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FHM

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TO THE
WORLD

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JOB
YOU'RE IN
(UNLESS YOU HATE IT)

NEXT
ISSUE



TWO FRESH
NEW FACES



EMMANUELLE
VERA



Savage!

ROCK
TEMPTRESS

JULZ
SAVARD





PETROL



*Moving
forward*

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NEW FARMERS PLAZA CUBAO
MARKET MARKET TAGUIG
FESTIVAL MALL ALABANG
AYALA SOUTHPARK ALABANG
ROBINSONS PLACE MANILA
STA. LUCIA EAST GRAND MALL
NEWPOINT MALL ANGELES
MARQUEE MALL ANGELES
HARBOR POINT SUBIC
CEDAR PEAK BAGUIO
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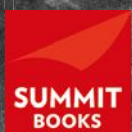
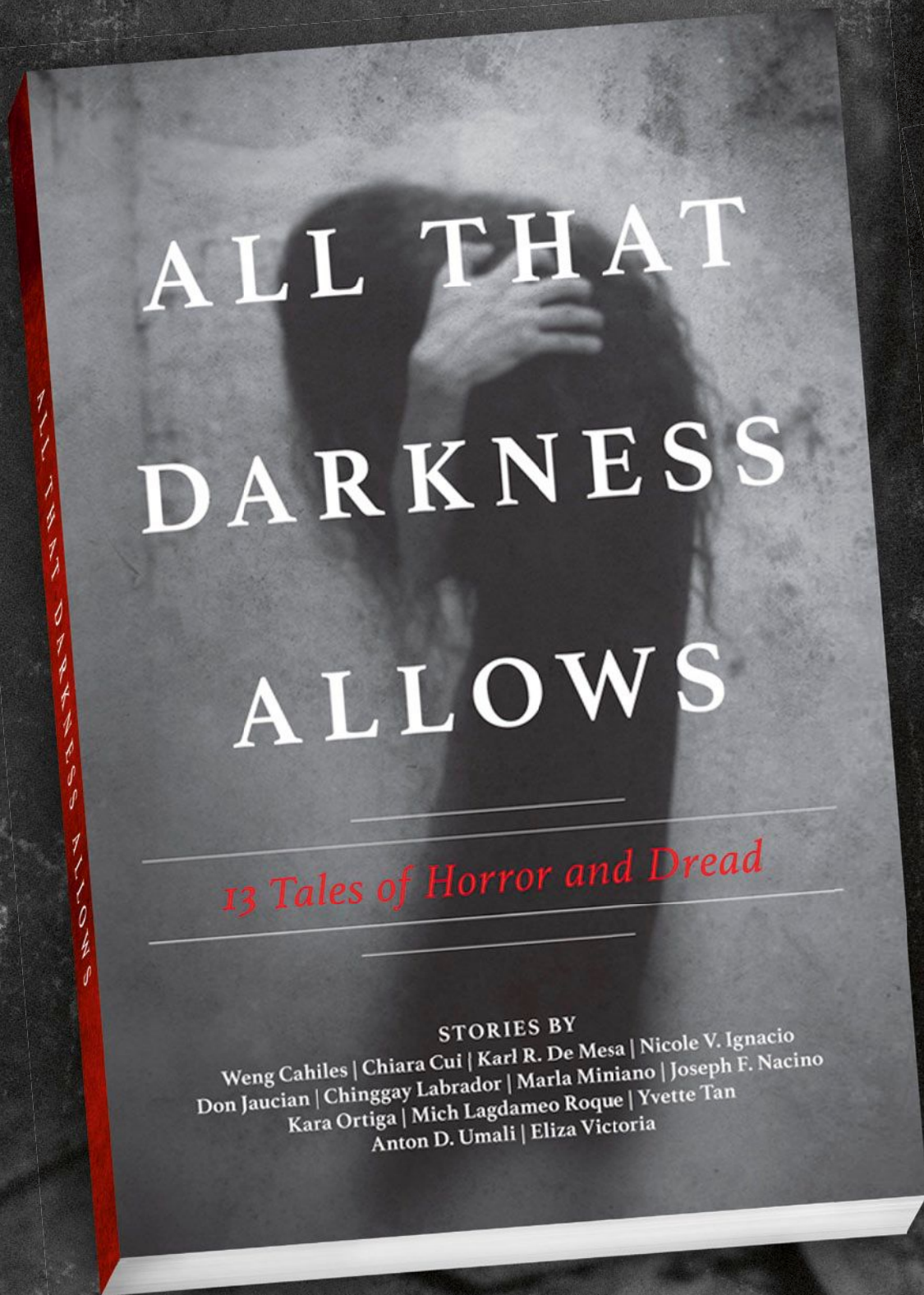
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STORY**

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PHOTOGRAPHY: EJAY LEUNG, MARK JESALVA, DOC MARLON PECJO

READY, SET, STYLE!

BY LACOSTE FOOTWEAR



Stand out in these new **Joggeurs** for men – ideal for long days on the road. It boasts of a heritage-inspired color palette in khaki and navy blue. It's detailed with suede uppers, with its collar, tongue, and other accents in the new piqué material only by **Lacoste**. Jog or simply walk in comfort with its cushioned lining, mesh insock, and nappa leather heel hits. Grab your **Joggeurs** at any Lacoste Footwear boutique today!

Independent from what?

There has been a constant debate among the cool set as to what “indie” means exactly. In music, it’s an artist who’s producing music without the help of a major label, but it’s also a sound and aesthetic that supposedly goes against the grain of the mainstream. In film, it’s a work produced without the help of the big studios, but it’s just as well a vision-and-story experiment that completely disregards the box office.

Not that it means anything now. Music labels have become mostly irrelevant; even the “sound” of indie is mainstream. Big studios produce “indie” films; “indie” directors work for the big studios. So I guess when we say “indie” these days, it means independent from boxes and labels; it’s just doing what you do whether you’re famous big time or just working on the fringes.

That’s the vibe I’m getting from Julz Savard and Emmanuelle Vera, our double cover this month. Julz and Emmanuelle both work the showbiz circle as recording artists and actresses, with a handful of mainstream projects between them, but it seems they’re more in their right element as outsiders.

Julz fronts the rock band Foxy Music, set to release a new album soon, and is also the force behind Sixx and Save Me Hollywood. She is one of those women in rock who can command a stage and set it on fire.

Emmanuelle, on the other hand, has quite the opposite temperament. Her music is more fragile and introspective, fit to chill and think things out with. She is currently looking to produce songs that she wrote herself. She has also appeared in the indie film *Ang Kwento Nating Dalawa*, which is slated for a sequel this year.

True to form, these women are always looking to do what is totally unexpected of them—their debut *FHM* appearance is one.

I have to say, the photographs look so cool I want to listen to some Patti Smith and Fleetwood Mac right now...

ALLAN P. HERNANDEZ

Acting Editor in Chief

allan.hernandez@summitmedia.com.ph

What FHMers have been up to this month



Family photo time at Kim Domingo's photograph signing. Our publisher, Aeus, showing how candid photos should be done. Ten-hut!



Our videographer, Eve, trying to blend in with the fresh surroundings at Casa San Pablo, while our EA Chise channels his breeziness towards Emman's direction.

FHM

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February 2017

REACTIONS

OH MAI VALENTINE

If I had to compare the Kim Domingo that I saw on your cover to something, it would be a blooming, beautiful, and dangerous rose. The Pantasya ng Bayan, Kim Domingo, is finally coming back to the cover of FHM and she has never looked bolder, sexier, and more beautiful. Kim's appeal is all about how she's the type of girl that's cool and you can chill with but once she channels her sexiness, she'll ignite your flames of passion. Thank you so much, FHM, for an early birthday gift to me. And, maybe it's just me, but she really looks like Akiza Izinski from Yu-Gi-OH in her first picture.

John Roger GallanosaHisarza, via Facebook

KIM POPPED YOUR FHM CHERRY!

I just bought my very first copy of FHM in my entire life and I'm glad to say my money was definitely worth it. Kim is love; Kim is life.

James Arrison Belen, via Instagram Sk8r gurl

Kim, you are so cool! You're just like Avril Lavigne, super simple pero pak na pak ang ganda. I love the messy-hair-don't-care look. Keep on rocking, Kim.

P.S. In case you ever decide to wear a black t-shirt with jeans like the ones Avril usually wears, please send me a picture so I can

post it on my wall, ha ha!

GRace Angelo, via Facebook

AS LONG AS YOU LOVE ME... BABY

No matter what the look you're still the best, idol Kim! You'll still have your beautiful nose and abundance of talent as a singer, dancer, actress, and now we can even add rocker to your resume, ha ha! You're the whole package. I love you, idol!

Anna Rose Suerte, via Facebook

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1550



Verge

HOW TO SOUND
REAL SMART

Edited by **CHISE ALCANTARA**
chise.alcantara@summitmedia.com.ph

On a high note

IN HONOR OF GRAMMY SEASON, LET'S TAKE A LOOK AT THE WONDERFUL—AND SOMETIMES WEIRD—CAPABILITIES OF THE HUMAN VOICE

WORDS: KYLE EDRALIN

GUINNESS ROUND-UP

We can't talk about voice range without mentioning the champs. Here's a rapid-fire list of current world records related to the human voice:

Farthest distance travelled by a human voice

Normal range: 180 meters (590 ft. and 6.6 in)

Record holder:

Eight to 17 km by speakers of the Silbo language in La Gomera, Spain. (By the way, their language is made up of mostly whistling.)

Longest continuous vocal note

One minute and 52 seconds by Alpaslan Durmus from Turkey.

Greatest vocal range, female

Eight octaves, from G-2 to G-10 by Georgia Brown from Brazil. Take note, G-10 isn't even a musical note; it's a frequency!

Lowest vocal note, male

G-7 or 0.187 hertz by Tim Storms from the U.S. The normal human can hear between 20 hertz to 20 kilohertz of sound. Only big animals like elephants can hear as low as G-7.



Rustling leaves
10 decibels



Death by sonic
180 to 200
decibels

You can actually break glass using just your voice. It's not hard; you just need to sing in a frequency between one to ten decibels. The tricky part is that each glass has a different resonating frequency, so you can stop screaming at your mother's china set because it probably ain't shattering.

HOW LOUD IS LOUD?

An AC/DC concert
129 decibels (also
the world record for
loudest scream)



Loud radio
music
80 decibels



Average
conversation
60 decibels



Quiet speech
35 to 45
decibels



Shouting
75 decibels

A jackhammer
99 decibels



Highest
threshold for
human hearing
(including pain)
140 decibels



The loudest
sound that can
badly rupture
your eardrums:
150 decibels

MORE SOUND FACTS

Battle of the sexes (and ages)

Normal males can sustain a sound for 10 seconds, as children can. Adult females can do it for 15. So that kid who won "The longest happy birthday" game at that birthday party all those years ago (for 25 seconds) was probably cheating.

Do you hear the muscles sing?

Over 100 facial and neck muscles are involved every time you say something. Truly a marvel of teamwork that would make some angry Frenchmen proud.

ASM-what?

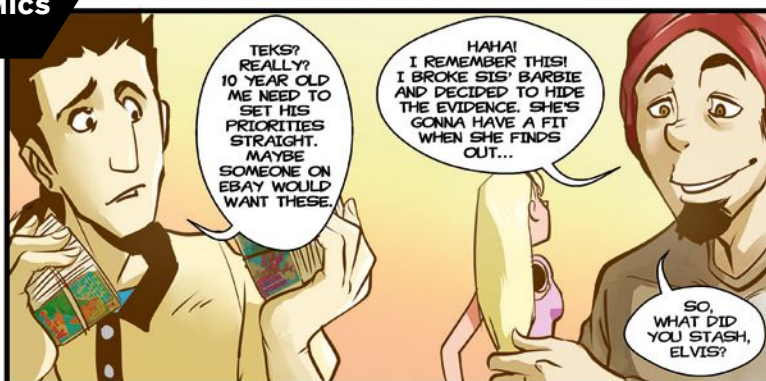
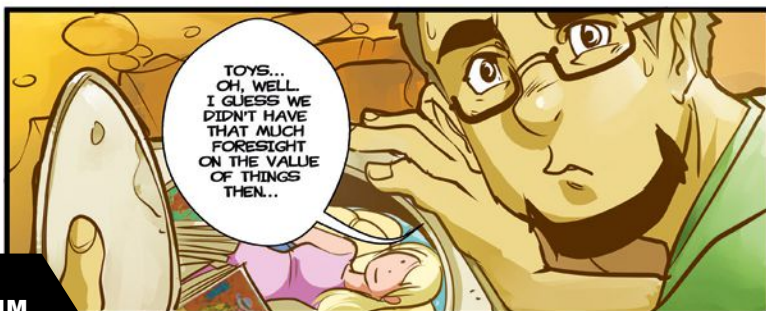
ASMR, or "Autonomous Sensory Median Response" is characterized by a tingling sensation on your scalp, back of the neck and further downwards. Most commonly likened to the feeling when someone whispers really close to you, it's increasingly being cited as one of the new ways to relax and meditate. A Swansea University study found that over 80 percent of their participants cited positive effects of ASMR, with 38 participants saying it helped ease their chronic pain. Many ASMR channels can be found on YouTube.

Cabin fever

BE CAREFUL OF WHAT YOU FIND



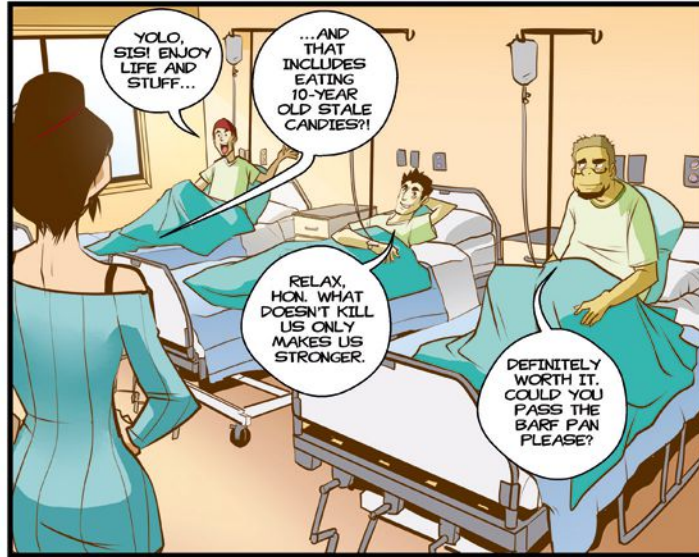
FHM COMICS



STORY AND ART: MELVIN CALINGO

#12

WORTH THE WAIT



ALL THE FEELS THIS LOVE MONTH!

February brings all the feels...
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Edited by **PONG M. CASTILLO**
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LAST
STAND

Retracting the claws

WHY YOU SHOULD BE HAPPY THAT *LOGAN* WILL BE HUGH JACKMAN'S LAST WOLVERINE FILM

WORDS: ANTON D. UMALI

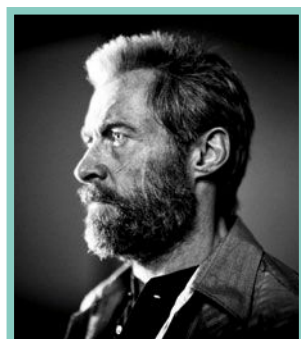


Since the first *X-Men* film came out in 2000, there have been two different Hulks, young and old portrayals of both Professor X and Magneto, three versions of Spider-Man, a new Batman here and there, and countless superhero franchise reboots.

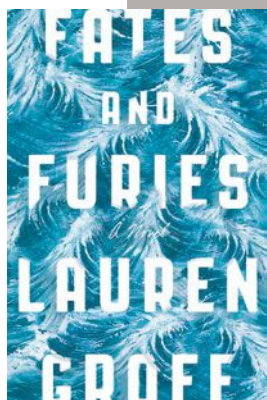
But since 2000, there's only been one Wolverine. And with *Logan*, Hugh Jackman's final walk in the boots of the character that has made him so famous, it only seems right that he be the one to retire those adamantium claws.

Set in the near future, where Wolverine must look out for an ailing Professor X and a mysterious young mutant, *Logan's* storyline seems like the bookend that fans of the franchise have been waiting for. The trailer alone is epic, igniting numerous discussions about it online. Wolverine's storied career on the silver screen spans 17 years and nine movie appearances—a feat in itself. And Jackman, who has only grown huskier and more muscular with each film, explains that this role felt like the right time to finally put the ferocious character to rest.

True to his ability to regenerate and heal, Wolverine was a survivor in a cinematic milieu when the thinking man's action star (think Jason Bourne) was close to trumping comic book superhero fare. After all, he's relied on for his strength and no-nonsense approach to life, and feared for his ability to rip his enemies to shreds. It was always Logan's brash capacity to do good despite being a walking, talking military-grade weapon that made him a favorite in a sea of caped crusaders. On that note, it's not far from reality that moviegoers can expect a new reincarnation of Wolverine in the future.



◆ **Logan is out on March 1**



Eleanor and Park

BY RAINBOW ROWELL

You remember how, in grade school, you wanted to yell at a girl for being so pretty and smart and everything your G-rated daydreams dictated—and so you just did your best impression of a silent, albeit fidgety, teaspoon? Rowell's novel catapults us back to the joys and terrors of young love. All of that is magnified, though, given how our protagonists are a pair of misfits. It's an earnest love story; and it will most likely turn your girl into mush and cause you to weep inside. Sorry.

Fates and Furies

BY LAUREN GROFF

A relationship between two mind-bendingly beautiful people disintegrates spectacularly. So this one's for your cynical, cynical heart. The story builds on the trope of "can't-live-with-them-can't-live-without-them"—which means there's near-mythical love and devotion in this book. It goes hand in hand with a bunch of asshats who can't manage to be nice to each other for an extended period of time. Bust out the popcorn!



TRY
NOT TO
CRY

Get in touch with your soft spot

HERE'S A LIST OF LIT FOR THE MR. ROMANTIC IN YOU

WORDS: SASHA MARTINEZ



The Saga Series

BY BRIAN K. VAUGHAN AND FIONA STAPLES

Here's a space opera that's zanier and much sexier by light years than the *Star Wars* rebirths we've all been flocking to the theaters for. At the heart of this novel is the ridiculously intense love affair between a woman with wings and a man with ram's horns; and in the periphery are alien races of all shapes and sizes (including the galaxy's royal family, whose members all happen to have televisions for heads). One of the best graphic novel series in recent years, it tempers the Shakespearean vibe by its unnerving ability to have fun and let you in on the jokes.



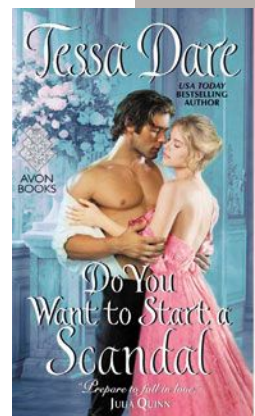
On Love

Excerpts from philosophical tracts, airplane diagrams, the structural integrity of a marshmallow, romantic terrorism, an anecdote about a man who thought he was a fried egg—all to dissect the trajectory of a relationship. *On Love* has become a contemporary classic, and manages to be both gimmicky and sincere. It's so academic; earnestly objectifying love, even rationalizing it, and in the process, appeasing the cynic in all of us.

Do You Want to Start a Scandal?

BY TESSA DARE

Three words for you: steamy sex scenes. Dog-ear those and you may leave the rest of the romance for your woman to dissect. Anyway, there's witty dialogue here, too, so just maybe, you might also appreciate the story. It's about a woman caught in a compromising situation involving curtains and a spy. Her ultimate goal is to avoid marriage. You may find a kindred spirit in her, yes?



◆ All titles are available in National Bookstores nationwide

MUSIC
FEST!

Pump yourself up at a music fest

WHERE'S THE BIGGEST CAN'T-MISS GIG THIS YEAR?
HERE'S A GUIDE...

WORDS: ABBY MENDOZA

Wanderland

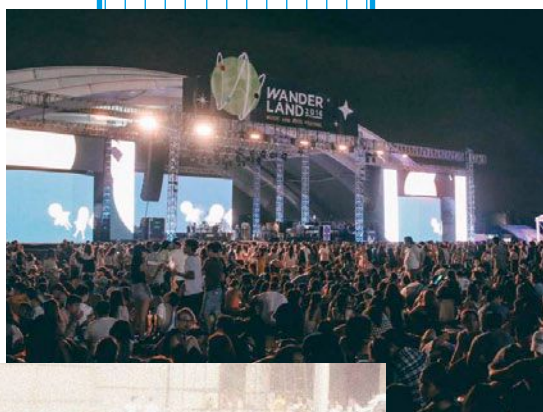
MARCH 4, 2017; FILINVEST
CITY GROUNDS, ALABANG

Genre: Indie Music

Acts: The Temper Trap, Honne, The Ting Tings, Explosions in the Sky, Yuna, Purity Ring, Lany, Up Dharma Down

Music Festival Heaven

for: Eccentric indie kids, electronica nerds, techno lovers, millennial celebrities, fashion bloggers, people who basically live for OOTDs and have mastered the perfect Instagram filter to go with their outfits. Wanderland is the closest local version of Coachella wherein outfits matter as much as the music. It shouldn't get rowdy among a crowd of vinyl-collecting, fashion forward bunch who'd be bopping their heads to hipster music all night long. Now try not to photobomb OOTD shots!



Pulp Summer Slam 17: Redemption

APRIL 29, 2017; AMORANTO
STADIUM, QUEZON CITY

Genre: Rock

Acts: Megadeth, Slapshock, Greyhoundz, Razorback, Kjwan, Crossfaith

Music Festival Heaven

for: Head-banging hardcore rock music lovers and moshpitters. This annual cult convention of some 30,000 black-clad festival-goers are in it for some solid body slamming and ear-shattering rock. Definitely the place to get lost in a moshpit of sweat and people losing themselves to music.

Chroma

APRIL 8, 2017; GLOBE
CIRCUIT MAKATI

Genre: EDM, Rave

Acts: Cathy Frey, Callum David, The Zombettes, Victor Pring, McBoo, and six international acts.

Music Festival Heaven

for: EDM-loving party hounds, teenagers in skimpy beach outfits (sans an actual beach) raring to flaunt their crossfit-sculpted abs, adult ravers, pubescent individuals blooming into social butterflies. Chroma is a scream, throwing outrageous, non-stop EDM bashes. Fest-goers can expect a (literally) colorful show with a great line-up of local and international electronic music makers and DJs.

Malasimbo Music and Arts Festival

MARCH 10-12, 2017;
PUERTO GALERA

Genre: Alternative Soul, R&B, Electronic, Funk and Groove, Lyrical Rap, Hip-hop

Acts: Jordan Rakei, Alfredo Rodriguez, Tennyson, Apartel, Jeck Pilpil & Peacepipe

Music Festival Heaven

for: Eclectic music lovers who revel in nature. Throw in a good mix of yogis, surfers, star-gazers, nostalgic hippies, and possibly fun-loving mountain hikers who can trip to most tunes! On its 7th run now, the Malasimbo festival has gained a stellar reputation for putting together a smorgasbord of musical acts that annually attracts a heterogeneous mix of audience. Allowing that nearness to Mother Earth, the event generates a chill festival vibe that's unlike any other.



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STAY
INSIDE

The High Life

THANKS FOR THE MEMORIES
AT VILLA NONITA

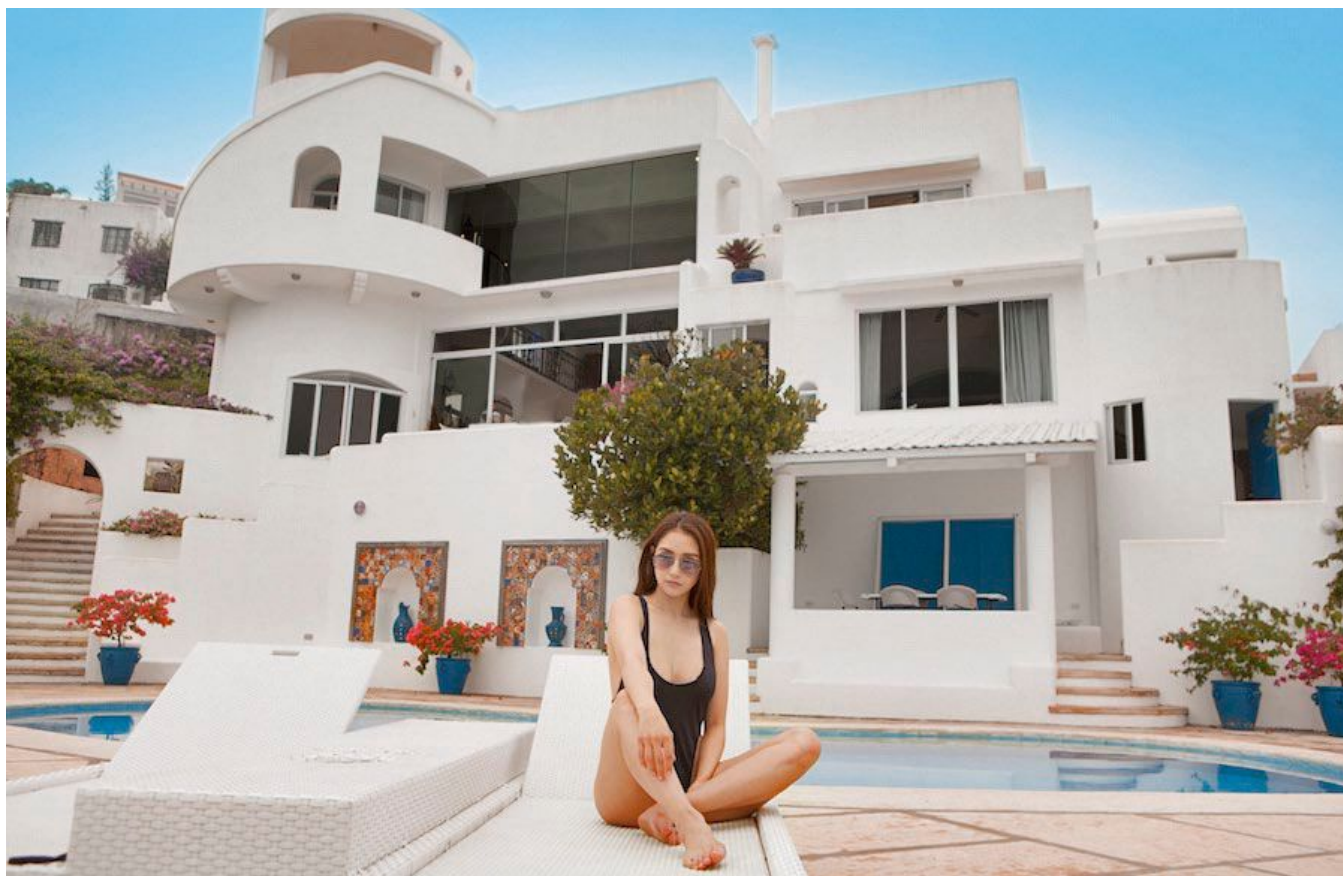
WORDS: ASH MAHINAY

PHOTOGRAPHY: JERICO MONTEMAYOR



With a commanding view of Taal Lake, the natural thing to do at Villa Nonita is obviously to take a load of pictures with nature's best framing your mug. And then, turn around and take more, this time with the Santorini-esque villa as your backdrop. If your squad has always wanted that feeling of partying in mansion-land, then rent the entire place out and live the dream—it feels pretty great to sit on the open balconies and just chill.

The other big thing to do here is your very own pre-nup shoot. Because we're sure your lovely wifey wants one, and we're giving you the place to do it to save you and your best man some planning. While renting the entire place out maybe be overkill (there's a honeymoon suite for that), it's pretty tempting to go large and act like you own this prime location for one night isn't it? Forget being like Tony and having a Stark 1—or any of his other cars—we want the mansion with a view please.



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Chasing the wind

SAKALING HINDI MAKARATING WILL MAKE YOU FALL IN LOVE WITH THE PHILIPPINES AGAIN (NO HEARTBREAK REQUIRED!)

WORDS: CHISE ALCANTARA



It would be easy to label *Sakaling Hindi Makarating* as another one of those breakup movies that want to cash in on the feels of a *hugot*-driven generation. After all, its plot isn't all that original. The heartbroken main character—Cielo, played by the captivating Alessandra de Rossi—receives a succession of postcards depicting different places all over the Philippines. Who they're from, she doesn't know. So she chases after the mystery sender by visiting the places hand-drawn on the postcards.

But to dismiss this film as just another Pinoy tearjerker is to undermine one of the most important aspects of a road trip movie—the amazing sights and sounds. And, with no patriotic biases whatsoever, we can't imagine a country more apt for beautiful, natural, cinematography than the Philippines.

If there is one thing the movie does well, apart from showcasing



◆ ***Sakaling Hindi Makarating* is out on February 2**

the archipelago, it is capturing the characters' moments of vulnerability while not making it look melodramatic. While Cielo does spend a lot of her time in deep introspection at beaches (as any typical *sawi* main character would likely do), the film allows you to experience what she's feeling as well, not through brilliant pieces of dialogue that tug at the heartstrings but rather through silence and lots of staring into the distance.

Hearing waves crash on the beaches of Pagudpud and seeing the sails of the *vintas* of Zamboanga catch wind make Cielo's journey—no matter how selfish and illogical it may be—real and human. You've got to at least appreciate that sunset in Batanes, where the lights and shadows dance on its words: sprawling hills. *Sakaling Hindi Makarating* is more than postcard-perfect.

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TRENDING

Savage queen

WE LEARN HOW ETHEL BOOBA COMES UP WITH ALL HER HOT TAKES

“MADAMI NA KASING PROBLEMA [ANG MGA TAO] PERSONALLY—MGA HUGOT SA BUHAY. PERO HINDI SIYA DENIAL [ANG PAGGAMIT NG COMEDY], PARANG NAGBIBIGAY KA PA NG HOPE... MERON NGA SIYANG HINT-KASI LAHAT NG BATO KO TOTOO SIYA—NA ACTUALLY DI SIYA FUNNY, AKALA MO LANG JOKE KASI MAY ‘CHAROT’ SA DULO PERO SERYOSO YUN.”



◆ For more on Ethel, visit FHM.com.ph.

Rapidly becoming a mouthpiece for common sense in our age of fake news and post-truth, Ethel Booba packs wit and grit in 140 characters—and rarely presses Enter on a dud.

How long has this Twitter slaying been going on for you?

“Matagal na [ako sa Twitter], paiba-iba lang account ko. Before, talambuhay siya tapos pag nakikipag-break ako tinatanggal ko lahat, ganun lagi. Tapos noong 2012 meron akong...inspiration. Sinabi niya, ‘makipaglaro ka lang [sa Twitter]’...so parang sa phone, meron pang business, meron pang landian, ha ha! Naka-set aside talaga personal kong buhay [sa Twitter ko ngayon]”

Why do you think Pinoys prefer a comedic angle to discussing current events?

“Madami na kasing problema [ang mga tao] personally—mga hugot sa buhay. Pero hindi siya denial [ang paggamit ng comedy], parang nagbibigay ka pa ng hope...Meron nga siyang hint-kasi lahat ng bato ko totoo siya—na actually di siya funny, akala mo lang joke kasi may ‘charot’ sa dulo pero seryoso yun.”

Where did “charot!” come from anyway?

“Ina-apply ko yan sa family ko, hindi kasi ako confrontational or vocal. Tapos later on pag gusto ko na talaga mag-voice out, lalagyan ko na 3lang ng charot para masabi ko yung gusto ko sabihin—pero babawiin ko nang kaunti sa dulo. Para hindi siya hard.”

And how exactly do you keep on top of the news to fling these zingers at people?

“Nakakatulong yung mga followers ko na parang, ‘Ethel, ano masasabi mo sa ganyan.’ Babasahin ko lahat tapos meron isang winner na sasagutin ko dun... Hindi din ako masyado nanonood ng TV...Inaaral ko lang muna lahat.”

WORDS: ASH MAHINAY
PHOTOGRAPHY: EJAY LEUNG
OF MIDNIGHT BONKERS
STYLING: DEBRA BERNALDES
MAKEUP: JOPHIE SANCHEZ
HAIR: IWA AJINOMOTO



Gent

BE A
LADIES' MAN

Edited by **CECILE JUSI-BALTASAR**
cecilebaltasar@gmail.com

D A T I N G

Your dating mistakes, corrected!



LET THIS SEASON OF LOVE BE THE PRECURSOR TO A BETTER, MORE DATEABLE YOU

WORDS: FRANCIS QUINA | ILLUSTRATIONS: JAMES ANDRES

This Valentine season won't only flood your feed with sappy photos, it will also bring focus to your sad love life. This is our way of resuscitating the possibility of romance in your world. Take note, we say "the possibility." It's still up to you to bring it to the finish line.

The following are eight dating mistakes you might be making. We give you simple improvements to make. You go, Cassanova!

Failing the first impression

First impressions last, and, if you want to make a good one, then by all means put in a bit of effort. Come as you are only works if you're presentable in the first place. If you're a schmo who thinks a ratty T-shirt you've sweated in all day best represents your personality, then, guess what? You won't attract; you'll repel.

STARTING TODAY

Plan your outfit, get a haircut, take a shower, gargle with mouthwash—look and smell good, for Pete's sake.



DUN TAYO SA MAY POKÉSTOP



PLAYING IT BY EAR

"Ikaw bahala," is not something your date wants to hear when she asks you where you're having dinner. A man with a plan is more attractive than one without, especially on first dates. You want a girl to feel special, and you don't do that by winging it. Perhaps your problem is that you're afraid of letting down your date. Says American psychologist Barry Schwartz on his talk *The Paradox of Choice* on TED Talks, "The more options there are, the easier it is to regret anything... that is disappointing about the option that you chose."

STARTING TODAY

Take on the full responsibility for planning out the date. It will show that you have initiative and confidence, which are still generally considered to be positive attributes in today's gender-equal world.

NOT MAKING DINNER RESERVATIONS

The macho jerk in us believes we'll get our way all the time. This includes getting a table at a popular restaurant at the height of dinner service just by the strength of our personality, rather than a booking made the week before. Save yourself the embarrassment—because these days maitre'd's are strict—and reserve your slot beforehand. It spells disaster for your date and for your own reputation if you get turned away.

STARTING TODAY

Use apps like Booky that provide restaurant reservation services without fuss.



Being distracted during the date

The legendary star Dolphy had killer charm to back up his comedic chops, and one of his techniques was to make a lady he was talking to feel like she was the only other person in the room. Your date wants to be the star. She does not want to play second fiddle to your mobile phone, your ego or, God forbid, the other female patrons at the bar.

STARTING TODAY

During conversation, keep your eyes focused on hers, not on the perky butt of the girl that just walked by. Listen to what she says so you can respond smartly. Don't let your thoughts wander. Engage.

ROAD RAGING

Traffic is a bitch, yes, but going all testosterone-y at the car that just cut into your lane is just a mood killer. You want your date to have a grand experience. Your going off on an idiot driver will ruin that experience. In an interview with ANC's *Headstart*, motoring journalist James Deakin says, "The problem with road rage is people snap... It brings out the worst [in them.] Keep yourself in check."

STARTING TODAY

Play an easy driving playlist, bring water and snacks (anger is often triggered by hunger), and practice the art of letting go.



Imposing your interests

Sure, game board cafes may be popular these days, but if your date isn't really into that scene, don't force it. Interests can never be imposed, and doing so may only encourage resentment, for both you and your date. While you'll thoroughly enjoy spending two hours at a mountain bike park, she will likely consider it a waste of time if dinner and a show are more her speed.

STARTING TODAY

Share or suggest, rather than impose. Let her know that this is something you care about and would like to experience with her. Don't give her a pink bike helmet for her birthday if you've never seen her on a bike.



STARTING TODAY

Keep the past in the past.

BRINGING UP YOUR EX

Don't kiss and tell. Never. If you bring up your ex while you're on a date, it sends signals to the girl that you can't keep secrets or be discreet about past relationships. Should this date ever grow into a relationship, what's to prevent you from blabbing about it when the relationship goes sour? Remember, you want your date to be the main event, not the sideshow.



BRINGING HER TO A REUNION OR FAMILY EVENT

Your family might be the coolest, most outrageously fun people in the world, but taking a date to meet them prematurely may lead to some really awkward situations. "Girlfriend mo?" your dad asks. "Hindi po!" you retort. "Well, fuck this," thinks your date. Or something like that.

STARTING TODAY

Take it one day at a time. You don't jump to the main course before enjoying the appetizers first, do you?

Gent

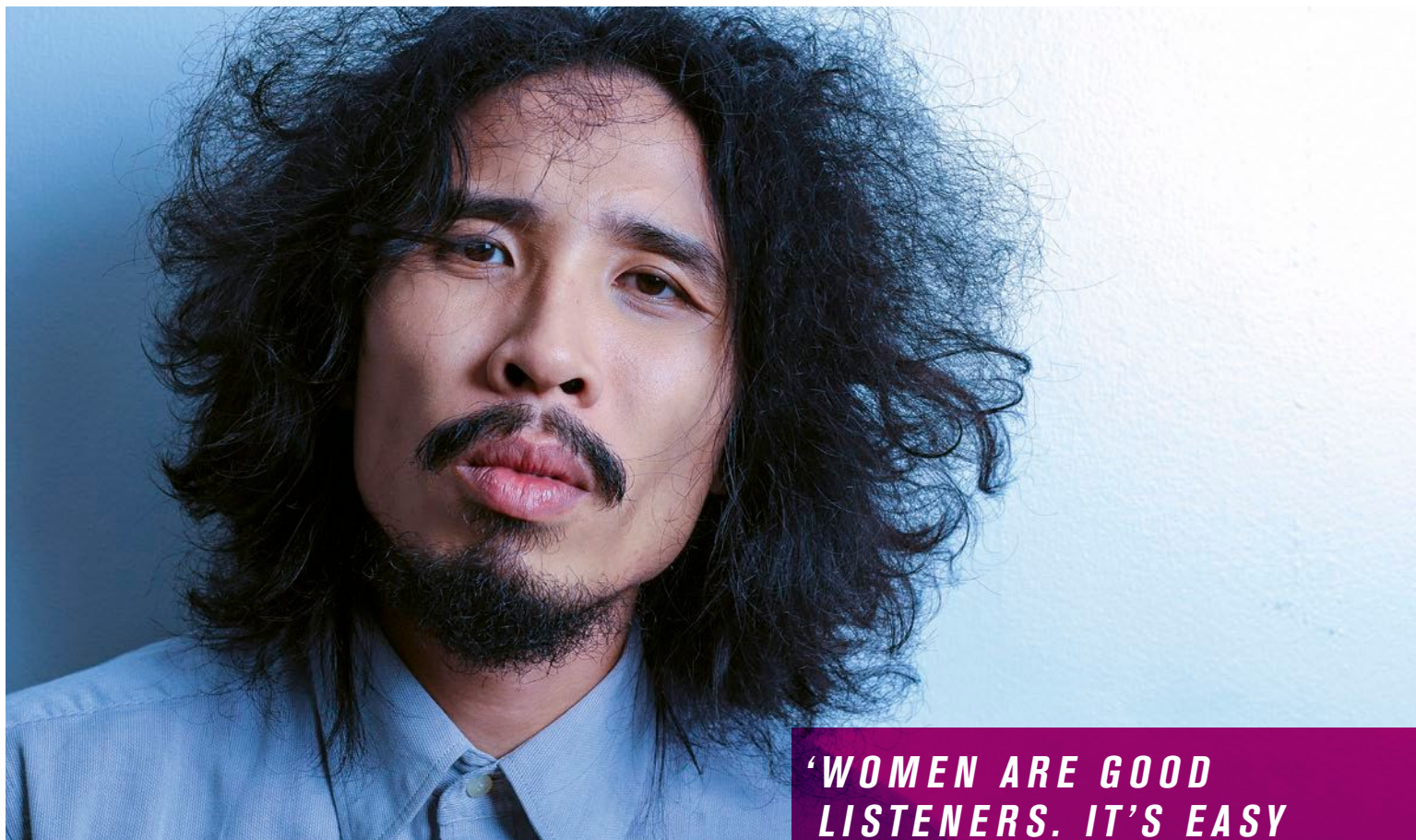


Wingman no more

**PEPE HERRERA KNOWS
HOW TO TAKE THE LEAD
WHERE IT COUNTS**

AS TOLD TO CECILE JUSI-BALTASAR
PHOTOGRAPHY MARK JESALVA
STYLING DEBRA BERNALES
MAKEUP GAILE PALMA





'WOMEN ARE GOOD LISTENERS. IT'S EASY FOR THEM TO FEEL WHAT YOU FEEL'

"I love women. I adore women. I find everything about them interesting," says Pepe Herrera. You know him; he plays the interesting, funny, deadpan wingman to the main dude on TV, film, and theater. That is, he used to be the wingman. This month, he's the main dude, playing Paul opposite Alessandra de Rossi's Cielo in the wanderlust drama *Sakaling Hindi Makarating*. The role won Herrera the Best Actor trophy at the 2016 CineFilipino Festival. On another medium, Herrera is in the middle of his month-long run onstage as the conflicted photographer Topper in the angsty romantic musical *Sa Wakas*.

These are just two roles in Herrera's proficient resume. His CV is so full you wonder when Herrera would have time to "adore women."

But when he finds time, he does so in singing. "I like singing Joe Cocker's 'You are so Beautiful' to women. That is my signature videoke song."

Herrera's unfair advantage over the rest of mankind, however, hasn't spared him from heartache. "*Lahat ng* relationships *ko, natapos sa iyakan*," he says.

Still, this hasn't deterred him from pursuing the fairer sex. His first tip: "You have to respect yourself. *Kung hindi ka naliligo, makukuha mo ba ang respeto ng babae?*"

He has a point.

Women are meant to be adored.

My mother is an example. I adore her. All women should be respected and admired. Physically, emotionally, spiritually—*lahat ng*—ly. They were made to be held in high regard by men.

The most interesting thing about women is that they can feel without needing words. That intuitive nature of women? I can easily get attracted to that. Women don't need people to verbalize what they're going through. *Kuha kaagad ng mga babae.*

Women, in general, are naturally capable of listening with their heart. *Marami akong kaibigang babae na gustung-gusto kong kasama kasi ang galing nilang makinig.* And they don't feel the urge to talk because they know that I just need someone who will listen to me. Women are good listeners. It's easy for them to feel what you feel.

Graceful women are tops. *Madali akong magkagusto sa babaeng mananayaw.*

I can tell my female friends anything, without fear of being judged. I love hanging out with my female friends. *Kasi nasasabihan ko sila ng kahit ano. Masarap din silang kasabay kumain.*

There's one thing that women need to do: stop nagging. But don't get me wrong.

Ang mga lalaki, kailangan din itong gawin. Marami akong kilalang lalaki na nagger. For example, *meron tayong pinag-usapan.* We were able to reach a conclusion, which we both agree on. But later, you'll bring it up again. *Maaapektuhan ako kasi,* to me, you will sound like you are not being honest with me, and even with yourself. *Bakit pa natin tinapos amicably yung pinag-uusapan natin kung uulit-ulitin mo pa rin?* Pagdating sa relationship, *mabilis akong mapikon sa makulit.*

There is only one way to make a relationship with women work: listen. The main problem is miscommunication. *Pag pareho kayong galit, walang patutunguhan yung pinag-uusapan niyo. Kung ang goal niyo ay magkasundo para hindi kayo laging galit, e di makinig.* Pagka sobrang mainit yung plantsa, *hayaan mo munang lumamig ng kaunti para hindi masira yung polo.*

I know that the women who have been in my life are all a reflection of my mother. *Naniniwala ako doon, na yung mga makakasama mong babae sa buhay mo,* they all somehow reflect your mother. My mom is a strong, independent, empathic woman. These are qualities that attracted me to my past partners, too.

Strictly business

... BUT ONLY UNTIL 5:30 P.M.

Jean, 25
Makati
6:30 PM

I was completing my internship at a public relations firm in Makati, when my superior told me that the CEO of the company wanted to take me out to dinner to thank me for my work. It was a custom that he did with all the interns, she said. I had seen the CEO, Mike, in the office a few times, but he hardly stayed long enough to notice me. At least, that's what I thought.

When I was finally called into his office, I was surprised at how handsome he was. He looked like he was close to 40, but had a great sense of style. He had on a crisp white shirt, well-fitting black pants, and shoulder-length hair that was slicked back. I could smell his mild cologne from across the room.

"Ah there you are. Jean, right? Please come in," he said. He had an iridescent smile and undeniable charm. "How has your experience in the company been?" he asked.

"Thank you so much for the opportunity," I replied, a little nervous. "I definitely learned a lot."

Mike smiled. "Great. I was thinking to celebrate your work by grabbing dinner." I nodded, excited. I couldn't help but stare at him, and I wondered if he noticed because his eyes seemed to linger on me as well.

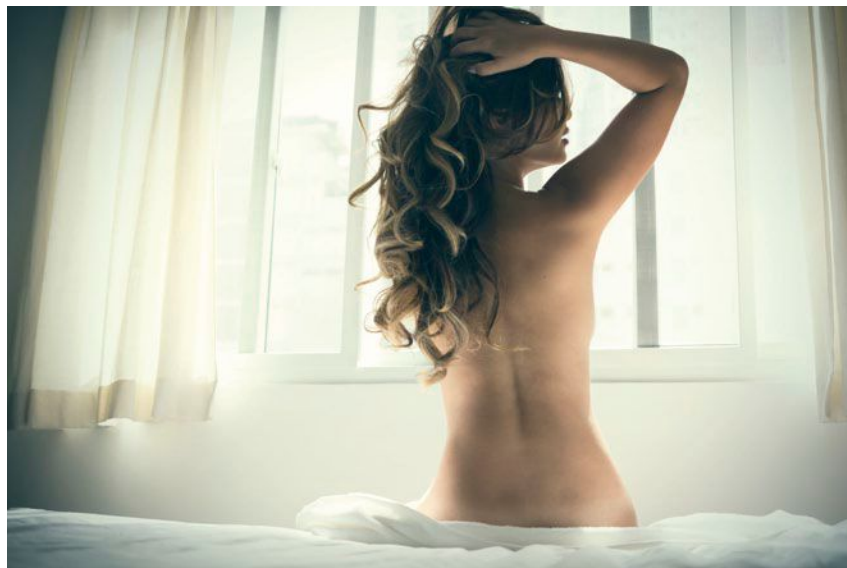
In the car, he sat in front, next to his driver, whom he instructed to go to a Japanese restaurant a few blocks away. Mike had booked a private room, behind a sliding door with opaque paper barriers.

Over dinner, he asked a lot of personal questions, and I couldn't shrug off the sexual tension in the air. He was dashing, mature, and funny. Was the CEO of the company I worked for really flirting with me, or was I just dreaming?

He started ordering rounds of beer, and we both began to loosen up. At one point, he got on his feet and started dancing. He was confident with his moves and had no ounce of self-consciousness. He held out his hand to me: "Join me!"

When I stood up, his hand fell to my waist, pulling me closer toward him. He swayed my hips from side to side, guiding me with his palm firmly on my lower back. At this point, I knew.

"You're a good dancer," he said laughing, his face just inches away from mine. We locked eyes again. And without thinking, I kissed him.



He kissed me back immediately, our tongues waging war with one another in heat, as his hands slowly moved from my lower back, down to my butt. He paused to look at me with a sinister smile that suggested that I walked into his trap. "You're a naughty little girl aren't you?" he said, while slowly walking me towards the end of the room.

When my back hit the wall, he

leaned in front of me, breathing down on me heavily. I could feel his hard-on through his pants. He lifted my dress, hiking it up over my knees.

"Is this what you want?" he asked, with the same commanding voice he might use as a boss. I just smiled coyly in return, nodding my head slowly. He slipped his fingers between my thighs, and then underneath my panties. "Wait, someone might come in," I said, out of breath, but incredibly horny.

"I don't care," he said, voice muffled while kissing my neck. He slid a finger inside. "Oh, you're so wet...."

I moaned in response, feeling him slowly slip his fingers inside me. After a few minutes, he pulled his hand out, and licked his fingers. He grabbed me by my hips and turned me until my ass faced him. "You have the cutest butt," he said, as he slapped me on one of my butt cheeks. I let out a little yelp, surprised at how hard the slap was. He did it again and again, and it was turning me on.

"Fuck me," I said, unable to contain it. He pulled my underwear down, unbuckled his belt, and he entered me from behind.

He was taller and older and knew exactly what he was doing. Outside, I could hear the restaurant go about its daily business. But in our private room, my boss fucked me crazy. He put his hand over my mouth when I started to moan as he thrust deeper. "Shush," he said, as his other hand fondled my breasts.

When he finished, we tidied up and sat back down at our table. I looked over at him and saw the twinkle in his eye. I wanted more.

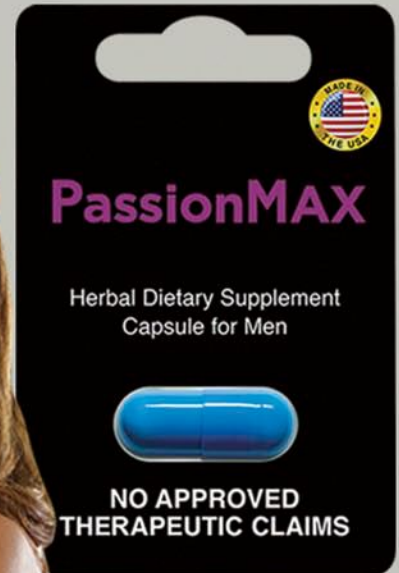
"Can I see you again?" I asked, suddenly becoming infatuated with the successful businessman. He smirked. Lifting his cup of rice tea to his lips, and gesturing a toast my way, he said, "Little girl, I'll be the one to decide that. You'll get a call from me next week and my driver will pick you up. For now, let me take you home."

He kissed me on the forehead, and held my hand as we prepared to leave the room. I looked down at his left hand, and saw a wedding band proudly displayed on his ring finger.

PHOTOGRAPHY: JERICO MONTEMAYOR; MAKEUP RHINA MONTEMAYOR; HAIR: GEORM IMPERIAL; MODEL: CICI ZXOX; MODEL FOR ILLUSTRATION PURPOSE ONLY

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CERRY BOMB

JULZ SAVARD IS
GOING TO BLOW
UP OUR ROCK
SCENE

PHOTOGRAPHY
SHAIRA LUNA

WORDS
CECILE JUSI-BALTASAR



STYLING
ZOE LAURENTE
ANDIE JAVELOSA

MAKEUP
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METALLIC SWEATER, SFERA, SM MAKATI;
VELVET CAMISOLE, SFERA, SM MAKATI





They say rock and roll is a man's world. All that noise and chaos can only be controlled by pure testosterone. And it's been that way for the most part, right from the start with Elvis, through to Mick Jagger and Keith Richards, and all the way down to the boys in bands like Foo Fighters and The Strokes.

But that's just not giving enough credit for the women who can rock as hard.

For every one of those guys, there's Nico of The Velvet Underground, Patti Smith, Stevie Nicks. There's Joan Jett with the Runaways and then with the Blackhearts. Siouxsie Sioux and her Banshees. Kim Gordon of Sonic Youth. These women had the balls to rock heavy and hard.

Closer to home, we have Julz Savard—with her bands Save Me Hollywood and Foxy Music, and solo venture Sixx—cut into the lineup.

"I definitely want to change the music scene," Julz says. "I'm not after fame, though. My hope is that people will remember me as somebody who transformed the music scene because I had something to say and I wasn't afraid to say it." And one of the first things she says validates our presence in the world: "I told myself that one day, I will be on the cover of *FHM* and it'll be because I'm a rock and roll chick. And people are going to dig that. Let the bad girl speak. Put the light on the bad girl for once. It's always the goody-two-shoes who are getting exposure."

So we slip the bad girl into some lingerie, aim a couple of lights at her, and let her speak.

"The whole [concept] of sex, drugs, and rock and roll still applies today," says Julz. "Maybe not the drugs anymore, but the sex and rock and roll? Hell, yeah. Women shouldn't feel objectified in the world of music. If anything,

we are the sex; we are the drugs; we are the rock and roll."

While Julz is much into empowering female folk through her music, she also wants them to know—which you will support, we bet—that nudity is not taboo. After all, as she admits, she does want to celebrate this year—her 25th—with her third appearance on our pages, but this time, on the cover. "I do have clothes on most of the time on a daily basis," Julz clarifies. "But at the same time, I'm also very comfortable in my own skin. I'm about empowering women whether they want to go buck naked or stay completely covered. And now, that's me half-naked on the cover. Go, girls!"

We do get a bit of the Patti Smith/Joan Jett vibe while talking to her, but there's nothing angry about Julz. Although she describes herself as "a very fuck-you, in-your-face kind of girl," there's also something more practical about her. "I'm not really about girls getting ahead of men. I just want us to have the same voice, have the same platform as men," she says. "I want girls to know that we have as much balls as men do. We just need to grab it."

It's this advocacy, for lack of a better word, for gender equality and wiping out sexual taboos that pushed Julz to try acting on film. You might remember (of course you do) that she came out in the controversial *Ninja Party* with fellow *FHM* babe and indie film actress Annicka Dolonius.

The outcome of that project, though, wasn't something Julz expected. "The story we were trying to tell was about these girls who are very promiscuous and are trying to discover themselves through sex," says Julz. "After all, we're all curious about sex, especially when we were younger. It was that curiosity and kids being kids that we wanted to convey. But the film ended up just focusing on the sex part. We really need to shock the Philippines out of thinking, 'Oh my God, her boobs are out!' Boobs are a part of life, man."



JULZ SAVARD



Indeed they are.

So is music. And since 2011, Julz has been in that scene. Save Me Hollywood has a pop-punk sound; and as the group's lead vocals, Julz was stigmatized for a while, being compared to Paramore's Hayley Williams. "I didn't mind, though, because she's my biggest idol," Julz says. "But I didn't want to be boxed in. I hate boxes." That restlessness led to Sixx, Julz' solo electronica act.

There's also her new band Foxy Music. As the first band to be signed by Ely Buendia's outfit Offshore Music, Foxy Music promises to remain true to its identity: "We are a very angsty and feisty rock band," Julz says.

"The music scene [in Manila] is definitely like a sleeping giant, no matter that people say it's dead," says Julz. "New artists will wake up this giant. And the legendary artists—like Ely Buendia—will help as well. They do so much for the kids who are so passionate and eager to get their music

out there. Everyone is involved—from the artists to the fans—to get OPM rocking again."

As for her involvement in the progression of OPM, Julz quotes a line from *Almost Famous*: "I take that one guy in the audience who's not turned on, and I turn him on!"

We believe her. After all, this girl's got spunk and persistence. She started her professional life feeling like shit as an account executive for an events company. Treated by her boss like his personal servant. Julz, in hindsight, appreciates the experiences which, she says, taught her to use her time wisely.

Fast-forward to 2017 and Julz is at the top of her game. Although she is planning to take a sabbatical this year to spend some time in New York City, she still sticks to her rocker identity: "Hopefully someday, someone will go, 'Julz Savard? She's fucking rock and roll.'" **FHM**



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Rum leader Tanduay Distillers, Inc. once again bagged this year's 'Brand of the Year' trophy, a prestigious award conferred by the World Branding Forum to the world's best brands as recognition for their work and achievements. World Branding Forum is a non-profit organization dedicated to promoting brand standards for the benefit of the industry and consumers. With 210 winners selected from over 2,800 nominated brands, Tanduay was among 9 distinguished brands selected from the Philippines.

"Being a recipient of the World Branding Forum Brand of the Year Award for 2 years in a row inspires us because we know that results are drawn from thousands of consumers around the world. And, they have spoken," says President and Chief Operating Officer Bong Tan.

Tanduay takes pride in being one of the most awarded rums with over a hundred international awards that include at least 90 golds, 7 Monde Selection International High Quality Trophies and a Monde Selection Crystal award. This 2016, the Company's entry to the premium category, Tanduay Asian Rum, won another gold medal from the Madrid International Rum Conference, 2 gold medals from the Beverage Testing Institute in Chicago, and superior ratings from the International Taste and Quality Institute in Belgium.





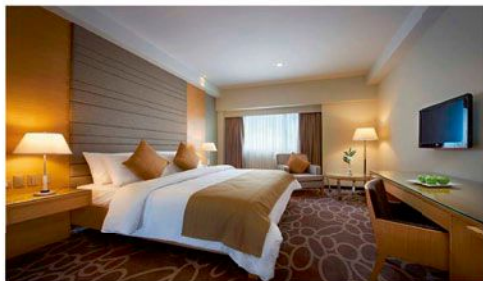
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JULZ SAVARD





GOLD DUST

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NEPOMUCENO

ASSISTED BY
IGNACIO
GADOR

WORDS
CHISE
ALCANTARA



WOMAN

EVEN THOUGH EMMANUELLE VERA
IS RELATIVELY NEW IN THE SCENE,
YOU KNOW SHE IS A PRECIOUS FIND



OPENING SPREAD
JACKET, ZARA; BODY SUIT,
BEETROOT; LAYERED NECKLACE
AND RINGS, VERONICA VELAYO

THIS PAGE
LACE BRALETTE, BEETROOT; PLAID
HIGH WAISTED TROUSERS, ZARA;
NECKLACE, RINGS, AND LEATHER
CUFF, VERONICA VELAYO

OPPOSITE PAGE
LEATHER JACKET, F&F; FUR STOLE,
ZARA, WOOL HAT, AC+632; RING,
VERONICA VELAYO

STYLING
MEG MANZANO
ASSISTED BY
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Do you remember the moment when you first realized that you became a real adult? Was it when you learned to drive? Or maybe it was when you realized that you had to pay taxes for things you didn't really understand at first? While that moment might be different for everyone, the reality is all of us have to face the "real world." And as dreadful as that might sound for some, others just seem to get out there and do their thing.

Emman Vera was just 15 when she first made her TV debut in the show *1DOL*, big shoes to fill for her very first acting role considering she was playing Diana, *kontrabida* to then rising star, Sarah Geronimo. "I wasn't great at first but they hired me for my singing because it was meant to be a musical. I think you need to start somewhere."

You would think that an actress who was just starting out would get acting advice from her director or her more veteran co-stars. But because we live in a world where every random netizen can magically (and harshly) critique someone's acting without having any prior training or schooling, most of what Emman's criticism came from the unforgiving Internet public.

"I remember the first time I read the rude comments I had gotten on my Twitter account. I couldn't help but keep reading every one of them even though I was bawling my eyes out. My mom was telling me that it was okay and I should just stop reading them—I couldn't believe people could be so angry at a person they didn't know personally," recalls Emman.

Obviously, netizens were not satisfied bashing an untrained teenager's acting so naturally they also took notice of her physical appearance. "I was a chubby 15-year-old back then and they told me that if I wanted the part I had to lose 30 pounds in one month so I was really conscious about how I looked onscreen. Showbiz was a big part of my formative years and weird enough, I was able to grow out of my insecurities by showing them, ha ha! I eventually became *dedma* to all the haters," says Emman



JACKET, F&F

Having gone through all the hate of the *mema* showbiz gossip community has made Emman into the strong-willed person she is today and helped her focus on what's really important to her—"I think my ultimate goal was to just get to perform for people and get my music out there to hopefully touch people with my songs."

If you type in "Emman Vera" on YouTube, the only thing you'll find are a few covers and two original songs that Emman wrote when she was only 13-years old and we think that isn't a proper representation of Emman as an artist.

Emman took a two-year-long hiatus from doing major projects like TV shows by only taking on a few minor gigs and projects in order to take a step back from the insane world of show business to enjoy life and do some introspection about what she wanted to become as an artist. "I actually got to spend time with people that I didn't work with, ha ha!" But even while taking a "break," Emman couldn't just say no to a few projects she believed could be worth her time and effort.

BLACK ONE PIECE SUIT, LOCA; FUR COAT, TAMED





NUDE BRALETTE, BEETROOT; KNIT CARDIGAN, ZARA; NAVY COAT, PROMOD

After its successful debut screening in 2015, *Ang Kwento Nating Dalawa*, an indie film by Nestor Abrogrena that starred Emman Vera and Nicco Manalo, had its second major rescreening late last year due to the overwhelming demand of bitter, masochistic romantics who wanted to cry alone, together, at a public cinema.

While Emman is very thankful for all the support the films has gotten she's still hoping that people who watch the films don't go home with just a bunch of *feels* after watching.

"Some people just focus so much on the *hugot* and the raw emotion rather than going deeper and understanding the other themes. I mean, it's okay, you can be emotional, but there has to be a balance with these things. Hopefully more people come to watch the sequel, *Tayo, Sa Huling Buwan Ng Taon*, that we've been working on not only because of the *hugot* in the film but because they actually enjoyed the storytelling we did with the first film."

These recent years, the *hugot* generation has dictated what would likely get popular or become viral not only in films but also in music because while there are so many artists in the scene right now, popular songs relating to *hugot* and novelty songs by celebrities that aren't really musicians still dominate the radio and the CD stands.

"I don't really know who to blame but it's probably because that's all people hear around them. Honestly, most people grew up hearing novelty songs and this kind of music is a big part of our culture so I'm not pushing that aside. I'm not saying it's not valid OPM but I think if people get introduced to other genres of music, they would enjoy that kind of music as well... I just want to show that all kinds of topics can be incorporated in your music and not just the mushy, feel good stuff," explains Emman. Despite *hugot* still being the dominating sound people hear, Emman still believes that OPM is on the verge of a revolution that will change what belongs to what people consider "mainstream music."

Talented artists are breaking out from the underground scene through social media platforms and various free-to-listen music websites. "Artists, including myself, that like to experiment with unique genres finally have a venue to be discovered by anyone willing to listen to some new songs online. I believe that my roots are still soul, R&B, and jazz but my identity revolves around making the sound of the music I grew up with feel contemporary by trying to mix it up with a little pop," says Emman.

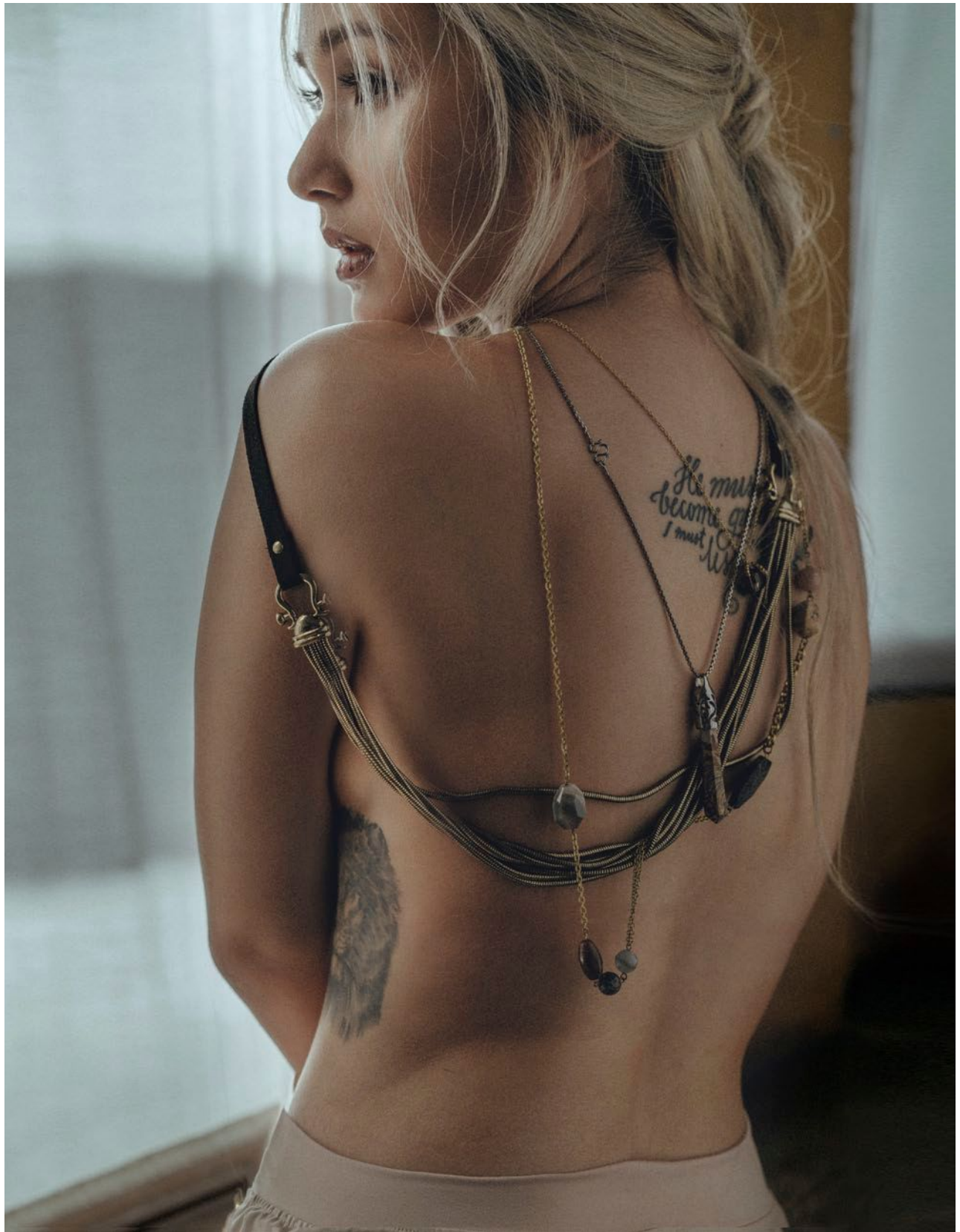
As an artist, finding the right balance of being relatable, staying relevant, and providing a unique and authentic experience for your audience is one of the hardest things to consider. "While I think there is no specific formula on how to introduce new music to people but it would probably be better if I start by making more songs under the pop influence in the beginning then slowly ease in new elements of other genres I want to experiment with," says Emman.

Gone are the times when a young teenage Emman would write about heartbreak and her *kilig* moments with her crushes because she knows that she's part of something bigger than herself. "So many artists do their own music now and they've broken into the mainstream just because of their amazing talent. I think if you just keep making quality music and consistently promote and create new stuff, someone will eventually make notice" says Emman. Not that she's not *kilig* at the thought of actually being able to contribute to the pool of diverse and talented artists of her time.

We all once had a grand notion of being able to change the world but adulthood happened and the reality became much, much clearer to us. Not all of us will be put on covers of magazines and most of us will never get that big break they've been waiting for their whole lives but even so, our passions keep us going. Emman, as talented as she is, doesn't expect to be able to do something as grand as saving OPM or anything like that.

"I'm not going to make any high claims about contributing something really special to the OPM scene because there are already so many great acts out there and I appreciate *FHM* for giving them the attention they deserve but I really believe that special things are going to happen this 2017 and I'm just really happy that I can be part of it." **FHM**





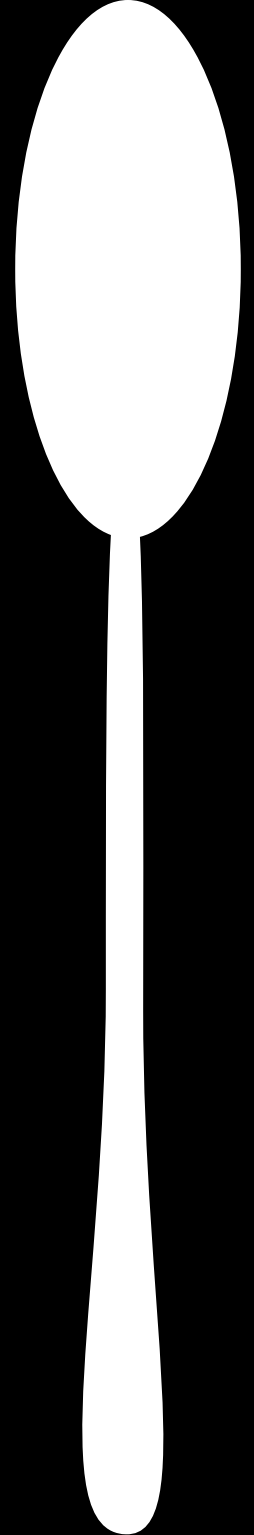
NUDE MAXI SKIRT, TAMED; SNAKE CCHAIN NECKLACE, AC+632; NECKLACES, VERONICA VELAYO



AROUND THE WORLD EATS

WORDS
ASH MAHINAY

PHOTOGRAPHY
RG MEDESTOMAS



The past few years have spoiled foodies—does anyone still call themselves that?—with all sorts of pop-ups, concepts, remixes, fusions, farm-to-table, craft, single-origin, artisanal, organic, bespoke, and, most importantly, gluten-, sugar-, chemical-, even flavor-free offerings. There's so much to try that our bellies have become the limiting factor—aside from the state of our wallets, of course.

But when was the last time you tried something really new? We at *FHM* have swatted away all the sushi bars in our path and scouted out some of the lesser-known national styles in the metro for your next food trip. We only had one condition: it's got to be food a man likes of course!



Costa Rica

Central America

COSTA RICAN

PURA VIDA MANILA

Don Pedro St., Makati
facebook.com/PuraVidaMNL



Did you know that Mexican food is technically North American cuisine? Reason you may have been living a lie by claiming you like South American food. The Costa Rican cuisine at Pura Vida will not right that wrong—it's Central American—but it's likely to be your introduction to the region. Pura Vida's dishes have familiar tastes for a good reason. According to Renato Robles, owner, "Costa Rican cuisine has a lot of the same ingredients as Filipino food, [because] Costa Rica and the Philippines are on the same latitude. The vegetation and produce you find there are very alike here. It's just the way we cook it that is different...it's very simple food [you can describe as] the food of the houses of Costa Rica."

1 CHIFRIJO

Rice, beans, pico de gallo, chicharon, avocado
Classic bar chow originating from San Jose, the capital city. More filling than normal *pulutan* and very satisfying to spoon into your mouth.

2 OLLA DE CARNE

Beef, cassava, potatoes
A "Sunday soup" similar to *bulalo* but with a healthier emphasis on vegetable flavors, for tempering those *putok-batok* days.

3 CASADO

Meat, rice, beans, salad, white cheese
Meaning "merriment," it's the classic lunch dish for Costa Ricans. They always have rice and beans with meals which is great because rice makes everything feel *sulit*.

SALSA LIZANO

The Costa Rican vegetable sauce with a sweet and tangy flavor which they use on almost everything. Call it their Mang Tomas if you want.





AFRICAN

ZIGGURAT

G/F Sunette Tower, Durban St. cor. Makati Ave., Makati



UNUSUAL SWEETS SPRI

A layered dessert sold in Ethiopian *sari-sari* stores papaya, avocado, and mango. Something we eat separately mixed all together

TEJ

A dark home-brewed beer with honey for that different taste



Despite being the second biggest continent on the map, African cuisine is severely underrepresented. Ziggurat's menu properly reflects the amount of stuff we are missing out on—it's probably the most expansive menu we've ever seen. There's a lot of exotic-sounding things in there to Google first, so Jimmy Concepcion, owner, helped us take it all in. "A lot of the food from Africa can be described almost as Filipino. The food I have comes from three distinct regions: western, eastern, and northern. [For example] Somebody who doesn't like unusual but still wants to try African can try the Nigerian beef stew. It can be described as *kare-kare* with ginger and tomato. Similar but unusual!" But don't worry, things get more hardcore foodie from there!

1 MUAMMAR GADDAFI'S CURRY

The Libyan strongman's "bespoke" chicken curry with broccoli and a whole lot of mint. Thankfully toned down from the extremely spicy original version.

2 KITFO

Raw tuna with Ethiopian spice-infused butter served on sourdough bread. Oh, and raw beef and chicken too—you read that right!

3 NIGERIAN BEEF STEW Banana and ginger soup

To be fancy, Jimmy told us to feel free to refer to the peanuts in the dish as "ground nut"

FENUGREEK

Smells like maple syrup but really a bitter experience when eaten raw. This herb is used in Ethiopian food and contributes sweetness with a subtle bitterness.

Ethiopians' entire set of spices don't exist in Filipino cuisine. Some you will not like, though. Honey, paprika, served on sourdough which is like "*putong maasim nang konti*." **FHM**

Europe

Poland

POLISH

BABCI KUCHNIA

Available at select weekend markets and for delivery
facebook.com/Babcikuchnia



From Central America to Central Europe, the handmade Polish *pierogis* of Babci Kuchnia are basically euro-siomai. So that means these dumplings are freezer-friendly, easy to prepare, even easier to eat, but without the MSG sickness and the nagging doubt that you may be eating something made from cats. Owner Peter Pysk says that, “we’re the first [to have pierogis] in the whole of Asia and we have kept all our product traditional and haven’t Filipinized anything—all is the way it would be in Poland. It would appeal [to local tastes] because it’s comfort food—it can be had as *merienda*, lunch, dinner.” And when it comes to their wieners, “people around the world have the wrong connotation with sausages. They think it’s unhealthy like hotdogs—but they’re unhealthy because of fillers, binders, and extenders...In Poland, the way we treat sausages is like a steak; you eat it for the quality of the meat!”

1 POLISH BIALA KIELBASA

Literally “white sausage.” 90% pork, 10% beef, and no extenders make it coarser than the smooth texture of a hotdog, but also way more flavorful.

2 PIEROGIS Potato, onion, cheese Beef, vegetables, cheese

A hearty snack that you can boil, pan fry, or even deep fry and make a great beer match, too.

3 CHOCOLATE PEROGI

Cheese, rum raisin, and rum butter sauce

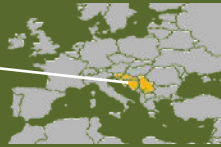
The dessert version which a true man will snack on anyway. Expect to knock down at least three at a time.

MARJORAM

An herb with pine and citrus flavor that is related to oregano but subtler. Used to flavor the Biala Kielbasa



Yugoslavian
territories



Europe

YUGOSLAVIAN

BALKAN

32nd Street, BGC, Taguig
facebook.com/BalkanMNL



PAPRIKA

Paprika isn't a real herb. It's actually bell pepper in disguise—ground and air-dried. It's their preferred spice compared to the less sweet and hotter *sili*-type of peppers we often use.



Yugoslavia may be gone, but its cuisine lives on in the many smaller states that sprang from it, and right here in Balkan's menu. Its appeal was easy to figure out as soon as we opened the menu: if you're looking for some meat sweats beyond a big steak, you'll find what you need here—their national dish is a mozzarella-filled ground beef patty after all! Angeli DePaz, marketing specialist, also recommends a tippale to go with it. "Balkan dishes are served in big portions, and high in protein. The taste preference of each dish is straightforward and usually best paired with alcoholic beverages. Balkan does not offer good food and drinks alone, but the total Yugoslavian experience!" It's cultural, so order that third beer!

1 FETA CHEESE DIP

It's not all meat at Balkan, there is also a lot of cheese. Two great tastes that taste great together, fam.

2 STUFFED PLJESKAVICA

The Serbian national dish we previously mentioned. We'd be quite proud to stick a flag on this as well. They also like basketball over there, which makes us conclude that Serbia = a chill place.

3 GOULASH

Beef stew, akin to *kaldereta* with pasta. Will fill you up because meat.

HOW TO LOSE JOBS & ALIENATE PEOPLE

BE WEIRD ON
YOUR OWN TIME.
KICK THESE BAD
HABITS WHEN
YOU'RE ON THE
CLOCK

WORDS: VICTORIA VIZCARRA

We're all creatures of habit. We like to think our mannerisms make us quirky and unique—and even if they don't, our family and friends mostly still put up with us. But at work, it's a different story: There are some lesser-known quirks that won't endear you to your bosses and co-workers alike, but with a little self-control, here's how you can turn them around:



TO YOUR EMPLOYERS

YOU PUT IN THE BARE MINIMUM EFFORT

The symptom: You're on autopilot.

You clock in, you clock out, but you're not about going the extra mile. In fact, your go-to line is, "*Hindi ko naman trabaho yan!*"

"These people come to work, but they don't make an effort to do the best they can," says Vicente Kilayko, managing editor of Lee Hecht Harrison, a company that streamlines work force talent.

(vkilayko@lhh.com.ph) "They think once they've graduated from school and found a nice job, that's it."

The solution: Small but meaningful gestures—like volunteering for projects, lending co-workers a hand, or offering ideas on how to make the workplace better—go a long way towards proving that you're not just phoning it in. "Your job description should not put a fence around what you can or can't do," says Kilayko.

YOU'RE DUE FOR AN UPGRADE, BUT KEEP PUTTING IT OFF

The symptom: You did it! You landed a cushy job! But people who get complacent "plateaus," Kilayko warns. Technology and business practices are always evolving, so the skill set that got you where you are today can easily be outdated tomorrow.

"Unless we keep up, we will get lost."

The solution: "Learning is a continuous process," says Kilayko, who suggests taking the initiative to participate in training programs in your field. This will keep you relevant and in the know. "Find additional training beyond what your company is giving you. For every competency, there's a market value—your salary. It's the market that should be running after you."

YOU COMPROMISE YOUR PERSONAL BRAND

The symptom: Oversharing on social media isn't just embarrassing, it's a red flag for your potential boss. "Companies routinely check your social media before they hire you," reminds Kilayko, so those TMI's on your timeline could cost you your next job.

The solution: As an employee, remember that you're representing your company.

"For me that's integrity, but whatever you call it, you need to maintain a certain image," he says. "If you manage yourself properly, you become an asset to the company." Curate your persona at work and online.

YOU'RE NOT EAGER TO EXPAND YOUR NETWORK

The symptom: Humility has its own reward. Being low-key

about your talents and accomplishments to others certainly won't get you a lot of career mileage. "People think that when they do well, they should just keep quiet about it, but opportunities come in when people know you," Kilayko says.

The solution: Start by joining industry forums and organizations, where you can meet and get to know like-minded people in the same line of work. "Each of us has a unique value proposition. You have to let people know you're good," he says. "In a work situation, it's about selling yourself. You're a brand; there's nothing wrong with advertising."

YOU'RE STUCK IN YOUR COMFORT ZONE

The symptom: If moving up the corporate ladder means moving away, you're not down. But chances are, you won't find that dream job in your own backyard—and you probably never will, as long as you're so overly attached to what's familiar and convenient.

The solution: Where's your sense of adventure? Sometimes, broadening your reach means embracing the idea of uprooting to a new branch location, or even in a new country. "One of the things companies really look for is mobility. You limit yourself if you turn down assignments," Kilayko says. "If you do that, it becomes a conscious decision on your part: '*Hanggang dito na lang siguro ako.*'"



YOU LIKE TO THINK SHORT-TERM

The symptom: You don't look at the big picture and it shows—especially on your resumé: Big gaps in your job experience are something that repeatedly come up in your job interviews. Kilayko says, "If you haven't laid down a good foundation in your 20s and 30s, you'll pay for it in your 40s."

The solution: Have an action plan for your career.

"Career is long-term," Kilayko says. Before you take that long sabbatical, or turn in your resignation letter, ask yourself: Are you doing it for the right reasons? What's your next step? You can take leaps of faith, but also be prepared to move on to bigger and better things.





YOU'RE WAAAAY TOO INTO YOUR WORK

The Symptom: If the office were a reality show, you're the one who's "not there to make any friends." "Some people are such workaholics, they think, 'I'm here to work, nothing else.' It'll make you seem unapproachable," says life coach Bubbles Bermudez (yourliferedesignednow@gmail.com).

The Solution: Learn to relax so normal non-workaholic people can relate to you. If you really need to work extra, come to the office early so you can work without the judging whispers. To help you deal with a more relaxed work pace, take a few minutes to "reset" between tasks.

TO YOUR COLLEAGUES

YOU'RE IN "EMAIL REACTION MODE"

The symptom: It's like an itch you need to scratch: You check your inbox every few minutes, or feel pressured to reply immediately to new messages, interrupting the momentum of your work. When everything else on your to-do list keeps getting pushed back, these little delays keep the real work from getting done. "That means you respect everyone else's agenda but yours," says Bermudez.

The solution: "Set schedules which you cannot compromise," says Bermudez. Block off a certain part of the day dedicated to reading and replying to emails; the rest of the time, focus on your other tasks without getting sidetracked.

YOU WORK THROUGH BREAKS

The symptom: Eating lunch at your desk shaves a few minutes off that report that's due, but you can't keep this up for too long before fatigue sets in. This just tricks you into feeling more productive, but in doing so, you shortchange yourself. "When you don't respect your downtime, eventually you

will feel rundown and worn out; you will start to resent work because you'll feel that it has taken over your life."

The solution: Think of the office as a school for grown-ups: you're there to work, but you're also there for personal development. "You need to find that balance between your work and your life."

YOU HAVE BAD BODY LANGUAGE

The Symptom: This is possibly where force of habit is strongest. "Your body language is definitive of your attitude," says Bermudez. "You want to be that person who's in control of your own body and your own actions."

The Solution: "How you project and present yourself commands the bulk of communication, so you need to be aware of it." Practice an "open body position"—hands on your sides and make eye contact. Keep your head held high—it helps to pretend you're biting on a bit (yeah, like a horse) that's pulling you up. These gestures show that you are open to communicating with others.



YOU HAVE A LOVE AFFAIR WITH SOCIAL MEDIA

The symptom: Sure, you're not posting your selfies or retweeting on company time, but you're also missing out on the chance to build rapport with your co-workers "Your breaks are your time to connect with others," she says. Then again, this is easier said than done when everyone else in the office is glued to their phones, too.

The solution: Turn off the push notifications on your social accounts! Better yet, don't be a slave to your smartphone. We're compelled to pick up our phones when we see the screen flash, but there are easy workarounds: Adjust the settings and turn off its LED light, put it on silent mode, or put it away entirely. If you're with people who are immersed in their own gadgets, ask them open-ended questions so they'll feel more involved in the conversation.



YOU KEEP A MESSY DESK

The symptom: You tell yourself it's organized chaos, but who are you kidding? That reflects badly on you. "It gives you that sense of disarray," says Bermudez. Your boss might even think twice about trusting you with more responsibility when they take one look at your messy desk and think you have too much on your plate.

The solution: Make it a non-negotiable ritual to always tidy your desk before you leave for work, so that the following morning, you are welcomed by a pleasant workspace. This can keep you motivated throughout the day. **FHM**



YOUR CHILDHOOD WILL NEVER
BE THE SAME

THE JINRI EXPERIENCE
RUIN YOUR CHILDHOOD



THE
JINRI
EXPERIENCE
RUIN YOUR CHILDHOOD



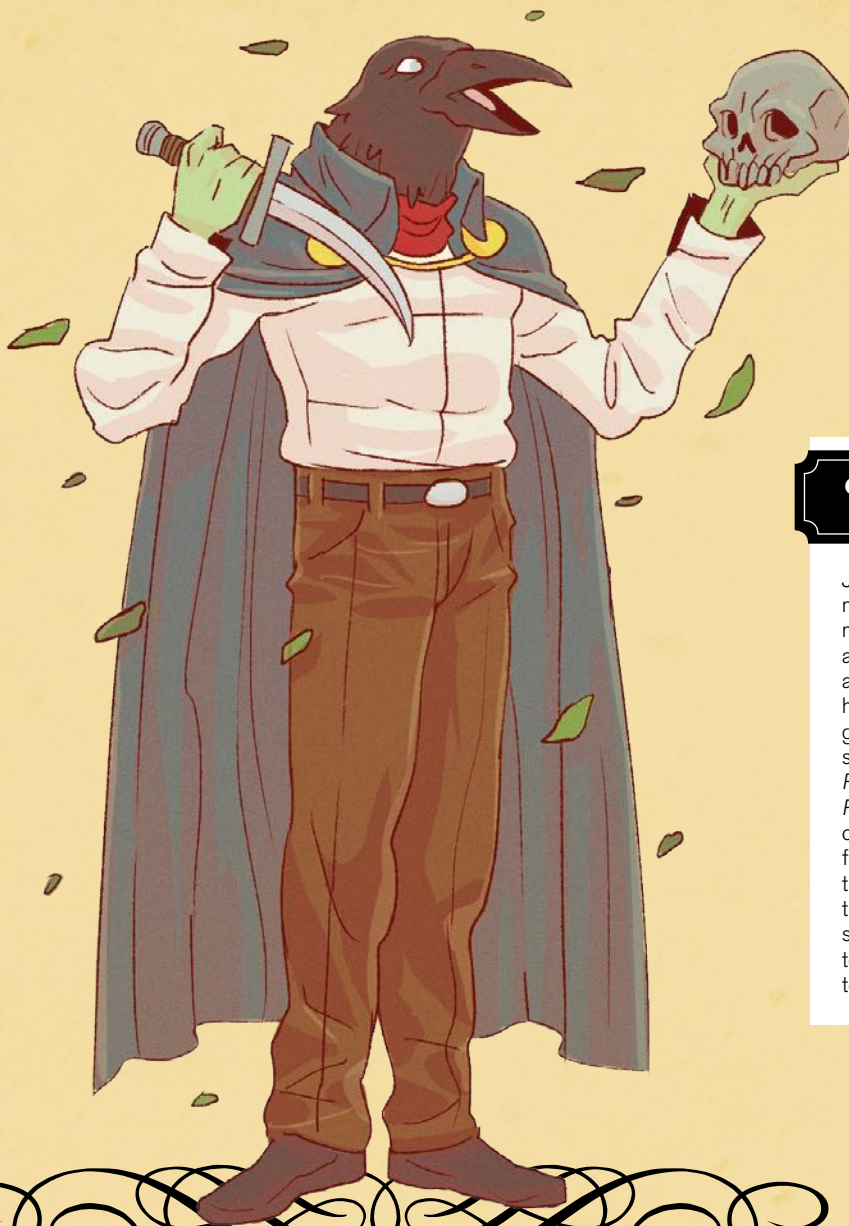
#TJE3 is available in bookstores, newsstands, supermarkets, and convenience stores for P195



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CROWS NEVER FORGET

Just like how she magically remembers a mistake you made years ago every time you guys argue, this bird knows how to remember grudges. According to studies made by *The Royal Society Biological Research Journal*, crows can recognize human faces and categorize them as friends or threats. They go a step further by actually teaching their offspring to hate you as well.

PRIMAL LOVE

**Seeing how these animals handle
heartbreak might make you feel
better about how you acted after your
last breakup**

words **CHISE ALCANTARA** illustrations **BORG SINABAN**

ANTS WALK THEMSELVES TO DEATH

If you ever feel hopeless without her, know that ants depend on pheromone cues from their nest mates in order to navigate and function efficiently. According to a study in *Behavioral Ecology and Sociology*, ants that get separated from the colony end up walking aimlessly until they die from exhaustion. In fact, the same study observes that when an ant is separated from their colony, they have their lifespan reduced to approximately a tenth of the average life expectancy of an ant that stays in the company of his fellows.



SINGLE PARENT CLOWNFISH

Getting over an ex-girlfriend might not be so hard but when she leaves you with a child to take care of, now that might actually be a problem. If you think putting on an artificial milk boob is weird enough, when the female clownfish of a school dies, the dad literally becomes female and mates with the second largest clown fish available to keep the clan going. We're never watching *Finding Nemo* the same way again.



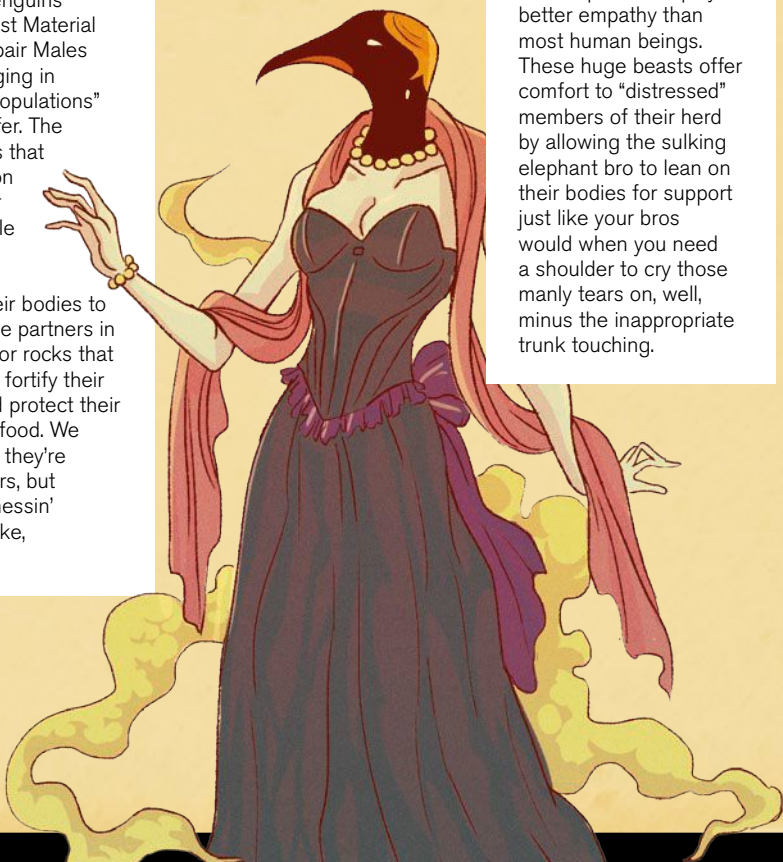
HOMEWRECKER PENGUINS

Penguins are generally believed to be monogamous creatures. But a study, from the University of Cambridge entitled "Penguins Acquire Nest Material from Extrapair Males after Engaging in Extrapair Copulations" begs to differ. The study notes that it is common practice for some female penguins to resort to "selling" their bodies to various male partners in exchange for rocks that they use to fortify their houses and protect their young and food. We ain't saying they're stonediggers, but they ain't messin' with no broke, broke.



ELEPHANTS ARE THE TRUE HOMIES

After studying the behavior of elephants for more than 20 years, data from the academic journal, "Do Elephants Show Empathy?" show that elephants display better empathy than most human beings. These huge beasts offer comfort to "distressed" members of their herd by allowing the sulking elephant bro to lean on their bodies for support just like your bros would when you need a shoulder to cry those manly tears on, well, minus the inappropriate trunk touching.



THIS MITE GET A LITTLE WEIRD

For those girls waiting for the perfect guy to come into their lives, why not follow in the *Histiostoma murchiei* footsteps and make one yourself? A species of mites easily takes the craziest ex award for literally giving birth to her own mates asexually and forcing them to impregnate her until they die from exhaustion.





TERMITES ARE TERRIFYING

Men have always been haunted by horror stories of crazy exes dismembering their member. The thought terrorizes us in our sleep, causing us to wake up in a cold sweat and thanking God that it was all a dream. Sadly, male termites don't have the luxury of waking up from that nightmare. According to studies made by The Royal Society's Biological Research Journal, if female termites even remotely suspect their monogamous mates of cheating, they'll cut off their partner's antenna. This renders the unfortunate partner helpless and unable to navigate properly. They eventually die in the process.



HULI KA, BABOON

People who cheat often blame their partner for not giving them enough TLC, therefore causing them to look for a more willing source. If you've ever been cheated on, the gelada baboon might trigger some flashbacks of that dirty hoe. Not only does this beast look like your ex, it also learns how to cheat "better" as time progresses. She keeps quiet while mating with her other boy toys so her actual partner won't notice her committing the deed. At least, that's what appeared in studies by Liesbeth Sterck, a behavioral biologist at Utrecht University in the Netherlands.

I JACANA NOT LIVE WITHOUT YOU

Being stuck in an abusive relationship might be one of the most horrible things that can happen to a person; especially if they're in denial that they are being abused in the first place. A study on Jacanas by Stanford University observes how the bigger, stronger female Jacanas openly practice polyandry (a female having many male mates) while ruling her territory and doing whatever the hell she wants. On the other hand, the male Jacanas stay in their nest and take care of their young.



PRAIRIE VOLE KA BA?

We get it. She was your world and losing her just destroyed you. But if you go on feeling horrible about yourself, you might just end up like the sad prairie vole. Researchers from the National Center for Biotechnology Information consider these hamster-looking creatures to be one of the best models for mammalian social behavior because of how close their behavior is to humans. Prairie voles have been observed to eat less, sulk for long periods of time, even develop psychological and physical trauma after they've been separated from their mates for a long time.



HERE'S A FAIRYTALE ROMANCE THAT'LL BRING BACK THE HOPE IN YOUR EYES

the PERSEVERING ALBATROSS

Have you been shut down by more women than you can count? Have you lost all hope in finding true happiness with your one true bae? While he might not look like much of a Casanova, this goofy bird knows his stuff. After years of courting several females of his flock, the albatross trims down his mating candidates until he finally finds the albatross of his dreams. This patient romeo then proceeds to win her over by perfecting a mating dance. But to master this dance, he has to observe how the elders of his flock do it—a process that could take up to ten years of the albatross' short lifespan. And once he does win her over, the couple develops its own unique language based on their mating dance. Now it's their turn to show the next generation of old-school lovers how they did it back in the old days.

ALL OUT

JACK.

HEROES



SUPERGIRL
SEASON 2

TUESDAYS
3:00PM via satellite
8:00PM primetime



LUCIFER
SEASON 2

TUESDAYS
1:05PM via satellite
8:55PM primetime



THE FLASH
SEASON 3

WEDNESDAYS
3:00PM via satellite
8:00PM primetime



ARROW
SEASON 5

THURSDAYS
3:00PM via satellite
8:00PM primetime

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THE MATINEE *Idol*

**ABOUT A DECADE BEFORE YOU BECAME
A ZYGOTE, HE WAS ALREADY MAKING
WOMEN SWOON WITH HIS QUIET CHARM**

PHOTOGRAPHY **RIA REGINO OF FAT CAT STUDIO**
WORDS **MARI-AN C. SANTOS**
GROOMING: **ANNE CASTAÑO**
STYLING: **DEBRA BERNALES**



STUDY
HARD!

Gabby

Before there were James Reid and Alden Richards, there was Gabby Concepcion. He was the hottest heartthrob of Philippine show business in the '80s, and no doubt awakened certain things in your mothers and grandmothers. Today on TV, among several other film roles, he portrays a man fought over by two women in GMA's *Ika-6 na Utos*.

Did you know, though, that when he was younger, Concepcion—one of Mother Lily's original Regal babies—was the leading man of many stellar beauties of Philippine cinema? The line-up included Snooky Serna, Maricel Soriano, Janice de Belen, and Sharon Cuneta. Cuneta would go on to become Concepcion's wife in 1984 (and separate from him three years later), and mother of his first-born, KC.

Concepcion still remembers trying out for his breakout role in *Katorse*, starring with *FHM* cougar Dina Bonnevie and fellow '80s heartthrob, the late Alfie Anido.

"We had to audition for *Katorse*," remembers Concepcion. "We had to wait among other aspiring actors for our turn to act in front of the production staff. *Iba yung nag-audition ka talaga* [for a role]. The more established actors had packed lunches [ready for them] because they were part of the production. But I didn't; and when someone asked me why I hadn't eaten yet, I just said I was sleepy."

Today, Concepcion would be one of those with the packed lunches on set. But he hasn't forgotten the struggle—or the fashion of his younger years. "I was one of the first who did the untucked polo [look]," he says. "And I still have my original Seiko dive watch."

And speaking of the past, the day we shot Concepcion's spread is the same day that he finalized talk

of a Gabby-Sharon reunion movie, slated for release this May. (Quick, text this tidbit to your mom!)



The guys are eager to know: how do you manage to look like you did 30 years ago?

Unfortunately, there's no stopping aging. But I just go with the flow, roll with the punches, and take it from there. I am also careful with what I eat. I eat right: brown or black rice, "colored" corn, oatmeal. I avoid sugar because [my family has] a history of diabetes. I also hydrate; I drink a lot of water. We should take advantage of the technology that now offers us purified water.

You have fans today that have been following your career since you started out in 1980.

Yes, I still see some of my fans; they are now mothers and their daughters [have also become] my fans.

When celebrities meet with their fans today, it usually involves a short program, maybe an autograph-signing session. How was it in the '80s?

We had fans' day every Sunday. While [the fans] were at the studio [watching us do] one of our TV guestings, for example, the presidents of [different] fans clubs would talk and coordinate over two-way radios; we did not have cellphones then. The fans would then go to our house in San Juan. From 1 to 4 p.m., we would gather in our garden. We would talk, take photos together.

No one secretly left any underwear or marriage proposals?

Nothing like that. Many of the fans came from the province, and they knew that I like fruits so they brought me bananas (*buwig-buwig pa*), *lansones*, and *suha* as gifts.

Sharonians embraced you as their own when you and Sharon got hitched. Do you see the same thing happening to love teams today?

Yes. But it was a little different before. If you trace the history of showbiz love teams during the '80s, you'll find only a handful. There were just a few of us to pick from. But today, love teams come a dime a dozen, and they're usually cast

MY FATHER ALWAYS TOLD ME: "NANDIDIYAN KA NA LANG DIN, GALINGAN MO NA." MY ADVICE IS: PAG INIINTRIGA KA, WAG SASAMA ANG LOOB MO. IT'S PART OF THE INDUSTRY ESPECIALLY WHEN YOU'RE JUST STARTING [OUT]... YOU HAVE TO ACCEPT IT, EMBRACE IT.





IDOL!

with each other all the time. I guess it's also because they end up as a couple in real life, too.

Today, celebrities can be discovered through high-tech ways: a YouTube video or a viral photo. But it seems that before, the trick was to appear in a Close-up toothpaste TV commercial.

I'm not sure about that, but it was fate. I was in high school, on summer vacation. I got cast to do a commercial for Close-up. The situation was, I was with a girl—Debbie Miller—and we got lost on our way to Baguio. So we had to check a map and that's when we got "closer." You can still find a copy of that on YouTube. After that, I got projects.

Getting embroiled in controversy is part and parcel of being an actor. How should today's young ones handle it?

My father always told me: "*Nandidiyan ka na lang din, galingan mo na.*" My advice is: *Pag iniintriga ka o sinisiraan ka, wag sasama ang loob mo.* It's part of the industry especially when you're just starting [out]. My life is an open book. All of my relationships have been in newspapers, in tabloids. You have to accept it, embrace it. The public laps up intrigues. To them it's [all] just a show.

Is it easier to be an actor today than when you were first starting out?

Well, a lot has changed. *Nung araw, mainit ang ilaw* (while shooting). *Ngayon, LED lights na ang gamit nila.* The cameras are smaller, have higher definition. One important difference is that there are more projects for TV than movies now.

Why is that, do you think?

They can sustain themselves, like *Eat Bulaga!* There were also soap operas that played for a long time, like *Flor de Luna* starring Janice de Belen and *Anna Lisa* starring the late Julie Vega. And as the network companies started getting bigger, there became an upward trend in TV. People no longer feel like buying movie tickets when they can watch TV for free. It's up to the creative people working on network television to keep the quality up. And now, advertisers fund the TV industry—so you can see that our economy is improving. **FHM**



DAWGER GIRL

PHOTOGRAPHY **KEVIN CAYUCA**

STYLING **KRISTINE TORIBIO**

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tarting off being cutesy and twee before maturing into a “daring” and “sexy” woman is a well-trodden path for local celebrities and we admit to being slightly disappointed when a whole wave of Instagram beauties also held out on us in this way. Luckily, there are still some who would rather go full rock and roll from the start instead of saving it for later. Here's your next IG follow—British-Filipina Maria Hake at @ella.killa. Maria told us that she always saw herself posing for *FHM* while growing up, and who are we to deny a childhood dream? **-Ash Mahinay**





fits

**MASTER
YOUR LOOK**

Edited by **ASH MAHINAY**
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↑ Grey long-sleeved shirt, A/X Armani Exchange; Black jacket, Bershka

↗ Grey sleeveless shirt, 21MEN; Black cardigan, H&M

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boost



Punishing streets

IF DRIVING THESE DAYS IS LIKE PLOWING THROUGH THE DAKAR RALLY, THEN YOU NEED A PAJERO

WORDS: ALLAN P. HERNANDEZ | PHOTOGRAPHY: MARK JESALVA

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The Dakar Rally is the most grueling off-road motoring event on the planet. When it began in 1978, it ran the original Europe to Africa route, from Paris, France to Dakar, Senegal (hence the legendary name Paris-Dakar Rally), barreling their way through extreme terrain from desert sand to mountain rocks, for a total of more than 9,000 kilometers in 14 days. Since 2009, they've been holding the rally in South America, in off-road conditions no less forgiving.

Dakar Rally history notes that the Mitsubishi Pajero is its undisputed King, winning 12 titles in 25 years. When Mitsubishi dominated the event, they did so with such force that they won seven times in a row, from 2001 to 2007. They bowed out of the Dakar Rally in 2010, but the Pajero's dominance has yet to be toppled by other participating carmakers.

Which is why we say that, though we think you ought to wrestle with moral questions when you choose to drive a big 4x4 instead of a bantam on our narrow, clogged streets, you could be justified in owning, or wanting to own, a Pajero if today's normal driving conditions are similar to surviving the Dakar Rally.

Case in point: C6. That lakeside stretch of road connecting Taytay and lower Bicutan. Have you driven there lately? Is it on your daily commute? The view is fantastic, isn't it? And the road condition—absolutely lunar.

We wish we were kidding, but the Department of Public Works and Highways

has an even worse sense of humor—on C6, they think they're NASA. On a considerable stretch of the road, the surface undulates with such irregularity that vehicles move like moon rovers. On dry days there are dust storms. Once wet, the road transforms into a mud pit, and then when it dries up again the road somehow becomes sculpted differently. It's amazing how people still use it.

On a road like C6, the Pajero is in its right element because it's a true off-roader. And by this we mean it doesn't pretend to be one, the way other big SUVs would with their 2WD to 4WD dials or some such feature. If the Pajero's Dakar heritage is anything to go by, you would say that extreme road conditions feel like home.

At the core of the Pajero's confidence on rough roads is its proprietary Super Select 4WD II, which gives you complete control of the Pajero's driving modes on whatever surface you may find yourself in. It's not just a dial, it's a separate shift stick beside the main gear stick. It has these settings: 2H—you're on rear-wheel drive for normal road conditions; 4H—your front wheels are working part-time where needed for better traction on less than desirable road conditions; 4HLc—4 High, locked differential for extra traction on sandy (or snowy) roads; 4LLc—4 Low, locked differential, for maximum traction, maybe when you're negotiating inclines of up to 70 percent, which some reports say the Pajero can do. What makes the Super Select 4WD II

different is that you can shift through these modes while in motion.

In truth, you don't need to go through all these driving modes to negotiate a Pajero through the moon-pocked surface of C6. Staying on 2H will do. But it's having that assurance that nothing will go wrong with the Pajero on just such a road that justifies itself. That you are allowed to plow through C6 as in a Dakar Rally fantasy, just as the other SUVs around you are slowly tiptoeing their way along, careful not to crack anything underneath their bodies.



EXPERT

Abs up!

LOOK-AND FEEL-LIKE
A PROFESSIONAL MMA
FIGHTER

WORDS CECILE JUSSI-BALTASAR
PHOTOGRAPHY JONATHAN BALDONADO

SPECIAL THANKS TO GOLD'S GYM LIBIS

An adrenaline junkie—that's what you have to be to love Mixed Martial Arts. Mark Streigl, professional MMA fighter, is one. He's chased adrenaline since he was seven, dabbling in Taekwondo, wrestling, and Aikido, just like his older brother. Streigl eventually ventured into MMA after watching MMA fights on TV while growing up in Tokyo, Japan. In 2009, Streigl turned pro. Today, with a 14-2 card, he fights under Evolve Mixed Martial Arts, an MMA organization of academies that has the most number of martial arts champions in the world.

"It's a combination of autopilot, muscle memory, and hours and hours of drill time and working on your skills in the gym," says Streigl on how his body functions during a fight. "There's a split second when you recognize what [your opponent] is about to do, and then your body takes over."

Of course, working out is an essential element, too. In the last two months before a fight, Streigl trains two to three times daily. We're not saying you do what Streigl does, but wouldn't it be a great 2017 if you spend it with a ripped body like his?

Streigl shows you how to condition your core, legs, and arms using variations of push-ups and leg lifts. Do one for a month, at 20 to 30 reps per day, and then move on to the next one. Discipline is a huge part of it, too. Streigl doesn't eat sugar or white rice. He doesn't drink alcohol, either. We tell you, by the time December rolls around, you might actually have some abs.



HINDU PUSH-UPS



Place your hands and toes firmly on the floor, in the same position as if you were going to do a regular push-up. Form an arch with your body, keeping your back straight.



Bring your face, torso, and legs as low as you can without actually touching the floor.



Push up until your arms are vertically straight and your head is facing forward.

STAGGERED PUSH-UPS



Plant one hand inches ahead of the other. When you push up, lift both hands from the floor just high enough to switch your hands' positions.

ELEVATED PUSH-UPS



Find sturdy furniture of the same height—one or two foot-tall stools, for example—that can support your weight. Rest each hand on each piece and do your push-ups. When you lower your torso, go only as low as the tops of the furniture, with your elbows sticking up above you.

STAGGERED PUSH-UPS (VARIATION)



Start off in the same position as a regular push-up. Place your hands on the floor, level with your shoulders.



As you push up, lift your hands an inch or two off the floor. Put your hands back down as you lower your torso to get ready for another push-up.

FLUTTER KICKS



Lay with your head, back, and arms resting flat on the floor. Keep your legs straight, level with each other, and lifted an inch from the floor.



Start to flutter your legs as if you were doing the back stroke (except that you're not using your arms). Keep your back, head, and arms on the floor.



Assume the same starting position as in Flutter Kicks. But this time, to begin, raise your legs about two feet off the floor at the same time.

LEG RAISE



Raise your legs all the way up until they are at a 90-degree angle from the floor and your back. Keep them up for a second then lower to the starting position.

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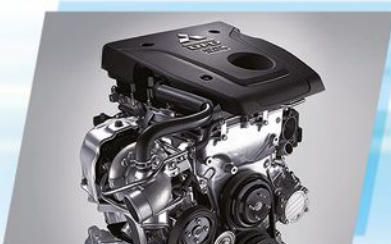
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