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NATHALIE HART

Living her best life



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REACTIONS

CURIOSITY FEEDS THE MIND

Out of curiosity, I downloaded the TOR browser after reading your dark web story. After a few minutes of browsing, I already learned how to properly cook human meat. I'll never look at steak cubes the same way again.
Kevin Marsala, via Facebook

THAT'S THE WORLD WE LIVE IN

Sa panahon ngayon, kahit may edad at may anak p'wedeng mas maging sexy at maganda kaysa sa mga bata at dalaga. Lovely Abella is truly a lovely specimen.
Marites Reyes, via Facebook

GRABEHAN!

Grabe 'to ga! You really deserve these blessings after all the hardship you've been through. *Sa wakas!* Ito na *yung break na hinihintay mo.* You made your fellow Ilongga proud! Indeed Lovely, inside and out.
Maricel Joy Galvez, via Facebook

UHM, THANKS?

I read your story about alters in your April issue. A lot of people were scared of what it might contain but it wasn't as bad as I expected it to be.
Alter boy, via Facebook

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FROM THE EDITOR

This is FHM Philippines Issue #214. This is the last that you will see us in print.

Last month, our parent company Summitmedia, Inc. announced that it will cease all print publications to complete its transformation as an all-digital company. What it means is that all six core titles of the company—*FHM*, *Cosmopolitan*, *Preview*, *Yes!*, *Top Gear*, *Town & Country*—will no longer be in paper but still available in your devices.

So make no mistake about it: *FHM* is not dead. It will continue to be the no. 1 men's lifestyle title as *FHM.com.ph* with 4.8 million followers across different new media platforms. The numbers continue to grow and so is its influence. Like the magazine that birthed it, *FHM* in the web will continue to cover all the essentials on what it means to be a man.

But it sure is going to be weird not being able to see each month's cover on the magazine stands, wouldn't it? Or, hell, not being able to see a magazine stand at all. Because the way things are going, the era of real magazines seems, indeed, to be over.

What will I miss about magazines when they are truly gone?

I should be saying I will miss writing for it as much as I enjoy reading it. But words on paper is really just the same as words on screens. If words are meant to be read, then the medium doesn't matter. *FHM.com.ph* continues the grand tradition of sexy, funny, useful, and relevant stories the magazine has built its reputation on. We've always said that there are even more interesting reads in *FHM* than there are pictures to look at, and now that we finally come to the end of our run, everyone can now look back on our body of work spanning 18 years and confirm this to be true.

What I will really miss—well, unless digital gets around the restrictions to really doing it—is really good page design. What got me into the music magazines that I so loved when I was in college was that, apart from the cool writing, the pages looked so good that you'd almost always tear them out to make into posters.

I'd like to believe *FHM* had led the way for local magazines in this respect. The golden rule I always tell *FHM*'s art director was that every page of our magazine should look like poster art. If you didn't want to rip it out, it wasn't any good. Every shoot, every layout we've ever done stuck by this rule.

You can't rip out screens, sadly.

ALLAN P. HERNANDEZ
Acting Editor in Chief

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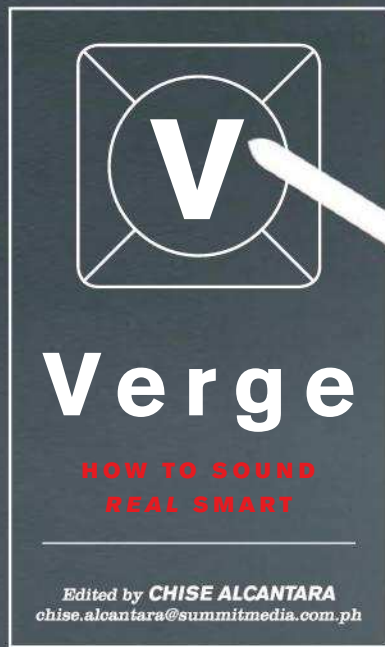
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Masterful

JANICE HUNG LET'S US SEE WHY SHE'S CALLED THE WUSHU QUEEN

PHOTOS: KEVIN CAYUCA OF EDGE OF LIGHT; WORDS: AEUS KEVIN REYES

People are usually born into royalty. But Janice Hung's title of "Wushu Queen" was not bestowed upon her through birthright; she had to work for it. Apart from her obvious good looks and amazingly athletic physique, she's got an impressive list of accomplishments which include winning gold medals in the National Wushu Championships for ten years straight, a gold medal in the 1st Wushu Invitational held in Huangshan, China, and several other

medals in international competitions like the SEA games. This made it hard for us to believe Janice when she told us that she "was once the weakest link in the Philippine Wushu Team" and that her long, slender figure was actually what gave her a disadvantage in certain categories in Wushu competitions. After hearing this from her, we decided we knew nothing about Wushu. Luckily, we had just the right master to teach us.



STYLING: KRISTINE TORIBIO
MAKEUP: JOEMEL REYES
HAIR: SOPHIA CURIA

Verge



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Can you explain to us what Wushu is?

Wushu is basically Chinese martial arts. In Wushu, we either fight barehanded or make use of weapons like the sword, the spear, and the staff just to name a few. If you've watched movies like *The Matrix*, *Crouching Tiger, Hidden Dragon*, or a movie by Jet Li, you've already seen Wushu in action. Daisy Ridley actually trained in Wushu to improve her lightsaber skills for *Star Wars*.

Does that mean we get to wield lightsabers if we studied Wushu?

Before you can use the different weapons, you should have a good foundation. Holding weapons can be dangerous even for people who've trained for years. One time I had an accident during one of my routines. My sword hit my hand and I bled all over the floor. The cut was so deep I could see to the bone! That wound needed seven stitches to close.

Yikes. How did you get into Wushu anyway?

When I was a kid, I saw the Philippine Wushu Team perform at our school and that's when I knew I that wanted to be just like them. At first, my parents didn't want me to go into Wushu or sports in general because they thought it was just for guys and I wouldn't excel in it. But at that point I had already decided on becoming a Wushu champion someday.

How does it feel making your childhood dream come true?

I truly believe that Wushu is my calling. Even now that I'm retired from competitions, my life still revolves around the art, whether it be through my hosting gigs, acting in television, or teaching the next generation of Wushu athletes.

You've been the poster girl for the sport for so long now ever since people saw you in that iconic shampoo commercial. How does it feel for your name to be so heavily associated with the sport?

One time I was at a Wushu tournament and an old woman approached me and introduced her granddaughter. She told me that I inspired her granddaughter to start taking up Wushu. Her granddaughter reminded me so much of myself when I was just starting out—we even kind of looked the same, ha ha! I am very honored to be able to inspire people.

After watching you kick ass in *Encantadia* (and still look hot while doing so) really inspired us to learn Wushu. Do you think we'd still have a chance at learning?

Definitely. I believe that anyone can get into Wushu, no matter his or her health or age. I designed a program called UDefend that integrates Wushu and Tai chi for use in self-defense. I give free trainings to public school kids, out of school youth, and other communities. Wushu has given me so much in life so this is my chance to give back. I want to help empower others as well. **FHM**





FHM SPECIAL

What we did all this time

PAYING HOMAGE TO ALL OUR TALENTED WANNABE MODELS
FROM THE FHM EDITORIAL TEAMS THROUGH THE YEARS
WHO WE FORCED PERSUADED TO ACT IN OUR FEATURES.
YUP, THIS IS IT. WALA PA RING TALENT FEE, SORRY

FHM TEAM

ADDITIONAL PHOTOS SPECIAL THANKS TO FRANTZ SALVADOR, AEUS KEVIN REYES,
MARK JESALVA, DAIRY DARILAG, EJAY LEUNG, ARTU NEPOMUCENO, AND RIA REGINO





THE DARK DAYS ARE OVER

Chief Allan Madriles: Slaying deadlines since the year 2000. For those who have worked under his tutelage, they know that when he wears his editor hat, he can sometimes be the harbinger of doom.



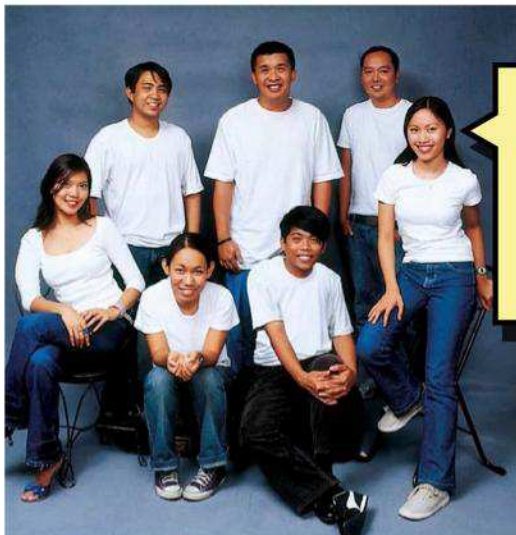
CLASSIC MARK NICDAO

We found a polaroid photo of an old cover shoot we had with Mark Nicdao featuring Bubbles Paraiso. Wonder how much we could sell this on Lazada?



ALLAN H. = BEST ACTOR

It's *FHM* tradition to put the staff through rigorous (and humorous) photo shoots in the name of journalism. We think it's safe to say that Allan Hernandez paved the way for the magazine's future comedians and mascots.



TEAM FHM CIRCA 2004

Staff shoots back then meant shaking off your hangover, coming to the studio in your best jeans and white t-shirt, and smiling nicely for the camera. Those were, indeed, simpler times.



COME AT ME, BRO

As you can see, BA Borleo had no problem taking on different characters, costumes, and personas for his stories. He could be a suave lady-killer one issue (right) and morph into a robust version of Hellboy the next (below).



THE MAN, THE LEGEND

We know a lot of you guys were fans of the great tandem of Super Bong and BA, but only few people knew that most of their hijinks were inspired by The Great Alex Paita.





I LOVE YOU, PARE
The bromance between art director Frantz Salvador and videographer Antonion Ongchap (or Chapichaps for those who knew him well) was unrivaled. Witness their unbridled passion for each other in this unearthed photograph.



GAME OF DEATH
Anton Umali went full-idiot in Bruce Lee's iconic yellow tracksuit for a self-defense article. Not only did he have zero kung fu skills, but he was more Burce Libag than Bruce Lee. *Ka-pow!*



A TAKESHI XMAS
The Men's Titles Christmas party was one of our most awaited events of the year (next only to the 100 Sexiest Victory Party). We wanted to hire real hosts but all our money went to food and booze so we had to settle for Jaykee, BA, and Khnye.



JOKE'S ON US
Gathered some of Summit's brightest for an exercise in fake laughter. The target of these exaggerated LOLs: Allan Hernandez taking a shot at stand-up comedy.



THIS IS HOW YOU STOP TRAFFIC
This cover shoot along SCTEX was when both Paul and Chaps realized that if their careers in publishing didn't work out, they could always fall back to being traffic enforcers.



MISTAKEN IDENTITY
John Lapus or Jet Pangan? Aeus Reyes didn't really care. No matter who it was, we can all agree that this image is pretty sweet.



Photoediting masters
Our awesome UGEC team who tolerated our consistently late turnovers and JL's *tito* jokes. You guys are the best.



IKAW NA!

We weren't kidding when we said that the members of our editorial team were talented. Heidi Pascual-Aquende was once an editorial assistant for the *FHM* Team, now she's doing photo shoots for us. Idol!



ALLAN H'S PROTEGE

Chise may be soft-spoken, but we swear he has one of the most expressive faces we've ever seen.



KUYA JL

Our art director, JL, started out as a meek and mild-mannered artist we plucked out from our production staff. Unfortunately, he didn't stay that way for long.



ASH, PONG, PAU, JOEIE

After years of doing stuff together for the magazine, here are some of the things we now know for sure: Ash can sleep soundly wearing full kendo gear, Pong has a future as a *sastre*, Joeie doesn't like being grabbed by other women, and Pau is probably too tall for yoga (and is as flexible as a narra tree).



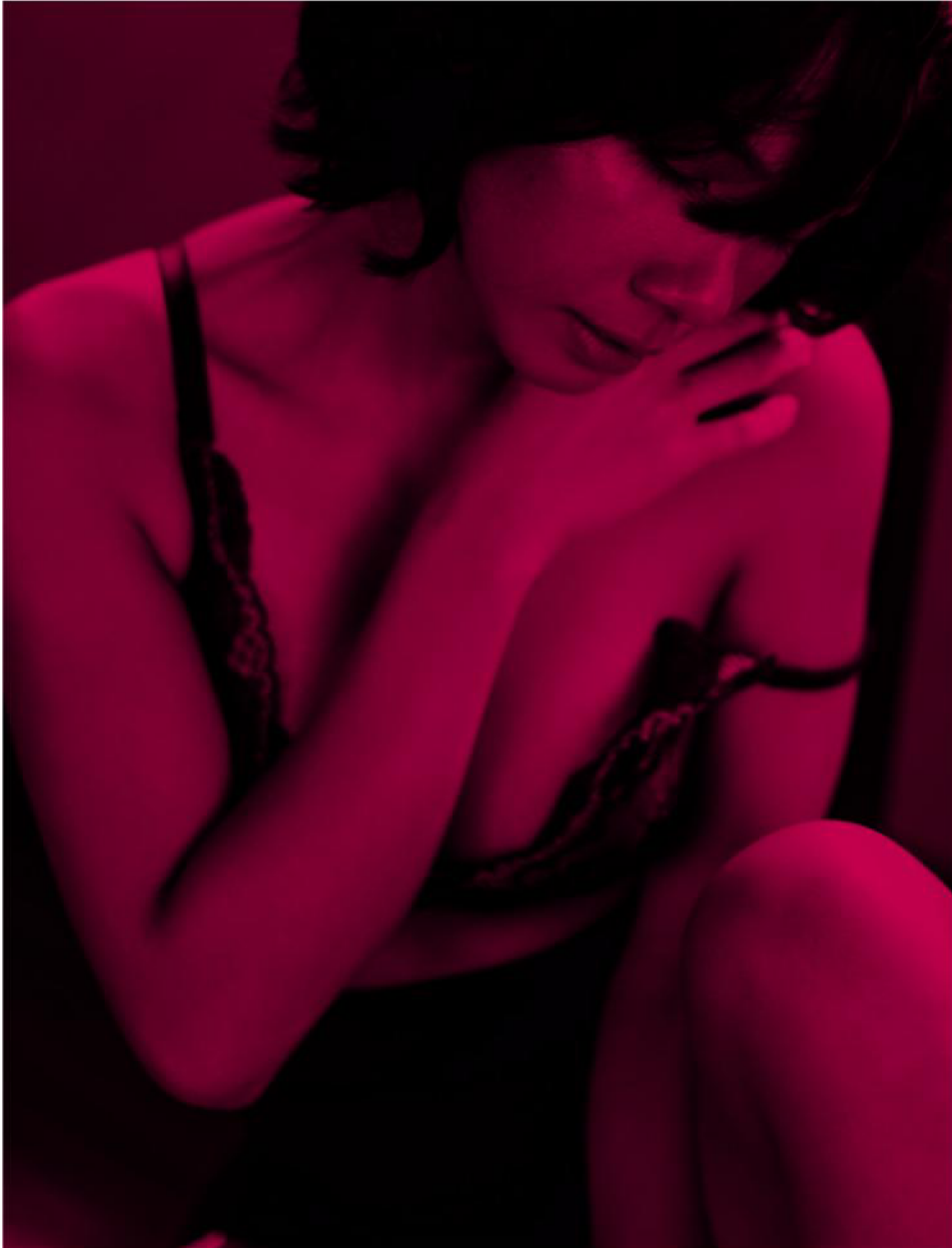
REPERTORY FHM

Probably the biggest cast of Summiteers we've ever had for a shoot. We were simulating the different doomsday scenarios and how we would act. As you can see, we're doomed. **FHM**



Overtime

WHEN SHE BOBS HER HEAD TO THE BEAT



Bianca

24, Mandaluyong city

The worst part about working in the HR department is having to be the bearer of bad news. Telling people they've been laid off can be awkward and stressful, even more so if you're crushing on them.

"It's to be expected. The print industry was already dying even before I got into this magazine, ha ha," Jayce said forcing out a laugh. It made my heart ache looking into the sadness in Jayce's puppy dog eyes. "I really liked reading your writing. Even if you don't take the writing job we offered you, please keep writing." Jayce looked at me strangely. "That's a weird thing for a HR person to say," he said with an honest smile.

A couple of weeks later I had to do overtime to finish calculating the severance pay the laid off employees would get. I took a break and decided to walk around the empty office. Most people had already packed their stuff and were already on their pseudo-vacation. I heard faint hip hop music coming from the other side of the office.

"*Uy, andito ka pa.*" Jayce said as he noticed me. Before I could reply he said, "*Baka gusto mo munang tumambay saglit.* Do you like hiphop?" Before I knew it, I was sitting beside him, sharing earphones and listening to his "real soft boy hours" playlist. "*Uy, paborito ko 'to.*" he said excitedly. *Ngayon Gabi* by Al James started playing.

***"Ikaw na lang ang katabi,
ngayong gabi
Pwede tayo magpabaga habang malamig
Oh magdamag nakasinde,
buong gabi
Oh ansarap kasi ng tama kahit na mali."***

As I was listening to the smooth beat of the song, something came over me. I placed my hand over his thigh. He tried not to react at first but I could tell he got a bit excited. My fingers slowly made their way to the bulge growing from inside his pants. I felt his hand reach for my thighs as well but I stopped him and said, "*Wag kang pahalata.* The CCTV will see us."

***"Dito tayo sa dilim yun walang may kita
Buksan mo ng palihim meron yang sorpresa."***

I started stroking his hard cock through his pants with my palm. I felt his pre-cum stain his skinny jeans as he shivered in pleasure. "Shit," he managed to utter under his breath. "*Alam kong malapit ka na.*" I said as I unzipped his pants and expose his throbbing cock. "*Kunwari may nahulog ako.*" I said. He nodded.

***"Malaya pagkat lagpas na tayo sa langit nasa rook
Kitang-kita ko na husto, talahiban at tanim mo't mga bundok
Handang languyin ang nasa pagitan ng dalawang hita mo't malunod..."***
FHM

PHOTOGRAPHY: KEVIN BRENT; MAKEUP: RIA AQUINO; HAIR: JOSHUA GALVEZ; STYLING AND PROPS: SANCHE BERNARDO & R-JAY RAMOS; MODEL: MARIA ISABELLA ENERIO

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The death of TV is nigh

IS STREAMING SPOILING US SILLY OR GIVING PRESTIGE TELEVISION A NEW LIFE?

WORDS **ANTON D. UMALI**; ILLUSTRATION **WARREN ESPEJO**

Soon enough, TV will be dead. Just face it. It's inevitable.

Just like CDs, DVDs, and print media before it, television as a medium for entertainment is destined to fall through the cracks into oblivion. Yes, you might own an actual TV, but you can no longer call the act of plopping yourself on a butt-sweat stained couch to devour a series as “watching TV.” For those who've embraced streaming as a service (Thank you, Netflix!), “binge-watching” is now a more appropriate term for this pastime, especially if you're doing it on a 50-inch smart flat screen. Because, unless you're one of those technology-allergic oldies, shows (foreign ones that can be labeled as “prestige” at least) are now consumed in this manner—in full seasons, rather than weekly episodes. And titles that run for seasons and seasons with no end in sight will, in one form or another, lose their viewership.

In this zeitgeist of digital everything, showrunners are not only competing against other studios and networks—they're literally competing to fit into the viewer's wishy-washy attention span. *Ang Probinsyano's* epic run notwithstanding, titles like *Game of Thrones* and AMC's *The Walking Dead* are losing their steam. The public is willing to invest sleepless nights and even entire weekends in the name of a story arc, so long as we can get from start to finish really quick. We've become so used to instantaneousness that before the protagonist even encounters conflict, we already feel so entitled to an ending.

In the age of data, it's not uncommon for show creators to measure the potential of a storyline based on the reactions of its audience. J.J. Abrams and his crew started this trend with *Lost* back in the early aughts, listening in on the theories of both critics and fans to weave the stranded-on-a-supernatural-island narrative and thicken its mystery box framework. Here in the Philippines, big networks gauge the effectivity of love teams and study which characters resonate with the masses. But since the Internet is only becoming a more powerful force and source of information, fans have become so adept at dissecting and debating pop culture through social media and online forums. Just ask HBO, whose twists for its first season of *Westworld* were prematurely cracked open by investigative redditors.

These ultra-hyped, much-awaited season finales that cost millions of dollars to produce are being preempted by viewers. This kills the suspense. This kills the prestige. This gives the game new life.

When your viewers have evolved to become smarter than your writers, producers, and directors, releasing a whole season in one go actually makes more sense. Not only do you avoid the threat of epic spoilers

(there'll still be those shitty Facebook pseudo-critics though), but you also relinquish the responsibility of not delivering on a satisfying conclusion. Many of the streaming originals that bank on full season releases are either self-contained stories that don't require a follow-up season or end in the same vein a normal episode would, leaving the next season premiere to pick up exactly where the last episode left off.

Confused? Well, think of it this way: seasons are now packaged like episodes. And instead of waiting for your weekly episode fix, you

wait months at a time for a full season release. So maybe we're becoming more patient after all. **FHM**



IN THIS ZEITGEIST OF DIGITAL EVERYTHING, SHOWRUNNERS ARE NOT ONLY COMPETING AGAINST OTHER STUDIOS AND NETWORKS—THEY'RE LITERALLY COMPETING TO FIT INTO THE VIEWER'S WISHY-WASHY ATTENTION SPAN'



SHOOT FIRST, TALK LATER

In one of the *Star Wars* fandom's most controversial and highly contested moments, Solo shoots and kills the debt collector Greedo, before escaping with a strange farm boy and his elderly companion—still insolvent.

A MAN PAYS HIS DEBTS

His creditor would capture him and keep him frozen in carbonite as indemnity (compound interest piles up, you know), before he would escape and even kill Jabba, without really paying his debt. Through to the end of his story arc, Han Solo was quite literally a galactic *balasubas*.

A BIT AGGRESSIVE

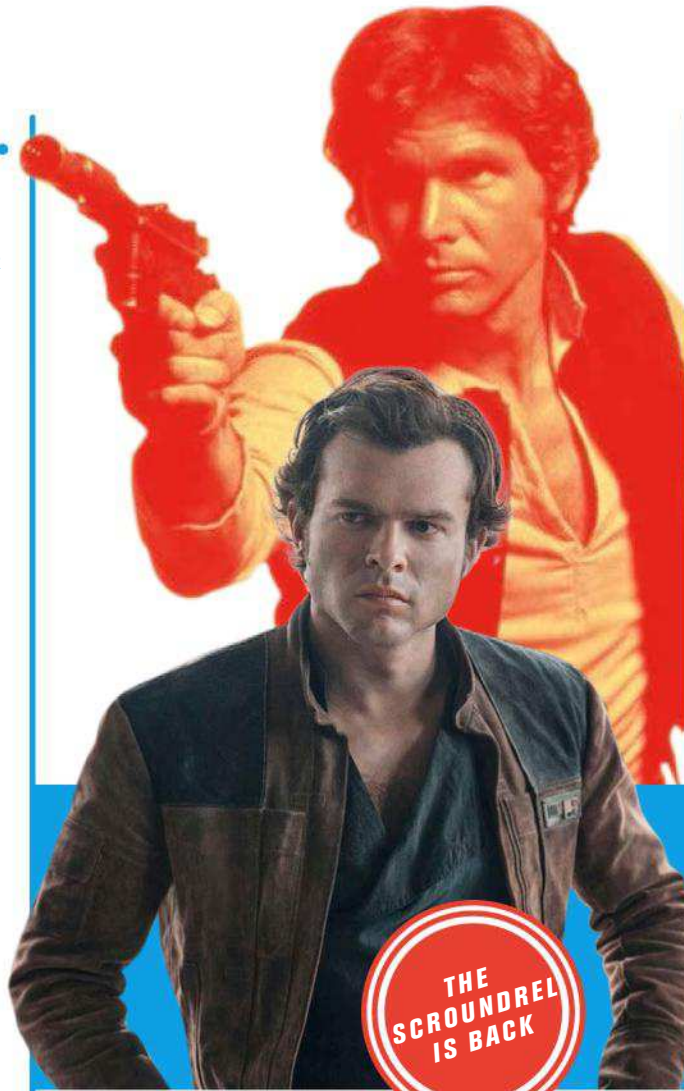
In *The Empire Strikes Back*, when Leia falls on his lap in the cockpit of the Millennium Falcon, he takes it as an opportunity to grasp her and hold on, ignoring her when she asks him to "let go." Even their first kiss was one that Han forced upon her, before she eventually relented.

THE LADIES' MAN

His courtship of Leia was mired by untoward advances and manipulative behavior. In several instances throughout the first two movies, Han would repeatedly insist that Leia loves him, in spite of her consistent annoyance. Then when she finally admits that she does love him? He's too proud to reciprocate explicitly, and only responds with the now-iconic "I know."

THE CONTEXT

The first *Star Wars* came out in 1977, followed by *Empire* in '80 and *Jedi* in '83. It was a different time with different norms, and back then, this type of behavior wasn't only tolerable—it was exemplary. Han Solo was the perfect bad-boy-with-a-golden-heart; a flawed protagonist with character defects that only made him more likeable. What we now characterize as toxic machismo



was then considered attractive in a man, even by women themselves. Solo, like James Bond and Jim Kirk before him, was a man's man, in that he was what women wanted, and what men wanted to be.

WHERE DOES THAT LEAVE SOLO TODAY?

None of that is to say that Han Solo is a bad character, or that it was inherently wrong to create him that way. He was ultimately still a protagonist who, naturally, was based on the masculine ideals of his time. He still saved the world; he still stuck it out for Chewie and Lando; he still partied with the Ewoks on Endor. He was even man enough to insist on stepping aside when he thought that Luke and Leia were in love. Han Solo isn't without his redeeming qualities, and he certainly deserves his place in the annals of pop culture (not to mention his *Star Wars Story* prequel), if only as the dashing, intrepid pilot who flew the Millennium Falcon through the Kessel Run in twelve parsecs.

But the *Star Wars* audience of today should be more thoughtful than to take the Han Solo character on its face and out of context. *Star Wars* has been around for more than 40 years, and even its staunchest fans must outgrow the aspects of it that no longer work. For its part, and crucially, the new trilogy has redeemed the franchise's gender-fraught past by handling its male characters more sensitively, and by daring to put women in power. With *The Force Awakens* and *The Last Jedi*, they've acknowledged that it's possible to supplant the problematic masculine ideals of its past with new ones that are attuned to the times. Kylo Ren said it best when he asked Rey to "let the past die." The new *Star Wars* asks the same of its fans, too. **FHM**



A different take on Han Solo's machismo

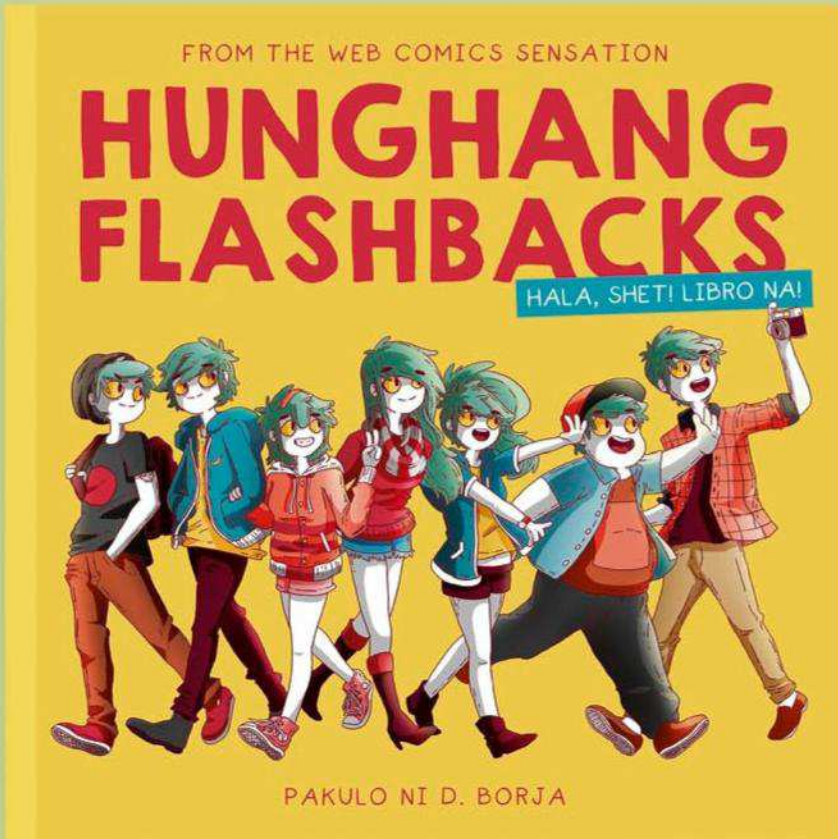
HE WAS ONCE THE PREEMINENT ARCHETYPE OF THE MAN'S MAN—AT LEAST IN THE '70S, WHEN THE CHARACTER WAS FIRST CREATED. WOULD HIS MASCULINE IDEAL STILL FLY IN 2018?

WORDS MIGUEL ESCOBAR

The emotions that surfaced at the moment of Han Solo's death in Episode VII are a testament to the character's broad and lasting appeal, and ultimately, his legacy in the franchise. Fans had loved Harrison Ford's smooth-talking, gun-toting, miscreant space pilot for decades, and so grieved when he was killed. But while it was always easy to look up to Han Solo, there were less obvious reasons to question his idiosyncratic heroism.



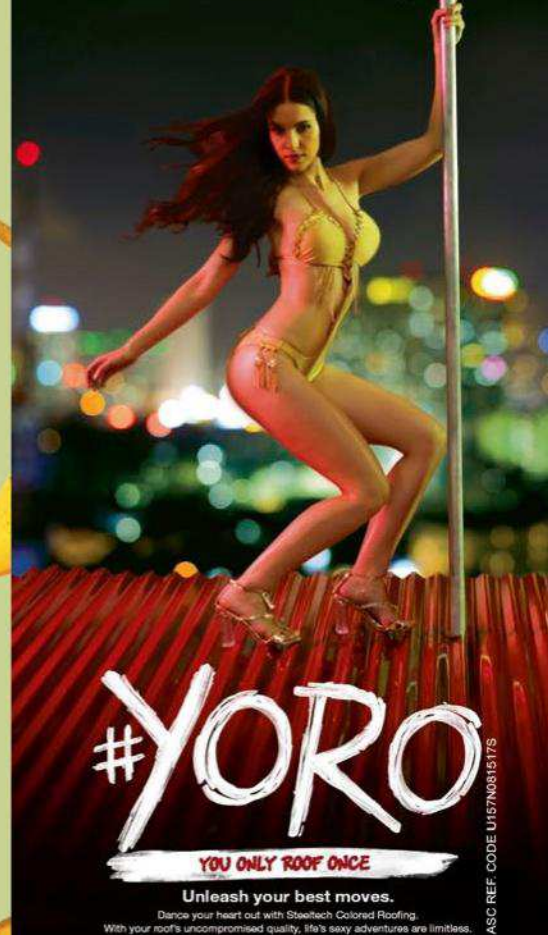
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Where to head on to next?

THE IDEAL GETAWAY REGARDLESS OF THE HEADCOUNT

WORDS **ELAINE LARA**
PHOTOGRAPHY **LIAN DUMAS**



When did holidays and vacations start being competition for the most aesthetic post for the 'gram? We've booked hotels for their insta-worthy rooms and even picked where to eat based on how the restaurant food looks. This time, we make a case for NDN's under-the-radar destination and how it's the right destination whether you want some quiet alone time or have an exciting adventure with your friends.



PHOTO: LIAN DUMAS :
SPECIAL THANKS TO ALEJANDRO RAFAEL VINTAGE CARS



NO 1 SOLO-CATION

To-do

- Bird watching from your private balcony
 - Pruning in a bubble bath
 - Sleeping in like a boss
- Who to bring**
- Yourself

Get out on the open road to Santo Tomas, climb Mt. Manabu and then book a standard room at the NDN Grand Hotel for a solo staycation. A 20-sqm room with all the basic luxuries you need in a hotel should do you and your independent self some good. But it's not because you're lonely or anything. You can just appreciate a room with a balcony and a wide-open view of the mountains or just chill out at the hotel's pool.



NDN GRAND HOTEL

PHOTO: GETTY IMAGES

NO 2 Couple Getaway

Rosalinda's Kitchen at the NDN Grand Hotel might as well be you and your SO's road trip destination in Batangas. You can bypass heavy traffic, crowded restos, and highbrow menus, and just go where you can share a private moment with your girl. The dining ambiance guarantees warm and cozy plus authentic Batangas food in different courses. And did we mention the fine wines to top your date off?

To-do

- Wine-tasting in fancy clothes
 - Enjoy a gastronomic experience at Rosalinda's Kitchen
 - Hike at nearby mountains
- Who to bring**
- Your significant other or your soon-to-be



PHOTO: LIAN DUMAS

NO 3

BARKADA TRIP

No shortage of space and pools at NDN Resort and Events Place for the next time your *barkada* Viber group floods for an out-of-town *ganap*. Check the resort's Facebook Page because they have promos and packages for everyone. Sodas, fruits, fried *tilapia*, and *bihon* served under the hot summer sun all bundled for a special price. There's even something they call a 'drunkard package.' They gotchu, fam. The pools and cottages are big enough to accommodate friends and families.



To-do:

- Go horse riding in Taal volcano.
 - Avail of a barkada meal and drinks package
 - Competing for most laps swam in their lap pool
- Who to bring**
- Your old friends you never get to see

PHOTO: GETTY IMAGES



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 BATANGAS
 (043)-774-7322



**NDN
 RESORT AND
 EVENTS**

To-do:

- Visiting the tilapia farm for a hands-on tilapia experience
- Go all out at the resort's buffet and stuff your face with black tilapia
- Sail around Taal lake

Who to bring

- Long, lost relatives you never knew existed

PHOTO: LIAN DUMAS

NO 4 Family Reunion

Of course no one wants to attend the next clan reunion just to get mobbed by nosy relatives with well-meaning intentions. But in case you're on the lookout for the next venue for that dreaded reunion, the NDN Resort and Events Place offers spaces that are big enough to host seminars and weddings. We're guessing that it's big enough for you to avoid *Tita* and her prying questions. There are cottages as well for more of an intimate kind of family gathering.



PHOTO: LIAN DUMAS

COVERSTORY





STRIKINGLY
GORGEOUS
ACTRESS

NATHALIE HART

PLAYS BY HER
OWN RULES AND
IS DETERMINED TO
KEEP IT THAT WAY

I.D.G.A.F.

PHOTOGRAPHY
MARK NICDAO







STYLIST
PAM QUINONES

MAKEUP
TING DUQUE

HAIR
SUYEN SALAZAR

WORDS
DENISE MALLABO

**SHOT ON LOCATION: NDN RESORTS AND EVENTS PLACE
SPECIAL THANKS TO:
LEO DOMINGUEZ,
ALEJANDRO RAFAEL VINTAGE CARS**



IDGAF.

Means I Don't Give A F*ck. It means you don't care, and you mean it. It's a tricky outlook in life, meant mostly for rebels and those who refuse to play by the rules, but in these days of serious complications, is one that we all should reconsider. It's something Nathalie Hart has come to figure out for herself, and which has made a lot of things much clearer

and simpler for her. She's always been strong-willed—it's safe to say she just took it up a notch as she got older.

The need for independence is the cornerstone of her boldness, informing the choices she has thus far made in her career. That's what got her through name changes and TV networks and from the next-teen-star to this-generation's-sex-vixen in what seemed like rash decisions, but

in hindsight isn't. It's what made her decide between leaving all the fame behind for a life of normal obscurity somewhere else, or sticking it out in the business she willed herself into and chucking all the rules by the wayside.

But we're getting ahead of ourselves. Let's begin with the backstory.









**PRINCESS TINKERBELL SNELL
WAS BORN IN 1993 OF MIXED
PARENTAGE.**

Her mom is Filipina; the dad is Australian. But her mom remarried early and so she grew up with a stepfather. She only saw her real dad when she was nine. By Nathalie's own admission, "I've had a lot of drama in my life," but not overwhelming enough that she'd had to beg for attention. As far as she is concerned, she was loved.

Owing to her mixed blood, even at a young age she already looked like she was destined to be in show business. "When I was young, they would always tell me *na kamuka ko si Jackie Lou Blanco* [a teen star in the '80s; Janine Gutierrez's aunt], and that I should audition for a role *na maging anak nya*," Nathalie says. So at 16, she auditioned for ABS-CBN's *Star Magic Batch 16* using the name Kristina Snell and was accepted.

"When I started, I wanted to become an actress not because of the craft and the fame, but because *gusto ko lang kumita ng pera*. I wanted to move out from my parents' house and be independent. I know it's weird, *pero bata pa lang ako*, I've always wanted to work," Nathalie says.

However, the breaks didn't come her way as expected. And so after six months she jumped ship to the other network, joining GMA 7's reality talent search *StarStruck* as Princess Snell. The contest somehow changed Nathalie's perspective on what it means to stick it out in the business she was in—that, in fact, it was real work and a true craft. It wasn't just about the money.

"I'm grateful for the training and patience I got in *StarStruck*, which I find useful up till now," Nathalie says. But then again, the handful of TV appearances and minor roles just didn't cut it for her; she felt she deserved more. And so once again, she went IDGAF.





AT 22, SHE CHANGED HER NAME FROM PRINCESS SNELL TO NATHALIE HART.

Together with the new name, she switched from doing cutesy roles to going provocative. You could say she was a natural at it. When word got out of the transformation, it wasn't long before she got offers to do sexy movies.

Nathalie played a private nurse in the erotic thriller *Siphayo*. The independent movie was her first lead role. It also got her a Best Actress award at the 2016 International Film Festival Manhattan in New York City.

Siphayo required Nathalie to do love scenes in the nude. It got her unhinged at first, but the determination to make good on the new transformation won over her fear and hesitation.

After a few more independent movie projects (*Tisay*, *Historiographika Errata*), Star Cinema's *Sin Island* happened. With a *Fatal Attraction*-esque plot, Nathalie played Tasha, a vixen vying for the love of a married man (Xian Lim) from his flight attendant wife (Coleen Garcia).

"Some people have told me that I was a believable psycho in the movie, and that really excited me. It's a good thing, I guess. I hope to play more challenging roles like that. I think I'd make a good schizophrenic," Nathalie says.

The start of the year has already been good for Nathalie because of back-to-back projects that's been keeping her busy. She's already working on three movies: a comedy called *Kusina Kings* with Empoy and Zanjoe Marudo; an independent flick titled *Sunday Night Fever* with Diether Ocampo and Ricky Davao; and *Abay Babes* with Kylie Versoza, Cristine Reyes, Roxanne Barcelo, and Meg Imperial. Aside from the movie projects, she can also be seen in the ABS-CBN teleserye *Blood Sisters*. She's finally harvesting the fruits of her labor without sacrificing too much of herself.

"*Dati gumigising ako na kahit wala akong pera*, I still try to feel great. Thinking that I'm just planting my seeds, just being patient, and trying not to deal with the negativities in life," Nathalie says.











PEOPLE AREN'T TOO FRANK THESE DAYS.

When they seem to be, mostly they're just trolling. Nathalie's bare self-reflection is the kind of honesty we should be hearing more of. Like when she considers the image she has cultivated now, that of a young sex goddess, she will not give you a manufactured answer teeming with false self-worth and narcissism (in the old days, sexy stars were taught by their managers to provoke the media with even more provocative language).

"Doing love scenes is still a bit weird. Some people would never

understand why I do this, even I don't understand it sometimes, but I just do it. *Para na nga akong baliw eh.*" Nathalie says. You do what you do, and that's that.

"*Palaban din kasi ako kaya hindi rin ako sumuko agad-agad. So nung lumabas na yung Sin Island, I was happy naman na yung struggles ko paid off.*" What she means is that *Sin Island* almost didn't happen—she was already close to calling it quits and relocating to Australia to study, but felt that it would be a waste to just let go of all the years she had worked to get noticed in show business. The timing couldn't have been more perfect for *Sin Island*.

By now, you'd think that Nathalie Hart should be getting the respect she deserves for blazing her own trail. But apparently she still has a lot of work cut out for her. For the people who don't understand Nathalie's motivations, the best course of action is always to bash—and bashers she has gotten in droves. Not that she actually cares.

"At the end of the day, I'm just doing my job and all the judgmental people can hate me all they want, and I don't care. People from social media would ask me, whether I'm ashamed of myself because of what I do for a living, *sabi ko 'no.'* I'm not a porn star," Nathalie says.

IDGAF. **FHM**





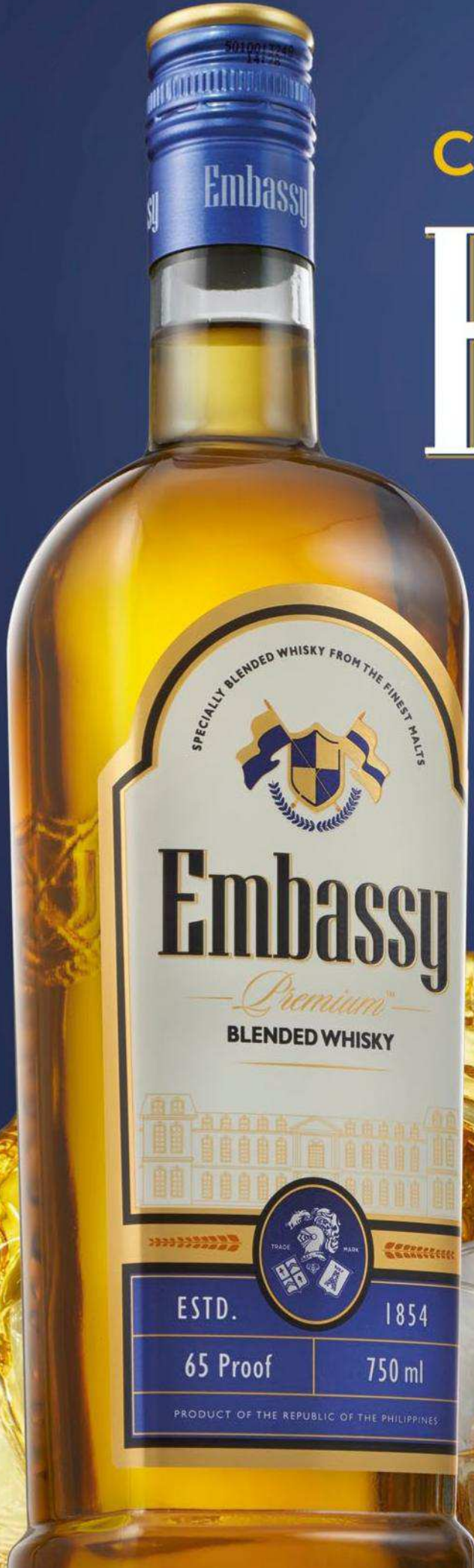


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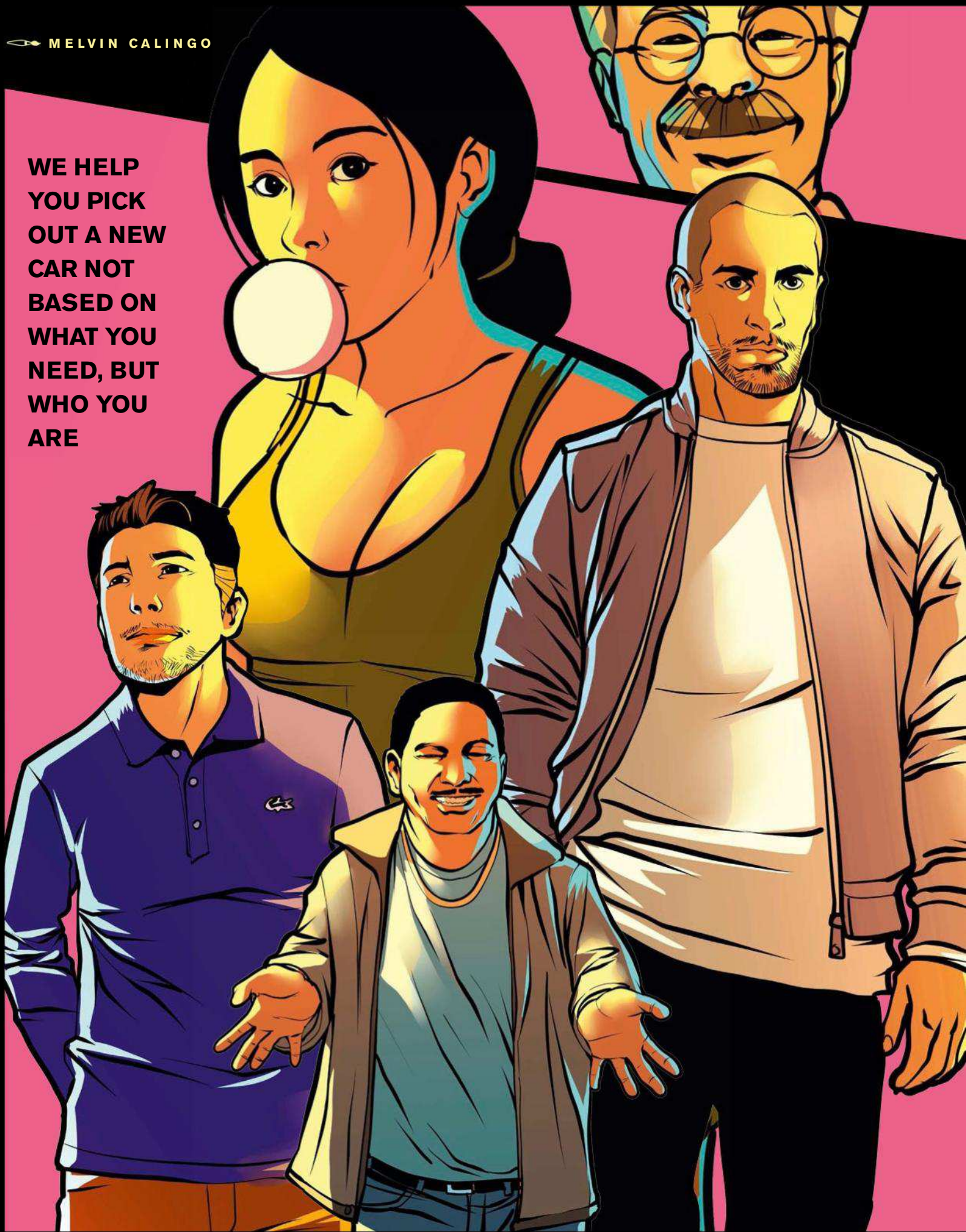
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YOU PICK
OUT A NEW
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BASED ON
WHAT YOU
NEED, BUT
WHO YOU
ARE**





FHM's
ONE-TIME BIG-TIME

CAR BUYER'S GUIDE



 **FHM TEAM**

There is a thing called Pareidolia—a psychological phenomenon where you see meaningful shapes or features in random things. Usually it's seeing faces in objects. This is quite often what happens when we look at cars; we don't see a moving, lifeless thing, but a person with a face.

Bumpers are mouths, headlights are eyes, side mirrors are ears. Some cars look angry; others wear silly smiles. Some are overtly masculine ; others are subtly feminine. Some look like they do much work; other seem to lead a life of leisure. They actually made an animated movie out of this, didn't they?

Going by this idea, we figured if cars are people, then they are meant to be paired with people who are like them. So what we did was profile a handful of personalities and picked out cars that we thought fit them perfectly. If you happen to be any one of these people, then you know which showroom to head to...

MOTORHEAD

DESTINATION	> Daang Hari, Tanay
PLAYLIST	> "Roads Untraveled," Linkin Park "Act A Fool," Ludacris "See you again," Wiz Khalifa
ACCESSORIES	> Electric shaver, licensed firearm, his mixtape

You are Vin Diesel, or at least fancy yourself to be. You rolling the company of other fast, flashy vehicles and (possibly) skirting the law. Because brawn is the name of the game, that is exactly what you want exposed—so most times you are in fit compression tops, exposing your tattooed arms. You don't like to dwell on things too much, unless it's for your car's benefit.



SUBARU WRX STI



You bet the choice has to be a Subaru WRX STI. It's like the car was built to satisfy every motorhead. It doesn't hurt that pop culture has singled out the STI as the best deal for real-world performance. It's got power. It doesn't look too cartoon-y. It's got a premium to it.

RETIRED MOM

DESTINATION	> Cubao, Ortigas
PLAYLIST	> "Kilometro," Sarah Geronimo "Closer," Chainsmokers "God Gave Me You," Bryan White
ACCESSORIES	> Two umbrellas, wet wipes, eco-bag (Model: Bayong), Take-out from Mary Grace or Via Mare

Retired means you're in your 60s, but being in your 60s doesn't mean you look like, or live out your life, like you were already 60. You still like things cute, and that goes with cars as well. You spend your leisure days with *apos* and *amigas*. Interestingly, you just learned how to drive AFTER you bought a car.



MAZDA CX5

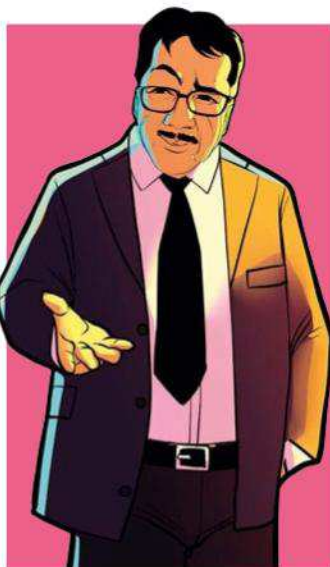


For one thing, it doesn't look like a mom mobile. Dad could borrow it and he'd still look like the executive that he is. The kids could borrow it and they won't look dorky. But here is why the CX5 is truly perfect for retired mom: It is so easy to drive you could have learned the basics of driving two hours ago and you'd still be on your way.

POLITICIAN

DESTINATION	Pasay City
PLAYLIST	"Akala Mo Lang Yun," Herbert Colangco
ACCESSORIES	Mahal na shades, mahal na watch, tinted windows, campaign stickers, and ballers

You champion the people. You are the embodiment of all their aspirations. So naturally, what they dream to have, you already have. Now we are not going to question whether what you have was bought with your own money, but if it were you must've done a good job because you can afford things we can't buy out of our money, but all our money put together.



NISSAN GTR



By its price alone, this should be a no-brainer. At over P7 million, only the privileged few can afford it. So how do you justify this to your constituents? A politician should find this easy. "Kung kaya kong bilhin yan, kaya niyo rin! At sisiguraduhin ko na kapag ako ang inyong binoto, mabibigyan ko kayo ng trabaho. At pag nakaipon kayo, mabibili niyo na yan!"

ARTSY PAINTER

DESTINATION	Escolta, La Union
PLAYLIST	"Goodbye, Toe" "Clair de Lune," Kamasi Washington "Shiki No Uta," Nujabes & Minmi
ACCESSORIES	Paintings for exhibit, paint cleaner, used instax

You can be found in art exhibits and hipster poetry readings. Wherever you are, you always lug along with you your painting materials, which you like to just throw around as part of the aesthetic. You strive to be different, but also work to be accessible. You've got a camera, and you like to go to off-the-beaten paths to take pictures.



SUZUKI SWIFT

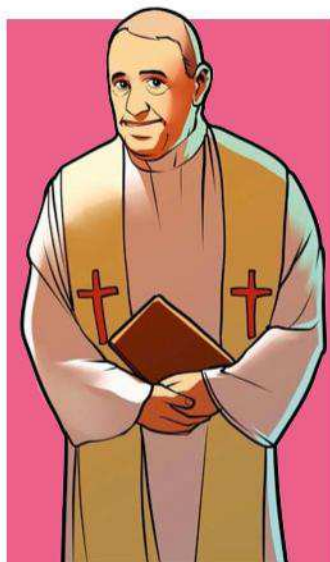


The Suzuki Swift is you because it looks different, and yet is also accessible. The car is designed to be fun, perfect for those spur-of-the-moment jaunts to someplace where inspiration resides, be it in hip Escolta or beach-life La Union. The car is peppy but also quite the utilitarian, so you can just hop in, throw your art-stuff out back, and off you go.

COMMUNITY PARISH PRIEST

DESTINATION	Your parish church
PLAYLIST	"My Sacrifice," Creed "God's Plan," Drake "Amare Et Servire," Bukas Palad
ACCESSORIES	Rosary hanging from rear-view mirror, candy, Bible, holy water

Of course, you look after the spiritual well-being of your Parish. They look up to you for living a simple life, dedicated to the service of God and man. You are accessible to everyone. In times of need, you are sure to be there to serve. You travel often, and you don't travel alone. Church lay workers are always ready to accompany you.



HYUNDAI STAREX

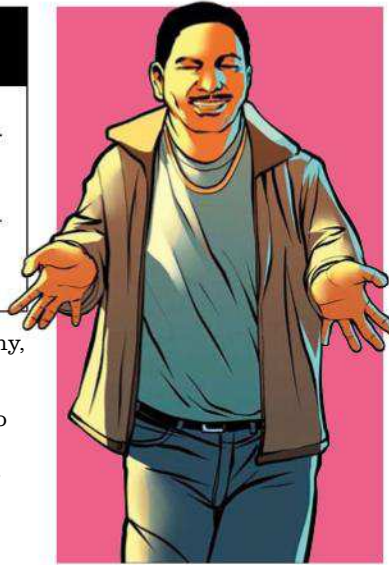


Despite taking a vow of poverty, every priest needs a reliable service to get around the community. We recommend that the Parish buy a Hyundai Starex for a variety of reasons: it seats a lot of people, up to ten in fact; it's practical and reliable; it's not too flashy. We are sure God will approve.

GRAB DRIVER

DESTINATION	Around Metro Manila
PLAYLIST	Easy Rock 96.3
ACCESSORIES	Cellphone holder, usb cable, mineral water, Skyflakes, <i>pambarya</i>

You used to be employed in a local company, or have worked abroad previously. But you've finally decided to strike it out on your own either because you don't want to work for a boss anymore or new jobs are harder to come by. You are a no-nonsense, practical guy—a Pinoy Everyman.



MITSUBISHI MIRAGE

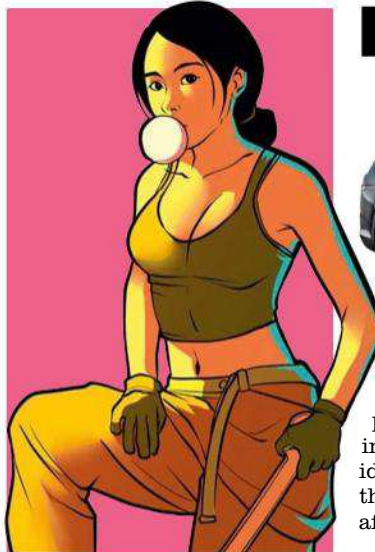


The Mitsubishi Mirage is the Everyday Car for the Pinoy Everyman. It's efficient yet frugal. A Grab driver will get the best mileage out of a Mirage. Cost of ownership is also manageable. Upkeep shouldn't be a problem. All of these translate to *kita*.

CAR GEEK

DESTINATION	San Juan and Banawe
PLAYLIST	"Fast Car," Tracy Chapman "21 Guns," Green Day <i>Baby Driver</i> soundtrack
ACCESSORIES	A full set of car tools. Extra water for the engine. Extra oil.

Unlike the motorhead who likes to pimp his ride out with all these upgrades and bling, your car-geek principles tend to respect the science and engineering behind a car longer. You are a purist and of independent mind. Your tastes, therefore, are more informed than others so that whenever you tinker with your car, you are just preserving its pristine quality.



VOLKSWAGEN GOLF GTS



A car geek like you would most likely go for a car with heritage, and carmaker Volkswagen fits the bill. From their product lineup you will go for the Golf in estate form because it has a strong identity: A practical premium car with all the best features of a modern VW at a very affordable price.

PLAYER

DESTINATION	Taguig
PLAYLIST	"Oks lang ako," JRoa; "Ngayong gabi," Al James "Momay," Juan Thugs
ACCESSORIES	Vape, extra wax, and extra shirt and shoes.

It's not easy to be a player. Personal upkeep is essential, because you have to be more vain than your girlfriend. Marking territory is crucial, because other players lurk in every corner at Prive, Palace Pool Club, or Black Market who might steal your girl. Spending money is a problem, because you often don't know where to begin.



HONDA CIVIC RS



If there is any one car here that is most perfectly paired to one person, the Honda Civic RS has to be it. The moment it was unveiled locally, it screamed "player!" Its looks alone is by far the most radical the Civic has taken on; its vanity spills all over the place. This is what you call stance.

INFLUENCER

DESTINATION	Poblacion
PLAYLIST	"Bodak Yellow," Cardi B "Icon," Jaden Smith "Runaway," Kanye West
ACCESSORIES	Vlog equipment, sponsored freebies, his merch, pocket wifi

"Hey fambam. I hope you're having a great day because I'm having an amazing day because you know how it is. You guys know! How. It. Is. We're about to make history happen today because we're getting a car. A freaking car thanks to all your continuous support. I couldn't have done it without you, bohemianarmy/merch.com— This is how an influencer would buy a car.



BMW 2-SERIES COUPE



The sleek and sporty baby Bimmer is the perfect car for an influencer because it delicately straddles the gray zone between something you can only dream about (hence your infatuation with its owner's Youtube videos) and something you can actually afford if you work your ass off (hence why its manufacturer lets him "own one.")

FAMILY MAN

DESTINATION	His children's elementary school
PLAYLIST	RJ 100 songs
ACCESSORIES	EC-tag, cooler, neck pillow, spare crocs, packed lunch with TLC from <i>misis</i> .

You have three kids, two in college and the *bunso* just happened to be born right before the wife's menopause, so she's still in grade school. All you really want is for your kids to become successful, and so you make sure you are prepared for it. You want a car with high *pamana* value, which automatically excludes anything that says "mid-life crisis". Therefore, it's not a Subaru WRX.



TOYOTA FORTUNER



A family needs a family car. In the old days that meant a station wagon, but now it means an SUV. And because you're after long-term value, the natural choice has to be a Toyota Fortuner. Toyota is the top car brand because it worked hard not only to build a good product, but to improve after-sales service. Toyotas will last long, that's for sure.

ADVENTURER

DESTINATION	Tagaytay and Rizal
PLAYLIST	"Born to run," Bruce Springsteen "Road to nowhere," Talking Heads "With or without you," U2
ACCESSORIES	Protein bar, surf board, passport, GoPro, hiking shoes, mountain bike, <i>tsinelas</i> , face towel

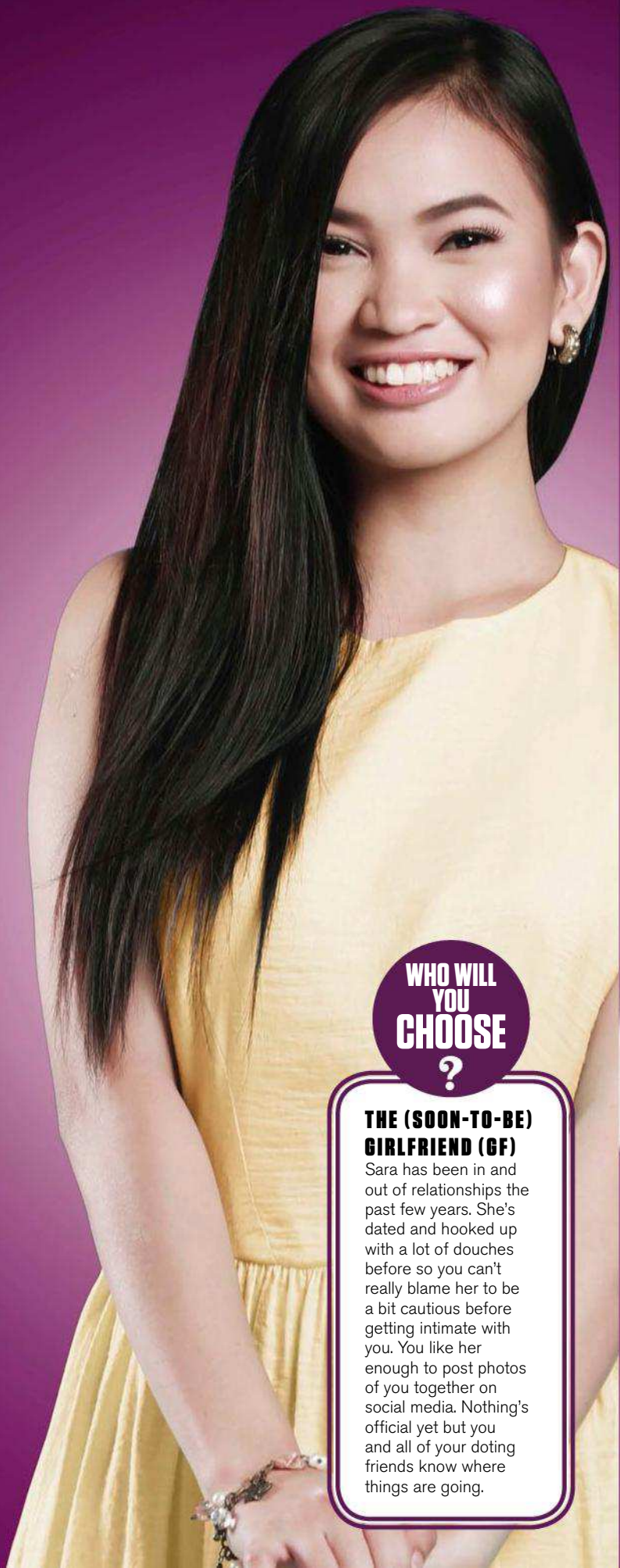
You don't belong to the city. You are in your element out in the open road, on wild terrain. It's a cliché to say you live on the edge, but often you find yourself literally on the edge of something—a mountain, a cliff, places like that. If someone pimped out a delivery truck meant for wild adventure, you'd have bought one already.



FORD RANGER WILDTRAK



You won't waste your time and money deciding whether a normal car will fit your needs, you will head straight for the pickups. We'll pair you off with the Ford Ranger Wildtrak because, really, it's up to the task. 4x4 capability, check. High ground clearance, check. And the best part? Inside it feels like you're still in an office, even though you're out in wild country. **FHM**



WHO WILL YOU CHOOSE ?

THE (SOON-TO-BE) GIRLFRIEND (GF)
Sara has been in and out of relationships the past few years. She's dated and hooked up with a lot of douches before so you can't really blame her to be a bit cautious before getting intimate with you. You like her enough to post photos of you together on social media. Nothing's official yet but you and all of your dotting friends know where things are going.



YOUR PERFECT MATCH (TM)
You've been talking a lot with this girl Isa on Tinder but for reasons too complicated to discuss you haven't added each other as friends on FB. You barely know anything about her except that she's looks great in a bikini, you follow the same meme pages, she's lives within a 15-kilometer radius, and that you're both free this Friday night.



STARRING
**SHANNE
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IN

CHOOSE YOUR OWN (HOOK UP) ADVENTURE

Sometimes it's better
to know what you're
getting into

WORDS
**CHISE
ALCANTARA**

PHOTOGRAPHY
**EJAY LEUNG
OF MIDNIGHT
BONKERS**

STYLING
DEBRA BERNALES
MAKEUP
JANINA DIZON
HAIR
DAVE GRONA

**ESCORT TO
PARADISE (ES)**
You've become a regular customer of Candy these past few months and have actually become sort of friends. You actually know her real name and have been texting each other about things other than her schedule at work and her special unli-popsicle promo. You're at that point when you actually want to get to know her better outside of work.

Getting laid has become so easy nowadays. Seriously, who needs game when the booty is just a swipe or tap away? With so many options available to satisfy anyone's thirsty tendencies, hooking up in this day and age seems too good to be true—(spoiler alert) it is. Because while things may seem so simple on the surface, no one really talks about the complications and repercussions of your actions. Luckily, with a little help from our female correspondents, we can lay out all the things you need know before getting into whatever or whoever you plan on doing.

2 WHAT DO YOU NEED TO BRING TO THE TABLE?



1 WHAT IS IN THEIR HEADS?

GF According to Sara it's all about how you setup the mood, "Since I'm already pretty into the guy, I'm more inclined to be intimate with him but it still depends on my mood. You can't just pull down your pants and expect us to be all over you. Make things romantic and we'll follow your lead."

TM Isa's had a lot of underwhelming experiences hooking up so she now has a screening process for the guys she matches with. "I usually talk with them online for a week before meeting up. During this time I've already made up my mind if I'm going to hook up with them or just meet up and get a free meal," shares Isa.

ES You realize that's Candy's a lot less willing to go the extra mile with you outside of work. "*Matagal talaga bago mo makukuha yung trust ng mga babaeng katulad namin kasi marami na rin kaming pinagdaanan. Isipin mo, kung bibigay namin ng libre yung hinahanap-hanap lagi ng customers namin edi paano kaya kami magkakahanap-buhay niyan?* Ha ha!" asks Candy.

But above all else, what you should always have on you is protection



GF Since you're both in it for the long run, making sure that you're sexuality compatible is important but isn't necessarily a deal breaker. "Kung hindi sobrang okay yung first time namin, I think we should both be open to constructive criticism in bed. Not only does it show maturity but it shows me how we'll be able to deal with problems in the future," says Sara.

TM Since most men or Tinder are more than willing to hook up with girls like Isa, that means she has a lot of candidates to pick from. "An average-looking guy with enough smarts and finances has the edge over another generic hot douche if average-looking guy is respectful, has manners, and can make a girl smile... unless he's Channing Tatum," says Isa.

ES Being an escort makes hooking up with clients outside of work pretty complicated. "First and foremost, kailangan kong malaman na hindi mo ako gagaguhin. Usually, kapag pumayag kami na lumabas on "dates" medyo nagkakaroon na kami ng feelings or ibang attachment sa inyo. Hindi na kasi client yung tingin naming sa inyo, parang mas kaibigan na or something more," says Candy.



3

WHERE IS YOUR DESTINATION?

GF Usually your first experience with a girl you've been dating for a while has to be planned out. As mentioned before, it's all about setting the mood. "Ayoko talaga na sa motel yung first time namin ng mga dine-date ko. I would usually prefer it sa hotel or at least sa condo or bahay niya. Parang ang cheap kasi kung ibinigay mo sa motel," says Sara.

TM In hook ups it's all about convenience since there are so many other willing fishes in the sea. "I'd like to have dinner before we hook up to get a feel of what he's like in person. The venue is usually based on where each of us will be coming from that day, so that it's convenient to both parties. But if things get heated, I don't mind doing it in the parking lot, ha ha!" says Isa.

ES Again, the life of an escort really revolves around her job. "If ever lumabas ako with a client, feeling ko kailangan malapit lang sa work. Parang kain lang sa magandang restaurant tapos punta sa place niya... ganun. Sayang din kasi yung pwede mong kitain sa araw na yun," says Candy.



4 WHAT'S THE DAMAGE?

GF How much you'll spend on your date will truly depend on how creative you can be. "I don't really need gifts but if you give her something you know she likes, it'll go a long way. It makes us feel special when you put some thought when buying gifts. The key to our pussies is through our hearts, charot. Ha ha!" says Sara.

the first date because if things turn sour, then I won't feel as bad. It doesn't have to be fancy. Gusto ko lang siya makilala," says Isa.

TM Since you're both here to hook up, you don't really have to go all out but that doesn't mean you shouldn't try to leave a good impression. "I'd rather the guy pay for

ES You need to realize that this is a long term investment since you're literally taking away their source of income. "Siguro kapag madalas kang bumibisita unti-unti ka naming makikilala pero medyo matagal yun. Marami kaming clients na regular pero di kami mapapapayag lumabas pero kapag napapayag niyo kami, ibang experience yung maibibigay namin sa'yo," promises Candy.

5 WHAT'S NEXT?

GF Now that you've crossed another milestone of your relationship things might become more serious. "One time I was having sex with a guy and while I was pleasuring him, bigla na lang niyang sinabing 'I love you!' ha ha! Nadala lang daw siya. That's why after I have sex with guys, I clarify where he wants to take things," says Sara.

TM The next step after hooking up is figuring out if you want to do it again. "I would prefer it to become a regular thing because it's tiring and tedious to go through the whole process of getting to know someone new. I'd like to make hook ups into fubus if I like them," says Isa.

ES Now that both of you have made this more than a business relationship, you'll have to deal with all its complications. "Since hindi mo na ako babayaran for sex kasi alam mo na ngayon na ibibigay ko siya for free, itatanong ko na ngayon kung ano yung maibibigay mo sa akin. Magiging BF na ba kita or one-time thing lang ba ito? Walang libre sa mundo, ha ha," says Candy. **FHM**

G
Up to
100
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Food parks open in the late afternoon, like here at Container Turf at 5PM, but often look woefully empty in these early hours.



TAXI
Hummus-Falafel-Shawarma-K...

MIX Main Course Meals
Beef Biryani
Shish Tawook P199 m
Persian Kebab

THE SAD SIGHT OF MANY CLOSED ESTABLISHMENTS SEEMS TO SAY THAT THE CRAZE REALLY IS OVER. BUT THOSE WHO ARE STILL IN THE GAME SAY THAT, WHILE IT'S NOT LIKE IT WAS BEFORE, BUSINESS IS STILL GOOD.

DO WE *Still*
Have an APPETITE
for FOOD PARKS?



Words ASH MAHINAY
Photography MARK JESALVA

C

ONGRESSIONAL AVENUE EXTENSION IN QUEZON CITY USED TO BE A DIM, UNDERDEVELOPED, AND UNREMARKABLE HIGHWAY THAT WAS ONLY GOOD FOR A SHORTCUT ON THE WAY FURTHER UP NORTH FROM C5 OR, WITH AN ABUNDANCE OF CARWASH JOINTS, TO GET YOUR CAR SORTED OUT. BUT

IN LATE 2015 THE STRIP BECAME AN UNLIKELY HOTSPOT FOR THE FOOD PARK CRAZE. FROM EARLY TRENDSETTERS BOXPARK TO THE EXTRAVAGANTLY RACING THEMED PITSTOP, CONGRESSIONAL BECAME FOOD PARK CENTRAL, THE MAJORITY OF ITS STRETCH JAM-PACKED WITH PARKED CARS AND LOITERING CUSTOMERS.



Today, several former food park husks dot the road, which is also now pretty much clear of traffic at night. Boxpark, one of the first in 2015, transformed into a carwash and joined the rest of Congressional's original attractions. The highway now has a more sobering reputation as "that place *na maraming nagsarang* food park." They're not all gone, though: Open Kitchen—a relative latecomer that opened in September last year—still keeps the neon-lit foodie dream alive.

Is it too soon to call the food park totally dead—or is it only a matter of time?

"I would argue that it's not dying down because although yes, there are a lot that have closed down, but there also many that are doing really well—*sa may Maginhawa* Street [UP Village], and also us here at Congressional still. So it's just a bunch of different issues for food parks," says Felise Aurelio, property manager and co-owner of Open Kitchen, which





also has a slightly younger but much bigger branch along P. Tuazon, Cubao.

“What happened *kasi* here in Congressional, was many closed down for a variety of reasons. One closed down because of the government permits; another closed down because it turned into an *inuman* place and food stalls didn’t really earn much. Others didn’t have parking,” Aurelio says.

Speaking of parking, an infamous example of one seriously lacking was The Yard at Xavierville. It opened in July 2016 to much hype due to its novel-at-the-time container van construction and IG-friendly aesthetic. What followed was a lot of food posts and neon-drenched selfies—but also a lot of angry reactions about the traffic its visitors caused by taking up parking along Xavierville Avenue. Despite that, the place was constantly packed. It now stands as an empty lot today. If Congressional was a tale of too many parks, The Yard was a park that seemed like it was too big to fail.



“*Nagsara siya* [because of problems] sa permits. *Di rin siya na-renew* because residential area *nga*. Because of heavy traffic, *ganun*. *Tapos yung dinadalang noise ng mga guests, so medyo nagkaroon lang ng problema*,” says Lyan Jose, assistant food park manager at The Yard’s Timog branch, which opened in November 2017. “*Hindi naman [nalugi]*,” Jose says.

Parking is an obvious no-brainer. “It’s so easy to get turned off from going to a food park if there is no ample parking,” Aurelio says. That is why in our P. Tuazon branch, we have 200 parking spaces and then here [in Congressional] we have additional parking two lots down.”

Jose also says that getting permits has now become harder to acquire.

“This year *madaming* new rules *na nilatag ang* [Quezon City] local government for food parks. Example, *yung water analysis—dati water analysis parang* every sem *lang, ngayon* every month *kailangan*



magpa-water analysis lahat or else *wala*. *Mas mahigpit sila ngayon sa food park kasi talagang kino-consider na nila*.”

Is the appetite still there?

Both Aurelio of Open Kitchen and Jose of The Yard agree that the craze has passed, reaching its peak around two years ago, but there is potential yet. There are already parks in less “mainstream” cities like Antipolo and Marikina but we can go even farther.

“It’s becoming a big thing in the provinces now *kasi* it was usually—mainly a Metro Manila thing, right? But now, so many food parks are opening in provinces. I’ve been to Palawan, and Cebu and they have food parks there,” Aurelio says.

Jose has also observed the same.

Top Container Turf in Aguirre probably has the most parking of any single establishment on the restaurant-filled avenue—a lesson many surviving food parks have taken to heart.

Left The Yard at Timog’s nightly screenings can be seen from the second floor of the three-tiered movie-themed food park.

‘FOOD PARKS ARE BECOMING A BIG THING IN THE PROVINCES NOW. IT USED TO BE A MANILA THING, BUT NOW SO MANY FOOD PARKS ARE OPENING IN PROVINCES. I’VE BEEN TO PALAWAN, AND CEBU AND THEY HAVE FOOD PARKS THERE’

—FELISE AURELIO, PROPERTY MANAGER AND CO-OWNER, OPEN KITCHEN, Q.C.

“Actually, *mayroon akong nakausap na tenant, sabi niya nagulat din siya kasi ang laki ng kita niya sa province—mas malaki kaysa rito sa Metro. And madami pa ring [hindi nakaka-experience ng food park]. Kahit papaano nakakagulat din kasi nga 2016 pa—2018 na ngayon pero madami pa ring first-timer. Ang maganda kasi sa food park, hindi siya nae-enclose sa ganitong [specific] market, or sa ganitong age bracket, usually dito, iba-iba. During weekends—Friday, Saturday, iba yung crowd. Sunday, halos puro family.”*

However, there is still that hard-to-shake feeling that “*linalangaw na ang mga food parks*” whenever you pass by one that looks more half-empty than half-full—but it could also be an effect of parks just being big places in general. “*Syempre may mga influx, may mga peak days, ganun, like any other business naman. Yung ibang park naman dati kaya parang puno kasi maliit lang, hindi siya ganon kalaki. But this one is really big so kahit madaming tao, parang ‘uy, walang tao’ pero madaming tao, alam mo yun?*” Jose says. When FHM visited to shoot at The Yard in Timog and Open Kitchen in Congressional sometime past 9 p.m. on a weekday, both parks were filled with several dozen people.

An additional draw some food parks now offer are events and entertainment to go with the food. The Yard has free nightly screenings drive-in movie style; Open Kitchen has monthly events with Comedy



Manila and acoustic nights.

“Yes, [I think having events is something food parks need to do], because surprisingly—and we didn’t even think that it would drive people here—we’ve had more people coming over when they expect a certain singer to be performing on that particular night,” Open Kitchen’s Aurelio says. “And there are really more people on comedy nights—that’s a huge success for us because we’re really packed during those nights.” Aurelio adds.

Viable business or fading fad?

“*Siguro* for some people *pwede siyang accurate* [that food parks are dying],” The Yard’s Jose says. “It depends *talaga. Pero kahit sabihin na patay na yung fad, kung tumagal naman ng ganun yung fad, tingin ko hindi na siya fad. Parang kasama na siya sa industry ng food and beverage. Kumbaga, hindi na siya mawawala.*”

But what about Return of Investment (ROI), the all-important metric of how good money is made? The sad sight of closed food parks may be enough reason for budding



The newly renovated Open Kitchen in P. Tuazon—which may be the largest food park in the metro—enjoys healthy crowds during its relaunching week.

“Siguro pag titingnan ko siya as a businessman, *kahit papaano mas mabilis* [the ROI] *kasi yung investment hindi kasing laki*—like when you open a full-blown restaurant. You only rent stalls *tapos yung mga gamit mo kaunti lang*. *Yung* initial investment *mo* is definitely small, so definitely, *yung ROI mas mabilis*,” Jose says.

We approached some experienced tenants to see if these expectations matched their reality.

“I think it’s semi-accurate. The Yard at Xavierville was one of a kind before—one of the first Instagrammable foodparks. Almost all tenants *nag-ROI* in four months. I would think after that, [hitting it in] six months would be ideal...*yun yung naririnig ko sa mga* food park *na* usually first to open *sa isang* area—like my friends at Carnival Food Park in Marikina,” shares Elise*, a stall owner who joined the craze early on.

But Elise also personally experienced the downside of a food park scene that had reached a saturation point, “*Marami rin* *lugi* like this food park in Pasig. Unfortunately, opening our branch there was the worst decision—that time super duper *daming nagbukas*, so it was a matter of carefully choosing the best. *Dun ko lang* *nalaman* that good location and *malinis na* set up will never match up to a ‘millennial’ feel and aggressive marketing.”

Louie*, a co-owner of a stall with branches in several parks, also agrees with the estimate.

“Yes, *kaya* [six months], *pero* depende sa food park and concept *mo* and also—for me—number one *talaga* is landlord *mo*, *dapat* okay *sila*. *Yung* owner *ng isang* park where we opened *medyo may ugali lang*, another recent one *naman* okay *sila*—*pero walang* experience [*sa* management].”

“*Kumita kami, pero* with the long-term in mind, *pinullout namin kaagad kasi tingin namin* short term business *lang sa* food park,” Louie adds.

With the scene now matured, Aurelio advises that entrepreneurs keep it real. “We want to be fertile ground for new entrepreneurs—low barriers to entry, right? But at the same time some of them get disheartened when they don’t get the money back in one month or two months, so that’s why some of them are closed [right now]. Like, no matter how we try to help them, some of them are disheartened if they don’t get [their money] back in that time period. So that’s the con of having these first-timers—because they are not as patient, I guess.”

“I really hope [food parks live on] *kasi maganda yung ino-offer ng* food park itself, *hindi lang sa* consumers, *pero sa* entrepreneurs *din kasi*,” Jose says. “Like I said, in relation *dun sa* ROI, entrepreneurs also have a chance for a fair market. *Na hindi porke’t bago ka*, [*kailangan mo gumawa ng* stand-alone]. *Medyo mahirap kasi kapag* stand alone. At least ito, *kahit papaano*, you have the name of The Yard. *Kahit papaano may katulong ka sa* marketing, *sa mga* events. So I really hope *talaga na* food parks will continue, *na hindi lang talaga siya maituturing na* fad. *Kasi parang kawawa rin, nakakalungkot kapag nawala yung* food park, *paano na yung mga* entrepreneurs *na pwedeng mag-upscale?*”

One such success story would be Above Sea Level, a seafood stall known for its giant butterfly squid. What started as a single stall in The Yard’s Pasig branch now has close to 30 branches and counting. And, yes, almost all of those are in other food parks. **FHM**

* not their real names

entrepreneurs to give up on the idea of becoming a tenant at a food park, or running a food park altogether.

But to Aurelio and Jose, who are out in the frontlines running food parks that are still alive and well, the numbers continue to be promising.

“The average ROI—I wouldn’t even say average because it’s just from talks with some people so I don’t know the whole pie—but it’s usually six months.” As for the food park owners themselves, “That maybe will take more than a year or two. Maybe two years,” Aurelio says.



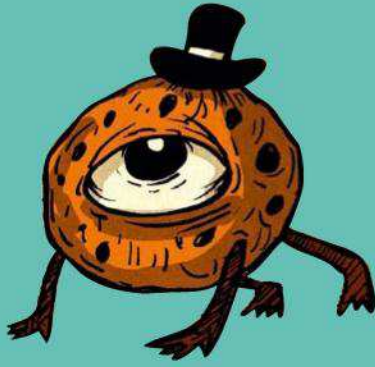
THE DIABETIC'S HACKS FOR BETTER LIVING

... AND FEEL SAD FOR MISSING OUT ON SOME OF THE THINGS YOU USED TO ENJOY

WORDS FHM TEAM; ILLUSTRATION CON LACHICA







It's this generation's prevalent lifestyle disease. It belongs to the top ten leading causes of death in the Philippines, according to the Department of Health. The Philippine Center for Diabetes Education Foundation says that over six million Filipinos have been diagnosed with it.

So that's what's tricky with this disease—it's chronic and serious, yes, but also manageable. You may have it, or have friends who have it, even at an early age, and the thing that irks you most about it is that it's a real party pooper. Most of the stuff you used to enjoy having—and we're talking good food here—are now off the list.

But if you're real smart about dealing with it (with the blessings of your doctor, of course) maybe you can enjoy once in a while. Now we can't overstate this enough, it is important to get your doctor's opinion whenever you feel like being a rebel with your lifestyle, but we did talk to a few people who have diabetes and asked them to share some life hacks that help them enjoy life despite the disease. It's really not that bad...

ALWAYS HAVE YOUR FAVORITE CHEAT FOOD ON HAND

"I always have my favorite cheat food with me in case *na low-blood ako* either in my handbag or next to me by the bed. *Pero minsan kahit hindi low-blood, kumakain pa rin ako*, he he. One piece of chocolate couldn't hurt, right?"

Monika, 38, Human Resources manager

IF POSSIBLE, ALWAYS WALK TO YOUR DESTINATION IF IT'S NEAR ENOUGH

"Work takes me to a lot of different places *kaya syempre* anyone would want to try out the cuisine there so I eat everything. Even though it's not really a conscious effort on my part to offset the unhealthiness, I tend to walk a lot more than I usually do because I would also like to explore the place. When I walk a lot during vacations, it makes me feel better than I would when I'm stuck in front of my desk at the office even though I'm eating worse."

Joseph, 41, travel writer

YOU WILL BE UNHEALTHY FROM TIME TO TIME. BUT REMEMBER YOUR BEST FRIEND IS: EXERCISE

"I honestly didn't consider this a cheat till now but even though I'm diabetic, I still eat whatever I want because I burn it all away because of my active lifestyle. Though, I do adjust my insulin dosage according to the activity I'll be doing since my doctor suggested I do so"

Bernadette, 25, Miss Philippines Earth Eco Tourism 2013 and fitness influencer

FLUSH THE UNHEALTHINESS AWAY BY DRINKING LOTS OF WATER

"Whenever I eat really sweet food, I drink a gallon of water to flush it down. *Nagpapapawis din ako nang sobra para lumabas siya agad* from my system. Any physical activity as long as it makes me break a sweat."

Dian, 26, business owner





EAT BITTERSWEET!

“When I eat sugary food, I pair it up with something healthy. I make my own organic drinks from dried mango leaves! I also eat a lot of *ampalaya* and bitter food whenever I eat sweets.”

Almira, 60, retired nurse

STRESS IS THE ENEMY

“*Madalas* yung stress ko connected to my acid reflux. Whenever I’m stressed *ginagawa ko* yung mga hindi ko *nagagawa* regularly. So I visit friends, go to church, *yung mga ganyan*. *Mag-journal, maglakad, yun lang*. *Dun lang umiikot pag-manage* ng stress levels ko.”

Allan Madrilejos, 48, FHM Team Editor

BURP OUT ACID REFLUX WITH SPARKLING WATER

“Apart from being diabetic, I also have liver complications. I also have constant shortness of breath when I try to sleep. I drink sparkling water to get rid of acid reflux.”

Kirsten, 55, music teacher

DON'T FORGET TO PAMPER YOURSELF

“Whenever I eat too much sweets and I don’t exercise I get muscle cramps and joint pains. I either drink pain relievers or have a massage until the pain goes away.”

Jacob, 35, Lawyer

ALL THINGS IN MODERATION

“Once a day, *nagko-Coke Zero* ako at once a week *nag-i-icecream* ako, *isang scoop lang*. *Kailangan* in moderation *lahat ng kakainin mo*. *Kasi dapat ime-maintain mo yung tamang* sugar level. *Ang border* is 120-125 *pero gusto kong mas mababa* pero hindi naman hypoglycemic levels. *Kanina* 121 *nga ako*, so *sa akin mataas na yun*. *Alam ko siya kasi nagmeasure* ako every day.”

Allan Madrilejos, 48, FHM Team Editor

FHM



MAN-KNOWLEDGE WE OBTAINED THROUGH THE YEARS





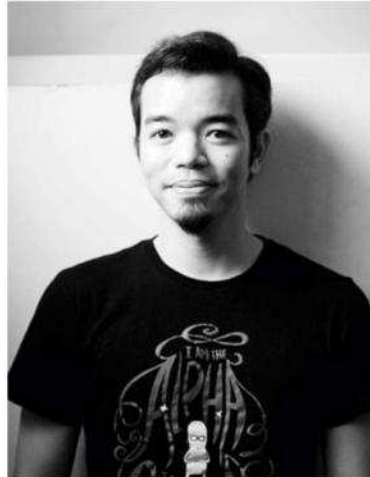
“Pick-up lines? For me the best line is still “I’m sorry I loved you so soon.” That was my best courtship tactic. I even made it into a song. I translated it into Tagalog so there was the hit song “Ipagpatawad Mo.” Ayun nadale ko!”

— Joey De Leon, March 2000



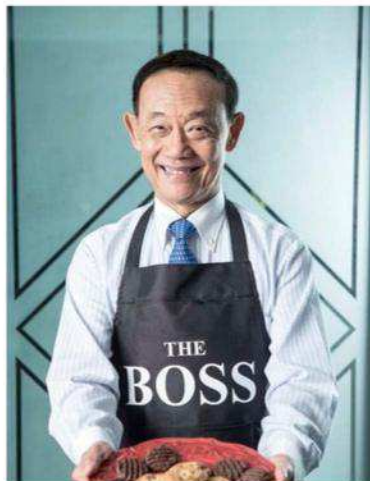
“You’re always at the forefront of change, and for that reason, it’s always exciting and you feel like you’re part of history as it is unfolding.”

—Atom Araullo, April 2017



“I like to observe and eavesdrop a lot... I always take notes. Kahit among pagkuwentuhan natin, mayroon laging puwedeng gawan ng comic strip. I exaggerate until I can make a story out of it.”

—Manix Abrera, January 2013



“I think of a melody. I have always said words and music should have a perfect marriage. Words should fit the melody. Melody should illustrate what the words are saying.”

—Jose Mari Chan, September 2017



“It’s all about discipline. Your body is so used to the routine: wake up in the morning sluggish, eat breakfast, go to work, come home, put your feet up, watch TV and think about working out, then go to sleep. You really have to work hard. Force yourself. In the beginning, it’s really hard. But once you get over that, it becomes routine and your body will look for it.”

—Derek Ramsey, September 2011



“If you’re thinking we don’t wear nice kicks behind the table, you’re wrong. The PBA audience pays attention, and they appreciate a good pair of shoes.”

—TJ Manotoc (On basketball shoes), January 2014

PHOTOGRAPHY: ATOM ARAULLO, RIA REGINO; MANIX ABRERA & TJ MANOTOC, NICO VILLEGAS; JOSE MARI CHAN, KURT ALVAREZ; DEREK RAMSEY, XANDER ANGELES

“Life is all about living it to the fullest. Being passionate about something is unlocking your potential. I think when you find a passion—whether it is sports or video games, whatever it be—you are very disciplined about it because you have a goal. When you have a goal you pursue it with dedication to achieve that goal and it brings out the best in you.”

—Drew Arellano, September 2017



DREW ARELLANO, RG MEDESTOMAS; EBE DANCEL, EIJAY LEUNG; BATO DELA ROSA, JAKE VERZOSA; LAV DIAZ, PAUL MONDOK



“...kasi you always have to remember that people pay good money to see you play, so the last thing you want to do is mess it up. Make it worth their while, kasi they could always go somewhere else and see other bands, or just stay home and watch a movie, but they chose to see us, so dapat sulit yung experience for them, as much as it is for me.”

— Ebe Dancel, April 2016



“It’s my strategy to extend fear sa mga criminals—that’s the only language they know. Hindi pwedeng when we talk about crime, we will be there to present ourselves as meek as a lamb, na parang harmless ka na tao. You should act to be in control. Kinakatakutan ka dapat kasi you are talking about crimes, hindi ka pwedeng palamya-lamya na pulis. Ganun ang aking pamamaraan.”

—Ronald “Bato” de la Rosa - (On his violent rhetoric), September 2016



“Hindi naman mahaba ang pelikula ko. Malaya siya.”

—Lav Diaz, March 2015



got

A woman with long, wavy brown hair is shown from the waist up, turned away from the camera. She is wearing a white, long-sleeved, ribbed t-shirt and white Calvin Klein underwear. The background is a solid, dark blue color. The word "youth?" is written in a large, white, serif font across the middle of the image, with the question mark being particularly large and stylized.

youth?

photography
KEVIN CAYUCA
OF EDGE OF LIGHT



stylist
KRISTINE TORIBIO
 makeup
LEA ANCHETA
 hair
JOERICK SINGULAR

Rhea Zapata is here on a mission to...well, she doesn't know yet actually. This sexy New Yorker is here in her homeland on a break to find out what her calling is life in—something we can all relate to when we were young, wild, and free.

The key difference here is that she is actually doing the whole exploration bit and not just thinking about it—you only get one swing at youth after all. Considering how well she looks in photos though, we obviously have a suggestion for a career path if she ever asks us for advice.—**Ash Mahinay**









irglb future

photography
XANDER ANGELES
OF EDGE OF LIGHT





A

s we hurtle into a paperless future, let Ivy Teves be a guide on how to carve out your own niche online. She combines classic hard work and determination from being a fitness ambassador, host, and model, and keeping a killer no-filter needed physique with the handy ways the Internet has given us to make some noise. Like the fact that she has her own Ivy Teves app. Seriously, look it up on the app store after you're done reading this and following her on IG too.—**Ash Mahinay**



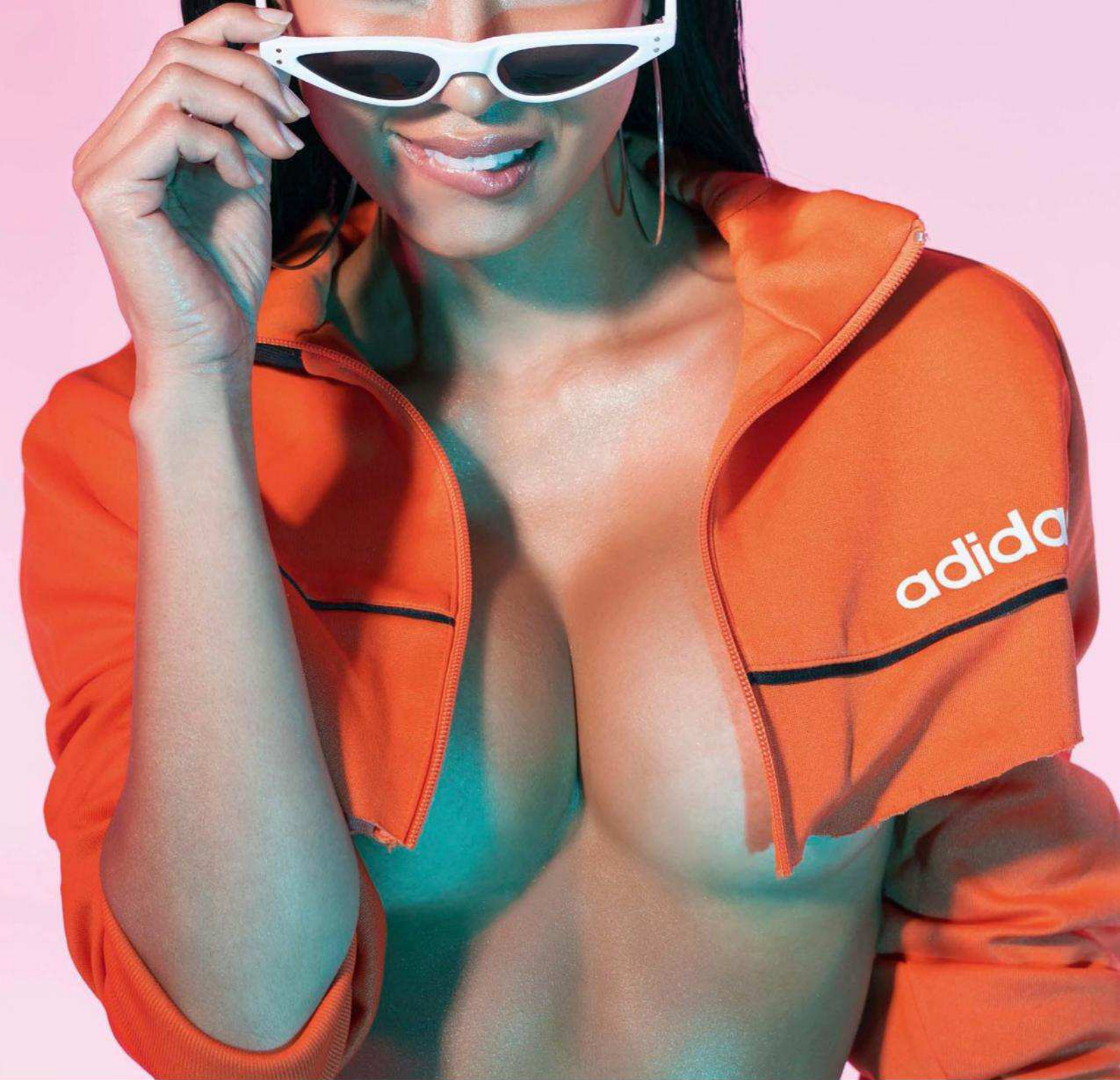


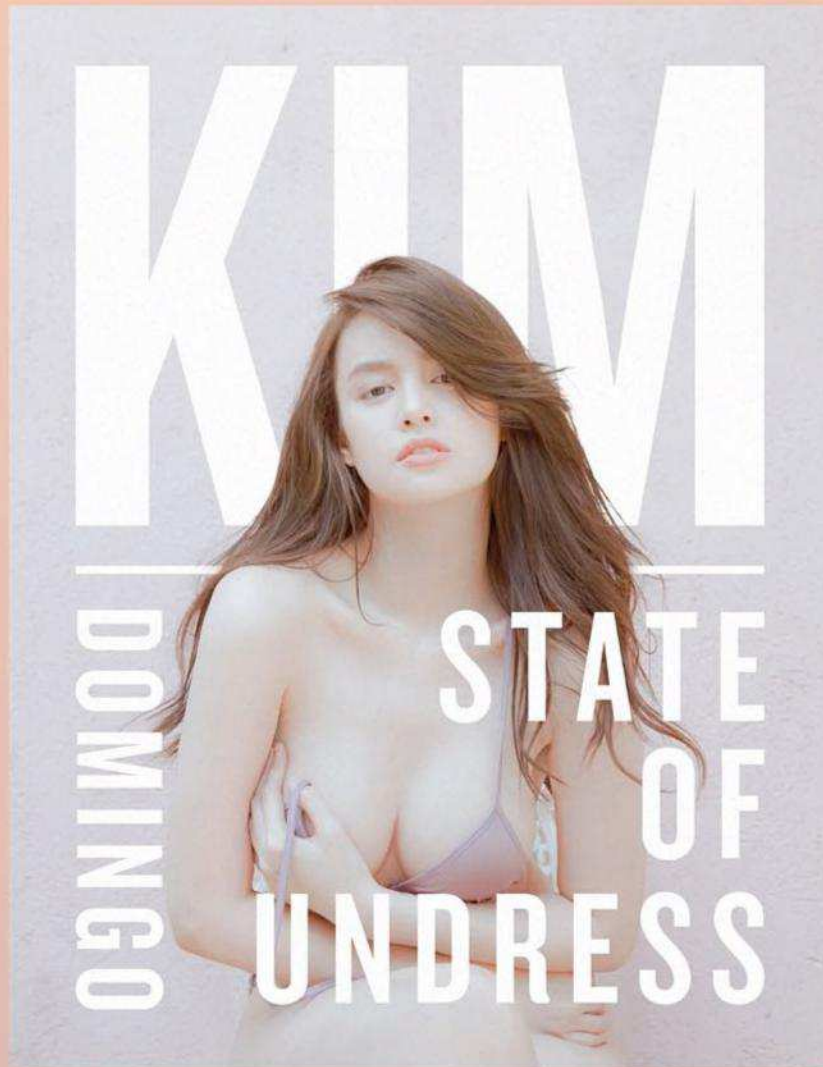
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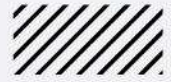
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P695



ALPHA DOGS



Here's a triple team of local labels to add to your wardrobe this summer—all the way from Davao, Revere, with its strong graphic collaborations, Thy Origins with a different, fantastical streetwear theme, and Bearskin finishing things off with some clean athletic lines.





MEDUSA

WAS A MONSTER, ONE OF THE
GORGON SISTERS AND DAUGHTER OF
PHORKYS AND KETO. MANY SAY THAT
ANYONE WHO LOOKED INTO HER EYES
WAS IMMEDIATELY TURNED INTO STONE.
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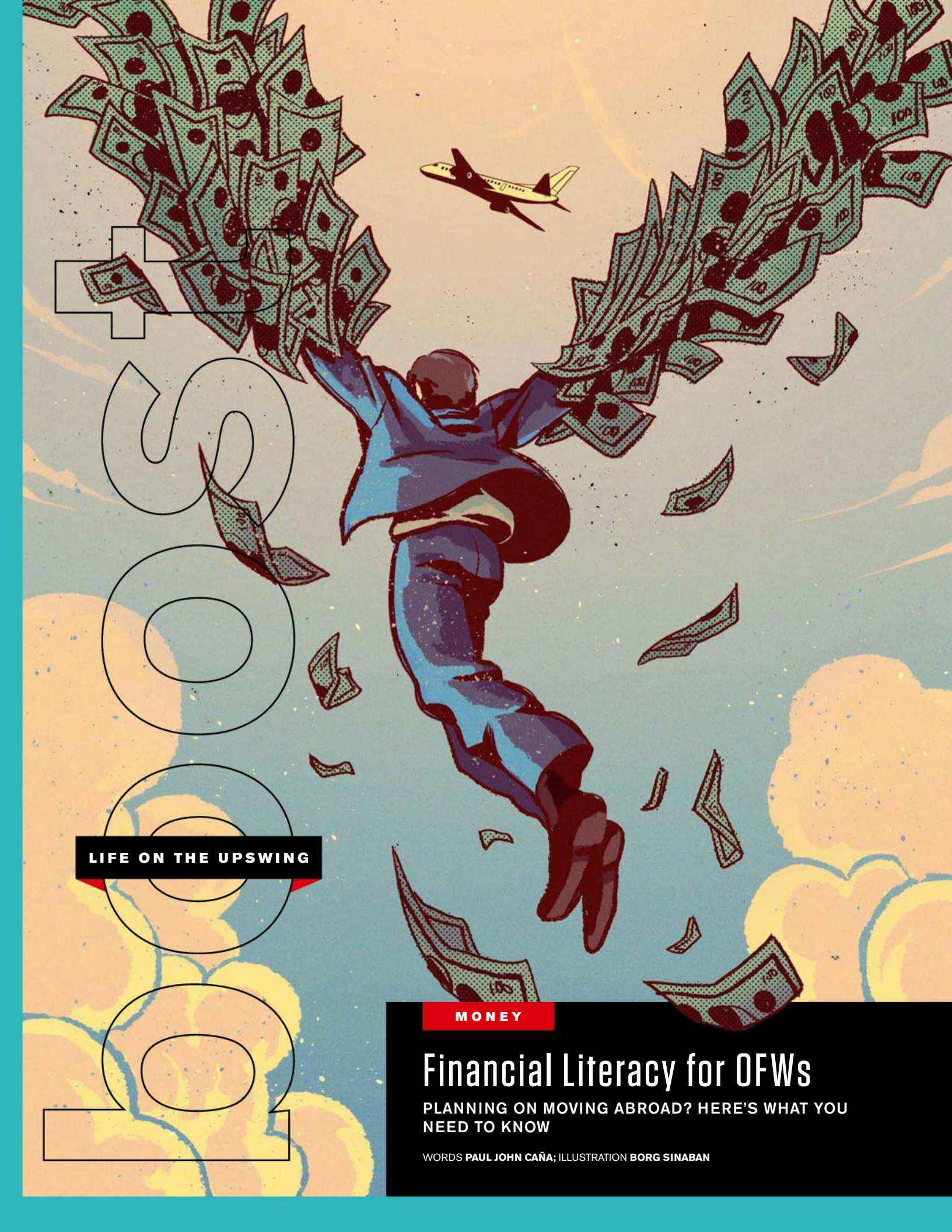
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LIFE ON THE UPSWING

MONEY

Financial Literacy for OFWs

PLANNING ON MOVING ABROAD? HERE'S WHAT YOU NEED TO KNOW

WORDS PAUL JOHN CAÑA; ILLUSTRATION BORG SINABAN

Gerry Paras is a Filipino who works as a technology consulting manager in Minnesota, USA. His company sent him on business trips to Vancouver, Canada and the US for months a time before he relocated there permanently in November 2011.

"I realized I wanted to live in the US during my assignment in 2008-2009, so when the opportunity came in 2011, I jumped on it," he says. "The money is a big factor, of course, but there are also those little things that I have come to appreciate—cleaner air, manageable traffic, faster internet, buses that arrive on time, personal space, etc."

Before flying out, Paras says he prepared about \$5,000 for expenses related to moving and settling into his new life in the US. Although this was part of his savings, he says he left most of it in the Philippines because the industry where he works pays above a livable wage.

"I only needed to bring some to pay for down payment and deposit for my apartment and enough for what I thought I would pay for expenses," he says. "I was single so I only had to spend on myself."

According to Henry Ong, registered financial planner and president of Business Sense Financial Advisors, there is no specific amount would-be OFWs need to save up before moving to another country, although he recommends bringing just enough to pay for expenses related to working overseas, just like what Paras did.

"Very often many OFWs end up borrowing money from relatives or friends in order to meet the fees and one-time payments such as placement fees, documentation fees and others, which may be substantial sometimes. It is better to have enough savings in the form of an emergency fund that can take care of any unbudgeted expenses that may arise in the future."

Paras says he's always been good with money—"never not paid credit cards in full, never not saved, never liked owing or borrowing money from people"—but since moving abroad, he says he's been able to save more than when he was working in Manila. Besides the occasional gifts for relatives, he says he doesn't really send money back home, so what he earns now, he pretty much keeps.

"I would say I save at least five times more than I what used to save in the Philippines," he says. "I think that's more important than how much your salary is—but you'll only know that after you've settled down and figured out your regular budget and expenses. I also think five is a good enough factor for what you're giving up by moving—your family, friends, etc."

Paras is a rare exception to the typical OFW who sends money back to family back home. According to a report by the Philippine Statistics Authority, a total of 1.9 million OFWs sent cash remittances to their families from April to September 2016. Of this number, only 36.9 percent—or roughly one out of three—were able to set aside savings from their cash remittances.

"Many OFWs are not able to save anything because of the lack of proper personal financial planning," Ong says. "One common mistake among OFWs is their tendency to borrow

Savings Tips for OFWs

Gerry Paras and Henry Ong, RFP, provide practical financial advice for Filipinos working overseas

Put your savings away as soon as you get your paycheck and never touch it except when you really have to.

"What's left is what you can use for your expenses," Paras says. "Of course you have to be realistic about how much you can save, but take that into consideration even before signing on the dotted line."

Keep a savings account in a Philippine bank

This helps you avoid being tempted to spend it on trivial things. "You can have a bank account abroad for expenses and another bank account for savings in the Philippines," Ong says.

Every time you get a raise, review your savings targets and adjust as necessary.

"If you're in the US, invest in retirement as much as you can, and work on your credit score immediately," Paras says. "A good credit score allows you to get lower interest rates for loans/mortgages for when you eventually need it."

Once your savings have grown, you must start thinking of investing it

"The other way to save without keeping a bank account in the Philippines is to invest directly in mutual funds or stocks on a regular basis," Ong says. "You can also invest in property in Philippines that you can pay regularly."

Ong says Filipinos preparing to move to another country need to ask themselves the following questions:

How much money do I need to spend to support my family back home?

How much money should I spend for my own personal needs?

How much money should I save as a portion of salary after budgeting spending for family and personal expenses?

Where should I invest my savings?

How much retirement fund should I aspire to build?

money. When you borrow money against future salaries, and the money borrowed is spent on consumption, there is a high risk that you will borrow again in order to repay your loan because you will most likely use your salaries somewhere else either for personal or family needs. Many OFWs are poorly advised on how to use borrowings wisely."

Another mistake, Ong adds, is prioritizing expenses first before savings. "One would normally look at what to spend first and leaving whatever is left to savings," he says.

Ong, who writes a personal finance column for *Entrepreneur Philippines*, says the habit of saving depends largely on the lifestyle of the person. While some people may find it hard to save, others may find it easy.

"The first thing to do is change your mindset," he says. "Understand and embrace the reason why you need to save. Come up with a savings plan, perhaps, start with 20 percent and increase it slowly until your disciplined spending has adjusted to your new lifestyle in order to achieve a higher savings percentage."

Paras seems to be doing it right. He says he has already bought property in Minnesota and participates in the US government's 401K, a retirement program. He says his company also matches a certain percentage of his contribution.

"Outside of that, I have a monthly savings goal," Paras explains. "I take that out of my account and place it in a higher yield savings account even before I start paying off bills. I also invest in the company I work for through an ESPP (Employee Stock Purchase Plan) program. I dabble in cryptocurrency (Bitcoin, Ethereum) but very casually. I don't put money in it that I'd be scared to lose at the casino—because it's really a form of gambling at this point. We're starting to talk to a few investment managers to put our savings to work, but nothing concrete on that yet. I have property in the Philippines, but don't really invest in anything else there." **FHM**

The most indulgent grilled cheese you'll ever meet

AND, YES, YOU CAN MAKE IT AT HOME!



Grilled Cheese with Pimiento Jam and Fried Chicken Skin

- 50 grams chicken skin
- 1 tablespoon fish sauce (*patis*)
- vegetable oil for deep frying
- 1 red bell pepper
- 2 tablespoons butter
- 2 slices of loaf bread
- 1 slice American cheddar cheese
- 1 slice Gruyere cheese

Nothing beats the soothing sensation of having an ooey-goopy grilled cheese sammie in your hands. Imagine: A perfectly golden sandwich—crispy, crusty, and buttery outside with oozing, melted, stretchy cheese inside. That's exactly how you spell comfort!

Adored all over the world, the classic grilled

goodness has taken various permutations in recent times. Purveyors challenge one another by adding the most types of cheese to their version. Chefs take it to the next level by stuffing it with lobster, truffle, and all sorts of luxurious ingredients. Restaurants change things up by using squid ink-tinted bread, turning it into french

toast or even wrapping it in nori for a Japanese flair. But remove all the fluff and adornments, one thing remains: The simplest version of grilled cheese, made very well, is the one that truly soothes the soul.

So we ask esteemed chef Ed Bugia, head honcho of Backyard Kitchen + Brew, Pino, Pi, and BRGR: The Burger Project, to give the lowdown on building that perfect sandwich. You'll be surprised that a really good one only requires several pantry staples, though chef Ed's version, the recipe of which you'll find below, adds a couple of welcome ingredients to up the ante. One of them gives the sandwich extra saltiness, and the other offers a sweet balance to the whole creation.

He offers two main tips: "Use good quality sliced bread!" and "Be generous with the butter!" So what are you waiting for? Get started on this grilled cheese sandwich and sink yourself into a pool of cheesy comfort.

DIRECTIONS

- 1** Clean chicken skin by scraping off excess fat. Marinate in fish sauce for 15 minutes. Deep-fry in vegetable oil until golden brown. Set aside.
- 2** Grill bell pepper on an open flame until blackened. Transfer to a sealed container to allow to steam. Deseed and peel.
- 3** Cook bell pepper in a dry pan on low heat until softened and jam-like in consistency. Set aside.
- 4** Butter bread slices on all sides. Layer pimiento jam, chicken skin and cheeses in between slices. Grill on a nonstick pan until golden and cheese is melted. (Keep flipping and pressing down until desired color is achieved.)
- 5** Slice diagonally and serve.

FHM

WORDS: IDGE MENDIOLA, PHOTOGRAPHY: KURT ALVAREZ

You won't believe what's in this burger

AND, WHY THE HELL IS IT BLACK?



You can't go wrong with a burger. A slab of meat in-between two buns will always be appealing to any man (unless you're vegetarian) so why not push the limits and create something really special? Meet the Radical Burger whose name really doesn't let down its hype. This *aligue*-smothered black beauty mixes really strange complicated flavors that magically work together.

"We were going for a surf n' turf type of flavor when we conceptualized the burger by mixing our own blend of spices with a patty made from local wagyu beef and smother it with crab fat and the patty that's infused with squid ink," says chef AJ Reyes from Privatus Private Dining.

Reyes wanted the Radical Burger to have a very Filipino taste but couldn't

With all the flavors bursting inside your mouth, it's important to cleanse your pallet to fully enjoy each bite without feeling too overwhelmed. The Burning Matt from the Monkey Brewery is an Indian Pale Ale that's a bit more bitter than sour and it's the perfect partner for the Radical Burger. "Bitter tastes cut through fat, which the Radical Burger has a lot of. It acts like an acid that cleanses the pallet so you can enjoy fatty foods without the *umay* feeling," says Reyes.

find any local cheeses that could fit well with the wagyu. "I was thinking of putting *kesong puti* but it doesn't provide that creamy texture I wanted like other cheeses so *nag-pop sa mind ko was hindi dapat* cheese, *kundi aligue*. Not only did it provide creaminess to the burger but also added umami because of the seafood," says Reyes. Believe us when we say that the *aligue* tastes like it's made from really rich and full cheese.

The Radical Burger is also very visually striking with its inked buns, which

draws your attention to the bright colors sandwiched by the buns. "*Yung maganda sa squid ink*, it doesn't really have an overbearing taste and it can be used to replace the water you need for the dough. We also follow the color-scheme by using black sesame seeds," shares Reyes.

While we do believe that you don't have to fix what ain't broken, there's nothing wrong with experimenting in order to create something as unique and tasty as this. So to all the burger purists out there, don't knock it before you've tried it. **FHM**

WORDS: KAT ZABLAN; PHOTOGRAPHY: KURT ALVAREZ;
SPECIAL THANKS TO: PRIVATUS PRIVATE DINING AND MONKEY BREWERY

Boost



The doctor is in

DR. SHANNA SOLIDEO
WILL SAVE YOUR LIFE



WORDS: KAT ZABLAN
PHOTOS: SHAIRA LUNA
STYLING: DEBRA BERNALES
MAKEUP: JANINA DIZON
HAIR: DHEEJAY SANTOS

**T**

rue *FHM* fans know Shanna Solideo as the hot bikini girl that shared a page with cover girl, Debbie Garcia in one of our Tanduay calendars back in 2015. It's been a while since we last caught up with her so it may come as a surprise to most of you to know that apart from being a model, she's also a full-time resident

doctor. Now, she's taken time from her busy schedule (she says her shifts at the hospital can actually last up to 50-60 hours!) to have a photo shoot because she has something to prove to all the close-minded people who judge women: "Just because I'm sexy doesn't mean that's all I am. First and foremost, I am a doctor and I can save your life," says Doctor Solideo.

GENERAL HEALTH TIPS EVERY MAN NEEDS TO KNOW ACCORDING TO DR. SHANNA

Don't smoke

Almost everyone knows the dangers of smoking (because it's literally on the cigarette box) but most people don't recognize them until it's too late. "I intubate 20-30 people a day because of respiratory distress. There are so many adverse effects of smoking that if I listed them here now, it would take up the whole interview, ha ha!" says Dr. Solideo.

Be kind to pregnant women

For everyone's sake including the baby. "It's natural for a woman's hormones to fluctuate during pregnancy and that's why mood swings are so common. So guys, please be understanding to pregnant women because complications can easily happen if a woman is stressed," says Dr. Solideo.

Fun fact: "Giving birth doesn't loosen the vagina. In fact, once repaired through vaginography, it can actually get tighter!"

Drug addiction is a serious matter

Too much of anything can be bad for you. "All types of drugs, if abused, *kahit* Marijuana *lang yan* can kill you or worse make you (and your love ones) poor. This isn't exactly medical advice more so than it is based from experience I've had with patients. I've seen drugs ruin so many people," says Dr. Solideo.

Have sex responsibly

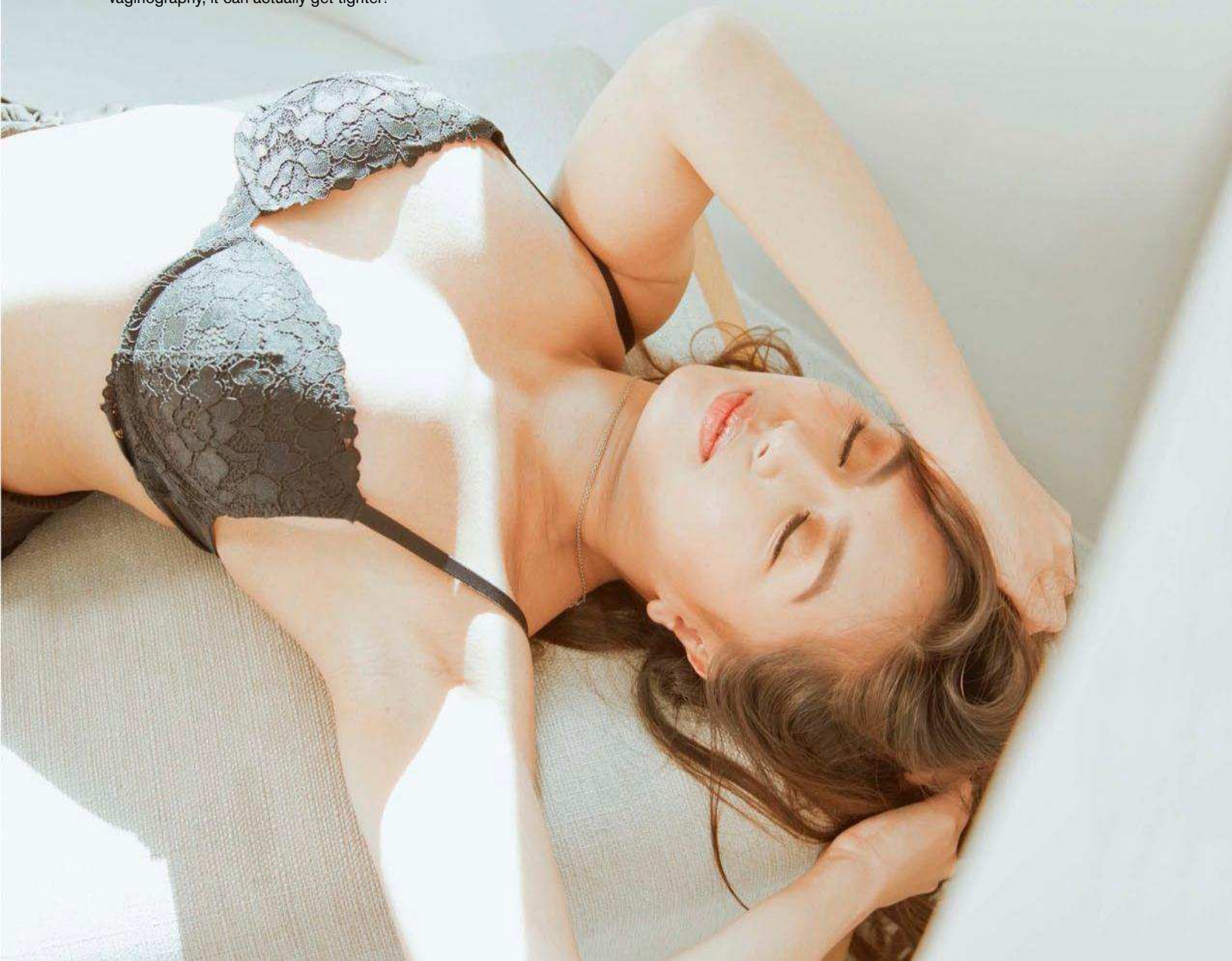
According to Dr. Solideo, having *tulo* isn't the worst of it. "What's sad about male promiscuity is that it can affect unknowing women. Men can't contract cervical cancer but can transmit it to multiple women. I've spoken with too many women who found out they got cervical cancer because of their partners' promiscuity. It's just so unfair," says Dr. Solideo.

Don't be afraid to get checked

Hearing bad news shouldn't be the end of the world. "You should never be afraid of getting checked up by the doctor because the sooner we know what's wrong with you, the sooner we can help. We all took a vow when we became doctors to help our patients with all of our power so let us save you," says Dr. Solideo.

Seriously, come back for check-ups!

You may think that you're all better but you're not. "If we prescribe antibiotics to you and tell you to take them for a week, you don't stop once you feel better. That's not how it works! It's best to follow the doctor's prescription in order to not risk a relapse. And please, come back for a follow up if we require so. *Ayaw niyo ba talaga kaming makita?*" asks Dr. Solideo. **FHM**



And so it ends.

Full disclosure: I've been staring at those four little words for four days now and I'm still feeling quite unsure about how I'd finish the rest of this brief note.

If I'm being honest, I feel somewhat glad this is going to be our last hurrah. It's been awhile, after all, that I've had proper rest. Also, having the opportunity to not think about anything remotely related to *FHM* titillates me right now somehow.

For one, there's Zumba waiting for me to try (And with my mother who's an enthusiast no less!). See, ever since we were told that our May issue was going to be our last, I've started instantly plotting my next moves once my 23-year stint at Summit Media ends. Maybe having a Zumba instructor for a son would mean the world to my 75-year-old mom.

Not that she was never proud of my *FHM* tour of duty or anything. She knew all the cover girls we featured; Diana Zubiri, who had once sampled her delectable *kare-kare* and *laing* during one of my birthday all-nighters at home, remains a favorite, she says. She also read every issue of the magazine from cover to cover, but only after finishing *Yes!*, the magazine I know she loved more than *FHM*. And she always made sure her geriatric friends got precious VIP tickets to our 100 Sexiest Women In The World Victory Party every year. To my amazement, her pals survived those legendary nights of sweet sweaty fun to Zumba for another day.

Memorable as those parties were, though, they're the least of the things I'll miss about *FHM*. I don't know if it isn't obvious enough, but it sure stings not being able to work temporarily with an editorial group as crazily creative as this superb bunch of multitasking talents whose pictures you see plastered all over this page.

If I haven't said this enough, do know you're the chief reasons I've summoned the strength to show up for work from the first issue to the last, our 214th.

No joke, I'm nothing but grateful to all

of you: for all the laughs, for allowing me to help you to unlock your creativity and leadership potential, for teaching me how to be patient and resilient, for matching my intensity without ever wilting, for all the late nights spent beating deadlines, playing scrabble, cooking up and breathing life into seemingly impossible concepts that turned into unforgettable moments and milestones, doing "research" and downing case after case of our favorite brew.

I promise to give glowing recommendations if you dare tap me as character reference in your future job-hunting adventures. But tell the people recruiting you not to call me in the morning, please.

Thank you for all the things you said and left unsaid when news of our upcoming last issue finally became official. I've read all your messages and they'll be just as cherished as the experiences we shared over the years.

Together, let us thank Summit for supporting and tolerating our maddening genius, the numerous excellent creative teams we worked with that saw our vision through, all our beloved readers who stuck with us through good times and bad, and all the inspiring women, heroes, icons, and the people behind them who trusted us with their stories for 18 years.

Let's do our share keeping the tradition we set alive through FHM.com.ph.

Take a bow, gentlemen and ladies of Team *FHM*. It's been a privilege sharing this fantastic run with you all. Be sad if you must, but never sulk for far too long. Stand proud because we will always be *FHM*.

This issue only cements our undeniable legend.

Chief

ALLAN A. MADRILEJOS
Team Editor



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