The accommodation is really comfortable and the people here are nice."

The virginal Dicasalarin cove where our shoot took place was like a siren luring in sailors lost at sea. First, you marvel at the place's visually titillating features—crystal clear water, interesting rock formations, a stretch of Mother Nature's best work at your disposal. But then you come to admire the cove on a deeper level–the danger those big waves could bring, the natural therapy it provides, the stuff that adventures are really made of.

Shanna, just like the cove, has her own way of seducing her pursuers. "Other girls would do the common thing of being physical like making eye contact. But for me, I would rather use my intelligence." She would like it better if you considered appreciating her on a level that just isn't on the surface. "Many guys misinterpret me because I'm sexy and they think they can just take me home. I'd rather talk to them intelligently and say everything on my mind. That way you fool them, then you lure them."

This yet-unspoilt stretch of paradise, Shanna just as Mother Nature intended her to be—yes, we feel blessed and no, we aren't sorry. Not even a little bit. Mr. Kerouac was right, although we're quite sure he'd never had the luck to crash an *FHM* on-location shoot.

Get to know Shanna more and check out FHM.com.ph now



PHOTOGRAPHY: **NIKO VILLEGAS OF EDGE OF LIGHT FOR NIKON D3S**

WORDS: **CHARMAINE Z. CHANCO**

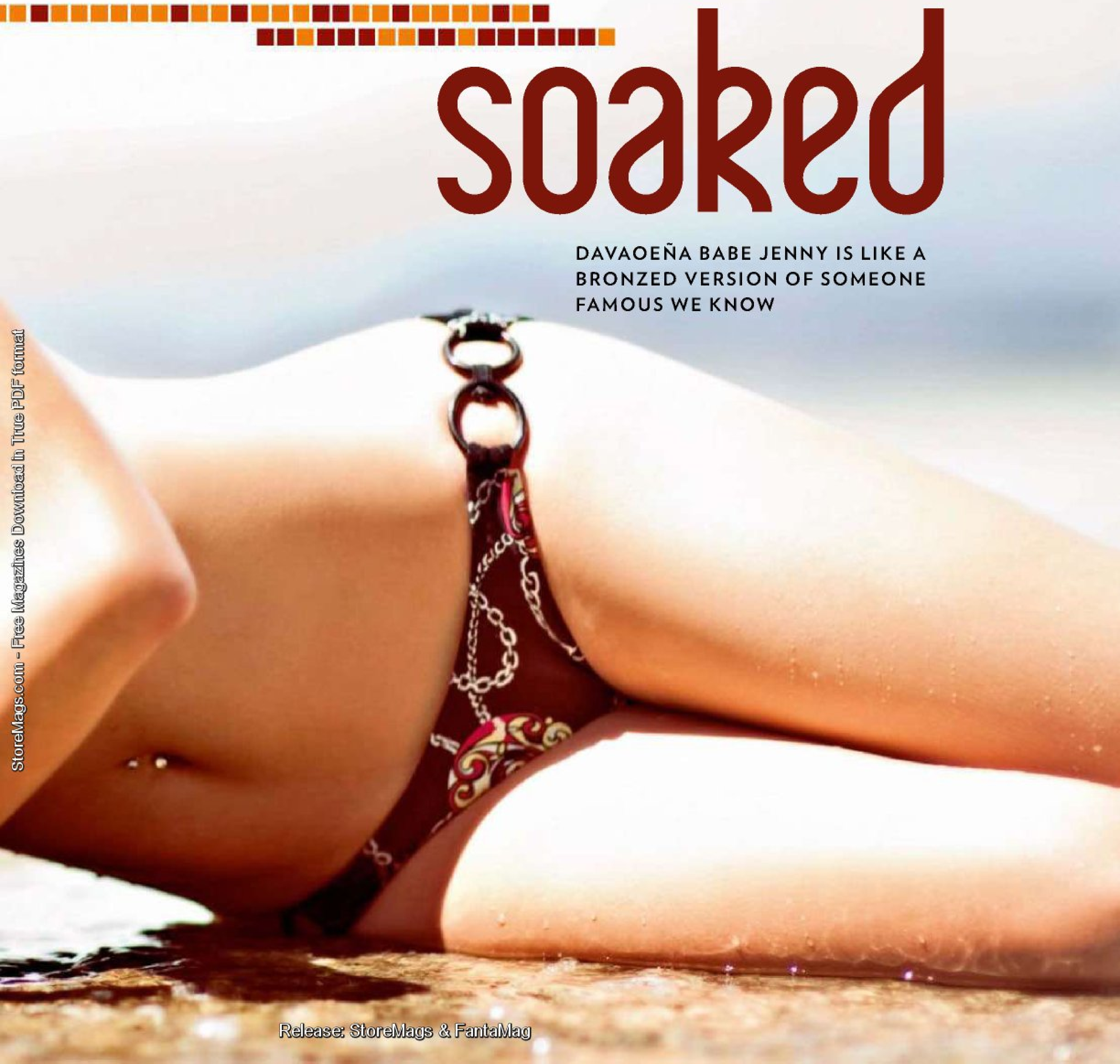
STYLING: BADJ GALIAS-GENATO FOR BADJ SWIMWEAR AND COUTURE

HAIR AND MAKEUP: ARA FERNANDO FOR GUERLAIN
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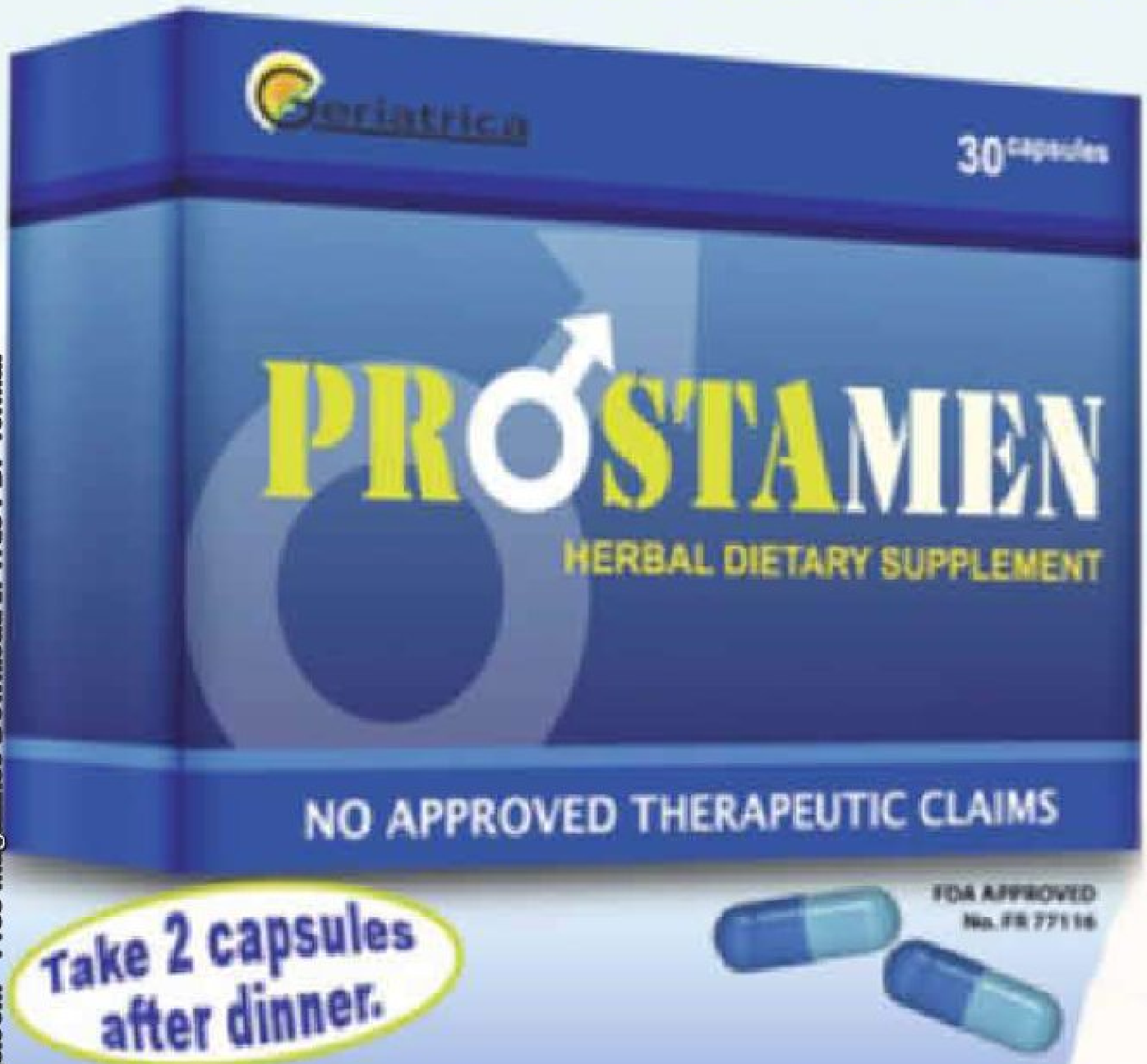


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There is something mysterious about the sun and the skin. Soak in the heat of a bright summer day too long and you get painful burn blotches. Basking in the sun in gradual doses, though, turns your pallid skin into a brilliant, even bronze.

Sunbathing takes meticulous work and a good sense of timing, but to Davao-raised honey Jenny, no effort is required. Getting a tan is second nature to her. "You know what I like about my skin?" she begins. "I never get sun-burnt, never in my life. *Kahit* whole day pa *akong* mag-sun bathing, there's no pain at all. That's why I love the sun."

This is the same reason you'll likely see the 20-year-old laying around the sandy beaches of Davao when you drop her a visit. "When I go to the beach, the only thing I do is sunbathe," Jen reveals. "*Hindi ako mahilig mag-swimming* or *mag-water* sports. Boring *kasi para sa akin yun* since we live 10 minutes away from Samal island. *Mas* excited *pa akong mag-mall* or *mag-DVD* marathon with friends."

The good thing: Jen wears only the skimpiest string bikinis when soaking up the sun so she could achieve a rich tan. To her, dark skin makes an already hot body look even more scorching. "Having white skin is pretty and attractive *pero* having a tan complexion makes you look sexy," she states. "Personally, I'd rather be called sexy than pretty."

We know you can't help but notice her uncanny resemblance to actress Kim Chiu, from her facial features to her petite body frame. She admits not being surprised anymore: "I really get that a lot. It's flattering that they say I look like her. I guess *ako yung maitim na* version *niya*."

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Splash

PHOTOGRAPHY:
NIKO VILLEGAS OF EDGE OF LIGHT FOR NIKON D3S

INTERVIEW: **RON JAY EDUVAS**

STYLING: BADJ GALIAS-GENATO FOR BADJ SWIMWEAR AND COUTURE
HAIR & MAKEUP: JESSIE GLOVA
SHOT ON LOCATION AT THE MARIBAGO BLUEWATER BEACH RESORT, MARIBAGO, BUYONG, MACTAN ISLAND, LAPU-LAPU CITY, CEBU (www.bluewater.com.ph)
SPECIAL THANKS TO JAN GONZALES AND PAUL GOTIONG

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Splash

CEBUANA CHARMER AIREEN ESTEL FINALLY WASHES AWAY HER CONSERVATIVE SIDE

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AIREEN LINTAG
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Men are 28% oilier
than women.

Men Need Belo MEN Too.

FACE WASH

OIL CONTROL

AIREEN LINTAG
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Seeing Cebuana Aireen Estel titillate as water from an outdoor shower flows all over her curvaceous bod is like watching a fairy bathe in nature's full allure. She immediately puts us under her spell, leaving us dazed and in awe of her presence. Only the sound of the camera's shutter reminds us why we're here with her: to celebrate the joys of summer, the beach, the waves and the beautiful girls clad in their bikini glory.

But this afternoon isn't a glorious day to be parading in skimpy bathing suits. It's been raining since we checked in at noon. Someone just said a typhoon's on its way. And we instantly worry because we're just midway through the first of five pictorials scheduled on our three-day stay in Cebu.

Aireen, however, takes the panic off our minds, even though it is her who's panicking inside. She tells us later that she was nervous during the shoot. We counter that it's hardly noticeable in the way she dazzles with every movement of her hips and each tantalizing pout of her lips. "*Naiilang talaga ako* at first," Aireen says. "*Pero* the more I looked at the photographer and the stylist, *mas nadagdagan yung* confidence *ko*. *Parang* seeing them looking at me, *naiisip ko na lang na* they were praising me, *na ang ganda-ganda ko*! That way, I got to project very well for the camera."

It's good that Aireen is so used to being gazed at. A registered nurse here and in the US, she earns her keep working as a clinical nursing instructor to college students. "My students say I'm a very strict lecturer," says Aireen. "But they never complain about it that much because they find me pretty *daw*." Still, she maintains flattery won't get their grades up. "Strict *talaga ako pagdating sa* gap between teacher and students. I don't want my private life to get mixed with my job and other outside affairs. I'm a very private person."

Don't think of her as a terror professor, though. Aireen says she conducts herself that way because she's conservative at heart. "Believe it or not, the first time I wore a bikini was after I graduated from college. I was so shy before. I wasn't confident to show too much skin. Even if it's summer and I'm at the beach, *kailangan naka*-shorts and *naka*-shirt *ako palagi*."

It's not the confession we want to hear, we admit–not when her sizzling pictorial still plays on repeat in our heads as we interview her. But as Aireen reassures: "Nerd *talaga ako dati*, but after I earned my college degree, my confidence soared. *Naging* confident *na rin ako sa* body *ko*. You can say late bloomer *lang talaga ako*."

Call it perfect timing on our part. We're just happy to see her in full bloom.

Get to know Aireen more and check out FHM.com.ph now



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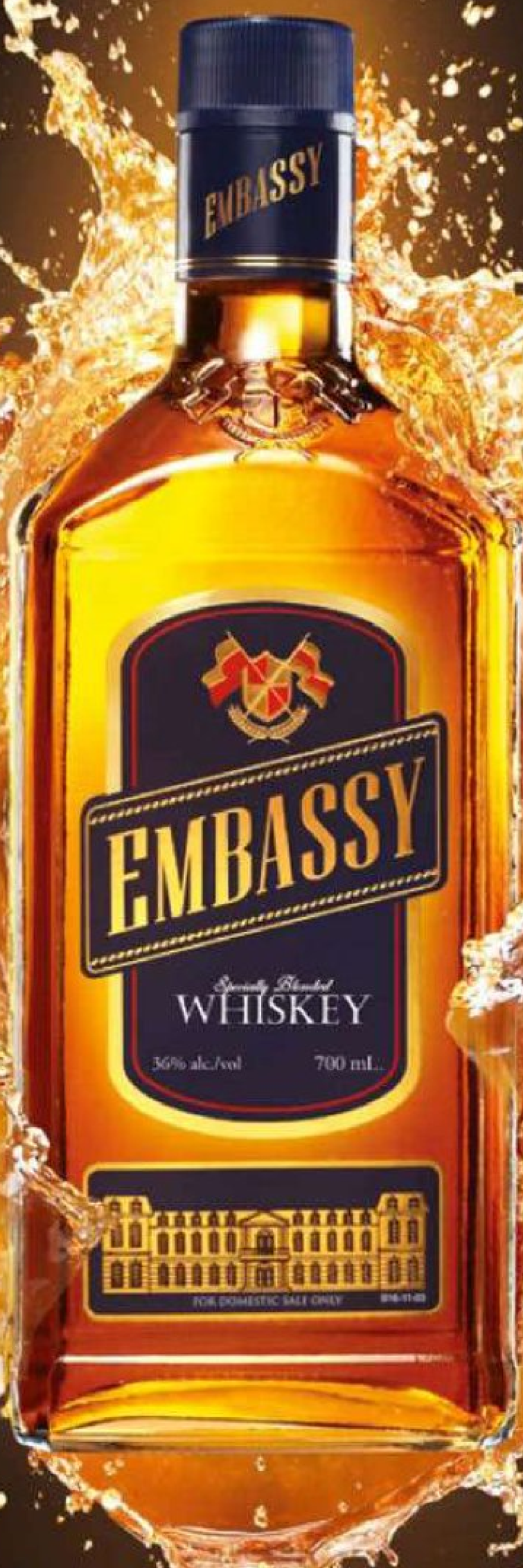
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ROCK 'N' ROLL IS DEAD

or is it just recovering in the ICU? Shifts in the music scene show signs that the noise fades in and out as in a bad song cycle

WORDS:
ANTON D. UMALI

ADDITIONAL PHOTOS:
PAUL MONDOK

SPECIAL THANKS TO: ATOM HENARES, QUARK HENARES, FRANCIS REYES, TOTI DALMACION, PAUL YAP, MANNY PAGSUYUIN, SONY BMG, SAGUIJO

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When NU107 finally signed off on November 7, 2010, after 23 years of being on air, a generation of rock junkies who'd tuned in to the station for their daily rock 'n' roll fix descended on the station's headquarters in Ortigas as in a wake. People lit candles and held up their lighters in mourning. By the time the station signed off for the last time, the feeling was that if rock wasn't dead—because only the station died, not the music that sustained it—it was certainly stuck in the ICU, begging for some life support.

The next day, FM frequency 107.5 still aired music, but instead of Sandwich it had Jovit Baldivino's cover of Queen's "Too Much Love Will Kill You." It wasn't also "The Home of Nu Rock," it was "*Pinag-iisipan pa ba yan*? Winner *ka dito*!"

Not that it hadn't happened before, nor was NU exactly the first and the last. Rock radio had lived and died several times before.

Long before NU, in the '70s there was DZRJ's Rock of Manila that fueled the first Pinoy Rock wave. In the '80s there was NU's precursor WXB 102 that kicked "new wave" music in but got kicked out by the politics of sequestration (see pop culture post-Marcos Philippines). Fledgling NU once had a direct competitor in short-lived DZBM Power 105.1. In the '90s rock radio LA 105.9 dueled with NU. Now NU is not around and 105.9 is now DZRJ's sister station in rock format, Underground Radio.

Come to think of it, Pinoy rock as we know it has lived and died in much the same way as well.

The Juan De La Cruz band were the lords of the '70s *jeprox* generation you'd have thought the *durog* would make them live forever. There was even a folk scene to supplement it. And then disco, Imelda Papin, Eva Eugenio and the jukebox sound killed them.

Then, silence for a couple of years with punk simmering in the underground in the '80s until that scene exploded, too. Rock became exciting again until somewhere along the line, Randy Santiago with his shades suddenly kind of looked like punk for punk to want to be pop. The scene lost its steam.

Then in a bid to save it, The Dawn and other Pinoy new wave acts rose to claim their place in rock, eventually setting the stage for The Eraserheads, Rivermaya and the whole '90s band explosion. But remember that while they were at it, the showband movement also threatened to kill rock with endless renditions of Earth, Wind and Fire's "September." It was bad enough for real rock bands to lose crucial gig space back in the day.

Then *kupaw* rock tried to shake things up with noise in the late '90s up until the early 2000s. But acoustic acts were quick to douse them with cold water. Emo, too, hugged the limelight for a while before giving way to the new sound spearheaded by Up Dharma Down in 2005.

At present there's a good rock scene but there's also Jovit Baldivino. More grim news: Bamboo announced they were disbanding. Ebe Dancel of Sugarfree was going solo, effectively killing the hit-making band. Rico Blanco starred in ABS-CBN *teleserye Imortal* and Kjwan's Marc Abaya is just starting in GMA's *I Heart You Pare*.

If these mean anything, it must be we're hitting another slump. It's like we've just gone through a fist-raising chorus and now have to endure another pathetic interlude and sing the mediocre verses before again hitting the killer chorus.

★ Recurring fact

It's a pattern that, though not exactly gotten down pat, hovers in the minds of veteran musicians, record execs, rock journalists—people who in their own capacities make and break the scene—whenever these slumps happen. The wait could be short or long, but as it turns out, there's a five- or six-year cycle between the biggest thing and the next best thing to happen in rock.

This theory or phenomenon, says Toti Dalmacion, head honcho of Terno Records, is based on trends and cycles. "We do follow trends and we follow them worldwide. I mean that in a musical sense," he says. What he means is what happens here in music reflects what is happening in music in the world, in our case the west. "But we are behind [those trends] by those number of years [five or six] so the turnover."

Manny Pagsuyuin, or Jimmy Jam, former DJ of Campus Radio 97.1 and drummer of Pinoy punk band The Betrayed, says that in the '70s, when Juan Dela Cruz and Sampaguita were very popular, disco took over and killed them. To actually see good gigs, people had to make their way to Olongapo where bands were playing for GIs in the bases.

Francis Reyes, former music director, host and DJ of NU107's *In The Raw* and ex-guitarist of The Dawn, who has been in the business for more than 20 years, says these shifts happen all the





RADIO GAGA
Atom Henares reminisces the good old days

★

The first time we gave NU's phone number on air. The phone rang non-stop for hours after that!

★

Cris Hermosisima not allowing me to DJ because I was not properly trained. And despite this strict protocol, I was surprised to hear my son Quark on the air, saying that he was drunk. And he was only 10 years old at that time!

★

Seeing all the rock stars and icons lining up on the streets outside the station for their turn to play live in our studios at the first Independence Day Sessions!



Scanned with CamScanner





time. "It just takes one or two bands to represent a particular new sound and wave the flag that'll be followed by everyone else."

Then the Eraserheads came in and changed the landscape in the '90s. "That was really a golden era because the Eraserheads got signed, the Youth got signed, Teeth got signed, and none of them sounded like each other," says Reyes. "The rock scene became really healthy. *Sumabog talaga*."

Sony Music Entertainment Artist and Research Director Vic Valenciano remembers with pride those towering years in Pinoy rock. "One of the first rock signings we had at BMG was the Eraserheads in 1993," he says. "When we signed them, it was really something different and phenomenal. Their success renewed interest in rock, like a revolution."

After the whole Eraserheads explosion, Reyes says that the bands that emerged from this renewed interest in rock'n' roll all started sounding alike—that is, like the Eheads. In a sense, the curious thing that happened is that the bands themselves saturated their own scene.

"I'd say after five to six years, *ang* market *naghahanap na ng iba*," says Valenciano. In the mid '90s, show bands filled this void in the live scene.



★

Rosanna Roces showing her boobs and Joey Pepe Smith showing his ass at the NU 107 Rock Awards in 1998!

★

In the early 1990s, I was interviewed by Maria Ressa on CNN about NU developing the Philippine/Asian rock scene. Within minutes, I got calls from friends in the US, the UK and South America saying they were watching me on television!

★

All the creative and amazing photo shoots arranged by Tim Yap for NU 107 and the rock artists for the Inquirer and the Star.

★

International rock star Arnel Pineda apologizing to me for gatecrashing the Rock Awards and asking me to pose for a photo with him!

★ Go with the flow

"We kind of slowed down in signing rock bands," Valenciano says of their present direction at Sony. "You never really stop signing, but *siguro* because of the loss of NU, we have to think what the next trend would be. It's hard to say now, it's dominated by pop music; K-pop and tween pop artists. Pop contest winners. That is where the market is. There are still rock bands but they are more of pop rock."

Which goes well with Pagsuyuin's observation that "in dealing with these shifts, you must observe the political climate, the economy, the audience, the record companies, each one affects the other in a direct way."

DWLS FM, where Pagsuyuin used to DJ, reformatted as well in 2008 in order for the station to cater to a wider, more *masa* audience. Certain bands the station had helped out lost airplay because their music didn't fit into the new *masa*-focused format.

"I agree that these changes have been occurring quite rampantly, says Valenciano, who views these slumps, or cycles, more as an evolution. "It's just like you're eating and you get tired of eating the same food every day, so you want a new flavor." To him, though, this doesn't mean that Pinoy rock has to suffer and be left behind. The key is to find a new flavor of rock that will be consumed by the market. Valenciano contends that we can't even claim our rock as our own. "Because if you listen to it, it's being patterned after US bands *din*." He says we need to establish exactly what Pinoy rock is now, aside from it simply being written by Filipinos.

"As far as bands and the audience are concerned, rock isn't dead," Reyes says, "but I think the advertisers are insisting on it." From NU's perspective, that seems to be the exact answer.

Besides, maybe the rock artists themselves want a little death once in a while to get at something fresh and new. Reyes explains: "When I played guitar in 1990, the way I was thinking then was very different from the way I played in 2000, then different in 2010. For me, I can't keep doing the same thing over and over again. If I didn't change, burned out *na ako*."

★ Alive and kicking

Although there are all these signs that the rock scene is fading out, the rock community is unanimous in saying that the gig scene is still doing well despite the slump.

According to Angelo Carlos, owner of Café Saguijo in Makati, they are still doing well, NU or no NU. Saguijo has been one of the consistent and favorite spots for rock gigs since they opened in 2004. The owners say the bar has felt dips in recent years, but nothing too grave. "I think NU closing down really had no effect on us. 2004 to maybe 2007 were very good years for our bar, after that there were some slight changes but there's always new faces coming in and we still see a lot of the old crowd so we can't really say that rock is dead."

With so many bands around, one might call the music saturated. But Reyes begs to differ: "*Sobrang daming* bands *ngayon. Yung listahan ng banda nakakalula*, I can't pretend to know what they all sound like. But it's not saturated music if you look at the schedule of a venue and you see a list of bands playing, most have their own distinct style like Sleepwalk Circus and Musical O, so I can't really call the scene saturated."

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Revival

"We are doomed!" Members of Flying Ipis react to the thought that they might have missed out on the last Pinoy rock wave.

Flying Ipis were the recipients of the very last *In The Raw* award at the NU Rock Awards for 2010. *In The Raw*, a Sunday show hosted by Reyes, started out just showcasing new, unsigned Pinoy bands but became, up until the last award, a crusade of sorts to champion new Pinoy Rock.

The band says they've been around since the '90s and missed the upswing back then and now despite winning the award, the station that gave it to them shut down. Deng Garcia, Ipis vocalist, stays hopeful. "I'll fight it [the trend] and embrace it. You have to roll with the times and I think you should battle it or else you're bound to get left behind."

Up Dharma Down has kept their boat afloat for the past seven years amid changing trends. The band, under Dalmacion's Terno Recordings, has been able to release three successful albums and penetrated both the underground and the mainstream market.

Paul Yap, bassist of Up dharma Down, comments on the ethics they've followed in sustaining their careers: "Every time we have an endorsement or a possible sponsor, we make it a point *na hindi galawin yung* music. In the first place, *hindi naman kami* mainstream. We want to survive, but we also want to be happy and proud with what we're doing. So we make it a point that we make it our own style. It's a matter of trust."

Dalmacion adds: "Bands shouldn't wait for the next big wave to hit because I think that's ridiculous. Bands should still create and [use the two or three years] to clean up their act and improve on their production skills because that's what most acts lack."

He also suggests using the Net: "That's really the way to go because that's what's available right now and it continues to grow. It enables you to empower the music and get people to be drawn to your art."

Pagsuyuin actually believes rock 'n' roll thrives better when it is where it is supposed to be: the dingy clubs, out of record producer's hands, within the reach of listeners. Pagsuyuin encourages the rock community to get together and create another swell regardless of the presence of mainstream media. "Rock 'n' roll should stay in the underground because that's where it should be. Just like punk, it's supposed to say, 'Fuck you! This is what we want to do and if you don't like it, then sorry.'"



OLD SCHOOL BECOMES NEW SCHOOL

Definitions of the new styles penetrating the Pinoy music scene

★

Dubplate

Dubplate is an exclusive version of a piece of music, usually rerecorded by a reggae, dancehall, dubstep, drum and bass, soca, chutney, hip-hop or any other genre artist that the sound system is able to solicit for the dubplate. Although CD is now the preferred format for these recordings, the use of the word "Dubplate" (commonly abbreviated "dub," particularly in the drum and bass scene) to describe them has survived. For starters listen to: SHORTKUT, Beat Junkies

★

Dubstep

Dubstep is a genre of electronic dance music that originated in South East London. Its overall sound has been described as tightly coiled productions with overwhelming bass lines and reverberant drum patterns, clipped samples, and occasional vocals. For starters, listen to: Caliph8, Soulflower, Red-I

★

Drum 'n' bass

A type of electronic dance music which emerged in the mid 1990s. The genre is characterized by fast breakbeats (typically between 160–190 bpm, occasional variation is noted in older compositions), with heavy bass and sub-bass lines. Drum 'n' bass began as an offshoot of the UK rave scene of the very early 1990s. Over the first decade of its existence, the incorporation of elements from various musical genres led to many permutations in its overall style. For starters, listen to: Morse, Fzero, Kishore, Salamangkero **FHM**

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WORDS:
ALLAN P. HERNANDEZ,
ALEX C. PAITA
PHOTOS FROM GETTY IMAGES

60

THINGS EVERY DRIVER SHOULD KNOW

City driving! Long driving! Uphill! Downhill! Curves! Fuel economy! Drunk driving! Roadside repair!
Special attention: *patok* bus and jeepney drivers



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01 DRIVE A STICK SHIFT

Because you can control gear changes and optimize your fuel consumption. If you know how to use those gears...

07 S.M.O.G.

Safe driving experts recommend this acronym for changing lanes safely: Signal. Mirror (look in your side mirrors). Over your shoulder, looking for bikers and pedestrians and zipping motorcyclists. Go.

02 **Optimize your gears.** The rule: the higher your RPM, the more you consume gas. Why? Because you're stepping more on the accelerator. The quicker you can shift gears safely, the more you save on gas.

03 **Stop speeding.** Unless you're careening downhill, you gain momentum on normal roads when you step on the gas. Ergo, you're fast because you gas.

04 **Coast.** Any chance you get—approaching a red light, humps, preparing to turn—ease up on the gas and let the car slow itself before you stop or let the momentum move your car before you downshift to take a turn.

05 **Slipstream.** Though not recommended under normal driving conditions, you'd do well to learn the aerodynamics behind it: A moving car has a space of low air resistance behind it—that's a slipstream. For you to be faster with less strain on the engine, ride that slipstream. Less drag. Kind of like controlled tailgating. Again, not generally recommended but a skill worth knowing.

06 **Objects really do appear smaller.** In your side mirrors, so judge distance carefully. Just because something seems far from your mirrors doesn't mean it is.

08 **Take a load off.** The heavier the car, the harder the engine works to move you, the more gas it needs. Take out the dead body in the bin and the trunk.

09 **Plan your trips.** If you have GPS, and GPS talks, it'd tell you: the shorter the trip, the more you save on gas. If a trip to work takes 20 kilometers on the scenic route, but 13 on the neighborhood two-laner even though bingo-playing wives take up half the street, it may be wiser to wake up earlier and take the blasted ghetto route, before bingo time.

10 **Drive straight.** Or keep to your lane. We know the itch to switch is strong, but if your car had an onboard computer it would show that changing lanes often adds a couple of meters to your distance. Pile that up in a month and it could have been liters saved.

13 **8 and 4 or 9 and 3.** Imagining the steering wheel as a clockface, these should be your hand positions for optimum control and safe driving. The one-hand open-palm technique is for 14-year-old dad's car drivers.

14 **Cool down—with the fan.** Turning off the air-conditioning saves you up to 10 percent more fuel. So if the weather is cool enough and you're driving alone, roll down the windows just enough to let air in, and instead of the air-con, turn on the fan. About those windows, though...

15 **Don't roll the windows all the way down.** Doing so gives your car more drag than it can manage. Result: you're slower, therefore the engine needs more power, and more gas, to haul your ass.

16 **Don't drive drowsy.** Most road accidents involving motorists plowing center islands or lamp posts are either due to fighting off sleep. When sleep wins, you lose. On long drives, take regular rest stops.

17 **Know your blind spots.** Your side mirrors will not show you everything beside and just behind you. If it disappears in your mirrors, you should immediately be able to see it in the corners of your eyes.

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18

Slow approach, fast exit.

When negotiating a turn, do as the racers do: Brake before the bend, down shift on the gear that will best take you out of the turn, then gas and smoothly exit. Obviously, you don't use this skill under normal city driving conditions.

25 EXIT

OBSERVE THE 12-SECOND RULE.

Experts recommend that you look ahead by at least 12 seconds—meaning, you should spot a signboard, obstruction or a pothole 12 seconds before you actually drive past them.



19 **Top gear.** Manual transmissions offer you the best of this skill: The faster you get to top gear—the highest gear number—with the least strain on the RPMs, the more efficient your driving.

20 **Go diesel**. If you're buying a car for the first time, diesel is the best option. Today's diesel engines are actually cleaner and, as the signs on gas stations say, much cheaper than gas.

21 **Watch out for the crocs.** City driving doesn't just entail knowledge of secondary streets, it also calls for a keen understanding of where the unscrupulous traffic enforcers set up their traps, and consciously avoiding them.

22 **Don't brake when changing lanes.** Ideally, you should be staying at the speed of traffic as you change lanes.

23 **Elliptical roads.** As you enter a rotunda (i.e., the QC Circle), always stop and yield to cars on the road. When the coast is clear, drive toward the center lane and gradually shift toward the leftmost lane, making good use of your signal lights in the process. Steadily move back to the rightmost lane as you approach the exit you're aiming for.

26 **Driving in heavy rain.** Don't put your hazard lights on, as it may confuse the driver behind you and make them stop in haste. Also, this wouldn't give them a clue whether you're turning left or right. Instead, drive slow and keep your focus on the road.

27 **DIY detail No. 1.** You can remove minor scratches by doing these three things: Rub some scratch remover on the damage; then some hand glaze or paint protector on the treated area to smoothen the previous job; then wax to finish off with a good gloss. This is actually the simplified three-step process in most car detailing shops.

28 **Use running water to wash your car.** While it is obviously a waste, if you're hell-bent on keeping your car scratch-free, then water is your best friend. Grit and friction are the main cause of scratches. Washing with running water takes away the scratch-causing particles and the liquid's surface tension lessens the friction from your washing cloth considerably.

29 **Clean brake dust off regularly.** Grime can cause long-term damage to your car, so regularly dust off your wheels with a dry, soft nylon brush, then wash with soap and cold water. Use your old toothbrush to get to hard-to-reach areas. Drain water and rinse as quick as you can.



30

DON'T WARM UP ON IDLE.

We've been taught to warm the engine up for a few minutes before heading out. Not a good idea, apparently. All it does is trick the engine into working like it's moving when it's not. The result: damaged parts in the long run.

31 Black cars vs. silver cars

If you can't be bothered with exterior maintenance, you're better off buying silver cars. They hide dirt, scratches and watermarks fairly well. But they, like you, lack character. Black cars, on the other hand, look great clean but takes just a wee bit of dirt to become filthy. Scratches are very visible, too. Black is best for the OC set.

32 **Neutral on stops.** For automatic transmissions, it's best to shift to neutral at red lights. If you just brake, the engine is still pushing, hence more wear and tear.

33 **Feel the pressure.** Check tire pressure regularly. And always to the car manufacturer's specs. Overinflation and underinflation will waste fuel.

34 **To check is cheap.** To easily see if your tire is still fit for a road trip, place a P5 coin in your tire's grooves. If the wavy line in the coin shows, it means your tire is already too shallow and it's about time you got a new one.

35 **Spend to modify.** If you want lower suspension, buy real sport suspension sets, don't snip your springs to lower them [the *FHM* staffer a girl thought was out to kill her did this to save money. See Rule 47]. In short, don't cut costs just to look good.

36 **Synthetic vs. mineral oil.** You've heard the pitch last time you went for an oil change: "*Mas* okay *ang* synthetic *ser*." Well, how okay is okay? We break the debate to its basics: Synthetic=expensive; mineral=not-so expensive. If you race to work or drive a Ferrari or tow a yacht=definitely synthetic. If you just drive like everyone else, just follow the car manufacturer's specs.

24 Switching between busy lanes.

If no one's kind enough to let you in, try getting your tires on the white line or broken lines that separate the lanes and staying there until some good soul lets you pass.

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37 DIY DETAIL NO. 2

A more invasive job is needed for moderate scratches, those that damage the topcoat (rule: feel the damage with your fingernails, if you feel a slight nick, that's a topcoat damage. Anything deeper than that needs a repaint). Using a No. 2000 sandpaper, sand the damage lightly, making sure you're spraying the surface with water to make sure grit doesn't go with the friction. This will leave a cloudy surface on the car, but the minor scratch will have been removed. Then you proceed with the three steps of DIY detail No. 1, the goal being to have a near-perfect glossy finish.

38 **What's your radio frequency?** You can program car radios now to recall 10 or more radio stations. It's absolutely crucial you choose what you cram in there. "*Tot-tot-tot, lab redyo...*" heard on the car speakers will not endear you to your lady, unless *Kajot* is not only a name to her but a call to wet action.

39 **Pine trees smell good...in the forest.** Not hung on rear view mirrors. It's not even the scent. All that swinging and moving is about as annoying as...

40 **Toy dogs with springs for necks.** Bobbing and nodding about on the dashboard. It's your woman who should be doing that, if she got down and dirty on the road while you're driving.

41 **Wipes.** You know what's better than a box of tissues? A can of Wet Ones. Believe us, the ladies will have more use for it than intended.

42 **Books.** Have them lying around to show the girls that...you have them lying around.

43 **Chivalry.** If you can't open the door for her, be thoughtful enough to not freeze her with the air-conditioning, bore her with bad music, prohibit her from eating in the car, or accidentally smudging menstrual blood on the seat upholstery...

45 **Drop her off—at home.** You don't just drop her off where she can take a tricycle to her home in that still undeveloped tract of land in Novaliches. *Kaya ka nga me kotse eh...*

46 **Don't get lost.** In her company. Especially after you've overstated that *alam mo kung saan yun.*

47 **Don't just park in the dark—unless she wants you to.** Otherwise she'll think you'd want to kill her. Trust us, this *has* happened [to one of our editors].

48 **Keep condoms in a cool place in the car.** As heat may weaken the latex. But don't let her see you keep "hoods" in the car or you'll come off as a sexual predator. If you're parked in the dark, it's worse—not only do you want to bang her, you want to kill her.

49 **Keep it safe—don't tailgate.** Always take the center lane to dodge potential carjackers in your way. Don't stay too close to the car in front of you when you're coming to a stop so you'll have enough space to do a quick maneuver in case of emergency.

50 **Load and lock.** If you still don't, use a locking gas cap. A loose gas cap can make your fuel evaporate.

In the event of car jacking, www.crime-safety-security.com recommends any of these:

52 If you can, run. Say, your engine is running, pedal to the metal and flee (driving a car with automatic transmission will give you better chances at this).

53 If he jumps onto your car, mash down the accelerator then jam the brakes and scoot. Watch the poor guy roll to the ground. Make sure your doors are locked, though,

54 Crash the car into a wall, tree or lamppost, get out of the vehicle and run for your life.

55 Simply hand over your keys to the mugger and run on your feet. Avoid eye contact. Just give the bad guy what he wants!

56 **Filter it out.** Dump your old, clogged air filter for a new one to improve your car's fuel economy by 10 percent.

57 **Sparkling new.** And don't forget: Change your spark plugs every 50,000 miles.

58 **Electricity!** They say lightning can't get to you when you're inside a car because the rubber tires act as insulators. Not true. If you get struck by lightning, it will cause a bang so loud it can make you cry.

59 **Drunk driving.** Don't do it. Coffee may make you a bit jumpy but won't really nudge you back into your consciousness. The only way to drink and drive is to drink, rest until the *amats* subsides and drive home (not to your *suking spakol*) safely.

60 **'Home is five minutes away, it's now safe to unbuckle'** is bullshit. Accidents can occur even when you're driving at 40kph. Airbags don't render seatbelts unnecessary too. **FHM**

MOVE DEFTLY WHEN MAKING OUT.

Just as you are required to unhook a bra with one hand, so must you be able to recline the seat in one smooth motion.

44 KMS

51

Aggressive? Be passive.

Never stop, challenge or confront aggressive drivers on the road. You never know if that jerk has a .45mm pistol in his glove box. Just don't take things personally and ply your own route, at your own pace.

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MUST LOVE DOGS

Whether you're looking for a lap dog to pick up chicks in Bonifacio High Street or a guard dog to protect you from your ex-girlfriend's new bouncer boyfriend, *FHM* helps pick the right canine for you

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SPECIAL THANKS TO: PAOLO MOGOL, XYLEE GONZALES, JANETH TIA, KELVIN LIM, TATIN YANG, DODIE MENESES, DR. LESTER LOPEZ OF VETS IN PRACTICE, ALABANG (8428379), MANDALUYONG BRANCH (533 7965); SHIHTZU AND LEGS; GETTY IMAGES

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REBEL DOG

SIBERIAN HUSKY

If James Dean had a pet, this would be it. Judging by its stance, you know it doesn't do cute and cuddly, looking as fierce as the villain that crosses paths with Little Red Riding Hood. "But underneath its appearance, Siberian Huskies are really very friendly and playful compared to other breeds," says Vets in Practice veterinarian Dr. Lester Lopez, DVM. "They look that way because huskies are genetically bred to be working dogs, intended to pull heavy loads rather than look for a fight. They are the sled dogs used in Alaska." Truth is, Siberian Huskies make terrible guard dogs since by nature they'd rather make friends with strangers than be suspicious of them.

MIX: Belongs to the Japanese Spitz genetic family line. Wolf blood in huskies, nil.

HEALTH: Needs to be in cold climates because of their coat and genetic makeup. "Huskies can tolerate our temperature *pero* you would always notice that they feel a certain level of discomfort in our climate," says Dr. Lopez. "*Makikita mo pa rin silang medyo hirap sa init*. Serious breeders even set up air-conditioners for them."

INTELLIGENCE: Self-control is their middle name. Their EQ level is impressive. If trained well, he'll pass the marshmallow test better than your kid can.

OWN ONE FOR: P23,000

***POGI* FACTOR:** Siberian Huskies are obedient sidekicks. Let them perform their best trick in babe-infested parks and wait for the tough ladies to come in droves.



SNOB DOG

LHASA APSO

They're pretty mutts with long, flowing straight locks that fall all the way to the ground. They are supermodels of the dog world and they act befitting their stature. According to Juliet Cunliffe, author of *Lhasa Apso (Best of Breed)*, they're alpha-type dogs that rarely socialize with strangers and hang out with their family. Like bratty little kids, Lhasas tend to have a stubborn streak when not in the mood, doing only what they want when they want it. These dogs are not total divas, though. They're gentle creatures that just do things in their own pace. Get on their good side and they'll be loyal forever.

MIX: Runs along the lineage of Tibetan Spaniels

HEALTH: These dust mops are high-maintenance pets, grooming wise. They're also prone to eye and skin diseases. Care for them well and they can live up to their 20s (human years).

INTELLIGENCE: Their small built makes them tough to train, taking around 40 to 80 repetitions to get what you want them to do. It pays to be patient with them.

OWN ONE FOR: P15,000

***POGI* FACTOR:** This mutt is the perfect trophy dog. Parade it anywhere and see all the passersby do a double take when they get a glimpse of him.

CLASSIC DOG!

GOLDEN RETRIEVER

Insanely friendly, runs a lot, wags its tail to the same extent and sticks its tongue out as much as it is able to. Golden Retrievers were bred as hunting companions, retrieving animals shot dead by their owners. They've since evolved into doing a variety of roles, serving as seeing dogs for the blind, search dogs for search and rescue teams, illegal drug sniffers and generally delightful pets to families and single people.

MIX: A cross between a water Spaniel and a Bloodhound.

HEALTH: Retrievers live to an average of 11 years (x7=its age in human years), with coats that are dense and water repellent, but not water proof. A shower once every two weeks and regular brushing, that promotes little of the shedding natural to them, are essential for their health and well-being.

INTELLIGENCE: No. 4 in Stanley Coren's, *The Intelligence of Dogs*, making it three times smarter than the Labrador Retriever.

OWN ONE FOR: Between P15,000 and P16,000

***POGI* FACTOR**: Extremely high. That it's loyal, friendly and smart only makes it more charming. When people talk about a dog being man's best friend, they have Golden Retrievers in mind.



LADIES' CHOICE

POODLE

Largely found sporting sculpted 'dos on a leash, plopped unmoving in dog purses, or raking medals in dog shows. Poodles are liked for a number of things including their hair and mostly button-like eyes. But they're liked more because they're smart and because fluffiness suited them long before any of the newer fluffy dog breeds—most of which share Shih Tzu's lineage—came out.

MIX: A variety of Poodle hybrids clue you in on the type of breed it's being crossed with—spoodle, cockapoo (poodle and cocker spaniel), labradoodle (poodle and labrador) and pekepoo (poodle and Pekingese).

HEALTH: Poodles are hypoallergenic dogs, which means they are less likely to trigger an allergic reaction to people with or developing dog allergies.

INTELLIGENCE: Second only to the Border Collie in Coren's 10 brightest dogs. They pick up new commands in less than five repetitions and obey the first command 95 percent of the time or better.

OWN ONE FOR: P14,000

***POGI* FACTOR:** Is in this case interchangeable with *ang-cute-cute-naman-niya* factor. The furrier they are the better. Grooming should be limited to dyeing. A stockier, full-fleeced Poodle looks pleasing to both male and female owners, while a shaved/sculpted one complement ladies and people of questionable gender. Own a brown or black one as opposed to white.



THE HYPER BITCH

MINI-PINSCHER

Is actually the middle-sized version of one dog breed that comes in three different proportions—the Pinscher (Medium), Miniature Pinschers (Small) and the Micro Pinscher (Extra Small). Where the regular pinscher looks like a famished Doberman, this one looks like a Chihuahua that sort of looks like a Doberman in scoopable version, but not too infantile in size to make you look sissy. Aesthetically, Mini-Pinschers are Chihuahuas made male.

MIX: Of German origin, was once recognized as a cross between terriers and Dobermans, which it both resembles, but the International Kennel Club has confirmed that Pinschers predate Dobermans at least 50 years back.

HEALTH: Sturdy for their size.

INTELLIGENCE: Ranked among the "above average working dogs" who understood new commands in 15 to 25 repetitions and obeyed the first command 70 percent of the time and up.

OWN ONE FOR: P12,000

***POGI* FACTOR:** Strikes notes of both masculinity and pick-me-up-I'm-cute vibes.



CELEBRITY MAGNET

SHIH TZU

This stuffed-toy looking mutt is as appealing to the ladies as it is to tough guys. Don't be quick to judge its frail and fluffy façade, these mutts are closely related to wolves than any other breed and behaves more like an annoying little boy than a timid girl. Like Energizer bunnies that refuse to stay in one place, it'll gladly play roughhouse all day but would run under the sheets in terror when you get generous with the hugs and cuddles. People that adore them include Nicole Richie, Bill Gates, Francine Prieto and the Dalai Lama.

MIX: Cross a Pekinese with a Lhasa Apso.

HEALTH: Generally healthy but can suffer from kidney and eye problems.

INTELLIGENCE: It takes around 40 to 50 repetitions before it comprehends a command.

OWN ONE FOR: P15,000

***POGI* FACTOR:** They're great wingmen. "*Kahit saan mo dalhin—sa* mall, *sari-sari* store—*lapitin siya ng* girls. One time, Maritoni Fernandez and another actress approached me when they saw my dog," says dog owner Carlo Zamora.

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COMEDIC MUTT

PUG

These dogs are short, have bulgy eyes, curly tongues and a face that seems like it got smacked flat right into a wall. People who are mad about Pugs must have a great sense of humor, being able to appreciate the quirks of this cartoon-looking canine.

MIX: The Pug bloodline has modern Pekinese traits with King Charles, Spaniel features.

HEALTH: Its smashed-in face comes with a cost. Squeeze the neck too hard or choke it with the collar and its eyes will pop out. Pugs snort like pigs because they have an unusually short snout and are also prone to breathing difficulties particularly in warm weather due to their elongated pallets. Pugs also overheat easily and shed fur during the hot season.

INTELLIGENCE: Always alert and noisy, they tend to make good watchdogs. Unfortunately, small heads equate to pathetic brainpower so training them could become an issue.

OWN ONE FOR: About P20,000

***POGI* FACTOR:** That annoyingly funny talking mutt they call Frank in the film *Men in Black* is a Pug. Stroll along with this dog to attract women with quick wits and refreshing pug-like sense of humor. Better that than hook up with a look-alike.



ENERGY BALLS

CHIHUAHUA

It has fox blood in it and as the little mutt's name implies, it originated in Mexico. Chihuahuas are the smallest dogs in the world, growing up to 10 inches and weighing only three kilos, max. Like your nagging wife, this puny mutt loves to yelp almost all the time, annoying you with an ultrasonic-sounding bark–a signature of the breed. Thing about these little mutts, they have a false sense of toughness. Chihuahuas feel and think they're six-foot tall creatures. The reason they attack every one that crosses their path—strangers, gigantic dogs and even bears.

MIX: The Fennec fox is said to be its ancestor.

HEALTH: They get cold easily because of their flimsy frame. Usually, they are also prone to genetic anomalies that are oftentimes neurological in nature such as epilepsy and seizures.

INTELLIGENCE: They seem to be picky with their friends and do not always get along with other breeds. That's due to their clannish nature.

OWN ONE FOR: P12,000

***POGI* FACTOR:** Chihuahuas are pocket sized companions. Looking tough and cute at the same time is their expertise.

ELITE DOG

POMERANIAN

Poms are four-legged cotton balls you can carry in one hand. It's slightly smaller than a basketball, weighs around two to three pounds and fits in a handbag, which makes it easy to sneak in hotels and malls. The probable reason Paris Hilton and her style minions thought Poms make great fashion accessories. They're outgoing, quite yappy and protective of their masters.

MIX: Turned into a smaller version of its ancestors, which include the Alaskan Malamute, Samoyed, Siberian Husky, Chow-chow and Keeshond.

HEALTH: Prone to slip kneecaps because they gallop when they run. Correcting it requires serious surgical operation. Their double coats make them mud and dirt magnets.

INTELLIGENCE: These mutts are pretty intelligent for its size, placing 23rd spot on Cohen's list. If these smart cuties want something, they would do anything—make noise and use the pity card—just so you'd give it to them.

OWN ONE FOR: P29,000

***POGI* FACTOR:** Not exactly the mutts you want to flaunt around your guy buds, but the social butterflies among the ladies will adore you for it.



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CARE BEAR

CHOW-CHOW

Acceptable to macho tastes because of its bulk and size and likeable to female onlookers and would-be owners because of its endearingly scrunched-up face, double coat fur, blue tongue and general teddy-bear type demeanor. Chow-chows are not particularly active and, despite their size, will suit most condo/apartment/without-front yard residences because running around large spaces isn't something they do.

MIX: The stockiness, face and fatness of a bulldog along with the furriness of a Dachshund.

HEALTH: Prone to keeling over and bone-related illnesses due to periods of inactivity and sudden activity.

INTELLIGENCE: Ranks eighth in Coren's 11 dogs with the lowest obedience and intelligence levels. Chows can understand new commands when repeated 80 to a hundred times, obeying first commands 25 percent of the time or lower.

OWN ONE FOR: P20,000

***POGI* FACTOR:** Charming in appearance but can be a bit of a snob owing to the temperament inherent to its breed. Chow-chows don't like strangers, but bond well with their owners. Score its devotion and women will likely think of you as a great owner.

THE OKAY DOG

BEAGLE

Possesses the personality and appearance of hounds, but is less droopier, leaning toward a smaller, more medium-built proportion and a more open demeanor. "Open" to Beagles means not hostile, but not enthusiastically chummy or friendly either. Beagles are the kind of dogs you want hanging around when you're a cat person.

MIX: Its origins can be traced in ancient Greece, though its nationality today is English (UK). In medieval times, a Beagle was a generic definition of anything that meant a smaller hound.

HEALTH: Fortunately one of the few dogs who do not have inherited problems associated with its breed—ear infections, bone illnesses, etc.. Unfortunately because of this, along with their size and unresisting behavior, they've become one of the choice "animals" where the phrase "animal testing" is applied. Outside of it, Beagles live an average of 12 to 15 years.

INTELLIGENCE: Ranks fourth in 11 of dog breeds with the lowest obedience intelligence.

OWN ONE FOR: P15,000-P16,000

***POGI* FACTOR:** High. Where dog breeds are mostly German and American, an English dog with British carriage and a non-snooty behavior that allows for strangers to pet them, is a big hit. Especially if the chick you want to win over isn't into fur curls and fleece.



KAPITBAHAY MAGNET

ASPIN

Or Asong Pinoy, the politically correct term for what most people call *askal* or *asong kalye*, and what vets call "mongrel," which unfortunately means a dog of unidentifiable breed. An Aspin can look anywhere between a pure-looking Lhasa to some sort of Hound or an *unano* Labrador. But majority of them, Dr. Lopez says, "are brown with little fur, medium-built with long snouts and a square face." Aspins typically multiply fast (two to five by the litter). They're cute as long as they are pups, during which they are easily giftable to equally cute female neighbors.

MIX: Mixture of every possible breed, same goes for the kind of women they attract.

HEALTH: Resilient to sickness. "I've had Aspin patients but very rare, and when I do have them come in, the owners would say, Doc, *ngayon lang yan nagkasakit nang ganyan.*" Dr. Lopez says. Dogs of mixed lineage are said to be healthier than pure breds.

INTELLIGENCE: Anywhere between the lowest to highest rank on the scale depending on lineage/dog breed mix.

OWN ONE FOR: P0.00 (puppy gifting in the neighborhood and between relatives)

***POGI* FACTOR:** The littler the hair, the smaller the appeal to high-end chicks. **FHM**



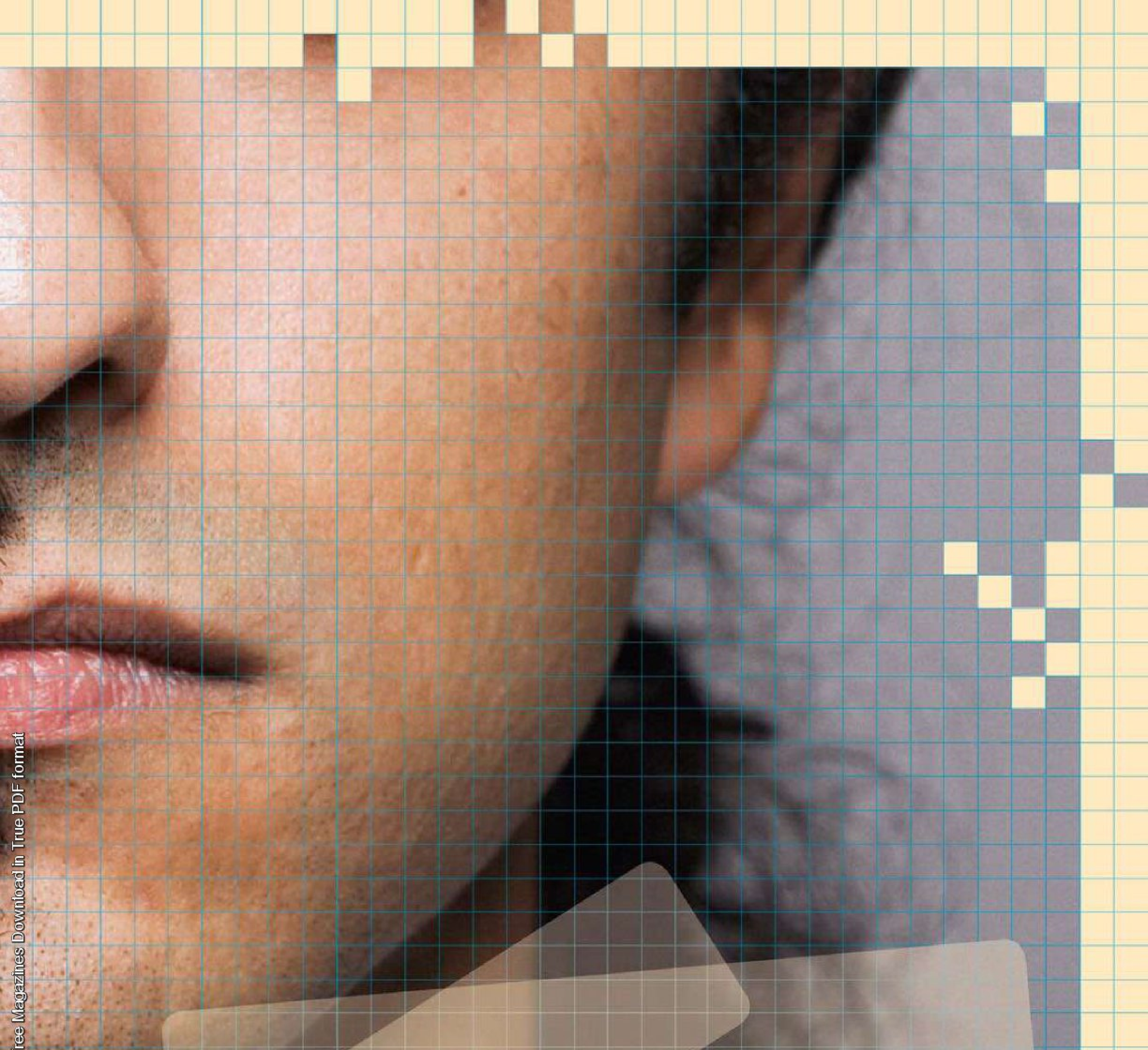


WAXED

We list down questionably manly things to do for the sake of

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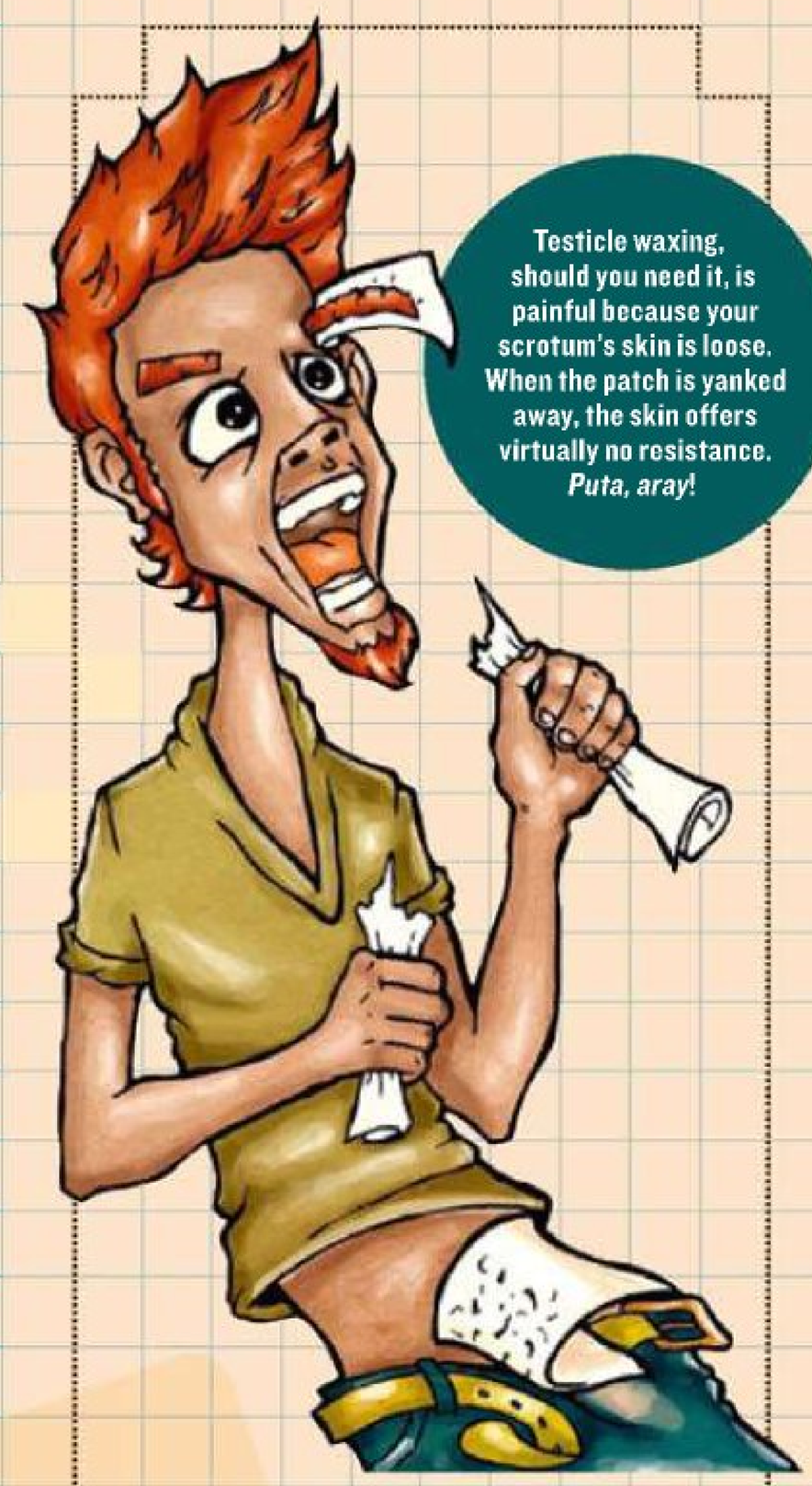
OUT

grooming yourself clean. What are your options? Here they are...

WORDS: KHYNE
ILLUSTRATIONS:
PHOTO FROM GETTY IMAGES

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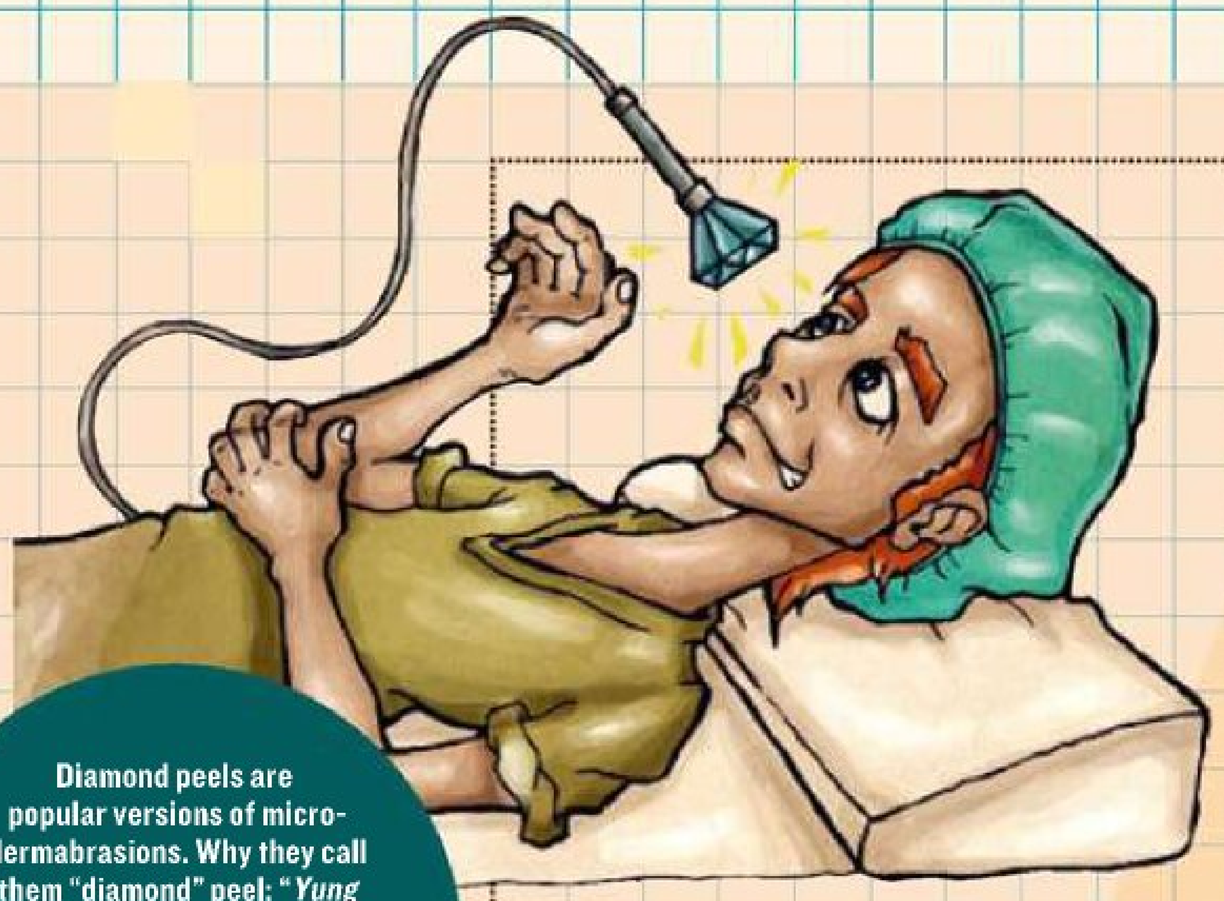
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Testicle waxing, should you need it, is painful because your scrotum's skin is loose. When the patch is yanked away, the skin offers virtually no resistance. *Puta, aray*!

WAXING

Target area: Eyebrows, upper lip, chin, chest, arms, legs, buttocks
What happens: Thick heavy liquid (generally a combination of honey, cream, sticky emulsion plus waxing salon's own customized ingredient) is spread on top of hairy skin. Cloth-like patch goes on top of the wax. Wax glues hirsute skin to patch and sits on it for a full minute or two. Patch comes off and so does hair. Waxing yanks out follicles at the root; wins against plucking where large areas of hair are involved and does so in shorter time.
Duration: 5-10 minutes to an hour and a half, depending on expanse of body part being waxed hairless.
But you can't do it when: Your skin bears open wounds; allergic to any of the ingredients contained in the wax.
Serviced at: Lay Bare Waxing Salon, 2/F Robinsons Galleria, Ortigas. Call 0917-LAY-BARE (529-2273) or visit: www.lay-bare.com
How much: Facial hair and underarm: P250 – P350; torso and below: P400 – P800
Repeat: Every two weeks for facial hair, once monthly for below the neck procedures, thrice for the brave.



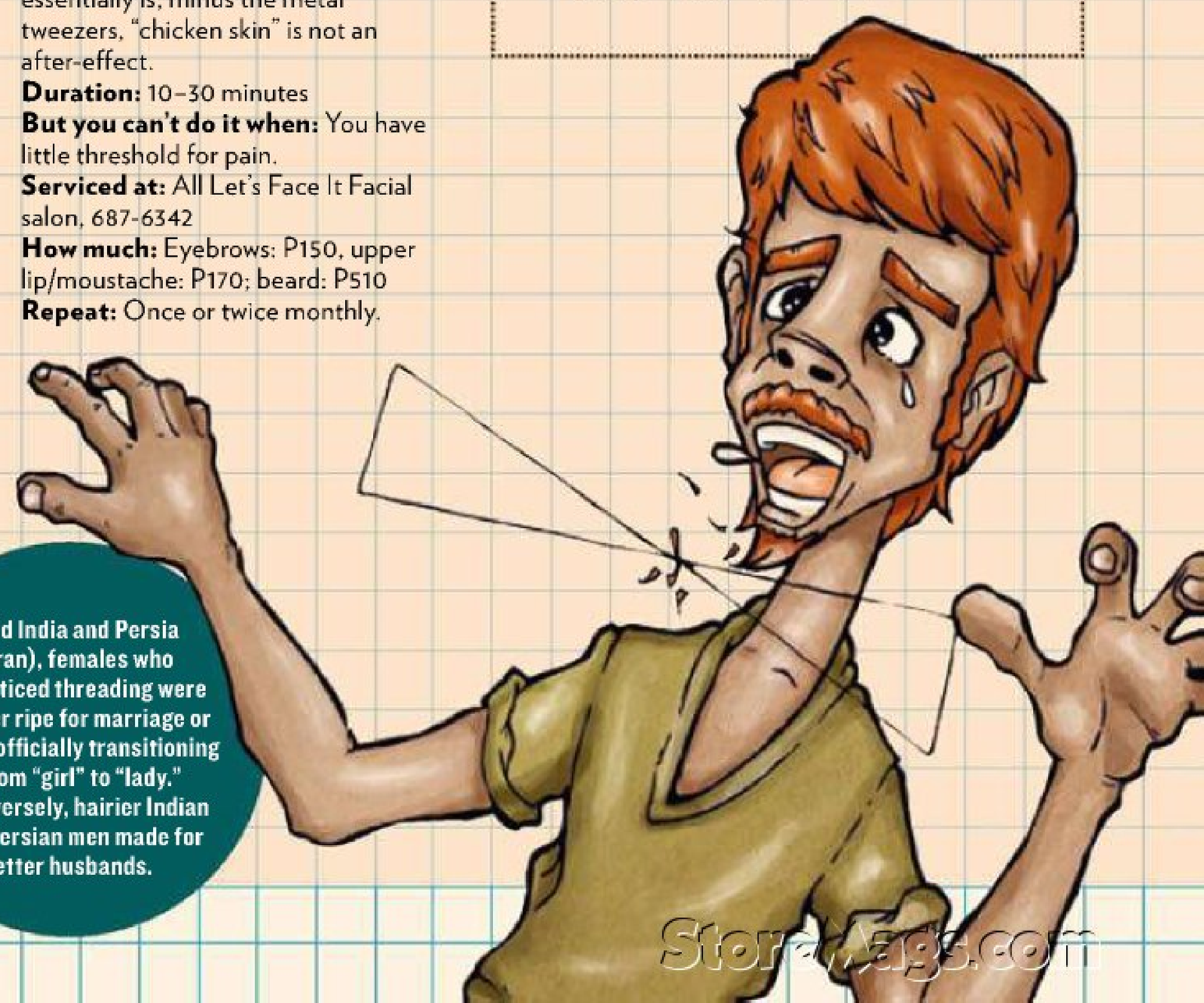
Diamond peels are popular versions of micro-dermabrasions. Why they call them "diamond" peel: "*Yung* tip *ng* wand *na ginagamit pang-crease at pankaskas dun sa* face *may* diamond chips, *yun yung* rough portion *na nag-i-initiate ng* abrasion, *ng* cleaning, *ng* light peeling," says the folks at Derma Concepts

MICRO-DERMABRASION

Target area: Your face
What happens: Light and instant exfoliation care of a machine that scrapes off old unwanted skin to make way for a glowing new one. Also coaxes impurities (blackheads, whiteheads) to surface. Its twin contraption vacuums off loosened impurities and exfoliated skin. The difference between micro-dermabrasion and exfoliation? This one offers instant peeling but is less conspicuous on the skin.
Duration: 10-15 minutes. Any longer and "*masusugatan yung* skin," explains Derma Concepts Clinic medical staff Irene.
But you can't do it when: "You have rashes, allergies and severe dermatitis or *maraming* pimples, *kasi mas nai-irritate lang yung* skin *imbes na luminis*." says Irene. Or if you're hitting the beach. Dermabrasioned skin is vulnerable to the burning sun.
Serviced at: All DGM Derma Concepts Clinic. Call 709-2177
How Much: P1,200; promo rate: P600
Repeat: Twice a month max.

THREADING

Target area: Eyebrows, upper lip, chin
What happens: An arm's length of nylon or cotton strand is twisted to form a knot circling a single or group of hair that needs removing, wrapping tightly on it, after which the thread is used as leverage to pluck the encircled hair from the follicle up. Like waxing, threading is a centuries-old method of non-permanent hair removal, and can dispose large amounts of hair in the longer time it takes for metal tweezers to do the job. Unlike plucking, which threading essentially is, minus the metal tweezers, "chicken skin" is not an after-effect.
Duration: 10–30 minutes
But you can't do it when: You have little threshold for pain.
Serviced at: All Let's Face It Facial salon, 687-6342
How much: Eyebrows: P150, upper lip/moustache: P170; beard: P510
Repeat: Once or twice monthly.



In old India and Persia (Iran), females who practiced threading were either ripe for marriage or were officially transitioning from "girl" to "lady." Conversely, hairier Indian and Persian men made for better husbands.

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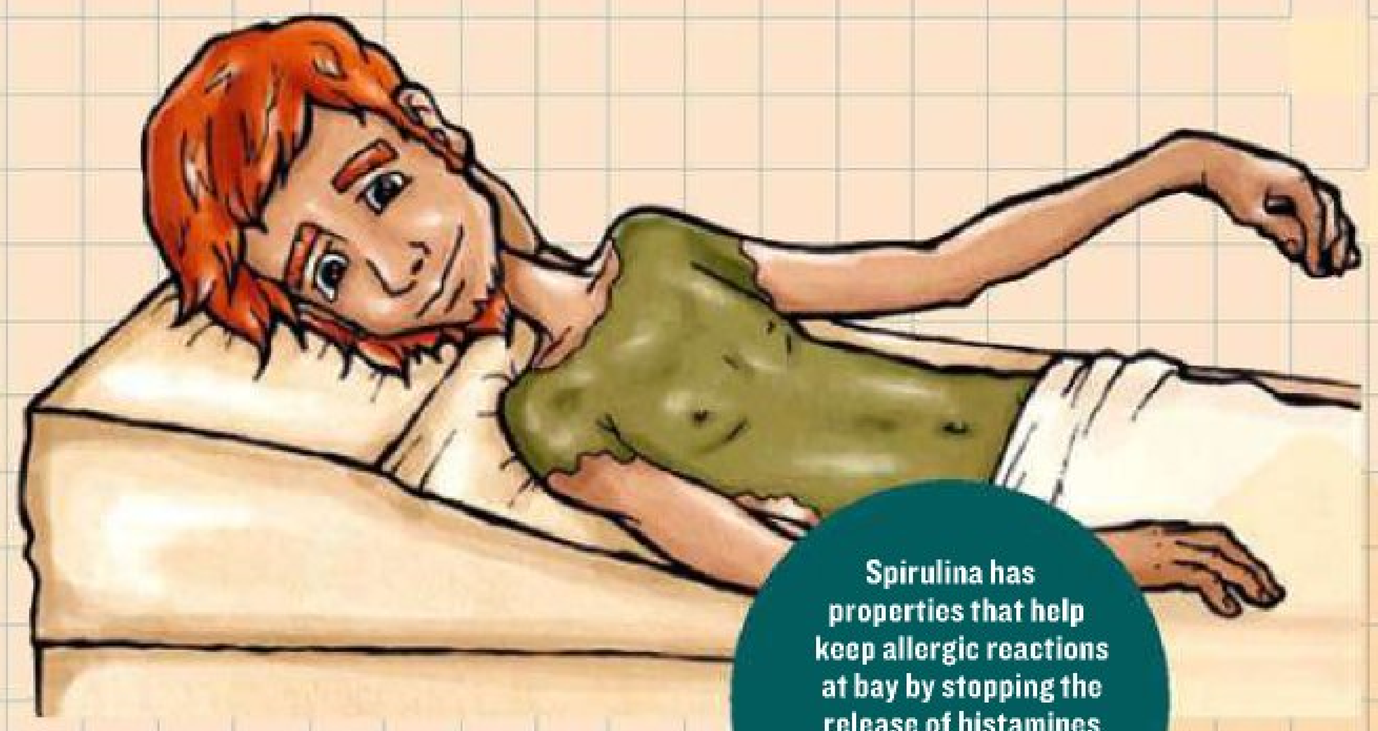
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PARAFFIN TREATMENT

Target area: Hands, feet
What happens: Paraffin, the same liquid sometimes substituted for kerosene—flammable, but also with healing and moisturizing properties—is rubbed on the hand, foot, or both, then soaked for the duration of the service, after which your limbs are patted and dried. If your girl doesn't appreciate your slicker hands, she will warmer toes.
Duration: 30-45 minutes
But you can't do it when: You have allergies.
Serviced at: The Spa Bonifacio High Street. 856-6868, 856-585. Visit thespa.com.ph
How much: P900
Repeat: Thrice a month.



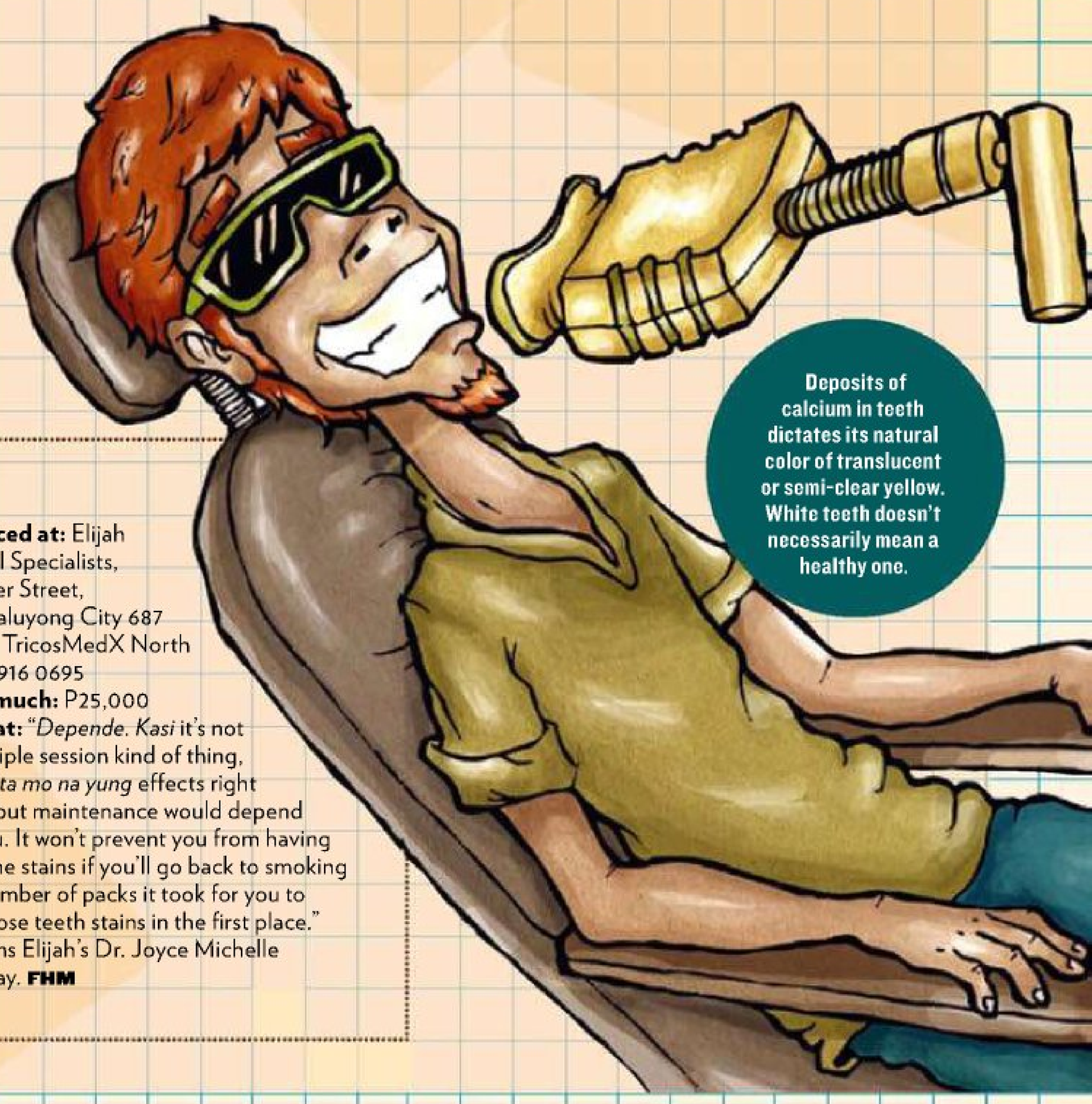
***Pasma*, rheumatism and arthritis are said to diminish in episodes when paraffin treatments are administered.**



Spirulina has properties that help keep allergic reactions at bay by stopping the release of histamines that contribute to swelling, eye-watering, itchiness.

BODY WRAP

Target area: Torso and lower body
What happens: Operates the same way as your girl's face masks. Thick goo is coated on your body for a full 45 minutes to an hour. Goo may consist of spirulina (an algae) for a clearer complexion, seaweed for a firmer skin, milk and honey for smoothness. After which you shower yourself into a clean, skin-renewed man.
Duration: 45-60 minutes
But you can't do it when: You're allergic to any of the ingredients contained in the wrap.
Serviced at: The Spa Bonifacio High Street. 856-6868, 856 -85. Visit thespa.com.ph
How much: P800–P1,200 depending on type of wrap
Repeat: Anytime. "*Hindi siya* harmful *ulitin, depende sa tao*, and *sa* level *ng* pampering *na gusto niyang matanggap, yung pinakamadalas para sa iba* once a week." says The Spa staff Marjorie.



Deposits of calcium in teeth dictates its natural color of translucent or semi-clear yellow. White teeth doesn't necessarily mean a healthy one.

TEETH WHITENING

Target area: Your choppers
What happens: Your teeth are isolated from your gums, and a one- to two-hour procedure with three cycles has the dentist applying a concentrated teeth-whitening "light activated" mixture [what it is exactly, is proprietary] on each and every one of the hard bony enamel in your mouth, after which you rinse it out, and do it over again, until the dentist says your teeth are white enough to go.
Duration: 1-2 hours
But you can't do it when: You chain smoke, drink a lot of coffee, and regularly resort to teeth-staining activities that will easily reverse the service you just had and paid for.
Serviced at: Elijah Dental Specialists, Pioneer Street, Mandaluyong City 687 57 50; TricosMedX North Edsa, 916 0695
How much: P25,000
Repeat: "*Depende. Kasi* it's not a multiple session kind of thing, *makikita mo na yung* effects right after, but maintenance would depend on you. It won't prevent you from having nicotine stains if you'll go back to smoking the number of packs it took for you to get those teeth stains in the first place." explains Elijah's Dr. Joyce Michelle Ambray. **FHM**

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THE EXTREMISTS

Playing with danger is what these new super athletes do best

DIX PEREZ

MICH LAGDAMEO AND MIKEY AGULTO

BANNS MENDOZA

DOWNHILL MOUNTAIN BIKER

AGE: 32

DAYJOB: Bike events/ clinics organizer, former bike shop owner

BEST KNOWN FOR: Former member of Mountain Bike National Team

BANNS ON MOUNTAIN BIKING: "*Sa* Mountain biking, *mayroong tatlong* major disciplines: downhill, cross country, *at* free ride. *Kung magsisimula ka*, more on cross country *ka kasi pwede mong gawin yun para maging* fit."

Point is mountain biking—a sport consisting of riding a mountain bike off road and over rough terrain—is not a ride in the park. Downhill biking, for one, is the dodgiest of its kind, one with the uppermost risk factor. Bruises and injuries are a common occurrence.

All this and we remain overly positive that Banns will love it for the rest of his life. "*Naging* career *ko na siya at* later on *habang tumatanda naging* lifestyle *na rin*," he says. "*Makikita mo ang* improvement *sa* health *mo kapag may pinaghahandaan kang laro*."

Banns, much like any other upstart two-wheel enthusiast, had his pastime turned into passion and, eventually, a full-fledged profession. He owns a cycling career that started with trial courses before advancing to cross-country and in due course made a slew of achievements in downhill mountain biking.

His high regard for the sport has since turned into a livelihood, at one point putting up his very own bike shop with wife Tena, who happens to be a rider herself. They are also behind some of the most well-regarded mountain biking clinics and competitions in urban locations, most notably the annual Dirt Weekend held in Nuvali, Laguna. "*Dapat ang gumagana na lang sa iyo* instinct," he advises. And Banns was never uncertain about following his.

Photographed at NUVALI, Laguna. www.nuvali.ph

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JC DY

WAKEBOARDER

AGE: 27

JC Dy first "learned" to wakeboard via a videogame seven years ago while recovering from a basketball injury. "I never thought it would be something I would do," reveals the business management student, who has since garnered podium finishes at such tourneys as the Perpetual Cup and Slippin' and Kickin'. "My cousin just brought me to Lago, Batangas to try it for real, and on the very first day I was already able to do a turnaround. I thought I could have a future in this sport. I was hooked."

He drives home the reality that while wakeboarding is a summer activity even your kid nephew can get good at, it is still a serious sport with accompanying dangers and resultant injuries. "No pain no gain," says JC, who is currently recovering from an ACL/MCL tear operation. "The only way to know if you can do a trick is to try it, so injuries really come and go. *Bukol, pasa, kalyo*—that's common. I broke my knee in 2009."

With our own muscles in mind, we inquire about the physical demands of wakeboarding. JC tells us that he weighed 300 lbs. the first time he tried the sport, and is now down to a comfortable 190. "I guess it helps to be a little athletic, but if you just want to do it, then do it. It's the kind of sport that if you don't give up, you'll get good at. Once you stand up, you'll get hooked."

We'll take that to mean once we stand up from in front of our TV sets. We just might.

Wakeboarding gear courtesy of Stoked, Inc. Photographed at NUVALI, Laguna. www.nuvali.ph

DAYJOB: Business management student, CSB
BEST KNOWN FOR: 2010 Perpetual Cup first-placer in wakeskate
JC ON WAKEBOARDING: "It's like skateboarding, on water, while being pulled by a boat. Anywhere there's flat water, you can wakeboard."

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ALVIN RAMIREZ

MMA FIGHTER

AGE: 22

We live in a world where violence is glamorous and pugilism merits accolades and big bucks. And the focal point of this high-stakes, high-profit franchise is the fighter himself: larger than life, surrounded by hangers-on, exuding charismatic arrogance.

But not champion-on-the-rise Alvin Ramirez of Team Yaw Yan Buhawi, who stunned local fight fans with his fighting spirit when he faced crowd favorite Roy Docyogen in URCC 15. He arrives at our shoot sans overprotective entourage. His responses are peppered with humble "*pos*" and "*opos*." He proceeds through the shoot with no complaint, no signs of attitude. Alvin seems to be a walking contradiction to all our perceived notions of fighters.

Alvin masters both his pet discipline Yaw Yan while training in wrestling and grappling to up his game. "*Ang* MMA *kasi, nag-eevolve yan,*" he explains. "*Kailangan alam mo lahat. Hangga't kaya, subukan mo yung bago, pero huwag mong kalimutan ang* basics."

Is it true life becomes reduced to one training routine after another? "*Nagagawan naman ng paraan, eh. Kung sa umaga may pasok, sa gabi naman may oras mag-training,*" says Alvin, who's currently finishing his studies in IT.

So we walk away from the shoot realizing that there is more to MMA fighters than just glory, fame, gore and blood. There is one thing about fighters that Alvin affirms, and perhaps is the most important attribute of all: They have a lot of heart. "*Hangga't humihinga ako, lalaban ako. Hangga't hindi niya ko napapatumba, lalaban ako.*"

Special thanks to Ms. Bubbles Aguilar and the URCC

DAYJOB: IT student, AMA
BEST KNOWN FOR: Winning his matches in URCC 16 and 18
ALVIN ON MMA: "*Iba rin yung samahan ng mga ka-training mo eh. Kahit nung una hindi kayo magkakilala, parang magkakapatid na rin kayo.*"

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JOREL GUEVARRA

KITE LAND BOARDER

AGE: 33

First things first: Kite land boarding is different from, though closely related to, the sport of powerkiting or kite surfing. Powerkiting, for one, does not involve a board. Kite surfing, on the other hand, is done on water. Kite land boarding meanwhile involves a kite and a board and is most definitely done on land.

One might say that all are still relatively new trends, but the sport was actually born in the late '90s, first as a means to kite with snowboards during wintertime and eventually transitioning into land using two-wheeled boards. We learned this particular trivia from Jorel himself, who claims that kite land boarding is essentially "like riding with the wind." "*Hinihila ka ng hangin habang umaandar ka. Pinu-pull ka ng* kite pero *ikaw ang may* control *sa* direction *mo* using the wind."

Jorel is one of the founding members of Powerkiting Philippines, a group dedicated to instructing young upstarts with hopes of promoting the sport to the general public. Still, he will be the first to admit that kite land boarding might not be for everybody. "*Hindi kami yung tipong pinapa-join namin lahat. Kailangan may* interest *talaga sa* sport, or else *hindi ka tatagal*," he says. "First problem is *mahirap yung* location. And when it comes to equipment, *hindi rin* available *sa* Philippines so you have to order online."

To date, the team has over 18 to 20 members, most of which have aspirations to someday compete in land boarding competitions, which are currently only held overseas. For a man who obviously knows his sport, it'll only be a matter of time before Jorel and his team ascend right up to everyone's radar. Ambition, however unwarranted at times, should work that way.

Photographed at NUVALI, Laguna. www.nuvali.ph

DAYJOB: Web designer
BEST KNOWN FOR: Founding member, Powerkiting Philippines
JOREL ON KITE LAND BOARDING: "It's like riding with the wind. *Kailangan mo pag-aralan yung* wind – *kailangan alam mo yung* area *at* direction *ng hangin, at pag-control ng* equipment *mo*."

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FHM BIKINI HEAVEN

MARCH 19, 2011

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FHM is going to Boracay! But we're not heading there just for a tan. We'll be bringing along some of the sexiest, bikini-perfect women you'll ever set eyes on. And then we'll throw the hottest party this summer. All because it's our 11th anniversary! Expect epic fun!

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STYLE

WHAT TO BUY AND HOW TO WEAR IT

Waterproof

KEEP YOUR GADGETS SAFE AND SOUND

Going to the beach used to be a no-brainer: you pack your swimwear, sunblock and you're all set. But now that we're tied to our electronic devices, we have to think about protecting them. A quick way would be to just leave them in your hotel room and check on them later. But what if you're hardcore and need your gadget by your side all the time? Waterproof protectors would be your perfect choice. They can be hung around your neck, across your chest, or attached as an arm band. And they're not just handy for electronic devices, you can also put your cash inside and wade into the water, keeping your bills safe and dry. You won't need to worry about losing your wallet on the shore. Now if only they could come out with something for your laptop.

Canon Digital Ixus 300HS P24, 950
Waterproof neck wallet, P500,
available at SPF Robinsons Galleria.

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WORDS: DONNA CUNA-PITA; PHOTOGRAPHY: WESLEY VILLARICA.

PRACTICAL YET STYLISH SWIMWEAR

SUMMER GADGETS AND GEAR

TOP TRENDS TO TRY THIS SEASON



NEW ITEMS TO CHECK OUT

Release: StoreMags & FantaMag

Summer stash

IT ISN'T ENOUGH TO JUST HAVE SWIMWEAR ANYMORE



BEACH ESSENTIALS

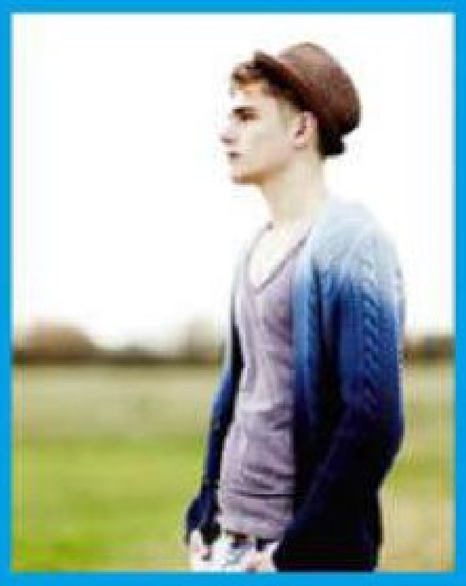
From top left clockwise: Head goggles, P795. Block Up sunblock, P750. After Sun cooling spray, P160, all from SPF Robinsons Galleria. Traffic mesh shoes, Powerplant Mall, P3,499. Rayban Rare Prints exclusive collection, SM Department Stores, P9,990. Sack all-weather bag, SPF Robinsons Galleria, P1,200. Zoggs ear plugs, SPF Robinsons Galleria, P195. Canon Digital Ixus 130, P18,950. Plastic coin container, P90, and Mallos rubber flip-flops, both from SPF Robinsons Galleria, P750.

TOP THREE TOPMAN TRENDS



FIELD DAZE

An explosion of color and pattern, Field Daze is a layered eclectic mix of Navajos, stripes, polka dots, fairisles and florals worn together to give visual contrasts and textures.



LOS FELIZ

Clash of printed resort shirts with camo, pyjama stripes and bold checks. Proportion play is also key with light oversized layers for tops mix with sawn-off shorts and printed board styles.



OLD VILLE

With workwear as inspiration, this collection is all about washed denim and chambrays. Heavy washes and crinkle effects mixed with stone dyeing and staining give it a well-worn and authentic look.

WORDS: DONNA CUNA-PITA; PHOTOGRAPHY: WESLEY VILLARICA.

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Heat Wave

SUMMER ESSENTIALS TO BUY AND TRY



WORLD WANDERER

The spirit of discovery and exploration is in the air this summer! To celebrate this bright and sunny season, Banana Republic's latest collection for Spring/Summer 2011 features shades of crisp blues, airy whites and exotic rainforest prints and patterns. So even if you're stuck at your desk staring at your beach-themed screen saver, you can at least dress like a world-trekker!



LUXE LIVING

Exploring the world between casual and formal wear, Bottega Venetta continues with their trademark breezy but focused balance by mixing the technical rigor of athletic apparel and the refined technique of classically tailored men's wear. Fine, washed leather and perforated suede keep the mix luxe yet laidback.



CLASSIC COMFORTS

For the man looking for more sophisticated wardrobe options, Gap updates beloved classics with modern cuts and colors. Their trademark khakis now come in slim fit and their classic white tees are now available with different necklines to keep your summer look fresh and current. With the overall color theme being caramel and white, it's a breeze to mix and match!



ONCE MORE WITH PEELING

Flip-flops have always been a part of our culture. Even before branded ones came to our shores, every Filipino had owned at least one pair in their lifetime. So it comes as no surprise that local brand Banana Peel understands this deep attachment we have with our dear *tsinelas*. Making them look cute and affordable, we can continue enjoying the comfort of our national footwear.



MESSAGE SCENT

SMELL GOOD ALL THE TIME



The most basic of scent requirements, smelling clean should be easy enough with this fresh, crisp scent.



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Style *Essentials*

IN TOO DEEP

MERGE FUNCTION WITH FASHION WITH NO-NONSENSE SWIMWEAR



ON HIM: Striped board shorts, SM Dept. Store, P350. RayBan Rare Prints, SM Dept. Store, P9,990. ON HER: Twisted bandeau, Etam at SM MOA, P2,090.

Ray ban Rare Prints, SM Dept. Store, P990. Blue board shorts, SPF, Robinsons Galleria, Pl,200.

PHOTOGRAPHY: WESLEY VILLARICA

STYLING: DONNA CUNA-PITA

MAKE UP: BARBI CHAN

HAIR: CORA LEE

MODELS: CRIS LOMOTAN, TANJA AND FAYE OF VISAGE MODELS

SHOT AT HOTEL H2O, LUNETA PHILIPPINES (BEHIND QUIRINO GRAND STAND). VIST WWW. HOTELH2O.COM FOR MORE DETAILS. SPECIAL THANKS TO MR. ERIC MENDOZA AND MS. OVELY ROSE R. ALLOGUINES

Style *Essentials*



ON HER: Cut-out maillot, SPF Robinsons Galleria, P1,800.

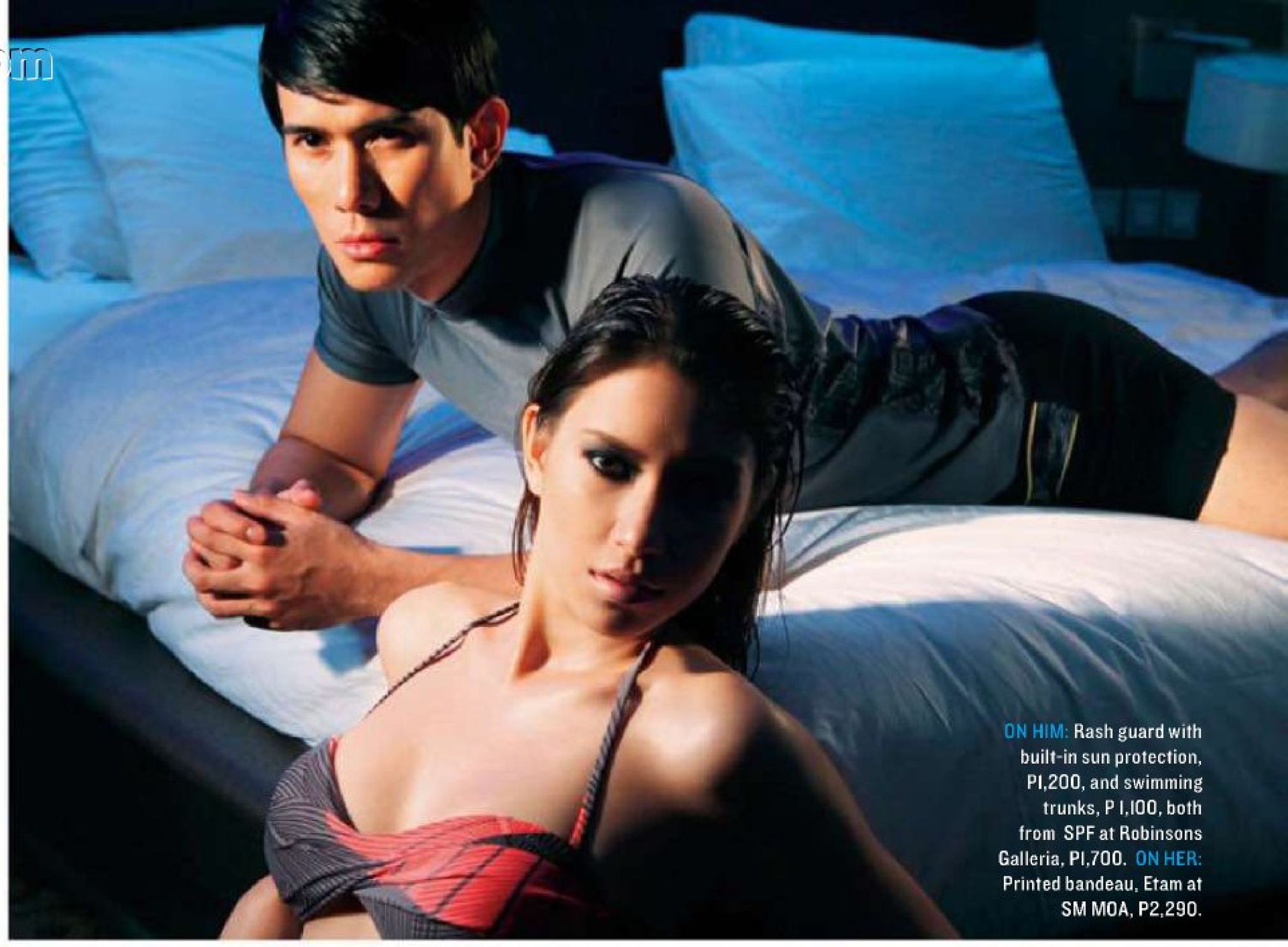


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ON HIM: Rash guard with built-in sun protection, P1,200, and swimming trunks, P 1,100, both from SPF at Robinsons Galleria, P1,700. ON HER: Printed bandeau, Etam at SM MOA, P2,290.

ON HIM: Sleeveless rash guard, SPF Robinsons Galleria, P 1,100, and gray boardshorts, P1,200. ON HER: Printed cut-out maillot, SPF Robinsons Galleria, P1,900.



ON HER: Cut-out maillot, SPF Robinsons Galleria, P1,800.

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UPGRADE

BECOME THE NEXT IRONMAN

FHM'S PRE-TRAINING PLAN FOR THE MOST DEMANDING RACE ON EARTH



WORDS: RYAN TORRE; MAIN PHOTO: PET SALVADOR

Men of steel don't fly. They run, bike and swim. You'll see this happening on August 14 at the Ironman 70.3 Philippines, set in the lush but grueling terrain of Camarines Sur.

You might wonder, why would anyone want to endure the physical pain that comes with joining a triathlon? Let us answer with another question: Haven't you ever wanted to be called an alpha-male? Ask anyone who has ever competed in a triathlon and he will tell you that nothing can beat the high you feel once you cross the finish line. Plus, training for it will also improve your general well-being.

But it'll take more than a few runs to become a full-fledged triathlete. So we hook you up with a proffesional trainer to develop a pre-training checklist for three types of wannabe Ironman champs—the couch potato (his dream is to win the Ironman but won't do anything about it), the weekend warrior (who has a couple of fun runs under his belt) and the Ironman veteran (who's consistently a 50th to 100th placer). Start counting the days, gentlemen. It's time to work.



Not even cataracts could blur what were truly important



01 IF YOU'RE A... COUCH POTATO

First things first: "Medical clearance is imperative before starting any training program," says Fitness First instructor Mindy Lagdameo. The Ironman 70.3 is nothing like those 48-hour movie marathons you like doing, so making sure your body won't conk out while you're participating is naturally the first step.

Physical training: "Couch potatoes will almost always be overweight. Therefore, the beginning of their training would be first geared toward weight loss. Consultation with a nutritionist is imperative," says Lagdameo. "Ironman is cardiovascularly intense. Participants must first increase their cardiovascular fitness. Start with a light leg weight training for 20 to 25 minutes on an upright bike and/or treadmill, increasing duration by 10 minutes each week for the first month." Hitting the gym regularly for light, full-body weight training is also advised. Also, remember to properly stretch before and after workout to avoid delayed onset muscle soreness.

Mental training: Lagdameo says aspiring Ironman athletes should know that "if they want to train for Ironman, they must change lifestyles completely." That means goodbye to smoking and all-nighters with friends (at least in the meantime). On the bright side, you'll be saying hello to some new *pandesal*-sized abs.

'The drugs *do* work!'

02 IF YOU'RE A... WEEKEND WARRIOR

First things first: You've already joined and participated in runs and marathons around the metro before so you probably (hopefully) have a grasp of your physical capabilities and limitations. Tailor-fitting your training regimen to better prepare you for the demands of the Ironman race is next. Lagdameo explains: "If a bodybuilder for example, decides to train for it, he must totally change his program into one that would train his muscle endurance rather than muscle strength and power."

Physical training: Ever tried going for a sprint triathlon? You should. Eric Kenney, a famous American triathlete coach and competitor, says sprint triathlons are like mini-Ironman triathlons, only double the intensity but less demanding on the body overall because of reduced distances that allow for longer recuperation time. Try taking on one of these babies first (check out www.triathlon.org.ph/events for details) in order to assess your current capabilities. Your performance will clue you in on what you still need to become a contender for Ironman immortality.

Mental training: As a regular competitor, going for the Ironman is all about dreaming big and working toward that dream. Lagdameo's advice for weekend warriors is simple: "Go for it!" This mountain is just a little tougher and trickier to conquer than the rest. (Not to mention a little bit more expensive an undertaking.) But if it isn't challenging, it probably isn't worth it. So suit up and dare to win.

03 IF YOU'RE AN... IRONMAN VETERAN

First things first: Make sure you're healthy and injury-free. Since you've (presumably) been doing this for quite a while now, you probably have some kinks and injuries in key areas of your body. Have yourself checked by a sports doctor to ascertain that your anterior cruciate ligament's still where it's supposed to be. Lagdameo also suggests arming yourself with oxygen and potassium tablets to keep you from cramping during the race. Having the best equipment and supplements suited to meet your goals is surely a game-changer.

Physical training: As veterans, training for the Ironman is nothing new to you. That's the problem. Repeating your tried-and-tested workout routine from last year is a sure way of getting the same (if not worse) results. Varying your exercises, Lagdameo believes, is the key. Edit your old routine, keeping what works excellently and discarding the rest. "Try alternative methods of training, like yoga and pilates for flexibility and core strength." Keep yourself updated on the latest exercises with the fresh tips and tricks from reputable sources (i.e. *Men's Health*, this rag). Stick with your new training program once it's finalized and you'll be on that first place podium in no time.

Mental training: You probably don't need any. As a veteran, you already know what kind of attitude works best when tackling this race. Remember, you aren't competing against other people; you're competing against that ripped dude staring back at you in the mirror.

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No obstacle was too big for the pizza delivery boy

SHOOT FOR PERFECTION

NAIL THE JOB OF A LIFETIME



Love letters: heart stopping

01 THE PERFECT RESUME

American professional training program Impact Factory cites that a person's CV only has about seven seconds to impress visually. And while sounding special could boost your chances, be aware that employers can also deem your resumé cocky. Your priority is to include interesting and intriguing information about who you are now. It trumps credentials you otherwise don't have—topnotch transcript, education from well-known universities, etc. Just highlight the bits that relate directly to the job you're applying for.

"SO HOW MANY PAGES SHOULD I USE?"

Answering the million-dollar resumé question

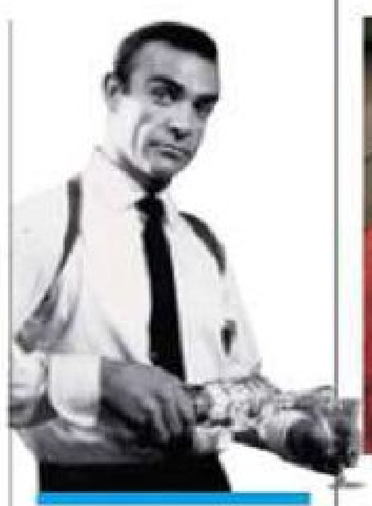
A perfect CV must only run from one to two pages, peppered mostly with details about previous employment, training attended and educational background. Details like interests, weight, religion and affiliation with college organizations are unnecessary.



"It was not shaving cream?!'

02 THE PERFECT ATTIRE

Here's an unspoken man-rule: own at least one suit and not the *Miami Vice* kind. You'd want your name to stand out during the hiring process; doing the opposite gets you the boot. According to Jimmy Sweeney, author of *The Job Interview Secret*, a candidate's first priority should be to not stick out in any major way. This means no bright colors, no flashy jewelry, no overly stylish hair and no cologne. Employers look for people that will best represent the company. Look like you'll fit into the environment from the get-go.



SUIT UP!

Guidelines to impeccable fashion from stylist Kat Manalo-Erro

- Solid color *terno* suit that's your own. Do not borrow!
- The safe white or blue long sleeved shirt.
- Nice tie a must. No loud prints.
- Dark socks
- Pro leather shoes with matching belt
- Clean, trimmed nails
- Briefcase

03 THE PERFECT ANSWER

The key to replying to questions is confident, not smug, delivery. Patty Gallardo, an out source headhunter of top-level executives, says trying too hard and being too familiar or fresh could have a boomerang effect on applicants. "There are instances where a suitable feeling is desired, others a more straightforward reply," she says. What this all amounts to: the perfect answer is the one your prospective employer wants to hear.

THINK BEFORE YOU SPEAK

How not to botch a job interview

NEVER SAY: "This is a great opportunity for me."

INSTEAD DECLARE: "I'm really excited about this job." Don't sound like you see this post as a stepping stone, but avoid sounding frantic about being hired either.

NEVER SAY: "I was laid off from my last job."

INSTEAD DECLARE: "I prefer to look forward, not back." The secret is to sound positive from all angles.

NEVER SAY: "They, uhm, provide the, uhm, res-research for, uhm..."

INSTEAD DECLARE: "I'm not sure, I'm sorry." If you're clueless, be honest and say you don't know.





"Wag kang matakot. Nasa likod mo 'ko palagi!'

04 THE PERFECT NEGOTIATION

Joyce de Guzman, marketing head for the Nuvali project, says openness to meeting halfway is necessary. "The organizational need of the company, the capability to meet the demand, the general pay of employees are factors companies consider before giving in," she says. "Identify clear parameters for assessing the negotiated item and let the company know about them."

"ONE MORE COMPLAINT AND YOU'RE OUT"

Negotiation guidelines to remember

- Wait for the offer and ask if it is already the best they could do. Pinpoint which ones are negotiable.
- Do your own salary/benefits comparative analysis so you can focus on your decision.
- If the employer's amenable, ask for more time to renegotiate
- Negotiation only works on salary and benefits—not on everything!

WORDS: MIKEY AGULTO

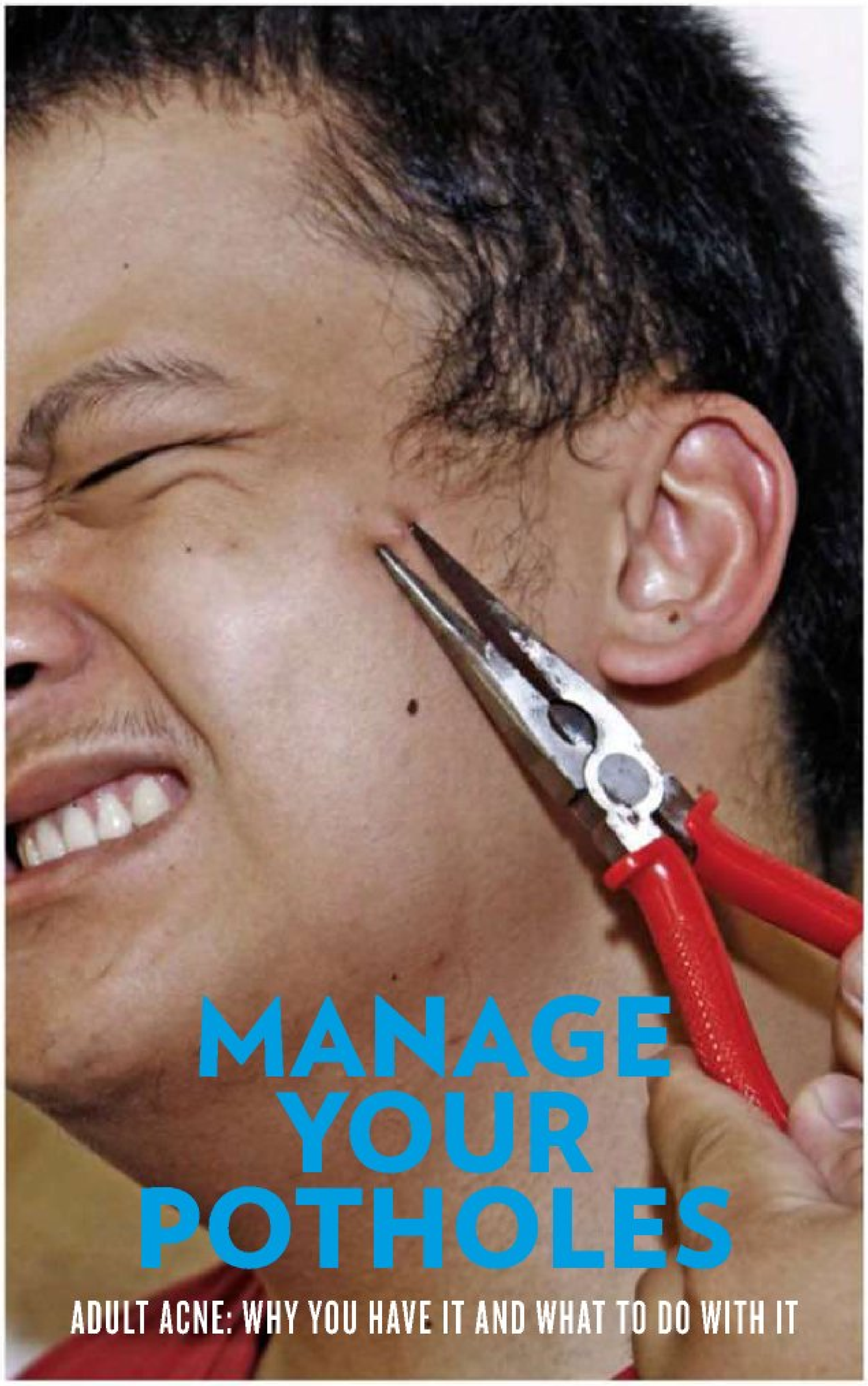


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MANAGE YOUR POTHOLES

ADULT ACNE: WHY YOU HAVE IT AND WHAT TO DO WITH IT



You're way past puberty yet you still have acne—lots of it. And often it pops up at the most inopportune times (i.e. you have a date). Why do you still have it? For some, it may be a carry-over from your days as a greasy, spotty teen. But those who sailed through high school with smooth cheeks won't be spared from the sudden onset of adult acne either (or what seems like it). *FHM* gives the lowdown on your confused *tigyawating* noggin.

THE DIFFERENCE: TEENAGE AND ADULT ACNE

Unlike teenage acne, which usually comes from oily skin, adult acne can occur even if the person has dry skin. Teenagers will likely have it on their cheeks and forehead; in adults it appears around the chin and mouth area. According to Dr. Ed Noveloso, consultant at Jancen Cosmetic Surgery and Varicose Veins Clinic, the treatment for both types of acne is generally the same. "You can use topical medication with benzoyl peroxide, salicylic acid, retinol and/or take oral antibiotics and anti-acne pills like Isotretinoin." Adult skin, he adds, is generally not as oily as a teen's, enabling it to react faster to some topical medication. However, don't give your girlfriend/wife oral medication like Isotretinoin if you're working on a baby, warns Dr. Noveloso. "It can cause birth defects if a female taking it gets pregnant."



OLD AND SCARRED

Several factors can bring about adult acne: heredity (if your parents still have blackheads and whiteheads



now, then you're likely to inherit it), stress, medication, illness, environmental work factors. It's best to consult a dermatologist for proper diagnosis and information about the best treatment that suits your lifestyle and age. Adult-onset acne may also leave more scars as mature skin have a harder time repairing the damage. Young skin is generally more resilient and should recover much better from an acne episode.

WORDS: DONNA CUNA-PITA. VINCENT COSCOLUELLA

BUT IS IT REALLY ACNE?

Some skin conditions can look and feel like pimples, but are actually triggered by a different ailment:

1 ROSACEA

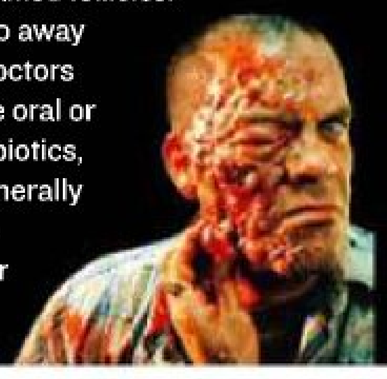
Characterized by pimples in the middle third of the face, along with constant redness, flushing and superficial blood vessels. "It generally affects people in their 30s, 40s and older," says Dr. Noveloso. There is sometimes no clear line separating acne from rosacea, however, there are no blackheads or whiteheads in rosacea.

2 PSEUDOFOLLICULITIS

Sometimes called "razor bumps" or "razor rash." When cut close to the skin, curly neck and facial hairs bend under the skin and produce pimples. This is a mechanical problem, not a bacterial one, and treatment involves shaving less or, at the very least, shaving in the direction of hair growth. Pseudofolliculitis can, of course, occur in patients who have acne, too.

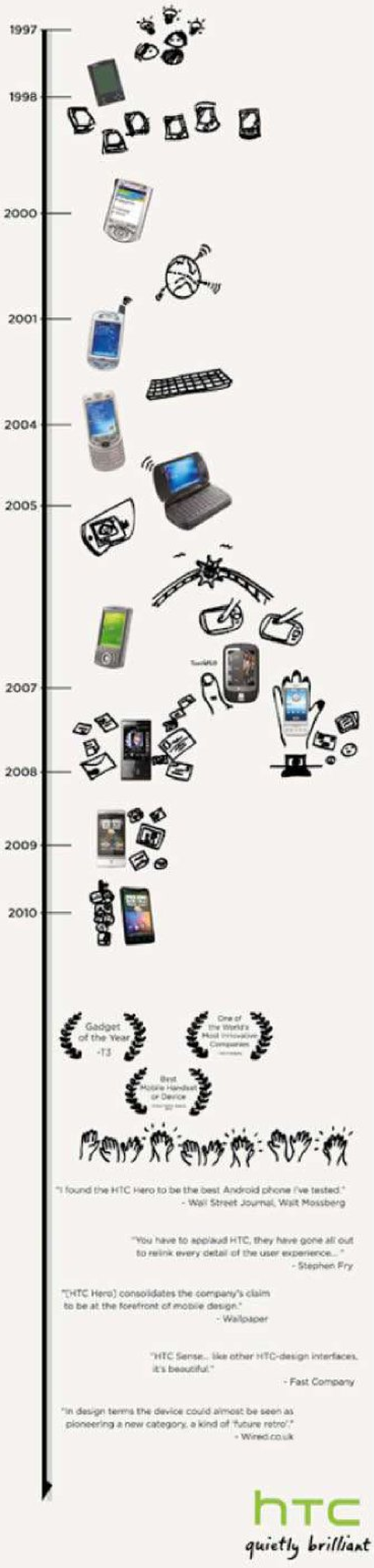
3 FOLLICULITIS

Pimples that inhabit the body, abdomen, back, buttocks, or legs do not represent acne but inflamed follicles. If it doesn't go away on its own, doctors can prescribe oral or external antibiotics, which are generally not the same ones used for acne.



4 GRAM-NEGATIVE FOLLICULITIS

Some patients who have been treated with oral antibiotics for long periods develop pustules filled with bacteria resistant to the antibiotics they've previously used. Bacterial culture tests can identify these germs, helping the doctor to prescribe different antibiotics or other forms of treatment.



SEIKO

SEIKO Sportura.
Ten years of success in the fast lane.

Ten years ago at Baselworld, SEIKO unveiled a new collection of sports watches designed specifically for motor sport. Sportura has since become an icon in the SEIKO collection, a series whose design is now recognisable as one of the world's leading motor sport watches.

The Sportura collection is as powerful as ever. With five new creations for men and two for women, Sportura is set for a second decade of success. As true as ever to its roots, all the iconic design features of Sportura are retained: the jet black dials, the red and orange color accents and the high-legibility sapphire crystals.



The skeleton-style dial echoes the design of a sports car wheel.

The limited Edition Sportura Automatic Chronograph

The First Automatic Chronograph in the Sportura Collection

The undoubted highlight of the Sportura collection is the new 8R28 Automatic Chronograph. Until now, all the chronographs in Sportura have housed Quartz or Kinetic calibers, so it was natural to complete the range of available technologies by the addition of SEIKO's celebrated 8R caliber. Its design evokes high-performance motor sport at its most refined. The screw-grip crown and chronograph pushers ensure precise operation and the open date calendar ring echoes the design of a sports car wheel. The steel case has a hard-coated bezel and the crystal is, of course, sapphire as is the see-through case back, through which the unique black rotor can be seen.

Caliber 8R28 is SEIKO's most exclusive Automatic Chronograph caliber and has all the attributes of the world's very best chronographs. It has a column wheel and a vertical clutch system to ensure maximum accuracy and high-precision operation. It has an industry-leading power reserve of over 45 hours and a unique one-piece three-pointed hammer that allows all three chronograph hands to re-set instantly and in perfect unison.

This unique timepiece is offered as a limited edition of just one thousand.

FHM PROMOTIONS
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SAINTLY STATURE

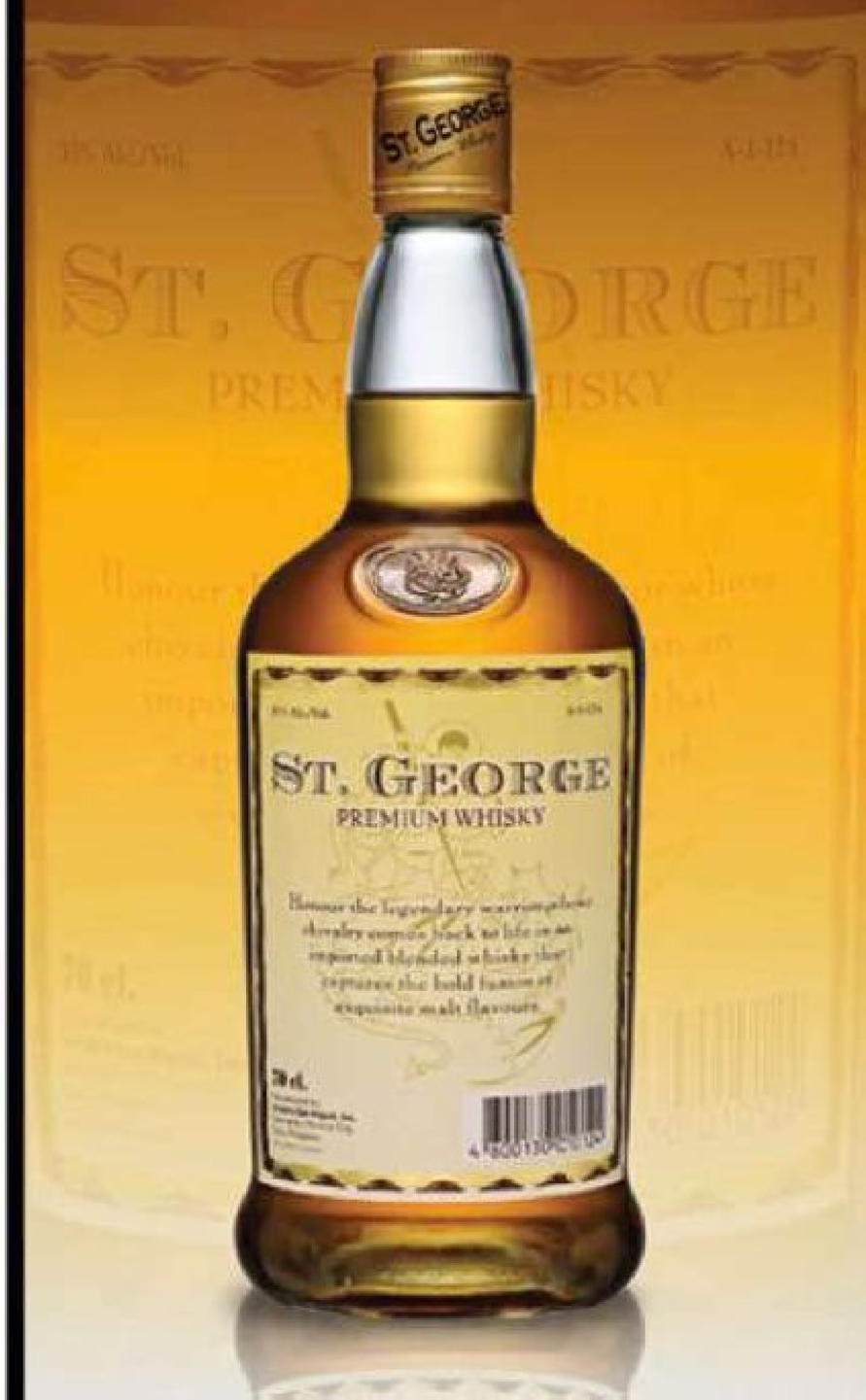
Deserves some good classy whisky!

We bet you don't remember the legend of St. George and the dragon. (Honestly, we had to Google it ourselves). That said, allow us to impart our knowledge on Christian martyrs: St George was a man of money and stature, and had a brilliant military career (hence the legendary dragon-slaying that supposedly took place). The dude was, by all accounts, a man of great caliber and moral (and religious) fiber, a kind of dude we should pretty much aspire to be.

So, what brought about this little story? A mother lode (eight big-ass bottles, to be exact) of **St. George Premium Whisky** sits on the FHM desk, waiting for men befitting its caliber to take it home. We think it could be you. So here's the deal. Send us a photo of you and your bros depicting one of two things: your best impression of St. George slaying an evil dragon, or men of undeniable status and power enjoying a drink. Creatively managing both in one photo ups your chances of getting St. George-ed (translation: happily inebriated).

Do this by April 15.

Fare thee well, gentlemen.



THE CHALLENGER

CAN THE ALL-NEW NISSAN TEANA DETHRONE THE KINGS OF THE EXECUTIVE CLASS?



At almost P2 million (for the XV variant), those who can afford the Teana, Nissan's new "superior sedan," probably don't bother themselves with the aggravation brought about by driving in Manila traffic. They have drivers and we're guessing they see their cars as a moving extension of their bedroom.

They like comfort. The Teana has that. It has enough legroom to stretch your hurting-from-sitting-all-day-during-meetings knees. The front passenger seat even has an ottoman to prop your legs up with. Nissan brings back the old-school wood trim for the dashboard while the dual sunroof can give both a spectacular view of the sky and an unfiltered whiff of metropolis air.

But the Teana was not made just to be ridden. It was made to be driven. If you ever get a chance to test-drive one as we had, we suggest that you take the car to the nearest open road, buckle in your seatbelt and vigorously step on the accelerator and you will get what we mean.

Powering the Teana is Nissan's award-winning VQ series engine. Teana's max output and max torque levels show that it trumps the other cars in its class in both *hila* and power. It's also surprisingly silent.

Can the Teana dethrone the kings of its class? If based on looks alone, the Teana is at par with a number of the luxury sedans around. It's not splashed with unique body contours (like the Hyundai Sonata) but it has enough style befitting its price tag. It's also just a notch below the Toyota Camry on passenger comfort level (smooth, sleep-inducing drive; minimal *tagtag*).

But it's a great drive and that's what should get you buying. If you want Manong to use the Teana when he takes you to and fro work, it's going to be a waste of what this baby is for. Drive it; it wants you to.



WORDS: B.A. BORLEO

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VITALS

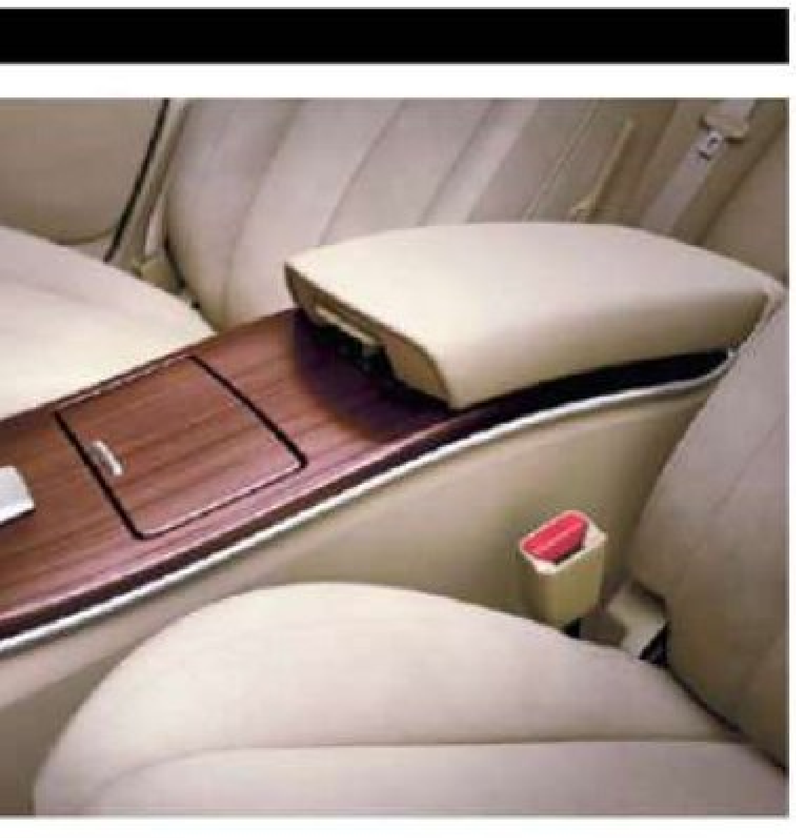
NISSAN TEANA

Engine: 2.5L, VQ25DE, DOHC, 24-Valve 6 Cylinder

Max output/max torque: 182Ps@6,000rpm/228Nm@4,400rpm

Worthy specs: Xenon headlamps, leather steering wheel with audio and cruise control, 17-inch alloy wheels, dual sunroof, ottoman-equipped front passenger seat, ventilated seats

Price: P1.99M (250XV), P1.69M (250XL)





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HOT METAL

THE SHINIEST NEW TECH TOYS IN TOWN



OVERCLOCKER'S DELIGHT

Here's a drool-worthy device for game whores. The new ASUS HD6900 series video cards (HD6970 and HD6950) finally arrive in our shores. Install one in your rig to make your PC run ultra high-resolution video games, as well as make your machine capable of running a multitude of graphically demanding applications at the same time. The HD6900 GPUs are DirectX II enabled and packed with impressive overclocking features (which increases your card's cycle speed) like the ASUS' Voltage Tweak. This lets you amp up the eye-candy and performance level even more.

PRICE: TBA



BLACK IS KING

Meet the BlackBerry Bold 9780. It has tasty specs that can make you drool such as its multitude of connectivity features (Wi-Fi, Bluetooth, 3.5G HSDPA), 5-megapixel camera, 2.5-inch high-resolution display screen, an impressive 512 MB internal memory and a host of apps for your entertainment. Basically, this is sheer mobile power crammed inside a slim, black box.

PRICE: P24,000



DEVILISHLY GOOD

EVIL is good, but not the kind that Lucifer serves to you on a platter. EVIL here is a new camera technology called "Electronic Viewfinder Interchangeable Lens" and it is latched on to a Samsung NX100. Not only does this shooter have interchangeable lenses, it also has a slew of nifty features like HD video recording capability and high-powered screen display all wrapped up in a 14.6-megapixel-resolution camera.

PRICE: P35,900



LANDLINE RESURRECTION

And you thought landline phones are dead. Shame! These local babies are making a huge comeback through PLDT's new TelPad, a marriage between a phone, an Android tablet and an applications installer. The device can let you make normal voice calls like a typical landline but offers limited computing power with the Android tablet technology on board. Think video conferencing via VoIP (voice over Internet protocols), texting, computing and more depending on the apps you install on it via the Android Market.
PRICE: Free with PLDT myDSL Plan I849



BIG RAT

The mouse is evolving! The one you see here even doubles as a speaker and an Internet phone. Mobile Wonders introduces the Skype Mouse. Technically, it's a typical 2.0 computer mouse with high fidelity speaker and a Voice over IP phone (complete with a keypad and LCD screen) that only works over the Internet. All of these features rolled into less-than-a-thousand-bucks package.
PRICE: P850



MEET THE WHITEBERRY

If you're into BlackBerries but have no moolah for it, then opt for the next best thing: a lookalike. As you can see, the Torque DQ900 fits the BlackBerry mold. From exterior to its guts, it resembles the fruity brand quite well. And although it has limited features, it offers a few notable ones nonetheless: Bluetooth, multimedia, QWERTY keyboard, web connectivity via Wi-Fi and a 2-megapixel camera. Impressively, though, it has two things the BlackBerry doesn't have: a TV tuner and dual-SIM capability.
PRICE: P5,899



TV SHOWS TO GO!

Welcome to the era where you can watch television anytime, anywhere. And with that, we mean even while taking a dump at public toilets. Well, that is if you have a TV phone with you such as the Torque DX75. Now there's no need to rush home just to catch *TV Patrol* or witness if Mara finally bitch slaps Clara. Aside from performing standard China phone duties–running two sim cards, Wi-Fi access, an FM radio—it catches TV signals with the help of its retractable antenna.
PRICE: P4,499



LUCKY 'HD' 7

If you're tired of the Androids, Symbians and iPhones running the show, then join the Windows Phone 7 bandwagon by scoring an HTC HD7. As the name states, this smartphone comes with an HD quality, 5-megapix cam that records 720p videos. Drool-worthy though are features like the 4.3-inch touch display, 1GB CPU with 576MB RAM, full wireless connectivity and, the hottest mobile OS, Windows Phone 7. All that in a sexy, glossy package. Your friends' phones will be put to shame.
PRICE: P36,900

WORDS: NEPS FIRMALAN

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INTO THE WILD

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Around P1,725.29

To fish or not to fish? If you holler a resounding yes, then arm yourself with a reel that packs enough power to handle the likes of Moby-Dick. Sleekly designed with a graphite body, rotor and a long cast aluminum spool, reeling in those river monsters for dinner should be a river cruise. It's also equipped with a multi-disc drag system and an anti-reverse pull that you can switch on and off; fish should come aplenty and you can enjoy the spoils of your hard work over an open campfire.



OPTISAN LEO-I 7X50 BINOCULAR

Around P2,879.19

Whether you're climbing up a mountain or trekking through a nasty jungle, catching a glimpse of the view is imperative. This standard binocular armored in rubber, is efficient and practical. With powerful lenses like this, you can spot the scenery—that includes the lovely lass inside the other tent.



DV30 WATERPROOF SPORTS ACTION CAMERA

Around P7,042.91

Whether you're going white water rafting or cliffhanging, the DV30 can capture your death-defying moments even underwater. So you can brag about them to your friends in case you survive. It supports an SD card up to 4 GB and records at 640 x 480 resolution of video at 50 frames per second. Easily mountable and waterproof this extreme sports camera is for those who want to relive the adrenaline rush.



FINIS TECH TOC

Around P3,986.55

More for the swimmers and diving buffs, this tech toy will help you not lose your way when underwater. This device allows the user to gauge his hip position in relation to his hand and body position. It even measures sound. It also allows swimmers to feel the rhythm and pace of stroke patterns to improve form. Now dipping in the deep blue is made easier.



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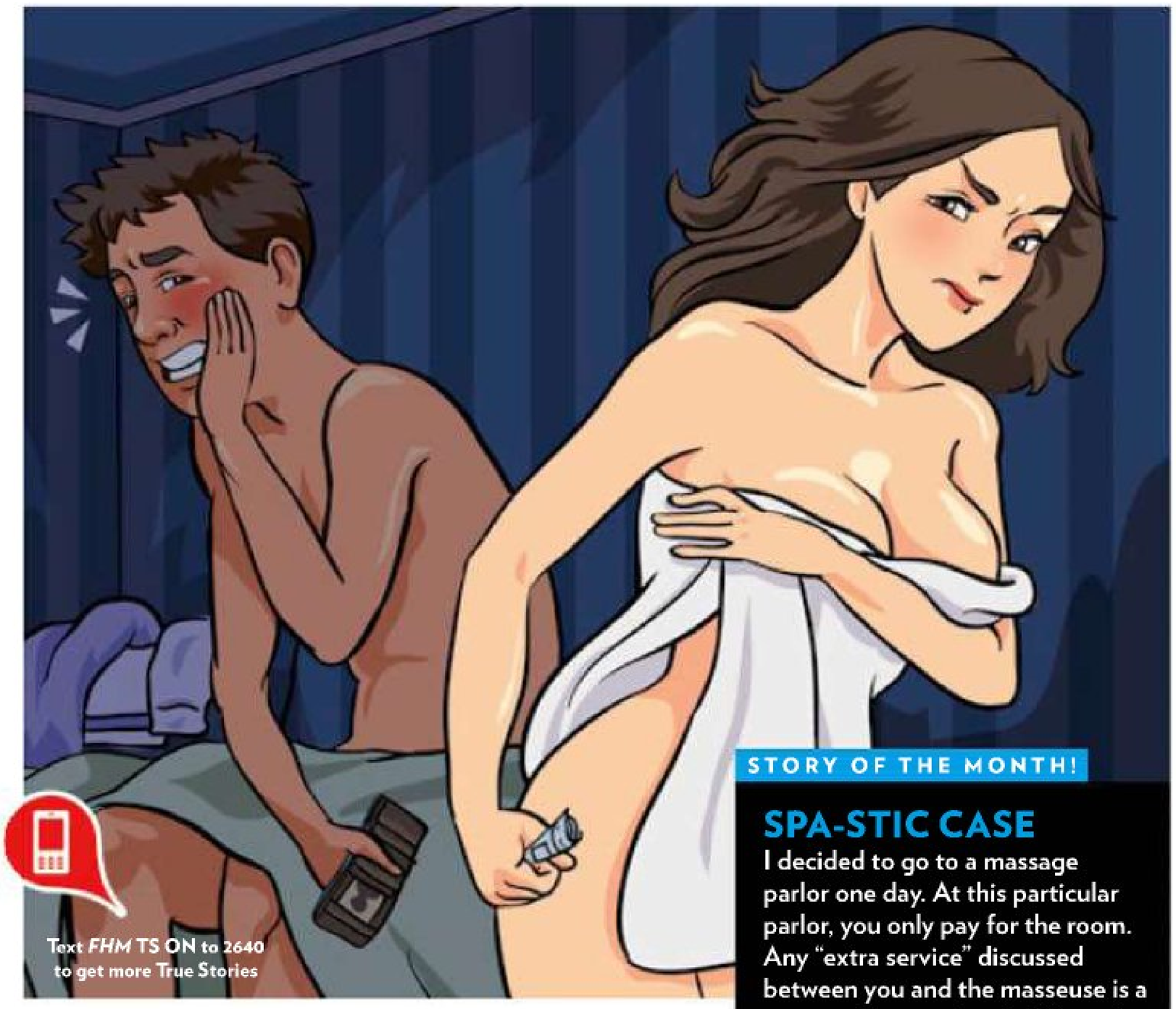
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TRUE STORIES

TALES OF MISHAPS: MOST WELCOME!



BLOODY STAREDOWN

I was on my way home from work on the MRT. I usually just keep to myself, trying not to stare at the other passengers when on the train to avoid any awkward moments. This particular time, I noticed a guy staring at me with a weird look on his face. I was starting to get bothered by it. I wondered, "What the hell was he looking at?!" As I was about to ask him what the problem was, he approached me and said, "Sir, *may dugo po kayo sa ulo*." I started to panic and when I touched my forehead my finger had blood on it. I looked at my reflection on the train's door and saw that a big pimple on my forehead popped, leaving god-awful pus and blood. When the train stopped at the next station, I made my way out as quickly as possible, a bit bloody and overly embarrassed.

Damn_it by email

CELEBRITY STORIES

Celebrity Tweet one-liners to make your day

Paolo Paraiso, actor:
"*Astig si* Jolina Jolie *sa* the tourist!"

Shawn Yao, TV journalist:
"You rip what you sew."

RA Rivera, director:
"*Haaay...kung mamahaling bato na lang sana ang nasa* kidneys *ko.*"

Ramon Bautista, TV personality:
"*Machong macho ang* ice breaker *na 'pards, may* twitter *ka?*"

STORY OF THE MONTH!

SPA-STIC CASE

I decided to go to a massage parlor one day. At this particular parlor, you only pay for the room. Any "extra service" discussed between you and the masseuse is a separate transaction. So I brought extra cash in hopes that I might get laid. After shelling out the money for the room, I was left with about P2,000 so when the pretty masseuse asked me if I wanted more than a massage, I agreed and promised her P2,000. So we did the happy ending. It was great and I made sure I got my money's worth. When it was time to pay up, I pulled out my wallet and realized I only had less than a thousand bucks. I must have miscounted. I apologized to the masseuse and handed over the money, the masseuse snapped, "*Leche ka! Kung makatira ka akala mo may pera ka*!" She gave me a solid slap on the face before she stormed out. That was the last time I stepped into that spa.

kpax_rp by email

YABANG GONE WRONG

During a party at my barkada's place, we decided to play a drinking game. I was at the losing end of the game and had already ingested a big amount of alcohol. Towards the end of the game, my friends were daring me to chug one whole glass of beer. They screamed, "Down it! Down it!" Being inebriated, I took on the challenge and chugged down the whole glass. Suddenly I realized this wasn't beer. I drank one entire glass of whisky that my friend beside me had been drinking. What's worse, I puked in front of everyone. Not exactly an impressive feat.

Luis K. by email

FARTY POOPER

My sister and I decided to watch a movie one night after eating at a fancy Mexican restaurant. During the film, I felt my stomach growling. I wasn't sure if it was gas or something I ate. Since the theater was dark and quite packed, I decided to relieve myself of this stomach anxiety by letting out a silent killer. So I farted to my bum's content but didn't make a sound. My crazy sister thoughtlessly decided to yell, "Eeeew! Did you fart?" I sank into my seat and stayed there for the rest of the film.

Movie_geek by email

SHARE YOUR BLESSINGS

My friends and I were getting stoned one night at his place when his mother passed by. We panicked so we hid the joint under the table. My friend's mom had a suspicious look on her face. She must have sniffed the doobie. "We're so dead!" I thought. Imagine our relief when she went back upstairs. So we proceeded to toke up. We were startled when his mom came down again saying, "*Hoy! Ano yan ha?! Puwede makisali?*" We were shocked but relieved at the same time.

basagulero by email



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