

ALEX PERRY: Clean Living



Q: What are you flogging? I'm flogging, simultaneously, red-carpet glamour and the premium laundry collection for Electrolux. Phew!

Q: Do you have a favourite stain? I'm fond of Nescafe on a white shirt.
Q: Life's too short for 'hand wash only'. Discuss.

Since acquiring an Electrolux angled front-loader, with its gentle hand-wash cycle that imitates a loving hand wash, the only thing I need to wash myself is... myself!

Q: Your website states you're "Australia's most glamorous fashion designer". Who came in second?

Do you remember who came in second when Jennifer Hawkins won Miss Universe? Just as I thought.

Q: With whom would you rather be stuck in a lift: Matthew Perry, Neil Perry or Katy Perry? It's neck and neck with Neil and Katy. The balance of power would totally swing in Neil's favour if he had Tupperware filled with snacks.

Q: You're the only judge to have ap-

peared on all five cycles of Australia's next top Model. How come no one's voted you off yet?

I say what I think and, usually what I'm thinking is what other people are thinking but not saying out loud. Those people love me; the others who think I'm politically incorrect hate me. Either way, it's a win-win ratings situation.

Q: Megan Gale, Jennifer Hawkins and Sonia Kruger all want you to make them a wedding dress but you only have time for one. Whose will it be?

Megan's. We've been friends since the first time she walked into my studio and my jaw still drops every time she walks through the door.

Q: You once said: "If you feel comfortable in what you're wearing, you probably don't look good". Isn't that why God made acrylic?

What's acrylic?

Q: At what stage in a relationship is it acceptable to wear trackies?

When you're selecting a divorce lawyer. If they were worn with any frequency prior to that, you may find they were a contributing factor.

Q: Any advice for folk who have a problem keeping sunglasses on their heads? You need to be more specific: with hair or without? Stubble, straight, curly or afro? These variables directly impact the technique. I never buy sunglasses that don't look as good on my head as they do on my face.

Q: You're on a desert island with Twiggy, Kate Moss and Miranda Kerr, and starving to death. Whom do you eat? Not Kate Moss - the toxicity levels would kill me.

Article from Sunday Magazine

Karate kid has stranger warning

KARATE kid Chris Pikis will make a special appearance today at Prestons Dalmeny Public School to warn children of stranger danger. Chris, 13, of Prestons, who used his karate skills to fend off an attempted assault in October last year, is encouraging children to be more aware of potential danger.

Child Stay Safe Tips

Chris' aim is to create awareness and help other kids avoid the situation he faced when travelling home from school on the bus.

- Avoid walking alone whenever possible
- Avoid unlit areas after dark
- Avoid shortcuts after dark
- Always be aware of your surroundings
- Be aware of potential hiding spots for attackers
- If followed by a car or another pedestrian be alert and go to a public place for help
- Avoid people and places which make you feel uneasy
- Do not be afraid to yell out for help if confronted
- Avoid wearing stereo headphones when walking around
- Do not assume that lit areas or daytime areas are safe or that it is less likely to be attacked.

Chris will talk to the students at their school assembly about how he fended off his attacker.

He will also demonstrate basic self-defence techniques which he did when he appeared on Channel 9's Today show.

The teenager and his father Nickolas Pikis have created the website aussiekaratekid.com.au, which offers tips to children on how to stay safe. Chris has been handing out stay safe flyers with his sister Andrea. He said he hoped people who read his stay safe tips would also make a donation to the Children's Hospital, Westmead.

"What happened to me on the bus has changed my way of thinking," he said.

"I just want to help other children and create awareness of being safe."

The teenager is in training in preparation for his trip to Okinawa, Japan, in May.

Chris will attend special weapons training with traditional Okinawan karate masters.

He will also attend karate classes where he will be trained in traditional karate weapons the bo and sai.

His trip mirrors the plot in the US cult movie Karate



Kid part II where Daniel LaRusso travels to Okinawa for further karate training



Prestons Karate Kid Chris Pikis is using his profile to raise money for charity. Left, his sister Andrea Pikis will help distribute the safety fliers to children and raise money for charity. Pictures: ARMEN DEUSHIAN

with Mr Myagi.

Chris will make the trip with sensei Bob from

Sadleir's Tactical Defence Studio.

Article from The Torch



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