

WITH HELENE SOBOLEWSKI
AND ANTIMO IANNELLA

GOT A
STORY

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“I should not give anybody love advice. Yeah, listen to a single male. Yeah, that will work out!”

— Actor and singer Justin Timberlake won't be giving out wrong advice.

Wonder Woman

Sweet to be
back home



HERE'S no place like home. Former Whyalla girl **Alexis Savaidis** is glad to be back in her home state and back at her job where she met her “knight in shining armour” and now husband **Matthew Kuchel**, pictured above on their wedding day.

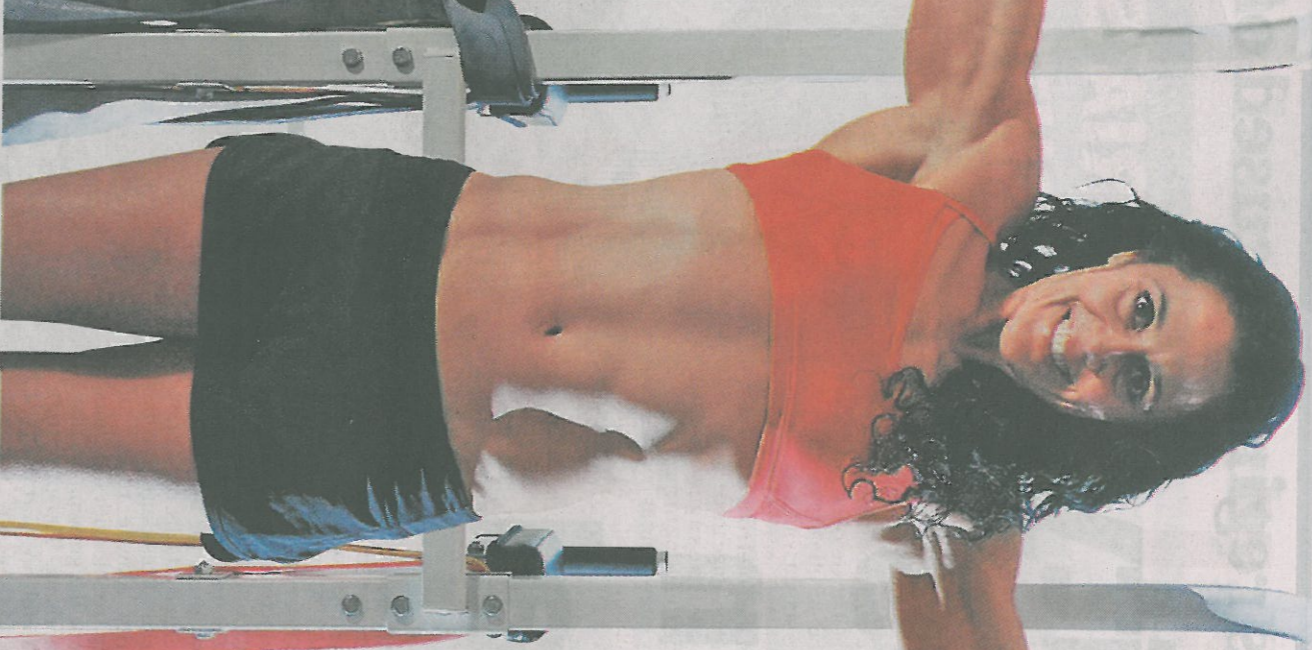
The couple met at Austereo in Adelaide and are now back in the City of Churches after her 2½-year stint in Sydney working for radio station Triple M.

She tells *Confidential* she's “over the moon to be back in Adelaide”.

“Sydney think they are the country's greatest city – but they've got it wrong,” she says.

As soon as she stepped off the plane “the air's cleaner and people are just so friendly”.

Alexis is now SAFM's assistant content director and afternoon announcer from 130-4pm weekdays.



Tez Palmer wedding whispers

W HISPERS in Hollywood are that Adelaide's **Teresa Palmer**, 24, is ready to walk down the aisle with current squeeze, *Underworld* star **Scott Speedman**. An insider told Star

magazine: “It wouldn't surprise me if they got engaged. They've been discussing a long-term future together. Apparently Scott, 35, has said she is “The One”.

HE might be the oldest in the competition, but Adelaide personal trainer **Amanda Allen**, left, is also the hottest.

Fifty women from around the world, including two Aussies, will head to California to compete in the 2011 Reebok CrossFit Games, a “grueling series of events designed for the fittest of the fit”.

At 41, Amanda is the oldest woman to have qualified to date and the only Adelaidean. Her bikini is packed and she's been training hard. Even though she only picked up the sport nine months ago.

She qualified in May at the Regional Games on the Gold Coast and will head to California on Monday to compete from next Friday.

The CrossFit Games started in 2007 with prizes of \$500, but since Reebok came on board the prize pool has

jumped to \$1 million. “I can't wait, I've got my bikini ready!” Amanda says.

“(Arnold Schwarzenegger) might pop in to check out the new wave of athletes... It reminds me of modern-day gladiators. It's in a stadium, incredible bodies fighting it out. It's really primal, really exciting. I've never experienced a sport that has such high energy with everybody sitting on the edge of their seat, three days in a row.”

She's only been in the sport for nine months, so it's a meteoric rise for her.

“It's highly skilled and I've got the fitness levels and strength element,” she says. “It's a sport that is about to become an overnight phenomenon.”

“It's a massive rage in the States and quite big in Europe.

“I don't feel old, but chronologically apparently I am. I will just go along and do the very best I can.”

Callum shows face of hope

LEAVE it up to **Callum Hann** to brighten up the day.

The *MasterChef* 2010 runner-up and Cancer Council ambassador, whose father passed away from cancer, is one of 25 outstanding Australians supporting 25 Faces of Hope, a Cancer Council campaign to raise funds for and build cancer awareness. The 25 faces represent Australians touched by cancer in some way.

This year marks the 25th anniversary of Daffodil Day and the Cancer Council. Daffodil Day is on August 26. Check out www.daffodilday.com.au



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