

**SURPRISINGLY SEXY!**

Do a jigsaw, eat pesto,  
brush your teeth

**9 WAYS TO PUT THE SIZZLE  
BACK INTO YOUR LOVE-LIFE**

**POTJIEKOS TRAGEDY**

Daughter dies & mom burns  
after fun meal ends in horror  
**SHE BEGGED, 'MOMMY, ASK  
JESUS TO TAKE THE PAIN AWAY'**

you.co.za | 12 MARCH 2020 | #692

**W**

**'ROYAL SPARES'**

# THE QUEEN SEES SHADES OF MARGARET'S TORMENT IN HARRY

She watched her sister struggle in  
her shadow – she knows what her  
grandson is going through now

**BEN AFFLECK**

Rehab, remorse and  
a harrowing new role  
**'I'M SO LUCKY JEN  
IS THE MOTHER OF  
MY CHILDREN'**



9 771011 416005



11692  
RSA R28 (VAT INCL)  
NAMIBIA N\$30,50





# Do peace of mind **with up to R10 000** **retrenchment cover**

**Open a Premium Banking  
or Gold Value Bundle  
Account and access  
a Mzansi first that  
covers you in the event  
of retrenchment,  
at no extra cost.**



**Open your account today on our banking app, visit your nearest branch or [absa.co.za](https://absa.co.za)**

**Do the most with more value for the whole family, every day.  
*That's Africanacity.***



|                                  |                                                                                                                                          |
|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EDITORIAL DIRECTOR</b>        | Charlene Rolls                                                                                                                           |
| <b>DEPUTY EDITOR</b>             | Nicola Whitfield                                                                                                                         |
| <b>ASSISTANT EDITORS</b>         | Wendy Stelzmann, Jane Vorster, Sandy Cook                                                                                                |
| <b>NEWS EDITORS</b>              | Almari Wessels (Cape Town), Hilda van Dyk (Gauteng)                                                                                      |
| <b>ART DIRECTOR</b>              | André Smith                                                                                                                              |
| <b>CONTENT PRODUCERS</b>         | Kim Abrahams, Nici de Wet, Robyn Lucas, Lesego Mkhize, Gabisile Ngcobo, Cher Petersen, Lesego Seokwang                                   |
| <b>CELEBRITY EDITOR</b>          | Lindsay de Freitas                                                                                                                       |
| <b>COPY EDITORS</b>              | Lynn Ely (chief), Liz de Villiers, Illana Frantz, Thando Ndabezitha, Chez Pool, Sandra Visser                                            |
| <b>SENIOR PICTURE RESEARCHER</b> | Kelley-Anne De Beer                                                                                                                      |
| <b>LIFESTYLE</b>                 | Vanessa Holies (office manager)                                                                                                          |
| <b>FOOD</b>                      | Carmen Niehaus (editor), Esther Malan (asst editor), Carmen Petersen                                                                     |
| <b>FASHION</b>                   | Wagheeba January (editor), Jarred de Kock (asst)                                                                                         |
| <b>BEAUTY</b>                    | Nthabiseng Makhokha (editor)                                                                                                             |
| <b>FICTION</b>                   | Lynn Ely, stories@you.co.za                                                                                                              |
| <b>EDUCATION</b>                 | Sandra Visser                                                                                                                            |
| <b>COPY COORDINATOR</b>          | Maxine Peters                                                                                                                            |
| <b>PRODUCTION MANAGER</b>        | Jacques du Plooy                                                                                                                         |
| <b>LAYOUT &amp; DESIGN</b>       | Adele Brinkhuis, Shanice Daniels, Tertia du Plessis, Kelly Grande, Azeemud-Deen Jacobs, Nicole Jones, Neil Krynauw, Melanie Smook        |
| <b>INFOGRAPHICS</b>              | Michael De Lucchi                                                                                                                        |
| <b>REPRODUCTION</b>              | Kurt Ohlson, Jean Koegelenberg, Rodney Frudiger, Anthony Karriem                                                                         |
| <b>PRINT BRAND EXTENSIONS</b>    | Mari van der Berg (head)                                                                                                                 |
| <b>MARKETING &amp; CLIENTELE</b> | Michael de Beer (creative director), Christine Smith (head), Nicola Smith (art director), Tatum Whiting (writer), Clemens Smith (layout) |
| <b>OFFICE MANAGERS</b>           | Karen Foster (Cape Town), Noleen Mendace-Simelane (Gauteng)                                                                              |
| <b>RECEPTION</b>                 | 021-406-2506                                                                                                                             |
| <b>OFFICE CLERK</b>              | Denver Fourie                                                                                                                            |
| <b>COMPETITIONS</b>              | hydcompetitions@media24.com                                                                                                              |
| <b>SYNDICATION</b>               | Kim Snyders (manager), Jennifer Prime                                                                                                    |
| <b>ARCHIVES</b>                  | Colin Piers 021-406-2506, archives@you.co.za                                                                                             |

**SUBSCRIPTION ENQUIRIES**  
Call 087-353-1300  
WhatsApp 087-353-1333  
SMS "service" to 31069  
Email subs@media24.com

#### MEDIA24 WEEKLIES

|                            |                                                                 |
|----------------------------|-----------------------------------------------------------------|
| <b>HEAD OF WEEKLIES</b>    | Minette Ferreira                                                |
| <b>COMMERCIAL MANAGER</b>  | Bea van der Vyver, beatrix.vandervyver@media24.com              |
| <b>PUBLISHING MANAGER</b>  | Edwina Lyners                                                   |
| <b>ADVERTISING SALES</b>   | Claudia Meyer (business manager, Jhb) claudia.meyer@media24.com |
| <b>DIGITAL ADVERTISING</b> | Lani Rheeder, lani.rheeder@media24.com                          |
| <b>CATEGORY MANAGER</b>    | Armand Kasselmann, armand.kasselmann@media24.com                |

**CEO: MEDIA24** Ishmet Davidson  
**GM: MEDIA24 PRINT MEDIA** Rika Swart  
**GM: MEDIA24 LIFESTYLE** Minette Ferreira  
**CFO: MEDIA24 LIFESTYLE** Jameelah Conway

**HEAD OFFICE** 40 Heerengracht, Cape Town, or PO Box 7167, Roggebaai 8012. Call 021-406-2115.  
**GAUTENG OFFICE** Media Park, 69 Kingsway Rd, Auckland Park, Johannesburg 2092, or PO Box 786291, Sandton 2146. Call 011-713-9007.

**MEDIA24**

Published by Media24 Weekly Magazines.  
Printed by Novus Print, a division of Novus Holdings.  
© YOU 2020. All rights reserved.  
Enquiries about use of material 021-406-4630

# CONTENTS

Issue 692  
12 MARCH 2020

## NEWS

- 4 Letters
- 6 Prince Harry's similarities to Margaret
- 8 Family's potjiekos fireball tragedy
- 10 Ben Affleck's most harrowing role yet
- 12 Tough job facing Prasa administrator
- 14 Harvey Weinstein's downfall
- 16 Doctor provides free breast cancer surgery
- 18 SA TikTok girl nominated for Nickelodeon award
- 20 Little Felicity: no limbs but she's thriving
- 22 Surprising tips for better sex
- 25 Disabled woman's busy life
- 80 Suit up and see how it feels to be old
- 84 Vault contains seeds for the future
- 86 Local student designs township-tough soccer boots
- 88 Maria Sharapova bids tennis farewell
- 90 Patricia Lewis: I'm making a comeback
- 92 End of the road for Isidingo



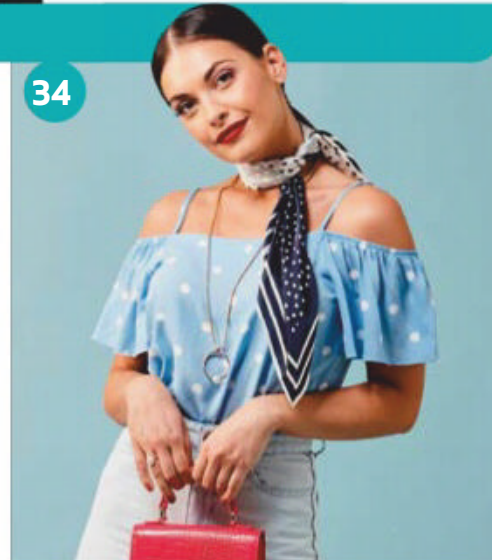
## CELEB NEWS

- 96 Scene & heard
- 98 Have you heard
- 104 Stargaze

## LIFESTYLE



- 26 One-pot pasta dishes for the family
- 30 The ABC of salad dressings
- 34 Go dotty with these fashionable looks
- 40 Find the right mascara
- 42 Glam up your home with a touch of gold
- 44 The lowdown on CBD oils
- 46 Ask Dr Louise
- 50 How to tell if someone is hiding assets during a divorce



## CHILL OUT



- 60 Vin Diesel stars in Bloodshot
- 61 What to watch this week
- 62 UK duo Lighthouse Family head to SA
- 63 Famous foodies serve up veggie cookbooks
- 64 Fiction



## LAUGH A LITTLE 49

## PULL-OUT TV GUIDE 51

## YOUR STARS 57

## PUZZLES 66

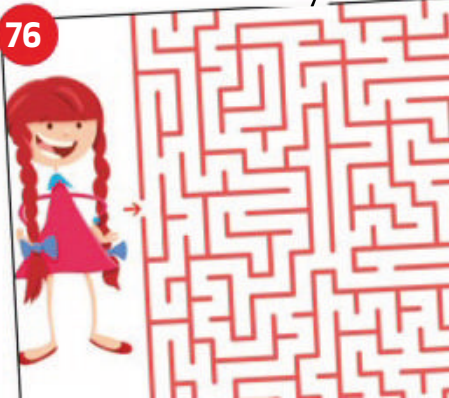
## WIN

- 70 Crossword dictionary

By entering any competition featured in this publication you agree to receive promotional correspondence from YOU from time to time.

## FOR THE YOUNG ONES

- 74 Education: save our environment
- 76 Kids' games & activities
- 78 Ancient structures, part 4: The Forbidden City







**WINNING LETTER**  
'May you make another little girl's day as bright as you made mine'

## ME, MY DAD AND YOU

**M**Y MOM left my dad when I was eight years old and he took on the challenge of raising me single-handedly. Being a daddy's girl, I embraced this change with a smile.

Although I missed my mom, my dad always did the best he could. This included him always bringing me his boss' YOU magazines to keep my mind off things.

Twenty eight years later I'm happily

married with two lovely girls of my own whom I'd never leave – no matter what.

School homework and life get to them sometimes, and I try to be as good a mommy as I possibly can by doing the puzzles and word searches in YOU with them.

Thank you, YOU. May you make another little girl's day as bright as you made mine. And high five to my daddy and all the dads who can't wait to come home to their little angels.

LOVING DAUGHTER, EMAIL

## TALK TO US

• Email [letters@you.co.za](mailto:letters@you.co.za) • SMS 36489  
• Post YOU, PO Box 7167, Roggebaai 8012

Letters should be no longer than 200 words. Opinions expressed here aren't necessarily those of YOU's editorial team. We can't undertake to reply to all letters. The sender of the winning letter receives R300.

**I'M** NOT usually attached to my phone but now I have a beautiful new nephew and everyone in our family is obsessed. We receive daily WhatsApp updates on what he's up to, how he's rather cheeky, how lovely he's being, how he's acting just like my grandfather... as I said, obsessed.

One of the things that fascinates me most about this cute little kid, however, is how curious he is. He's currently trying to sit up and hasn't quite got it yet. But he's so determined to do it and I love seeing how he just doesn't give up.

He did the same thing when trying to roll over from his back to his belly – he kept trying until he succeeded.

Watching him has reminded me that sometimes it's okay to struggle a bit because eventually you're likely to get where you need to be, even if you don't get there in the way you thought you would.

And if, like him, you sometimes topple over, hopefully you can giggle about it just as he does before trying again.

*Charlene*



## A GENTLEMAN NAMED HANSIE

I refer to the article about Hansie Cronje's sister (YOU, 27 February). To Hester Parsons and her family, I say you can hold your head high. You had a good brother and son.

Many of my friends and family agree that Hansie was the best Proteas captain. What an amazing cricketer and family man.

Yes, he erred and was harshly judged. He knew he'd let his country down so his world just fell apart.

Hester, Hansie is still loved, and features in conversations in many homes. For us fans, forgiveness is the answer. Rest in peace, Hansie.

GERRY COX, SUN VALLEY

## NO FAN OF DJs

I try not to let too many things get to me as a gracefully maturing, real musician, but your article on DJ Snake (YOU, 20 February) put more than a pebble in my shoe.

I've had a thing about DJs, whom I've always referred to as glorified record players since I went to a disco in the '70s.

DJs aren't even disc jockeys anymore.

All they do is push buttons on a computer and make screeching noises on a turntable. Then they have the gall to call themselves musicians.

To top it all, they demand insane remuneration for their limited ability to create a horrible boom-boom noise.

I was brought up in an era when music was music and to create it took a lot of work and dedication.

I fear for the youth of today as I wonder what on earth kind of music they're going to take into their mature years.

REAL MUSICIAN, AMANZIMTOTI

## WHAT ABOUT A WENDY HOUSE?

My husband and I are both 55. We find ourselves having insufficient retirement funds. We do have savings though and while we can't afford a bricks-and-mortar house or a lovely retirement home, we can afford to buy a custom-built two-bedroom Wendy house with a full bathroom, a kitchenette, security doors and a corrugated iron roof.

The thing is we need somewhere to put it and a plot isn't something we can afford. The backyard of a family member? Not really an option.

We're wondering why big developers don't build really good Wendy houses that conform to all rules and regulations then sell them like they would a house on a plot? No deposits and no banks. You just buy outright and then it's yours.

I think that with the housing crisis for the aged there are many people who could afford this option whereas other options are just out of reach for them.

It seems an affordable option that



# Don't shop when you can adopt

Adopting two Jack Russell terriers, aged nine and 11, has been an absolute eye-opener for me. They were saved by a caring animal rescue organisation after seven years of living with homeless people under an old car.

Although they were well fed by the animal organisation after being rescued, once I adopted them they were very hungry and needed feeding more than three times a day. They never seem to get enough food, poor things.

Please, kind people, adopt animals from situations like this. These two are wonderful and have changed my life for the better!

**R PERL, CAPE TOWN**

■ I recently adopted two kittens from an animal rescue centre. Visiting the place, with its rows of cages and all the soulful eyes of cats and dogs behind bars, was a heartbreaking experience. There's tremendous need out there. And tremendous suffering. Animal shelters do an incredible job against overwhelming odds.

We eventually settled on two adorable little sisters who've brought nothing but laughter, joy and cuddles to our home.

I'm so glad I didn't shop around for a purebred animal as I was initially tempted to do. These little street fighters are just the best.

**CAT LADY, CAPE TOWN**

would help countless people living in fear of where to go and what to do in their old age in South Africa.

And it's less of a burden on the state as well.

**ONE-DAY OLDIES, BRACKENFELL**



**CIRCUS HEROES**

Such a nice happy story about the two circus lads Trompie and Ree (YOU, 20 February). I don't think the Match in Africa crowd saw how talented those two really are. Trompie had us glued to the TV as we were lucky enough to have the cameras focused up close on him. It was mesmerising. Fantastic job, young men,

and here's to fruitful lives for you both.

It's wonderful they got off the streets and chose to fight hard and succeed.

**SPINNING AROUND, EMAIL**

**OLD-FASHIONED GALLANTRY**

How many folk have heard of that grand old man Ewart Scott Grogan, who trekked alone from Cape to Cairo in the 1870s, all to prove himself worthy of his lady's hand. She was New Zealander Gertrude Watt. Considerable were the trials and dangers that faced Grogan on his long walk without a guide through what was then trackless bush. But survive he did and he went on to marry Gertrude.

Many young men today wouldn't even walk up Table Mountain to impress their girls. And most young women wouldn't expect any feats of courage. More likely they'd want to accompany their partners in the cable car to share a meal in the restaurant at the top of the mountain.

Has gallantry galloped off with Grogan and Gertrude?

**FERN, EMAIL**

## IN BRIEF

Recent reports that vehicles made in South Africa don't meet international safety standards confirm our government's complete indifference to the lives of road users. Those who bought vehicles that have been revealed as death traps should be allowed a full refund.

**RICHARD BENSON, SMS**

Dear Tito Mboweni, you said we must tighten our belts. Sorry, but you've already taken my pants, with the result being that I can't!

**LYN, MENLO PARK**

Please, SABC3, don't take Isidingo off the TV. I'm a pensioner who pays her TV licence without hesitation, just so I can watch my favourite programmes every day. You took The Bold and the Beautiful. Please don't ditch Isidingo.

**SOAPIE FAN, SMS**

Two names that will never disappear from our hearts are Hansie Cronjé and Princess Diana. God bless them.

**FAN, SMS**

America's first lady, Melania Trump, is a beautiful, gracious and caring lady. President Trump has done more for America than all the previous presidents so I think he deserves more accolades.

**CONSERVATIVE CHRISTIAN, EMAIL**

I was saddened to see that Prince Harry is following the American way of making money: using the death of his mother to cash in (YOU, 27 February).

**LA BIERMAN, FAERIE GLEN**

Meghan is an actress and playing her biggest role right now. When she finds she isn't going to get an Oscar for it she'll send little Harry back to grandma.

**CYNICAL, SMS**

## Time to plan ahead

Make the most of life after work with YOU Retirement. It offers expert advice and real-life stories from retirees to help you make proper financial, physical and emotional preparation so you can greet this new chapter with peace of mind and in good health. Plus, this new magazine includes brain games to keep your mind active. Order your copy online at [youstore.co.za](http://youstore.co.za) or contact Johan Terblanche on 021-406-4962 or at [johan.terblanche@media24.com](mailto:johan.terblanche@media24.com) and have it delivered straight to your door.



## Do you have ideas for us?

See your writing or news tips in print! Here are the email addresses you need for submitting material for publication.

**News ideas** [awessels@media24.com](mailto:awessels@media24.com)  
**Personal stories** [web@you.co.za](mailto:web@you.co.za)  
**Original jokes** [chuckles@you.co.za](mailto:chuckles@you.co.za)  
**Recipes** [recipes@you.co.za](mailto:recipes@you.co.za)





Prince Harry, his grandmother, Queen Elizabeth, and his late great-aunt, Princess Margaret.



# TOUGH BEING A 'SPARE'

The queen is only too aware of the struggles Harry is facing after seeing echoes in the troubled life of her sister COMPILED BY NICI DE WET

**D**UTY before all else – that's been Her Majesty's motto since she first sat on that formidable throne 68 years ago.

And she expects it of her family members too. Being born into a position of privilege and prestige is one thing but they're here to serve the public – and they should never forget that.

Yet Queen Elizabeth, who has at times been accused of favouring a stiff upper lip over displays of warmth and emotion, has a soft side too. And those in the know say it's been abundantly evident in the way she's treated her grandson, Harry, re-

cently. The monarch has graciously allowed Prince Harry to walk away from the palace. Disappointed she may be, but there's one thing she was never going to do and that was humiliate her vulnerable, clearly unhappy grandson.

And why? Because she understands what he's going through.

The queen is treating Harry with kid gloves to a certain extent because she watched her younger sister, Princess Margaret, struggle in her shadow.

"She has a particular sensitivity to Harry because of her closeness to Margaret and seeing the same dramas and tensions played out two generations ago," royal biographer Robert Lacey says.

Like Margaret, Harry was essentially

raised as a "royal spare": the younger sibling to the heir to the throne, forced to take a back seat and watch as the older sibling – Prince William, in Harry's case – took centre stage.

Carving their own path was always going to be difficult for both Margaret and Harry, and Lacey believes the queen is deeply sympathetic to this.

It played a major part in her recent decision to let Harry step down from his royal duties and seek out a new life in Canada with Meghan and baby Archie.

"The younger-sibling syndrome is an enduring problem," Lacey says.

"The system hasn't found a way of giving them the recognition they need."

**A**NYONE who's watched the award-winning Netflix series *The Crown* will know all about Margaret's torment. In the three seasons of the hit royal drama she was seen going from a carefree young woman to a tortured, chain-smoking princess.

In one episode Margaret's then-husband, Antony Armstrong-Jones, remarks she's a "natural number one whose tragedy it is to have been born a number two".



**FAR LEFT:** Margaret with Captain Peter Townsend, whom she loved but couldn't marry as he was divorced. **LEFT:** Prince Harry and his wife, Meghan, Duchess of Sussex.



Yet Margaret, who died aged 71 after suffering a stroke in her sleep, and 35-year-old Harry have more in common than second-royal-child syndrome: they share the same fiery, rebellious spirit.

“Ever since childhood, Princess Elizabeth was – like Prince William – the calm, dutiful, sensible one while Margaret – like Harry – was impulsive, rebellious and drawn to the limelight,” says Harry Mount, a respected British author and journalist.

Long before Harry earned himself the nickname of “the party prince”, his great-aunt held the title of royal party princess – one who loved to smoke and drink, take holidays on the private island of Mustique, sit front row at fashion shows in Milan and Paris, and mingle with Hollywood’s elite.

During the 1960s and ’70s she was photographed alongside the likes of Rolling Stones bad boy Mick Jagger, legendary actress Elizabeth Taylor, crooner Frank Sinatra and world-famous actor Omar Sharif.

Like Harry, her love-life was also filled with drama. She fell for Peter Townsend, an officer in the Royal Air Force and her father’s former aide, but because he was divorced she had to choose between him and her royal life. Divorce was taboo back then and she would’ve had to turn her back on a life of luxury if she’d chosen love.

Her marriage to dashing society photographer Armstrong-Jones produced two children, David Armstrong-Jones and Lady Sarah Chatto, but ended in divorce after 18 years.

Another similarity to her great-nephew is that she’s believed to have battled with mental health issues, although they were largely swept under the carpet – unlike Harry, who regularly opens up about his struggles.

Helena Bonham Carter, who plays Margaret in seasons three and four of *The Crown*, reckons Margaret suffered from depression. Researching the part, she’s come to believe Margaret tried to take her own life with an overdose of pills “when her marriage went bust in the ’70s”. But friends have always denied talk of suicide and Margaret herself dismissed it.

Christopher Warwick, author of *Princess Margaret: A Life of Contrasts*, says she was a royal rulebreaker. “She was very much perceived as a pioneer as she straddled two worlds: the royal world

with all its traditions, and the modern world.”

**E**LIZABETH and Margaret were as different as chalk and cheese but there was “great love between them”, Warwick says.

“They spoke every day on the phone, even if it was just a few minutes.”

According to Mount, their close bond is largely rooted in their “secure upbringing with their parents, George VI and Queen Elizabeth. Neither of them thought about who would take to the throne.”

It was only when the girls’ uncle Edward abdicated in order to marry American divorcée Wallis Simpson that it became clear Elizabeth, as next in line, would one day become queen.

“By then, the family dynamic had already been moulded, untarnished by the power struggles that come with inheriting a throne,” Mount says.

By contrast, he adds, Harry and William endured a far more turbulent upbringing, marked by their parents’ rocky marriage, bitter divorce and later their mother’s tragic death.

Harry was also aware of his “number-two” position from a young age, says royal expert Ingrid Seward, editor of *Majesty* magazine.

Diana’s former bodyguard Ken Wharfe confirms this, recalling a car journey he once took with Diana and the boys when Harry started misbehaving. William scolded his younger brother and Harry shot back, “I can do what I want because I won’t be king. You will be.”

The brothers’ relationship has taken strain in recent years with 38-year-old divorcée Meghan’s arrival on the scene. William believed Harry moved too quickly and should’ve waited a while before getting engaged to the American.

William (37), Mount says, should take



Elizabeth and Margaret (LEFT) were always very close despite their different personalities, unlike Harry and William (ABOVE) who seem to be drifting apart.

a leaf out of his grandmother’s book when it comes to dealing with his younger sibling.

She kept Margaret in line when her younger sister began to push back against royal convention by firmly letting her know when she’d gone too far. But she did so lovingly and the bond between them, while sometimes strained, didn’t break until Margaret’s death.

Now the queen’s main concern is her grandson. “Her Majesty won’t dwell on the exit,” Seward says of Harry’s decision to quit working royal life. “She’s very pragmatic. She’s left the door open to Harry by saying his new arrangement would be reviewed in 12 months’ time.

“She did this with Harry in mind. His welfare is what she cares about most.” ■

SOURCES: TOWNANDCOUNTRYMAG.COM, DAILYMAIL.CO.UK, TELEGRAPH.CO.UK, EXPRESS.CO.UK, PEOPLE.COM, GRAZIAADAILY.CO.UK



Princess Margaret was known as much for her natural beauty as she was for her charm and cheeky wit.



# THERE WAS A BIG BANG

A night of togetherness turned to tragedy when this family decided to make a potjie

BY COLIN HENDRICKS



ABOVE: Ivan de Villiers and his son Johan Smit with the gel that exploded on the night of their family gathering. LEFT: Ivan with his wife, Sarie, and daughter, Adri-Marie.

loadshedding. There was a full schedule of blackouts ahead but who needed lights when you had a nice potjie on the go.

Which is exactly what Ivan was cooking that Friday night: a delicious lamb potjie with veggies.

Adri-Marie (37) and her boyfriend, Dean Rabie (34), were each tending their own potjie.

Ivan usually cooked his potjies over a small gel-fuelled fire. The gel, which is placed in a bowl, usually burns for about 40 minutes before it needs a refill.

It's the same type that caused the injuries to Pippie Kruger – the little girl who in 2011 suffered third-degree burns to 80% of her body when a fire-starter gel container exploded at a family braai (YOU, 23 August 2018).

Ivan's get-together was in full swing. The food had just started simmering, friends had joined them and the atmosphere was festive.

"But then the potjies' flames started to sputter," Ivan recalls.

Adri-Marie asked her dad to refill her container with gel so her potjie could keep cooking. "I added gel for her then filled up her boyfriend's too."

Dean had been sitting across from Adri. "I was adding the gel when there was one big bang and a fireball," Ivan recalls.

"A spark must've shot from Dean's flame into the gel bottle. The gel caught alight and shot from the bottle towards Adri," Ivan says, breaking down. "My daughter was directly in the line of fire."

And what had begun as a cosy family evening turned into a night of utter hell.

THE house was quiet the next day. There was no rugby on their TV, no laughter, no music.

Adri was in the ICU with serious burns to her face, neck, chest, arms and legs. Ivan's wife, Sarie (64), had been sitting next to her and the gel seared her too. Skin was "hanging off her face like rags", Sarie says of her daughter's injuries.

Adri's body went into shock 10 days later and she passed away.

Sarie was released after 19 days in hospital and is still trying to come to terms with what's happened.

"I miss my daughter," she tells us. "A day before she died she said, 'Mom-

**A**FTER a long week of court appearances and client consultations he was looking forward to spending the evening with his family.

Lawyer Ivan de Villiers fetched his daughter and her boyfriend from the home for the disabled where they lived and took them to his home in Wellington in the Western Cape for their regular weekend visit.

They had everything planned: there was a rugby game on TV that Saturday and he was going to teach his daughter, Adri-Marie, the waltz in preparation for her home's Valentine's Day dance.

Nothing was going to stop them from enjoying the weekend – especially not



my, ask Jesus to take the pain away.”

Ivan is racked with guilt about what happened although Adri didn't blame him, he says. “She kept saying, ‘Don't worry, Daddy, it's not your fault. I'm not angry with you, Daddy’.”

**V**AN is no stranger to tragedy.

“I nearly lost Adri when she was six months old,” he says. “I'm grateful I could have her for another 37 years.”

Ivan, his first wife, Laetitia, and baby Adri were travelling on the N1 near Parow in Cape Town when a car hit them from behind. “My wife died on impact. I had two crushed neck vertebrae and nearly every bone in Adri's body was broken,” Ivan recalls.

“She also sustained serious head injuries, which resulted in intellectual challenges, although she could still hold a conversation. She's been a spastic quadriplegic ever since and had trouble walking.

“Adri was what got me through that difficult time. She needed me – it was a miracle she even survived that crash.”

When Adri was five, Ivan married Sarie. “Adri called Sarie ‘Mom’ from day one and Sarie's three sons called me Dad. We were never stepparents, they were never stepchildren,” Ivan says.

When the family moved to Wellington, Ivan opened a law practice and Adri moved into the care home, where she met Dean. They were together for six years.

Dean was injured by the fireball too – his face was burnt and he spent three days in hospital. He's back home now but misses Adri.

“Dean asked me if he could come home with me after the memorial service,” Ivan says. “He's part of our family.”



The final picture of Adri-Marie with her boyfriend, Dean Rabie, taken at the potjiekos evening moments before the fire that would wreak havoc in their lives.

**H**E'S still unsure exactly what went wrong that night, Ivan says. “I know how flammable that gel is. We do these potjiekos evenings about twice a month. In the winter we have

them inside the house with our grandkids there. I know how this stuff works and I don't let anyone else top up the gel. I've read up about how to use it and the risks.”

Ivan still has pink burn scars on his hands. Two friends who joined the family for the evening were burnt on their hands but fortunately could be treated and discharged later that night.

Johan Smit (39), one of Sarie's sons, saw his sister and mother in excruciating pain in the hospital. “I was shocked when I saw my mom. Her face was full of blisters. Adri's eyes were swollen shut. Before I left she begged me, ‘Boetie, take me with you’,” Johan says tearfully.

“I visited her again the day before she died but she was sleeping. I didn't even get a chance to say goodbye.”

Sarie was with Adri when she died, Ivan says. “She read to her from the Bible and sang hymns until she passed away.”

Johan is worried about Ivan's state of mind. “I don't want my dad to blame himself,” he says.

“No, I don't blame myself,” Ivan says – but in the next breath he adds, “Yes, I do. I try not to but... she was my child.”

For a week after the accident Ivan didn't want to leave the house. “I couldn't be around people,” he says.

“Adri didn't let her disability get her down. She lived life to the full. She was positive about everything.”

Adri was cremated on 21 February, a week after she was supposed to waltz with Dean at the Valentine's Day dance.

Sarie is recovering well physically but the heartache will linger forever.

“A friend dreamt they saw Adri playing in heaven with other kids on a green lawn,” she says.

“Heaven has gained another angel. We'll see her again someday.” ■

## DANGERS OF GEL FUEL

These types of cooking gels are highly flammable, says Marietjie Lutz from the department of chemistry and polymer science at Stellenbosch University.

“Many gel fuels don't create a highly visible flame. Users might believe the fuel is no longer burning so they might add more gel to an already burning fire, which could cause an explosion or catastrophic fire.

“Once ignited, you should always handle fuel gel like a fire even though the flame isn't clearly visible.”

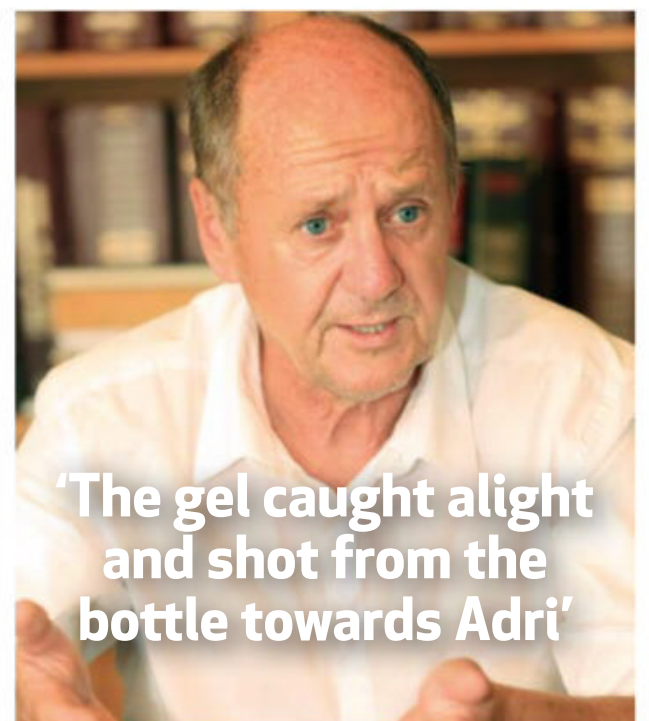
Kashan Singh, a senior technical specialist with the Fire Protection Association of South Africa, says this type of gel is

a “widely accepted fuel source, which is a real concern.”

The substance is extremely flammable, he adds. “The product must be sealed at all times when not in use otherwise it releases flammable vapour into the area it's being stored in.”

Never handle the product near an open flame. Empty containers need to be disposed of safely as they might still contain flammable fumes.

Always read the safety advisory on the container and always have a dry chemical extinguisher available in case of emergency, Singh emphasises.







# BEN'S WAY BACK

The troubled star confronted all his demons in his harrowing new movie role

COMPILED BY JANE VORSTER



Ben Affleck and co-star Michaela Watkins in his new movie, *The Way Back*, which sees him playing a recovering alcoholic.

**A** MOVIE about a washed-up alcoholic whose addiction has cost him his marriage and just about everything else that's important to him. Surely that's a project someone like Ben Affleck, who's been in and out of rehab, should avoid like the plague.

The jury is still out about whether the actor's harrowing performance in *The Way Back* is the bravest thing he's ever done or the craziest.

Even director Gavin O'Connor admits he had serious reservations about casting Ben in the role of Jack Cunningham, a construction worker who tries to drink away his sorrows after a devastating personal loss.

It all just seemed way too close to the bone – especially when just months before filming was due to begin, news broke that Ben (47) was back in rehab for a third time.

Apparently his drinking was so out of hand that his ex-wife, Jennifer Garner (47), intervened and insisted he get help.

"So now we were prepping the movie while he was in rehab and we thought it was going to fall apart," Gavin says.

He didn't know whether to feel despair or relief when after a 40-day stint in

rehab Ben showed up, ready to play Jack, a hard-drinking construction worker who gets thrown a life-line when he's invited to coach basketball at his old high school.

"When he got out, he was incredibly vulnerable and I think a little lost," Gavin says.

But he channelled all of this emotion into his performance. In one poignant scene in which Jack apologises to his ex-wife for having failed her as a husband it all came spilling out.

"Ben just had a breakdown. I'm getting chills thinking about it," Gavin says. "It was like the dam broke."

"I just remember the crew, everyone was frozen, watching him bare his soul."

It was obviously real."

After 10 years of marriage, Ben and Jen announced their separation in 2015 but didn't officially divorce until 2018.

But as strange as it sounds, working on *The Way Back* was just what Ben needed to confront all his demons head-on.

"Sometimes just feeling those feelings again purges them a little bit and frees you," he says. "This movie was hard to make. Sometimes it was painful. And sometimes I was embarrassed. And sometimes I couldn't believe my life had any similarity to this."

**'The crew, everyone was frozen, watching him bare his soul'**

**A** LCOHOLISM is something Ben has known since he was a boy. As a child growing up in Massachusetts, he saw his own father, Timothy, drunk almost every day.

"My dad didn't really get sober until I was 19," he says. "And yet for 30 years, he hasn't had a drink. And now, I take that as the principal lesson and legacy of his life – is that he dramatically improved it."

With a history of mental illness and alcoholism woven through his family tree, Ben believes that right from the start the odds were stacked against him.

Both his grandfathers were alcoholics. His paternal grandmother took her own life in a motel when she was 46. An uncle killed himself with a shotgun. An aunt was a heroin addict.

Ben also disclosed that he suffers from crippling anxiety and has been on antidepressants for 20 years.

"There's a lot of alcoholism and mental illness in my family. The legacy of that is quite powerful and sometimes hard to shake," he says.

His younger brother, Casey (44), has also been very candid about his own battle with sobriety. And now Ben is opening up about his struggles.

In an interview with *Good Morning America* co-anchor Diane Sawyer he revealed how he turned to alcohol in 2015 as his marriage ran into trouble.





**LEFT:** He and his ex-wife, Jennifer Garner, were seen having an intense discussion while out in Los Angeles recently. **ABOVE:** On a family outing with his father, Timothy, and kids, Seraphina, Samuel and Violet.

“I started to drink every day. I’d come home from work and drink until I passed out on the couch,” he says.

Eventually everything came to a head after it came to light that he’d been having an affair with his children’s nanny, Christine Ouzounian.

But all of that is water under the bridge.

Although they’re divorced, he and Jen are often still spotted together as they co-parent their children, Violet (14), Seraphina (11) and Samuel (8).

They were recently photographed deep in conversation after Ben, on the publicity trail for his new movie, spoke out about how their divorce was the biggest regret of his life.

“When you have children with somebody you’re connected to them forever,” he added. “And I’m very lucky she’s the mother of my children.”

But although there are many fans who’ve been rooting for a reconciliation the chances seem slim.

For the past two years Jen has been dating businessman John Miller.

Ben, meanwhile, has been linked to Janina Gavankar who plays his ex-wife in *The Way Back*.

The co-stars were quite touchy-feely with each other at the premiere of the movie in Los Angeles – yet Ben has denied there’s a budding romance, insisting that for now he’s avoiding relationships as he focuses on his sobriety.

And clearly he still has a lot of work to do. Last year he was left red faced when pictures were released which showed him struggling to walk after he’d fallen off the wagon at a Halloween party. In subsequent interviews Ben has said he can never allow himself to become complacent about his sobriety.

“The times that I’ve relapsed, personally, haven’t been because I’ve had some bad thing happen.

“It’s been when I thought I had it licked. I’m fixed! I’ve been fine! It’s been a year and a half. Who cares! I can have a glass of wine! And the next thing, you’re on TMZ and it’s a disaster.”

**T**HE past few years have really set him back – not just in terms of his personal life but also his career. Although he has two Oscars to his name – for *Good Will Hunting* (best original screenplay) and *Argo* (best picture) Ben’s having to work hard to prove he’s still got box office pulling power following the dismal 2017 *Batman* movie *Justice League* and period gangster drama *Live by Night* (2016).

He’s just finished filming *Deep Water*, a psychological thriller co-starring Ana de Armas, while fans can currently see him with Anne Hathaway in the Netflix mystery *The Last Thing He Wanted*.

There’s also already Oscar buzz around *The Last Duel*, a 14th century drama thriller which he co-wrote with *Good Will Hunting* co-star Matt Damon. They’re currently shooting in France.

In a recent interview Ben said that often all that keeps him going is the hope that five years from now the news that’s written about him will be much more positive: that he’s sober and happy, has made three or four good movies and is in a healthy and loving relationship.

This can’t just be a pipe dream, he adds. For the sake of his family and fans he has to make it happen.

“I don’t have any more room for failure. I have to be the man I want to be.” ■

SOURCES: NYTIMES.COM, PEOPLE.COM, CNN.COM



The actor has been romantically linked with his *The Way Back* co-star, Janina Gavankar.



**T**RASHED trains, last-minute cancellations, lax security, appalling vandalism and catastrophic cash-flow problems.

The list of issues plaguing the Passenger Rail Agency of South Africa (Prasa) goes on and on – and the people who rely on its services to get to work every day are fed up, to say the least.

The numbers speak for themselves: in 10 years the number of passengers using trains daily has dropped from 3,8 million to 387 530 – and there's one person who can't blame them.

"It's a national crisis," says Bongisizwe Mpondo, the man who has what must be one of the most unenviable jobs in South Africa: digging Prasa out of the deep, dark hole it's in.

He's been given 12 months to turn the entity around and he acknowledges it's no task for the fainthearted. The job consumes his every waking moment and haunts his dreams.

"There are times you wake in the middle of the night and jot down some ideas and fire off a few emails," he says. "It disrupts your normal patterns and you need to settle into a new mode of doing things. It's a hectic lifestyle."

Bongisizwe (45) was appointed Prasa administrator by transport minister Fikile Mbalula in December last year and is essentially the accounting authority and CEO in one.

His appointment came after Mbalula showed the Prasa board the door, fired acting CEO Nkosinathi Sishi and put the ailing state-owned enterprise under administration.

Bongisizwe hit the ground running. Just three months into his new job he's roped in experts to be part of his technical advisory team. Among them are hot-shots in finance, supply chain management, communications, governance and engineering and they all have their work cut out for them, he says.

He's been shocked by the amount of maladministration and mismanagement he's uncovered. The IT system is a mess, irregular spending is out of control, services are procured illegally and maintenance is a shambles. "In some cases there are no windows [on trains] and seats have been destroyed," he says.

The fact that Prasa had two boards in a single financial year – 2016/17 – and four boards in 2017/18 hasn't helped, he



# NOW TO GET BACK ON TRACK

Bongisizwe Mpondo has the unenviable job of having to turn around the fortunes of ailing SOE Prasa

BY GABISILE NGCOBO PICTURE: PAPI MORAKE

adds. "And at exco [executive committee] level you have about six vacancies and that's shocking too."

There are inconsistencies and duplications in the operating model of the business, and there's a deficit in revenue to

the tune of about R2 billion. All of which begs the question: why did he take this job? "I think I'm Superman or something," he says with a chuckle. Then he gets serious.

"No. This is more like a calling for me."



**B**ONGISIZWE has fond memories of travelling on the Shosholoza Meyl as a student in Johannesburg to his home in the Eastern Cape for holidays.

“It used to be nice,” he says. Now the service has been suspended indefinitely after Prasa contravened the temporary operating licence it was given by the railway safety regulator. Getting it and other defunct systems literally back on track is one of his priorities.

Bongisizwe has always had a passion for architecture and transportation. “Everything we do is governed by the space we live in,” he says.

He studied town planning at the University of the Witwatersrand and then worked for the Council for Scientific and Industrial Research, which is where he started his transportation journey, he says.

He’s served on the board of the Cross-Border Road Transport Agency, the Gauteng Transport Management Agency and African Tramways and as nonexecutive director on the board of South African Airways.

Without a stable, efficient transport system, South Africa has no hope of “getting the economy going”, he stresses.

He’s brought his years of experience to his new position – and his No 1 motivation is to serve the poorest of the poor.

It breaks his heart when he hears stories of people losing their jobs because they couldn’t make it to work as a result of the shocking rail service.

“We have to try to ensure that the 15 000-plus Prasa employees understand that the reason they exist is to serve our commuters.”

He hopes that by the end of his tenure he’ll have left the business in a far better state – although right now it seems like a tall order.



**LEFT:** Metrorail commuters have lost faith in Prasa. **BELOW LEFT:** Bongisizwe Mpondo says Prasa will continue to engage Eskom following recent power cuts affecting four Prasa substations in the Western Cape.



We meet Bongisizwe the day after another disaster left thousands of Cape Town commuters forced to seek other ways of getting home. Eskom cut off the electricity supply to four Prasa substations in the Western Cape due to non-payment of R4 million.

It’s terrible, he admits. “When you come in to an entity like this you realise how deep the trouble is.”

**H**IS plan to turn things around is structured in stages. Top of the pile in his first three months was finding ways to restore stability and order. In the medium term, he and his team have been looking at accelerating the execution of projects such as upgrades and construction at Prasa properties and stations.

They’re pushing for work to start on the central line in the Western Cape and the line in Mabopane, Gauteng. Both lines have been closed for essential refurbishment and upgrades.

Commissioning projects that should’ve been completed and ensuring business continuity are high on his to-do list too.

He’s also been working with a special investigating unit to crack down on staffers who’ve been implicated in looting.

Ultimately, the plan is to get trains back on the network. “We’ve lost capacity to the tune of 70% – we’re running at 30% of what we used to,” he says.

“We haven’t been getting components and parts into our stores at depots. When your trains are due for maintenance and there are no parts, they end up parked at depots and you can’t get them back into service.”

Bongisizwe is working hard on making sure proper security is installed to fight vandalism and to protect commuters.

And he intends to ensure Prasa pays its creditors on time. Recent news reports told of how the sheriff of the court attached trains after a successful court action against Prasa by a creditor for the cleaning services provided at two dozen train stations.

It’s unacceptable, he says.

With so much on his plate it’s little wonder he has no time to go to the gym or play golf anymore. Bongisizwe, father of three primary school-age children, is grateful to his wife for all the support she’s given him. “If it weren’t for her I wouldn’t be doing this.” He’s reluctant to name his family for security reasons.

Bongisizwe attended Dale College in King William’s Town, Eastern Cape, when the school started welcoming black learners and started the school’s first all-black rugby team. “I was also the captain,” he says.

Now he’s the captain of another team – one the whole country is watching to see how it performs.

Bongisizwe isn’t making any time-frame commitments. “It could take a few years to turn things around because the erosion happened over time and there are some projects that’ll take about three to five years. But I’m confident that by the end of the year we would’ve made progress.

“I wouldn’t be here if there wasn’t hope.” ■



Transport minister Fikile Mbalula (FAR LEFT) fired Prasa acting CEO Nkosinathi Sishi (LEFT), dissolved the interim board and placed Prasa under administration last year.





# WEINSTEIN'S DISGRACE

The movie mogul has been found guilty of sexual abuse. Here's how the case was built against him

COMPILED BY JANE VORSTER

**A**S FAR as trials go, this was surely one of the most sensational in the history of showbiz.

A once all-powerful, all-arrogant movie mogul stripped bare, his dignity in tatters as his accusers painted a rather repulsive picture of his most intimate parts – along with the image of a man who'd do whatever he wanted to whomever he chose.

Throughout the trial Harvey Weinstein hobbled into the courthouse on a selection of walkers, hair in scruffy tufts, ill-fitting suit flapping around his frame, to protest his innocence.

He had a formidable lawyer in Donna Rotunno, a lethal legal eagle in designer outfits and high heels who'd defended dozens of sexual abuse cases and lost only one. She did her best, picking apart Weinstein's accusers and reducing them

to tearful wrecks – but it didn't work.

Weinstein (67), the serial abuser who sparked the worldwide #MeToo movement and ended the culture of "casting couch" silence, is facing up to 29 years in jail in New York's notorious Rikers Island prison – the same institution that once housed John Lennon's killer, Mark David Chapman, and punk rocker murder accused Sid Vicious.

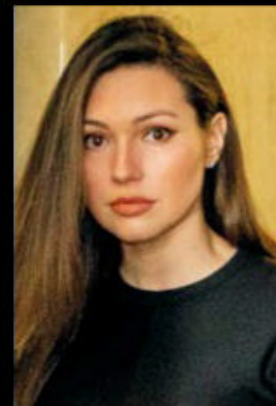
Maybe it was this prospect that made Weinstein believe he was having a heart attack soon after the jury delivered the guilty verdict. He ended up in hospital, where he was treated for high blood pressure and heart palpitations.

His accusers were quick to dismiss it as a plot to win sympathy but Rotunno brushed off the doubters.

"Absolutely not," she says. "Think about the stress you'd be under if this is what your life looks like now. Think about your freedom being removed."

## THE ACCUSERS

More than 80 women accused Weinstein of abusing them, but many of the incidents happened too long ago, therefore falling outside the US statute of limitations. However, two women's cases went all the way to a New York federal court.



### JESSICA MANN (34)

The aspiring actress met Weinstein at a party in Los Angeles in 2012. He lured her to a hotel suite with the promise that he'd give her the chance to audition for a movie he was making.

Shortly after she arrived, he grabbed her arm and led her into his bedroom where he performed oral sex on her. After that she fell into what she described as an "extremely degrading" relationship with him. She said although she wasn't sexually attracted to him, she wanted his approval.

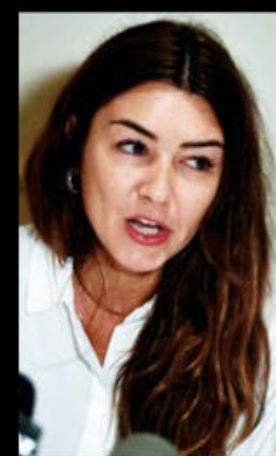
"I was confused after what happened and I made a decision to be in a relationship with him."

As the months went by she found it harder to be intimate with him, but she says when she resisted he raped her on two occasions.

The second time was at the end of 2013. She told him that she'd started dating an actor and he flew into a rage and screamed, "You owe me one more time!"

After raping her he reportedly sneered, "I just find you so attractive, I couldn't resist."

Jessica brought three charges against Weinstein – for first and third degree rape as well as predatory sexual assault.



### MIRIAM HALEY (42)

She told how, after helping her land a job as a production assistant on reality TV show Project Runway in 2006, Weinstein invited her to his Manhattan apartment.

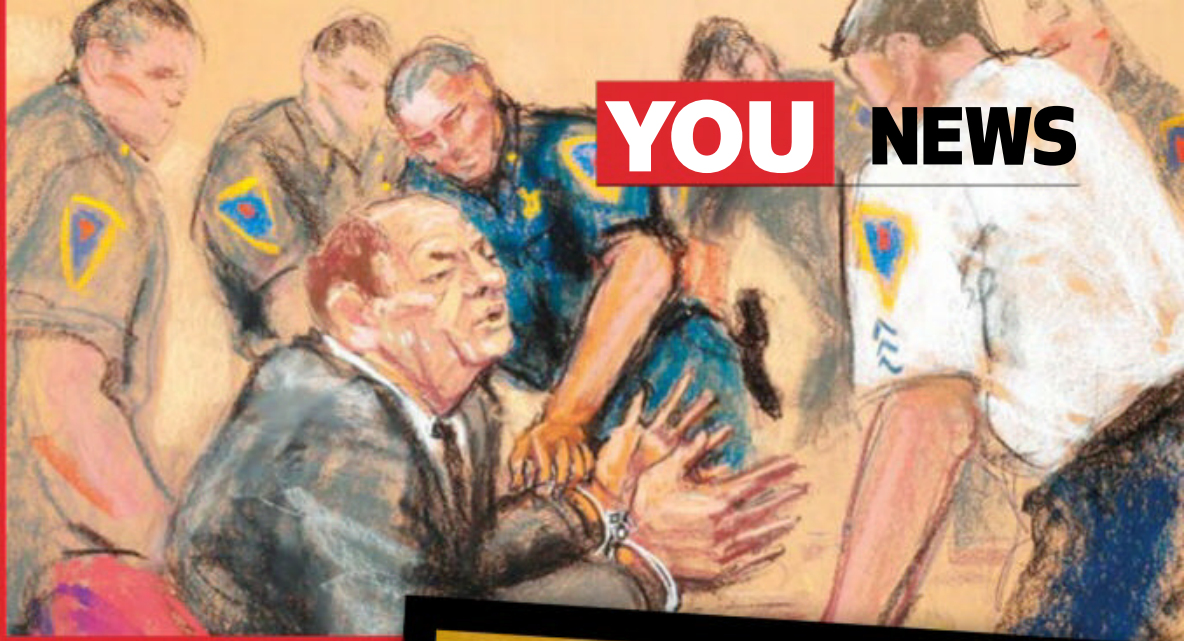
He forcibly performed oral sex on her in one of his children's bedrooms and refused to listen even though she begged him to stop.

Miriam, who's from Sweden, considered reporting the matter to the police but she was scared it would emerge she'd been working in the US without a proper visa.

In a bid to regain a sense of power and make sense of what had happened, she agreed to meet Weinstein again two weeks later at a New York hotel, and this time he forced her to have sex with him.

Miriam brought two charges against him: one for a criminal sexual act and one for predatory sexual assault.





ABOVE: Pictures by a court sketch artist show Harvey Weinstein's dismay as a jury finds him guilty of third-degree rape and a criminal sexual act. RIGHT: He's led away in handcuffs.

## OTHER KEY TESTIMONY AND EVIDENCE

The women's testimony threw a spotlight on the complicated dynamics of power and consent between Weinstein and his victims.

**THE EMAILS** Weinstein's lawyers insisted both women were opportunists not victims, and that the sex had been consensual. To prove this they pointed to how both women stayed in touch with him after the alleged acts.

In Jessica's case, she continued to see him until 2016, even meeting him on several occasions in the hotel where he'd raped her. Over the course of their relationship she sent him 400 emails – some included comments such as, "Miss you, big guy". In not one message did she accuse him of ever harming her. Miriam also continued to exchange emails with Weinstein for years.

**#METOO** Sopranos actress Annabella Sciorra (59) testified that after attending a dinner with Weinstein in New York in the mid-90s, he dropped her off at her apartment.

She claims he later returned, barging in when she opened the door.

"I was trying to get him off me," she told the jury, her voice breaking. "I was punching him, kicking him. But he got on top of me and he raped me."

She didn't report the incident and because it happened so long ago she can no longer lay charges against Weinstein. But she agreed to testify against him in the hope it would help Miriam and Jessica's cases by establishing that Weinstein had a history of predatory sexual assault.

Three other women, costume designer Dawn Dunning (40), model Tarale Wulff (43) and actress Lauren Young (30), also testified that Weinstein allegedly groped and sexually assaulted them.

### REVEALING PHOTOGRAPHS

Five nude photos of Weinstein were handed out to the jury. The prosecution was hoping this would corroborate claims by witnesses and accusers that they had an intimate knowledge of Weinstein's body.

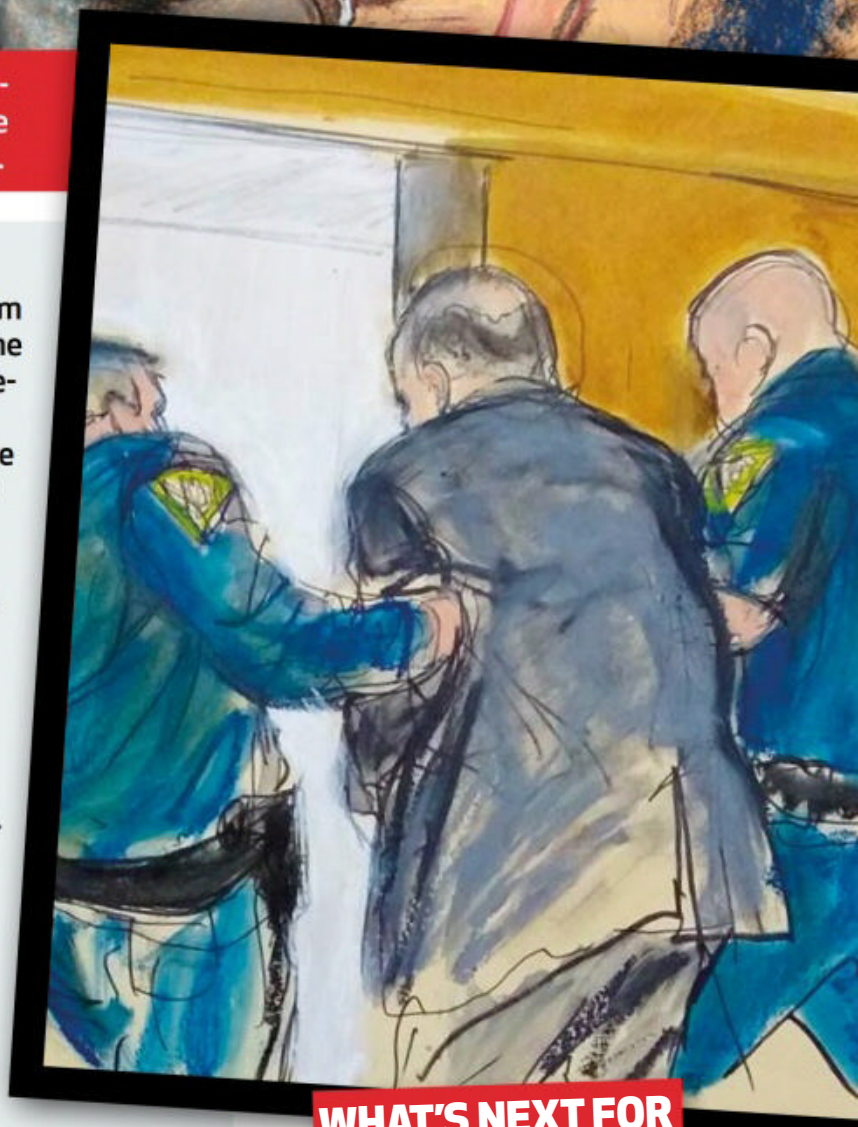
"When I saw him naked I thought he was physically deformed," Jessica said. "I thought he may have been a burn victim."

Lauren didn't hold back either.

"His penis looked like it'd been cut and sewn back on. He didn't seem to have testicles. His body was hairy, it had moles on his rolls. It was disgusting."

### THE PSYCHOLOGIST

Some commentators believe it was the testimony of forensic psychologist Barbara Ziv that sealed Weinstein's fate. Taking the stand, she dispelled some of the myths about rape, explaining how victims will often go on to form a relationship with their attacker, as a way of rationalising the trauma in their heads.



## WHAT'S NEXT FOR WEINSTEIN

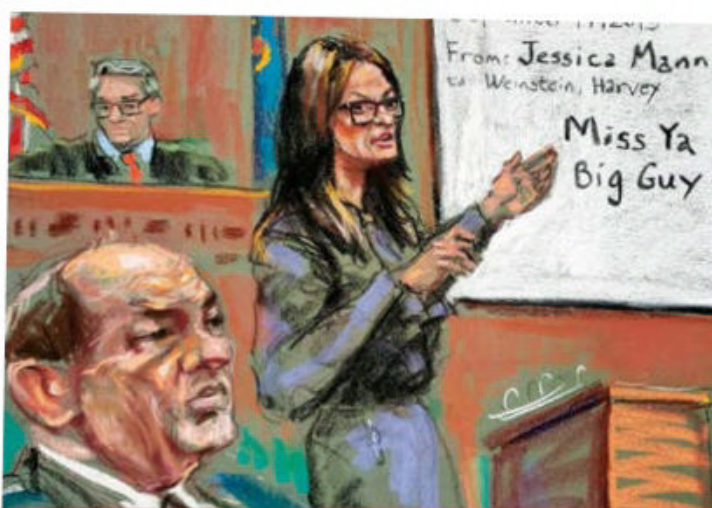
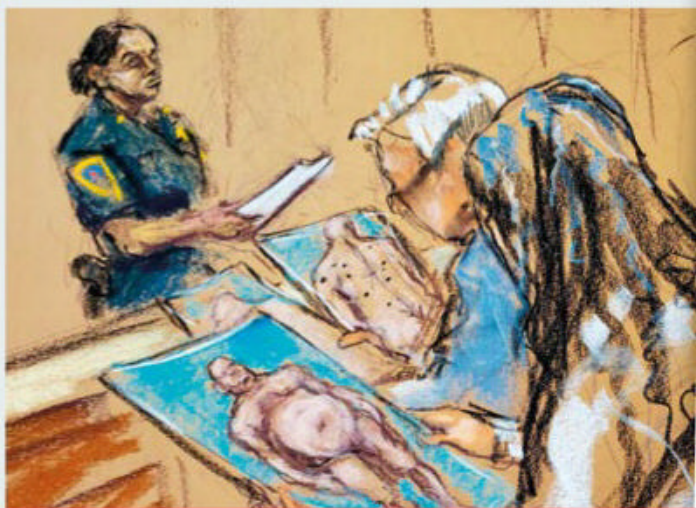
He's due to be sentenced on 11 March and his legal team is expected to appeal. He'll also have to gear up to face further charges in California, where he's accused of rape and sexual assault.

If he does end up in Rikers, he's in for a tough time. The jail has been plagued with gang fighting, overcrowding and human rights violations. And Weinstein, being a sex offender, could find himself the target of abuse.

"He'll take strain, especially at first," says Steve Dagworthy, a former prisoner who helps middle-class prisoners adapt to prison life. "To survive and even thrive he'll need to show respect to his fellow inmates."

New experiences all round then. ■

SOURCES: NYTIMES.COM, LATIMES.COM, GUARDIAN.CO.UK, DAILYMAIL.CO.UK



ABOVE LEFT: Court illustrations show jury members poring over naked pictures of Weinstein, which were used to corroborate some of his victims' testimony. ABOVE RIGHT: His lawyer Donna Rotunno revealed some of the congenial emails that were sent to the movie mogul by accuser, Jessica Mann.



Dr Liana Roodt started a project to change the lives of breast cancer patients in the public health system.

**S**HE'S been through a lot in the past few months: a double mastectomy and the surgical removal of 10 lymph nodes.

But although it's been a painful and nerve-racking process, Rianda van Wynngaardt isn't complaining. She knows that if she hadn't had the surgery when she did, she probably wouldn't be alive today.

Rianda (59), a marketing manager from Gordon's Bay, near Cape Town, was diagnosed with breast cancer in August last year. She didn't have medical aid, so her only option was state health care, which meant being on a waiting list for up to six months.

Her doctor, realising Rianda was running out of time, put her in touch with Dr Liana Roodt, and within three months she was being wheeled into an operating theatre for the critical surgery.

Liana (38) is the driving force behind Project Flamingo, which aims to shorten waiting times for breast cancer patients who rely on the state health system by providing access to doctors, anaesthetists and medical personnel.

These specialists perform surgeries free of charge on weekends and public holidays when most operating theatres are empty.

"It helps in a small way to empower people in a system that can easily make you feel powerless," Liana says.

It's people such as Rianda whom the project is designed to help. Sadly for the mother of two, a subsequent scan revealed the cancer had spread to her spine so she's now on hormone blockers to treat the disease.

"I'm taking each day as it comes and I'm staying positive," Rianda says.

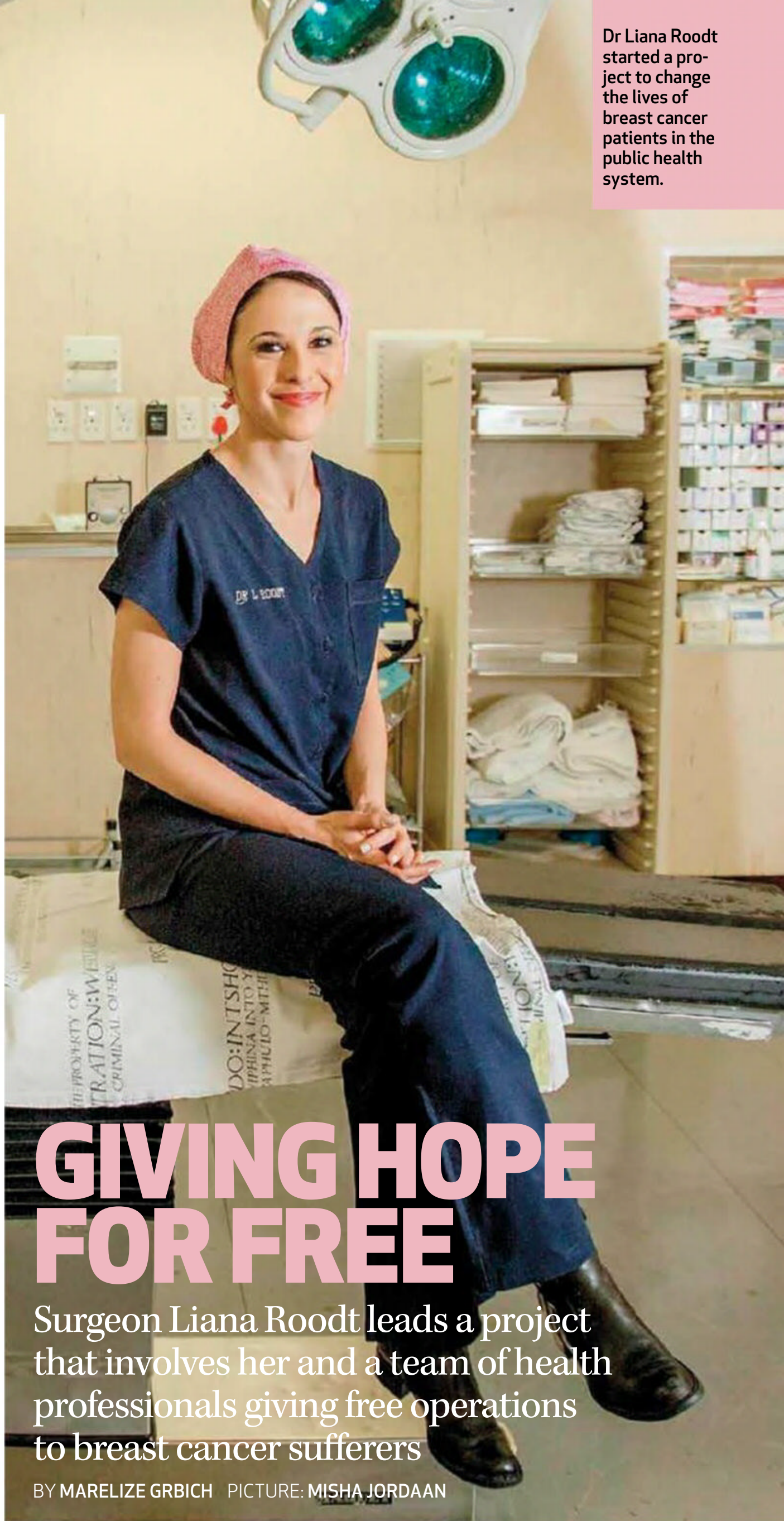
But she's convinced that her situation would've been a whole lot worse if she hadn't had the surgery when she did.

"Liana is an absolutely wonderful doctor," she adds.

The talented physician, who's a specialist in breast and endocrine surgery, could've easily embarked on a career in any of the country's top private hospitals, where patients with breast cancer usually receive treatment within a week of diagnosis.

Instead, she chooses to apply her talent, time and energy to help despairing people who can't afford private health-care.

The waiting period for breast cancer



# GIVING HOPE FOR FREE

Surgeon Liana Roodt leads a project that involves her and a team of health professionals giving free operations to breast cancer sufferers

BY MARELIZE GRBICH PICTURE: MISHA JORDAAN



surgery in the public health service is usually around 25 weeks but for the 650 patients who received treatment for breast cancer via Project Flamingo over the past decade, this was reduced to an average of eight to 10 weeks.

But Liana refuses to take sole credit for the project's success. "All the doctors involved work for the government," she explains. "Though the project was my idea and I'm charged with keeping it afloat, Project Flamingo isn't Liana Roodt – it's all the people who show up on a Saturday for more work despite long, gruelling hours during the week.

"That's what makes it so wonderful."

IKE many good ideas, Project Flamingo was conceptualised over a glass of wine.

"I belong to a wine club," Liana tells us. "We decided we weren't going to call ourselves a book club because we weren't going to be reading books.

"It's a group of professional women and friends who work in various industries such as marketing and media. That evening, each of us spoke about how things were at work and I told them about the long waiting time for surgery for women with breast cancer."

Back then, she was a surgical medical officer at the GF Jooste Hospital on the Cape Flats. And she was sick and tired of seeing patients' lives being put at risk because they had to wait so long to get surgery.

Breast cancer patients not only had to deal with the fact that the disease was spreading while they waited – the psychological toll on them and their families was high. "The uncertainty is really hard on them."

Her friends wanted to know why they didn't just perform more surgeries. "I explained that we needed more surgeons who were able to be in theatre regularly to perform more operations."

But by brainstorming with her friends she realised there was a solution. She needed doctors and anaesthetists to perform the surgeries for free. And she needed access to operating theatres over weekends and public holidays because they were empty then.

In the end her only expenses would be to pay nurses and cover operational costs.

That evening at the wine club her friends convinced her that fundraising

was the solution. They chose a name for the project that they felt sounded fun and upbeat, held an art and jewellery auction, and after a breast cancer awareness organisation donated R10 000, Project Flamingo was up and running and performing its first surgeries.

Now there are nine doctors at Groote Schuur and Tygerberg state hospitals in Cape Town as well as Livingstone Hospital in Port Elizabeth who oversee Project Flamingo's surgeries. The organisation also has a pool of 20 medical assistants and 30 anaesthetists who volunteer at various hospitals.

Liana says her time in theatre is the most relaxing part of her day because when she's there she doesn't have to keep several balls in the air at the same time.

Apart from helping manage Project Flamingo, she works at Groote Schuur and she runs a private practice in Somerset West, near Cape Town – which is how she pays the bills.

"I'm always optimistically aiming for balance," she says, chuckling. "But I struggle."

ER practice has a homely atmosphere, creating the feeling that you're sitting in a friend's lounge.

A painting of a Karoo landscape reminds her of her childhood visiting her

**'We needed more surgeons to perform more operations'**



Doctors involved with Project Flamingo provide free surgeries. Here Liana is assisted by Dr Nic Leech (left) and Dr Michael Brombacher.

grandparents on their farm between Steynsburg and Burgersdorp in the Eastern Cape.

Liana was born in Namibia but while in primary school moved to Pretoria with her parents, LD and Danette Beukes, and younger sister, Andriette Jacobs. She attended Afrikaanse Hoër Meisieskool where she was head girl.

"I was a typical nerd," Liana jokes.

After school, she completed her medical degree at the University of Pretoria where her father was a lecturer in the education faculty.

She hadn't always known she wanted to be a doctor and initially enrolled for a B Com degree.

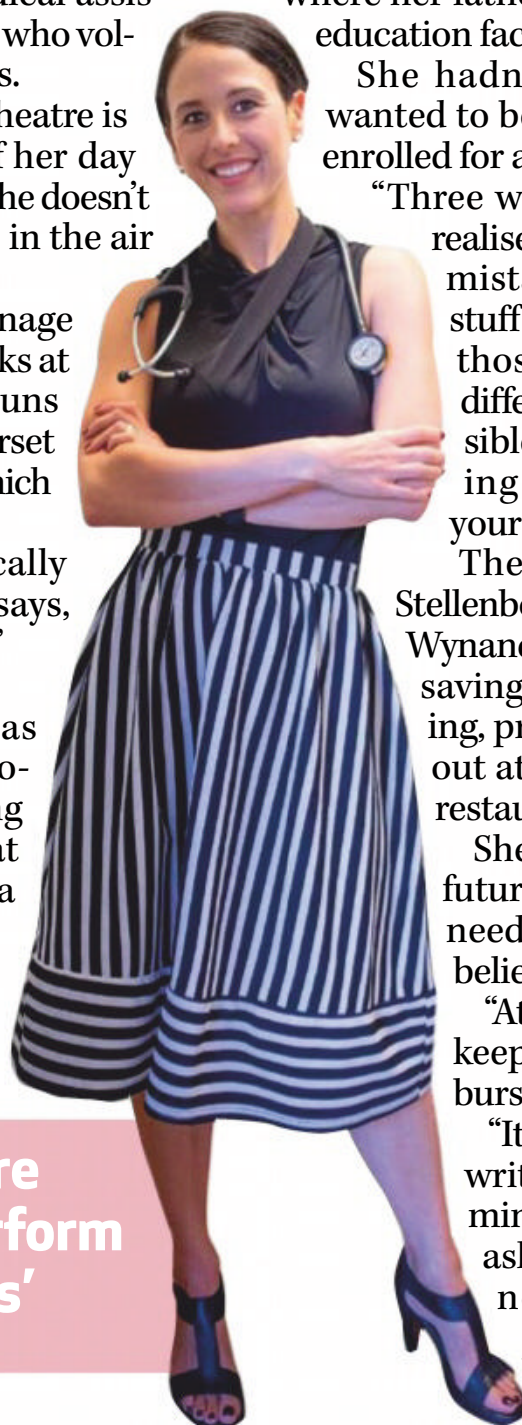
"Three weeks into the course I realised it had been a massive mistake. I like discovering stuff and medicine is one of those fields with so many different specialties. It's possible to continue discovering a new career within your existing one."

These days Liana lives in Stellenbosch with her boyfriend, Wynand Greeff. When she's not saving lives, she enjoys reading, practising yoga or eating out at one of the many local restaurants.

She's optimistic about the future. But the government needs to do a lot more, she believes.

"At the moment we're just keeping the dam wall from bursting," she says.

"It's wonderful that you're writing about Project Flamingo, but one also has to ask why such a project is necessary in the first place." ■

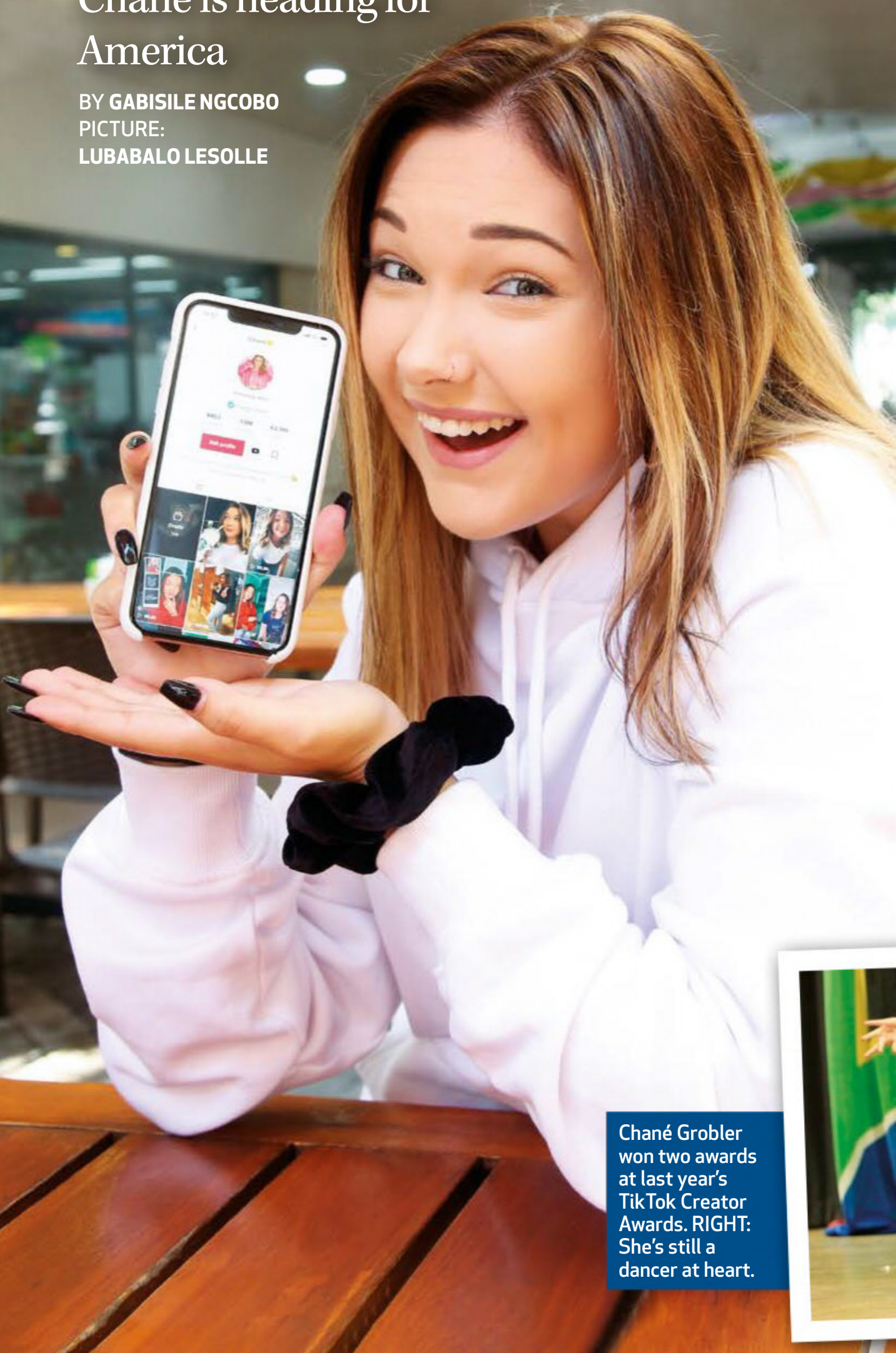




# NEXT STOP, THE NICKELODEONS

Her fan base just keeps growing and now TikTok influencer Chané is heading for America

BY GABISILE NGCOBO  
PICTURE:  
LUBABALO LESOLLE



Chané Grobler won two awards at last year's TikTok Creator Awards. RIGHT: She's still a dancer at heart.

THE reaction of the young fan in a shopping mall suggests there's a serious A-lister in the area. She can barely contain herself, fighting back tears as her idol gives her attention.

"What are you doing here?" she asks incredulously before requesting a hug and a selfie.

"I love everything about her," the 12-year-old gushes.

Next is a 20-something shopper who wastes no time getting a receipt out of her bag so she can get an autograph for her little brother, who's a big fan.

"I find her inspiring," she tells us.

The "her" is 19-year-old Chané Grobler, a lip-sync content creator who's become a huge star with young people worldwide.

These days, the young woman from Pretoria can't go anywhere without being recognised – thanks to her vast following on Chinese video-sharing social network TikTok.

More than 1.8 million people follow Chané on the world's most downloaded app, which has 1.5 billion users across the globe. She's the most-followed female influencer in South Africa and has no plans to slow down anytime soon.

Chané rose to stardom after producing videos of her dancing while lip-syncing to backup tracks from the comfort of her bedroom.

And now her newfound fame has landed her a nomination for the prestigious 2020 Nickelodeon Kids' Choice Awards in the category favourite African social star.

The awards – which celebrate kids' entertainment in film, TV, music, pop culture and animation – will be hosted by Grammy award-winning superstar Chance the Rapper on 22 March at The Forum in Inglewood, California.

Chané will be rubbing shoulders with





the cream of the US celebrity crop. The stars of *Avengers: Endgame*, *Henry Danger* and *Frozen 2*, as well as singer Taylor Swift and rapper Lil Nas X have also been nominated, and plenty of A-listers attend the event, often with their kids.

This South African teen is certainly going places.

**T**HE reality hasn't quite hit her. "It hasn't sunk in yet," Chané tells us when we meet at a Pretoria North eatery a stone's throw from her home.

With her is her mom, Marli (42), and aunt and manager, Ronel Wessels (38).

She was in the kitchen with her mom when she got a message from Nickelodeon on Instagram in January. "I was, like, why are they messaging me. It must be fake . . . and then they asked for my contact number," she recalls.

She was confused when they called her to break the news about her nomination. "I was, like, nomination for what? What did I do?"

She's still in shock. "I don't feel like I have a lot of followers for a Nickelodeon nomination," she says. "It's so huge and I feel out of place with all the big stars, but I'm not complaining."

Chané started on TikTok as a joke. She downloaded the app when it was still Musical.ly after seeing people posting the videos they'd made on it on Instagram, where she has more than 50 000 followers.

Her first post was in December 2017 and she didn't post again until June 2018.

Soon after that, Musical.ly shut down and merged with TikTok. "There were a million users on the platform and that's when my videos got recognition."

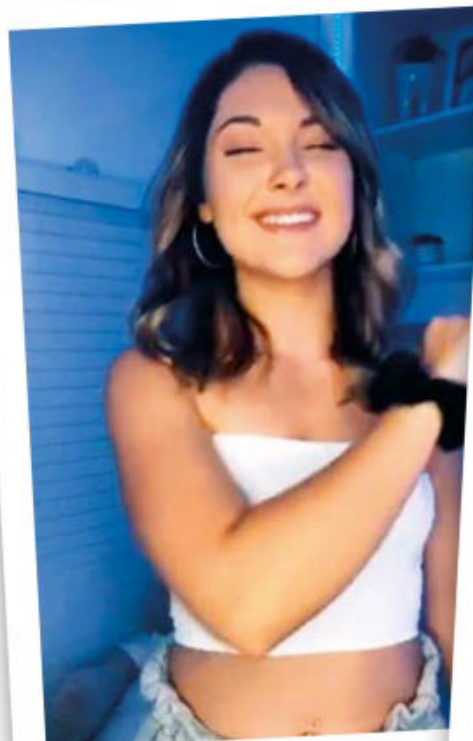
At first it was just a bit of fun. "It was so informal. If I wasn't asleep at midnight and I still had makeup on, I'd say, 'Let's make videos'," she says.

She reached her first 100 000 followers in October 2018 when she was in matric at Wonderboom High School.

"That's when I started taking it seriously. It was huge when I hit a million followers," she recalls. "I cried."

Since then Chané's videos have amassed more than 63 million likes.

She started promoting up-and-coming



Chané is an inspiration to many young people who follow her on video-sharing app TikTok.

artists who got her to lip-sync their songs and make videos. And now companies such as Starbucks and clothing brands Revolve and Fashion Nova are lining up for her to endorse their products.

"It feels like a career," she says. "But a fun career."

The influencer is making money too. She won't say exactly how much, but reveals she's earning thousands. "It's overwhelming."

Although she loves the attention there's a downside to fame in the form of cyberbullies.

"They'll be like, 'You smile too much'; 'You wear too much makeup'; or 'You lift your one eyebrow too much'," she says.

"[At first] I'd cry because I was hurt."

But now she doesn't care. "I just delete their messages and block them."

The teen, who's in her second year of studying teaching at a private Christian college, has to juggle her studies with her TikTok career and the meet-and-greets she has with fans.

"There's no time for everything," she says. "I have two assignments due on Friday. It can be difficult to balance everything."

There are days when she misses being normal. "Everyone's eyes are on you and you can't do anything wrong."

"But she's fine," Marli says. "She loves her life."

She couldn't be prouder of her daughter. "Chané has a soft and beautiful heart. I knew she'd go somewhere in life but I never expected this."

**C**HANÉ was born in Limpopo and lived there until 2003 when her parents divorced. She and her mom moved to Durban for a year before settling in Pretoria.

She lives with her mom, younger brother Ethan (12) from her mom's second marriage, and her grand-

mother, Sanette von Schlichting.

Ever since she was a young girl she's loved dancing. She earned her provincial colours in acrobatics and SA colours in dancing and thought she'd be a dance teacher or a professional dancer one day.

But that dream fell apart in Grade 5 when she injured her knees while practising. "Even now my knees are messed up," she tells us.

She's grateful she still has enough rhythm for her TikTok moves though. "At least I still feel I'm dancing even if it's not competitively," she says.

Another thing she's grateful for is that TikTok made her realise how much she loves kids. Her audience is young and that's why she wants to be a teacher. "It made me realise I'd be happy doing this."

She still finds pleasure in the usual teen things, making time for her best friends, Megan Yzel and Michael Thomaz. They

have sleepovers and go out.

And Chané has a guy friend, Roberto de Gouveia, whom she met on TikTok and with whom she says she's "vibing".

Her whole family is supportive of her career, including her dad, Sarel van der Walt (42). "He doesn't really understand it but does ask how my videos are doing. And I tell him, 'It's my life'," she says.

Now the sky's the limit. Chané wants to explore America after finishing her degree because most of her admirers are there, and the thought of that makes her want to work even harder.

"I never thought this would become my whole life." ■

**'I was like, nomination for what? What did I do?'**



# MY BUSY, HAPPY LIFE

Born without limbs, Felicity was taken in by a foster family. Today she's in Grade 3 and thriving

BY GABISILE NGCOBO PICTURES: LUBABALO LESOLLE

**S**HE loves Ariana Grande, watching the Nickelodeon TV channel, dressing up and playing with her best friend. She doesn't like homework or chores or getting up early for school.

All in all, Felicity is like any other little girl – except for the challenges she's still learning to overcome.

It's been three years since we visited her (YOU, 1 June 2017), and she's come on in leaps and bounds. She's an inspiration to her foster mom, Karen Bruyere, and everyone else who takes the time to get to know this remarkable eight-year-old.

When YOU arrives at Tswhane Haven in Pretoria, where she lives with Karen and a number of babies being cared for in the home, Felicity is eating her lunch from a bowl, deftly scooping her food up with her left upper stump.

When she's done, Karen (58) whisks her off the chair and puts her on the floor where she bounds across the living room to greet us.

Felicity is now in Grade 3 at New Hope School for children with special needs in Waterkloof.

Her favourite subject is English, the little chatterbox informs us. "I kind of like maths and we also do Afrikaans. We're still practising but I can speak a bit of it. My best friend is Minenhle and we do fun things together. We make up lots of games and help each other."

Felicity swims every Friday, plays soccer, bounces on the trampoline, loves wheelchair dancing and is crazy about weekends because then she plays with her friends in the home.

"We run around, jumping and singing," she says. And they dress up, putting on jewellery and bangles and lipstick, she

Felicity has blossomed into a confident little girl in the care of foster mom Karen Bruyere.

adds. "But no earrings," she says firmly. "I don't like earrings."

She also loves movies and hopes to see the new Dolittle film soon – although going to the mall can be hard on her.

"It makes me a bit nervous and unhappy, especially when other kids stare and talk about me," she says.

But she's trying to ignore it. "I don't think they're mean – it's just that they haven't seen somebody who doesn't have arms and legs."

"And what do you tell the other kids when they ask what happened to you?" Karen prompts, kissing Felicity's forehead.

"I was born like this," she responds.

**I**T FEELS like yesterday that Karen received the call from Steve Biko Academic Hospital. A little girl had been born without limbs.

"Felicity's mom decided she wasn't able to care for her," Karen recalls. "She was also afraid to take her back to Zimbabwe, where she was from. She was afraid the baby would be killed."

Karen went to the hospital and saw the two-day-old baby wrapped in a blanket. "I picked her up and she opened her eyes and they were full of life."

It was love at first sight. Karen took her home, lavished her with love and she thrived. She weighed 2,6kg at birth and







ABOVE and ABOVE RIGHT: Using mainly her longer left upper stump, Felicity has learnt to write, draw and paint. RIGHT: She's been walking on her lower stumps since she was three and has no problem getting around the house, into her wheelchair, onto her bed or into her cupboard to get to her toys and clothes. When she's tired, she simply rolls to get around.

is now a healthy 11,62kg.

Felicity is a star, Karen says. She does well at school and can write, draw and paint by supporting pencils and brushes with her left upper stump, which is slightly longer than her right.

"She can go up and down the stairs on her own and is so motivated. She can do almost everything other kids can do."

Felicity is also invaluable around the home, playing with the babies and popping dummies back in mouths.

"I'm astounded at how her self-confidence has developed – she's really found her voice. I've stopped talking for her. But she's also like any other eight-year-old and can be a bit stubborn at times."

Karen has two biological sons and five other foster children, and Felicity receives no special treatment. "She gets praised and punished for the same things the other children do."

pretty independent.

The family made a point of encouraging her to do things on her own from an early age.

She's been walking on her lower stumps unaided since she was three, and when she gets tired she simply rolls. She can climb into her wheelchair, onto a bed and into her cupboard to get toys or clothes and can do anything she puts her mind to.

Felicity tried prosthetics a while ago but she didn't like them because they hurt her, Karen says. They're exploring other forms of prostheses, including ones that are implanted into the skin. Meanwhile, they're working on her posture, Karen says.

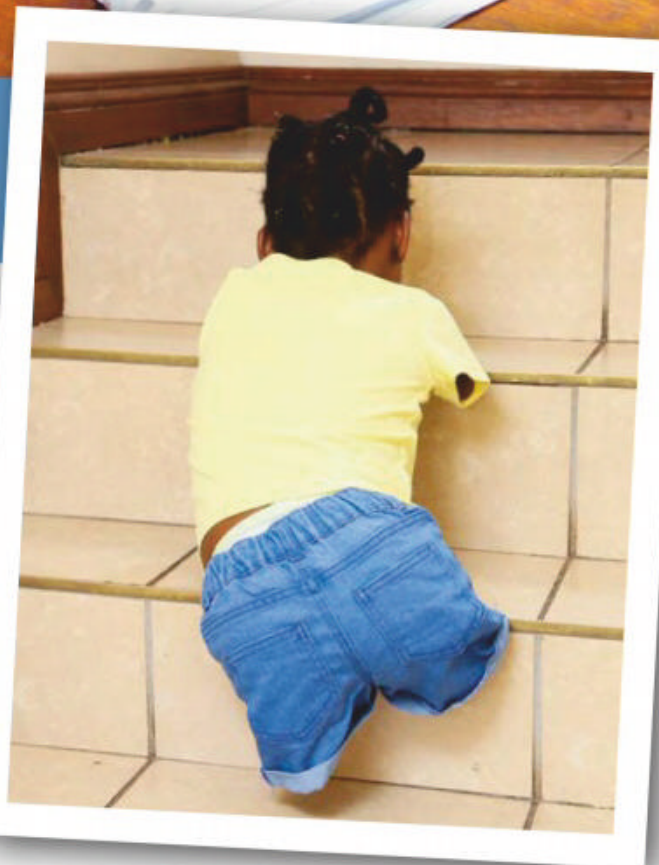
Felicity is relatively healthy although she has a few problems with her arms and ears.

"She develops [bursitis] on her arms because the bone rubs against the skin," Karen says.

Bursas are small, fluid-filled sacs in the body that reduce friction at moveable places such as joints. Bursitis happens when the bursa's membrane becomes inflamed.

"When this happens she usually has to have an operation.

"And her ears often leak fluid – she's had grommets but doctors are doing further tests to find the root cause."



All in all though, the little girl is flourishing. It's not so much how Felicity has grown but how she's developed that makes Karen's heart want to burst with pride. "She motivates people," Karen says. "They look at everything she's achieved and it's just plain inspiring."

Tshwane Haven has its share of problems. Karen has worked with doctors and specialists for years, taking in ailing premature babies, and baby formula and nappies are often in short supply. The building is also in need of maintenance but Karen says they manage somehow.

Why does she keep doing this?

"Because I keep getting calls saying babies need help," she says simply.

For Felicity this is just home, a place where she feels safe and loved.

Karen has many hopes for her little girl but the main one is for her to be happy.

"My dream is for her to achieve all the goals she's set for herself." And she has no doubt Felicity won't disappoint her. ■

EXTRA SOURCES: ARTHRITIS-HEALTH.COM, COLLINSDICTIONARY.COM, MAYOCLINIC.ORG

**F**ELICITY does need extra help with some things, such

as going to the toilet and bathing, but generally she's

Like many kids, she's not a fan of homework and chores but loves weekends playing with friends.





Intimacy shouldn't be a chore! Experts weigh in on how to rekindle the spark in your love-life in the face of the challenges of modern life

# SO YOU WANT A BETTER SEX-LIFE?

IFE is a nonstop roller-coaster ride. You're bogged down with work and family commitments, you stress about paying bills, you never get to the housework... The list of demands on your precious time is endless.

Little wonder then that your sex-life is often shoved to the bottom of the list – it's nice-to-have, but in the grand scheme of things it's not a top priority. And you're often so tired all you want to do is crawl between the sheets and go to sleep.

But a healthy sex-life is vital for your wellbeing and often it just takes a little effort to get the love boat back on smooth waters. Your overall health also has a profound effect on your love-life – and we're often so busy taking care of all sorts of other things we neglect our “down there” wellness.

Experts in the UK recently compiled tips to help people get back into sexy shape and stoke the embers of desire.

And the best news, as Jennifer Lopez once sang, is love don't cost a thing.

## TAKE A TWO-WEEK BREAK FROM SEX

In long-term relationships, sex can begin to feel like another routine chore.

“Imagine if you ate your favourite food for breakfast, lunch and dinner every single day,” says Dr David Goldmeier, a consultant in sexual health. “You'd get bored with it.”

“It's the same with sex. If you keep on with the same thing time after time, there's no longer any sensory pleasure in it, which lessens your desire for it.”

Having less sex can be damaging to

relationships and to self-image.

The answer – perhaps counterintuitively – is to talk to your partner and agree to take sex off the menu for a specified period, say a week or two.

Abstinence makes the heart grow fonder. “Having sex less frequently makes it more interesting.”

“And the anticipation of sex when you can't have it makes it far more exciting because it's forbidden.”





## TRY APPS FOR MINDFULNESS

Sex is almost all in the mind, which is why, when you're trying to improve your sex-life, "it's not just about the hydraulics", sexual health consultant Dr David Goldmeier says.

"Everything we feel in terms of sex – all the genital sensations – is actually perceived in the brain. That's why it's possible to orgasm in your sleep without any physical stimulation and why it can be more exciting just to be kissed by someone you really like than to have sex with someone you like less."

So when sex isn't working, rather than thinking about the mechanics, it can be helpful to focus instead on the mind.

Goldmeier recommends practising mindfulness, which involves focusing on the present, the here and now, and listening to your thoughts and feelings. This is a way of reconnecting with your body and reducing stress and anxiety, which are known passion killers.

You can easily try it at home by downloading one of the many mindfulness smartphone apps, such as Calm or Headspace.

Goldmeier says taking a mindful approach can help men who suffer from erectile dysfunction and premature ejaculation by taking their focus off achieving an erection or worrying about orgasm.



**'Having sex less frequently makes it more interesting'**

## DITCH FEMININE HYGIENE BUYS

You don't need any of the feminine hygiene products on the market – the vagina is self-cleaning and the vulva is happier when washed with water alone.

In fact, using products will probably exacerbate any problems you have and affect your libido, says Dr Anita Mitra, a gynaecologist and author of *The Gynae Geek: Your No-Nonsense Guide to "Down There" Healthcare*.

She says many of the newest feminine hygiene products market themselves as vegan, natural and pH-balanced, but they're just as bad for you as older perfumed prod-

ucts, disturbing the natural bacterial balance of the vagina and vulva.

"A lot of women use these products because they have itching, irritation and dryness, but this will actually make the issues worse," Mitra says.

"It's important to be aware that it's normal to feel dry at some points in your cycle: after your period, for example, or during and after menopause when your oestrogen levels are low.

"If the problem is ongoing, see your doctor so it can be diagnosed and treated."

## POWER-WALK FOR 30 MINUTES A DAY

Improving cardiovascular health by exercising has myriad benefits for a man's sex-life, sexual health consultant Dr David Goldmeier says.

"The penis is a vascular organ, so all the risk factors for strokes and heart attacks are also likely risk factors for penis problems. Cardiovascular exercise helps prevent this.

"In addition, having erectile problems can be an early warning sign of arteriosclerosis (thickening and hardening of the artery walls).

"So if a man starts experiencing this regularly he should make an appointment with his GP – and not only to discuss impotence.

"Exercising also has a beneficial effect on anxiety and depression, which can otherwise dampen the libido. Any type of exercise that raises the heart rate is good."

Running or power-walking for 30 minutes not only raises your heart rate, it boosts blood flow to the pelvic organs, Goldmeier adds.

Try to do it daily, or at least five times a week.



## KEEP THE LIGHTS ON

Routine kills passion so if you want to improve your sex-life with your partner, change just one thing, says Kate Moyle, a psychosexual and relationship therapist.

"This doesn't have to be anything extreme – it could be as simple as turning the lights on if you usually turn them off, or having sex in a different room or in a different position, or giving each other a massage.

"Even something as small as putting the pillows on the other end of the bed changes the environment slightly and breaks up the normal routine – all of which can make sex more exciting again."



(Turn over)



## EAT PASTA WITH PESTO SAUCE

Pine nuts or kernels – the main constituent of pesto – are known as “vegan oysters”, says Dr Eleanor Draeger, a sex-education consultant.

“That’s because – like that better-known aphrodisiac food, oysters – they’re high in the mineral zinc, which helps produce testosterone and is vital to the development and function of male sex organs.”

Studies show zinc can help prevent premature ejaculation and can also help prevent erectile dysfunction.

Pecans are also a good source of zinc, as are red meat and seafood.

## FLOSS AND BRUSH DAILY

The health of a man’s mouth can have a direct effect on his erection.

Several studies have found that men with gum disease (chronic periodontitis or CP) are more likely to have problems getting and keeping erections.

That’s because chronic inflammation caused by gum disease can damage the lining of the blood vessels in the penis, which reduces healthy blood flow into the organ.

Consultant urologist Vinod Nargund says CP is also likely to have a detrimental effect on the production of nitric oxide, the chemical that allows the chambers in the penis to fill with blood so it becomes erect.

In fact, if a man has serious gum disease, he’s more than twice as likely to have problems in bed, according to a recent study.

“The study found that erectile dysfunction is more common among men treated for CP, particularly those below

the age of 40 and those older than 59,” Nargund says.

**‘Erectile dysfunction is more common in men treated for gum disease’**

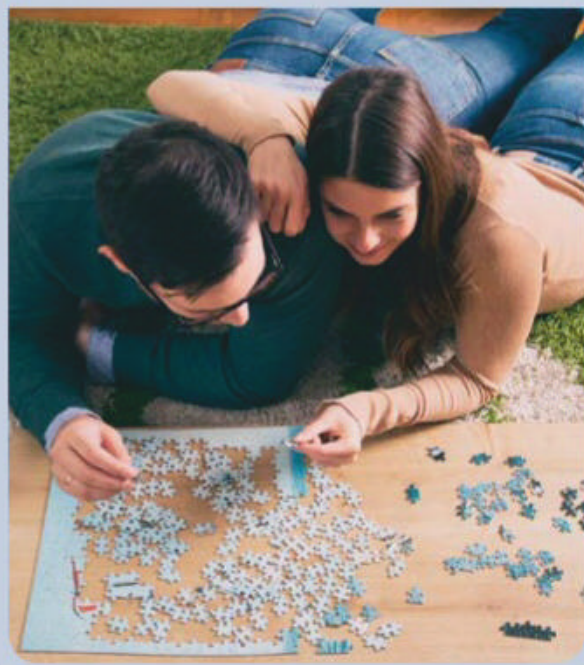


## GET BUSY WITH A PUZZLE

To improve your sex-life ask your partner to help you build a jigsaw puzzle, says Helen Knox, a former sexual health nurse and author of Sexplained One: Sex & Your Health.

“Doing a jigsaw puzzle with your partner not only de-stresses you both but also bonds you and means you’re working as a team, creating a sense of intimacy, which means you’re more likely to feel in the mood for sex.

“It’s good for improving manual dexterity too, which is useful in sex.”



## TRY SEPARATE BEDROOMS

Sleeping alone can help you get better quality and longer sleep – which is good news for your sleep patterns and your sex-life.

Sleep raises testosterone levels, vital for both men’s and women’s sex drives, says Matthew Walker, a professor of neuroscience and psychology at the University of California, Berkeley.

For every hour of extra sleep a woman gets, she has a 14% increased desire to be sexually active with her partner.

Men who routinely get less than six hours’ sleep have a level of testosterone equivalent

to someone 10 years their senior.

“Research shows that couples who sleep separately often have better sex,” says Walker, who’s also founder and director of the Centre for Human Sleep Science in California and the author of Why We Sleep.

“Your desire to be intimate actually increases the more you sleep,” he says.

“Couples who haven’t slept well report significantly higher levels of emotional conflict the next day, as well as exhaustion and fatigue, which leads to less emotional and physical intimacy.”

## GO FOR AN STI TEST – NO MATTER HOW OLD YOU ARE

Before you embark on a new sexual relationship, whether you’re 20 or 70, you should both go for a sexually transmitted infection (STI) check.

People are living longer and divorce rates are high, so we’re now more likely to be on the dating scene at a later stage in life – but many older people think safe-sex messages don’t apply to them.

Rates of STIs in over-65s increased by 23% between 2014 and 2018, according to a study in the UK in 2019.

“Until you’re tested, it’s important to use a condom,” sexual health expert Dr David Goldmeier says.

“You can’t tell by looking at someone whether or not they have an STI because they might not have any symptoms.”



## WORK THAT PELVIS, BABY!

Good posture is essential if you want to have strong pelvic-floor muscles, which make sex more pleasurable and support bladder control.

This in turn will mean less getting up in the night to go to the loo and better sleep as a result, gynaecologist Dr Anita Mitra says.

Sitting or standing straight engages all the core muscles, and you can work out your pelvic floor further with targeted exercises.

To identify your pelvic-floor muscles, pull up as if you’re trying to stop the flow of urine. Then, while sitting comfortably, squeeze these muscles 10 to 15 times in a row. Don’t hold your breath or tighten your stomach, buttock or thigh muscles at the same time.

The beauty of this exercise is you can do it anywhere, any time – even in a meeting with your boss at the end of the table. ■

© DAILY MAIL



**E**VERY morning she wakes up in her own home, dresses herself and heads out to work as an adjudicator in the customer service centre at her local bank.

Everyday activities most people do without much thought, right? Well, yes – but then most people aren't Brittanie Wilson.

The 33-year-old from St Paul in Minnesota in the USA is living with a condition called arthrogryposis multiplex congenita (AMC), which occurs when a baby doesn't move correctly or enough while developing in the womb. This causes joints to become fixed and can lead to such catastrophic disabilities that parents are often advised to abort the fetus.

Brittanie's parents, Troye and Philip, refused termination – even though the prognosis was bleak.

"When I was born the doctors told my parents I wouldn't be able to take care of myself at all, in any way, shape or form," Brittanie says. "When I look back on this it makes me very upset that they set the expectations for my life so low.

"I know what doctors say carries serious weight, and I can only imagine how that must have felt for my parents. It must have been terrifying."

But her parents had faith – and it's paid off big time.

Brittanie's message to doctors is not to be so hasty. "Look at me," she says. "I'm living an independent life and others like me can too."

**I**NSTEAD of taking the doctors' gloomy prognosis on board, her parents never gave up on her. For every barrier put in her way they created a solution. They modified and changed things around their home to make mobility as seamless as possible and told Brittanie over and over again there was nothing wrong with her.

While she admits this didn't always work, it certainly made her resilient and resourceful.

Before the age of five she'd had five surgeries on her feet and legs to angle them correctly and help increase flexibility and mobility. "As a child I also wore casts and braces on my legs. And I had physiotherapy regularly so I could maintain a range of motion."



**ABOVE and RIGHT:** Brittanie Wilson is proud to be able to live a full life despite the bleak future doctors predicted for her.



# NO MORE HIDING

Against all odds Brittanie lives an independent life and she's decided to be open about the rare condition she was born with

These days, thanks to an electric wheelchair, Brittanie is pretty much her own woman. After work she enjoys swimming, which has dramatically helped with her range of movement.

Being open about her condition has improved her self-image and self-esteem and now she doesn't worry about showing the scars on her legs. "These days I'm an open book. Here are my scars and I refuse to hide them anymore."

Brittanie is no stranger to romance.

## MORE ABOUT BRITTANIE'S CONDITION

Arthrogryposis multiplex congenita (AMC) occurs in one in 3 000 births. Because the fetus doesn't move normally in utero, joints become fixed in a bent or straight position.

The cause is unknown and the level of severity differs from child to child.

Intellectual ability isn't affected and in most cases AMC isn't genetic.

She recently came out of a seven-year relationship. "I was with a wonderful guy called Brye and he's still one of my closest friends. Although we had a loving relationship it drew to a close so we could both continue to grow. I feel that I've come into my own now and it's amazing.

"Growing up, I was given the wrong impression of what it meant to be beautiful. It took time to learn to love who I am. Now, as an adult, I know I'm beautiful, not just in how I look but also because of my differences. We all come in different shapes and sizes."

Brittanie wants to be a role model for others with AMC. She especially wants expectant mothers who are told to abort their children that her health challenges haven't stopped her from living a happy, full life.

"No matter how hard life is or how difficult it can be sometimes, we are worthy of life and we matter." ■

MEDIA DRUM WORLD/MAGAZINEFEATURES.CO.ZA

MEDIAFEATURES/BRITTANIE WILSON/MAGAZINEFEATURES.CO.ZA



# One-pot pasta

Serve up a yummy, hearty meal in a jiffy, with fewer dirty pans

EDITED BY CARMEN NIEHAUS



Chantal Lascaris is the author of All Sorts of One-Dish Wonders.

IN HER new book, All Sorts of One-Dish Wonders, author Chantal Lascaris proves you can cook delicious, wholesome meals by using just one pot or pan – be it for breakfast, main meals, side dishes or even dessert.

## TANGY TUNA PENNE

SERVES 4

PREPARATION: 15 MIN

COOKING: ABOUT 15 MIN

- 750ml (3c) water
- 200g penne pasta
- pinch of salt
- oil
- 200g asparagus, cut into thirds or quarters
- 30ml (2T) chopped onion
- 30ml (2T) chopped capers
- 125ml (½c) sherry
- salt and pepper
- 125ml (½c) cream cheese
- 60ml (4T) tangy mayonnaise
- 30ml (2T) lemon juice
- 2 cans (170g each) tuna in brine, flaked
- fresh parsley for garnishing, chopped
- 125ml (½c) salted potato crisps, roughly crumbled (optional)

- 1 Pour the water into a large deep pan, bring to the boil and add the pasta, pinch of salt and a drizzle of oil. Cover partially with a lid and boil rapidly for 6-7 minutes.
- 2 Add the asparagus, onion, capers and sherry and cook for a further 4 minutes. Drain any excess liquid if necessary. Season liberally with salt and pepper.
- 3 Remove from the heat and stir in the cream cheese, mayonnaise, lemon juice and tuna.
- 4 Mix well, ensuring everything is well combined. Scatter the parsley and crumbled crisps (if using) over and serve immediately.

## TIP

If you're in a pinch, use canned asparagus instead.



## VEGGIE-RICH GNOCCHI BOLOGNESE

**SERVES 4**

**PREPARATION: 20 MIN**

**COOKING: 35 MIN**

- 15ml (1T) olive oil
- 400-600g beef mince
- 30ml (2T) Worcester sauce
- 125ml (½c) finely chopped onion
- 2,5ml (½t) finely chopped garlic
- 10ml (2t) dried basil
- 10ml (2t) dried oregano
- salt and pepper
- 1 can (400g) chopped tomatoes
- 30ml (2T) tomato paste
- 30ml (2T) chutney
- 500ml (2c) beef stock
- 125ml (½c) red wine
- 125ml (½c) sliced carrots (in rounds)
- 500ml (2c) chopped mushrooms
- 1 green pepper, chopped
- 1 red pepper, chopped
- 500g gnocchi
- grated or shaved Parmesan for sprinkling
- roughly chopped fresh parsley or other herbs for garnishing

sauce and sauté until the mince has browned (stir regularly to break up the mince).

- 2** Add the onion and garlic and continue to cook until the onion has softened. Stir in the basil, oregano and season with salt and pepper.
- 3** Add the chopped tomatoes, tomato paste, chutney, beef stock, red wine, carrots, mushrooms and peppers and simmer for 10-15 minutes, stirring occasionally. Adjust the seasoning if necessary.
- 4** Add the gnocchi and stir through gently. Allow to simmer for 4-5 minutes or until the gnocchi is heated through. Sprinkle generously with the grated or shaved Parmesan. Garnish with the parsley or other herbs and serve immediately.

**(Turn over)**

## POCKET-FRIENDLY PERI-PERI LIVERS WITH MUSHROOMS AND PASTA

**SERVES 4**

**PREPARATION: 15 MIN**

**COOKING: 20-25 MIN**

- 2 onions, finely chopped
- 5ml (1t) finely chopped garlic
- 10ml (2t) olive oil
- 200-300g chicken livers, halved
- 200g white mushrooms, roughly chopped
- 1 bay leaf
- 200g canned chopped tomatoes
- 45ml (3T) water
- 15ml (1T) peri-peri sauce (I prefer medium heat)
- 5ml (1t) paprika
- 45ml (3T) sherry
- 1 beef stock cube
- salt and pepper
- 30ml (2T) balsamic vinegar
- 300g shell pasta
- 125ml (½c) plain full-cream yoghurt
- fresh parsley for garnishing

- 1** In a large pot, fry the onions and garlic in the oil until the onions have softened. Add the chicken livers and cook until they're browned, then remove and set aside.
- 2** Add the mushrooms, bay leaf, tomatoes, water, peri-peri sauce, paprika and 30ml (2T) of the sherry and stir. Crumble the stock cube into the mixture, season with salt and pepper and simmer for approximately 10 minutes,

stirring occasionally.

- 3** Remove from the heat, return the livers to the pot and stir in the balsamic vinegar and the balance of the sherry. Set aside to allow the flavours to develop.
- 4** In the same pot (there's no need to clean it as any residual pieces only add flavour to the pasta), add the pasta shells and sufficient boiling water to cover the pasta. Bring to the boil and cook until al dente.
- 5** Drain any residual water from the pasta, add the chicken livers and combine well, ensuring the livers are heated through. Stir the yoghurt through and garnish with the parsley.

t - teaspoon/s    T - tablespoon/s    c - cup/s







## BLISSFUL BACON AND BASIL PASTA

SERVES 4

PREPARATION: 10 MIN

COOKING: 20 MIN

- ▶ 400g bacon rashers, chopped
- ▶ 1 red chilli, finely chopped
- ▶ 125ml (½c) finely chopped onion
- ▶ 400g uncooked spaghetti
- ▶ 180ml (¾c) baby peas
- ▶ 80ml (⅓c) mascarpone or cream cheese
- ▶ 2,5ml (½t) minced garlic
- ▶ 60ml (4T) plain full-cream yoghurt

- ▶ salt and pepper
- ▶ 160ml (⅔c) chopped fresh basil
- ▶ 30ml (2T) olive oil
- ▶ fresh basil for garnishing

1 Using the same large pot you'll be cooking the pasta in, sauté the bacon pieces, chilli and onion together until the bacon is crispy and the

onion is golden. Remove and set aside.

- 2 Fill the pot with water and cook the spaghetti until al dente. Drain and return to the pot.
- 3 Return the bacon, chilli and onion to the pot, along with the peas, mascarpone or cream cheese, garlic and yoghurt. Season generously with salt and pepper. Add the basil. Mix until the mascarpone has melted.
- 4 Serve in individual

bowls, drizzle a touch of olive oil over and garnish with fresh basil. ■

### TIP

If you'd like it even spicier, substitute the bacon for spicy Spanish chorizo sausage. This dish will easily become a weeknight favourite.



ALL SORTS OF ONE-DISH WONDERS  
BY CHANTAL LASCARIS. PICTURES  
BY WARREN HEATH. (STRUJK, R240\*)  
\* RECOMMENDED RETAIL PRICE

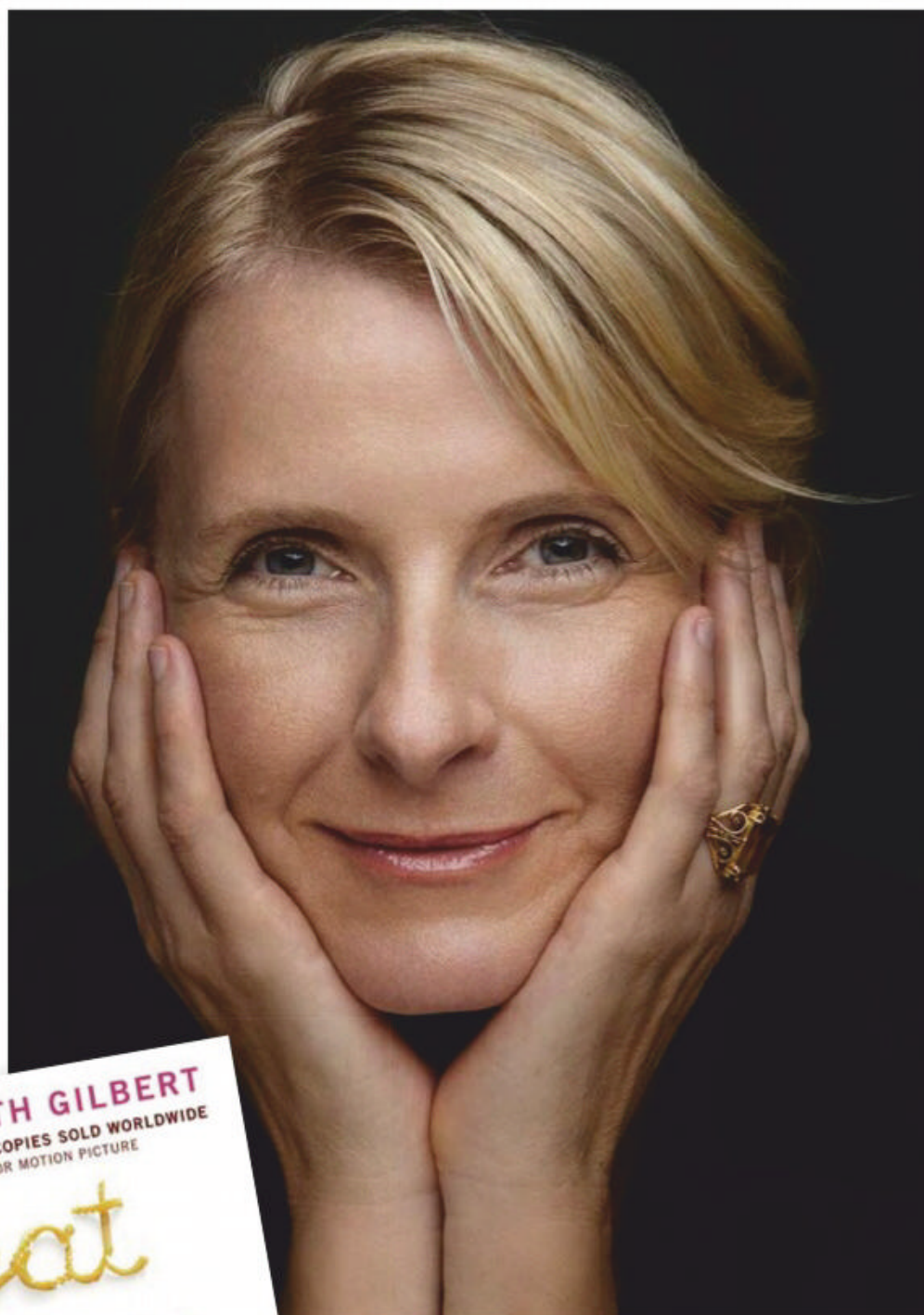


Join YOU in partnership with Jonathan  
Ball Publishers for an evening with

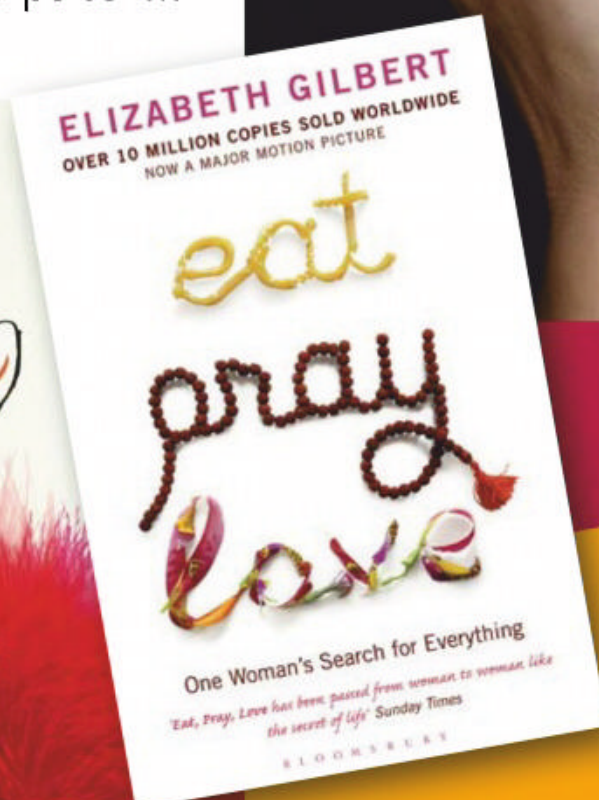
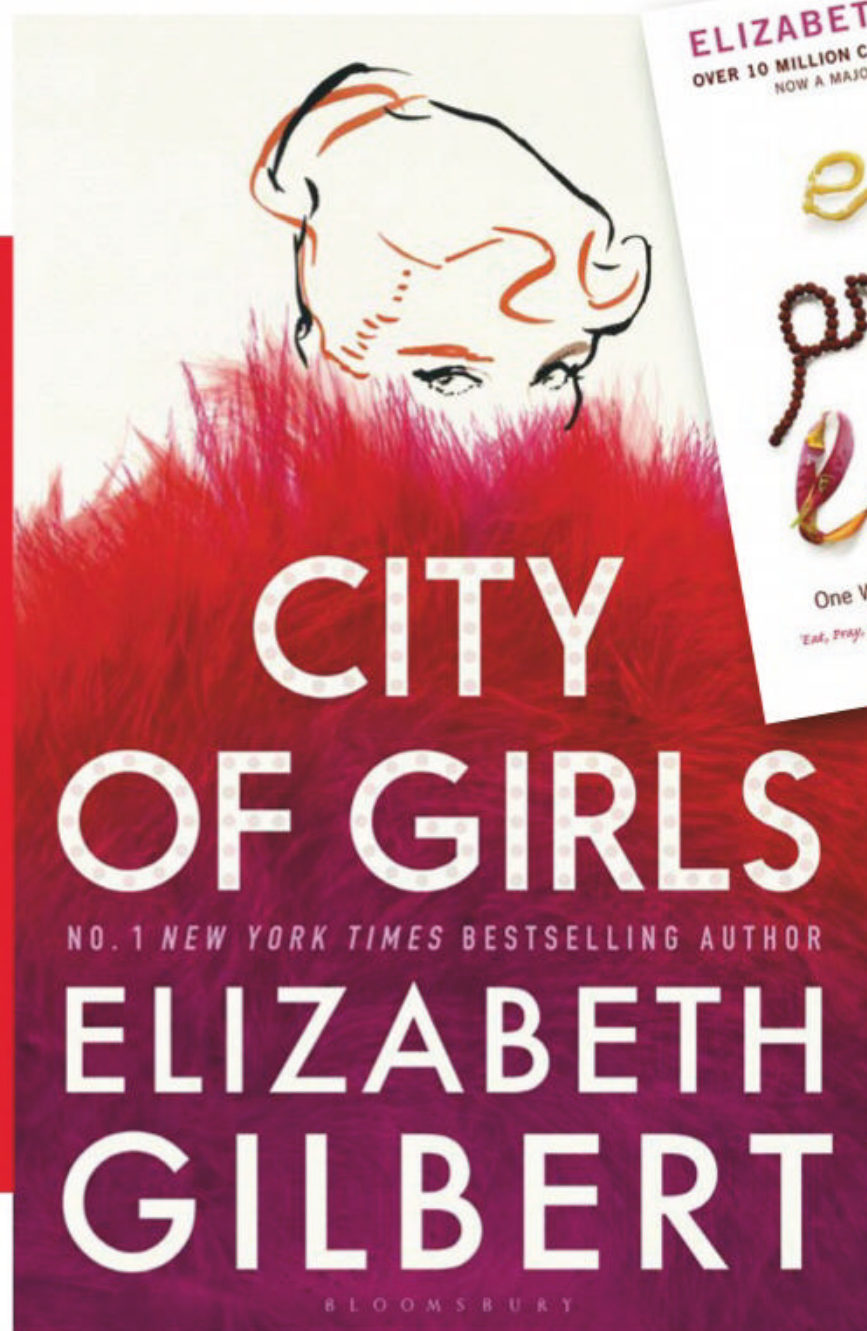
# ELIZABETH GILBERT

#1 New York Times bestselling author  
of *Eat Pray Love*.

Elizabeth will be discussing her latest  
book *City of Girls* – a delicious novel  
of glamour, sex, and adventure. Come  
and join us to hear more about a young  
woman discovering that you don't have  
to be a good girl to be  
a good person...



Portrait of Elizabeth Gilbert by Timothy Greenfield-Sanders



## FREE

EACH TICKETHOLDER  
WILL RECEIVE A SPECIAL  
EDITION OF *EAT PRAY  
LOVE* SIGNED BY  
THE AUTHOR.

### CAPE TOWN

Baxter Theatre  
2 June 2020

Tickets at [Webtickets.co.za](http://Webtickets.co.za)

### JOHANNESBURG

Teatro, Montecasino  
4 June 2020

Tickets at [Computicket.co.za](http://Computicket.co.za)

Tickets from **R450**

For more info visit  
[www.media24live.co.za](http://www.media24live.co.za)

BLOOMSBURY



**YOU**



JonathanBallPublishers



# It's as easy as ABC

## OIL

Olive oil



Olive-and-seed oil



Canola



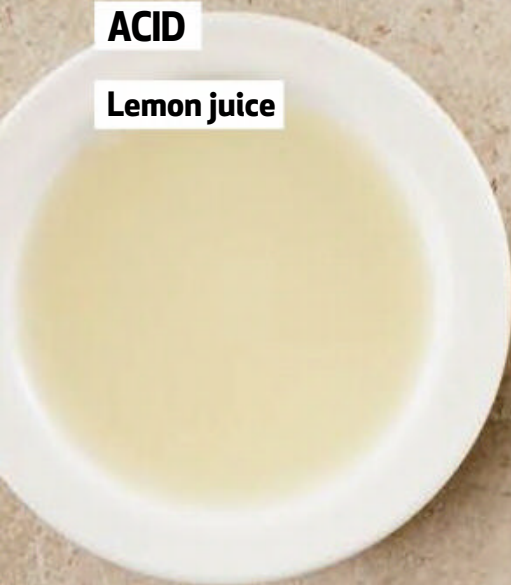
All salad dressings are made with three basic ingredients – an oil (A), an acid (B) and flavouring (C). Try these five salad recipes using different combinations



BY CARMEN NIEHAUS  
PICTURES: JACQUES STANDER

## ACID

Lemon juice



Balsamic vinegar



Orange juice



Rice vinegar



Apple cider vinegar



## FLAVOURING

Garlic



Mustard



Honey or sugar



Ginger



Soy sauce or fish sauce



Sesame or poppy seeds



Herbs



Fennel or cumin seeds or other spices



Sunflower seeds or nuts





## TURKISH SHEPHERD'S SALAD

A simple salad with a basic salad dressing.

**SERVES 3-4**

**PREPARATION: 15 MIN**

### SALAD

- 8 baby Roma tomatoes, roughly chopped
- 1 medium cucumber, diced
- 1 bunch spring onions, thinly sliced in rings
- 1 green pepper, diced
- 6 radishes, thinly sliced
- 1 celery stick, thinly sliced (optional)

- 125ml (½c) chopped parsley

### TO SERVE

- vinaigrette (see recipe)

**1 Salad** Lightly mix all the ingredients and transfer to a pretty salad bowl.

**2 To serve** Pour the dressing over just before serving.

### VINAIGRETTE

- 60ml (¼c) extra-virgin olive oil
- 80ml (⅓c) freshly squeezed lemon juice
- grated zest of 1 lemon (optional)
- 1 garlic clove, crushed (optional)
- salt and freshly ground pepper

Mix all the ingredients well in a jar.



(Turn over)







## CAULIFLOWER AND BROCCOLI SALAD ROLLS

**SERVES 3-4**  
**PREPARATION: 30 MIN**

### SALAD

- 1kg cauliflower and broccoli, broken into tiny florets
- 2 tomatoes, diced
- 1 small red onion, chopped
- herb vinaigrette (see below)
- 60ml (¼c) toasted sunflower or pumpkin seeds
- 125g grilled bacon, chopped
- 1 roll pepper cream cheese

### TO FINISH

- 1 large cucumber, cut into ribbons
- sprigs of coriander or parsley

- 1 Salad** Pour boiling water over the florets and once cooled, drain and rinse under cold water.
- 2** Add the tomatoes and onion and pour the dressing over.
- 3** Add the seeds, bacon and cream cheese. Mix well.
- 4 To finish** Put 4 cucumber ribbons next to one another with the cucumber overlapping slightly. Spoon some filling at one end and roll tightly.
- 5** Slice each roll in half and sprinkle the herbs over.



## APPLE AND LETTUCE SALAD WITH BACON

I try to keep this dressing handy in the fridge. It's delicious too with just a bowl of lettuce leaves

**SERVES 4**  
**PREPARATION: 15 MIN**  
**COOKING: 5 MIN**

### SALAD

- 1 iceberg lettuce, cut into wedges, or cos lettuce, leaves separated
- orange dressing (see below)
- 125g bacon, grilled
- 2-3 Granny Smith apples, sliced
- 1 small red onion, chopped
- 6 celery sticks, thinly sliced

### TO FINISH

- 125ml (½c) walnuts, roughly chopped
- 30ml (2T) brown sugar

- 1 Salad** Arrange the salad leaves on a serving plate and drizzle the dressing over. Top with the rest of the ingredients.
- 2 To finish** Add the walnuts to a pan and sprinkle the sugar over. Heat for about 5 minutes,

regularly shaking the pan, until the sugar starts melting. Sprinkle over the salad.

## TIP

Serve this salad as a light meal. Add pieces of sliced roast chicken and mix with the dressing. Pile the mixture on top of the salad leaves and sprinkle the nuts and bacon over.



## HERB VINAIGRETTE

- 80ml (⅓c) olive-seed oil
- 45ml (3T) apple cider vinegar
- 5ml (1t) Dijon mustard
- 5ml (1t) crushed garlic
- 15ml (1T) finely chopped parsley
- 15-30ml (1-2T) sugar

Mix all the ingredients well and pour into a jar.



## ORANGE DRESSING

- 60ml (¼c) olive oil
- 80ml (⅓c) orange juice
- 15ml (1T) apple cider vinegar or rice vinegar
- 15ml (1T) Dijon mustard
- 15ml (1T) honey or brown sugar
- salt and freshly ground pepper
- 80ml ⅓c) toasted sunflower seeds (optional)
- 60ml (¼c) walnuts

- (optional)
- 15-30ml (1-2T) plain full-cream yoghurt

- 1** Put all the ingredients in a jar and shake well to mix. (If you're using the sunflower seeds and walnuts, put everything in a food processor and pulse until smooth).
- 2** Store in a jar.





## LENTIL RICE SALAD

**SERVES 4**  
**PREPARATION: 20 MIN**

- 250ml (1c) brown lentils
- 250ml (1c) brown rice
- cumin salad dressing (see below)
- 1 small red onion, chopped
- 125ml (½c) diced cucumber
- 125ml (½c) grated carrots
- 60ml (¼c) fresh coriander, chopped
- 80ml (⅓c) toasted sunflower seeds
- 100g feta cheese, crumbled

**1** Cook the lentils and the

rice in separate sauce-pans until done. Pour the salad dressing over each and leave to cool.

**2** Mix the lentils and rice and add the onion, cucumber, carrots and coriander and spoon into a salad bowl. Sprinkle the sunflower seeds and feta cheese over.



## ASIAN CRABSTICK SALAD

**SERVES 3**  
**PREPARATION: 20 MIN**  
**COOKING: 5 MIN**

### SALAD

- 15ml (1T) hoisin sauce
- 500g frozen crabsticks
- Asian salad dressing (see below)
- ½ cucumber, cut into long strips
- 1 carrot, peeled and julienned
- 2-3 spring onions, cut into thin strips
- ¼ cabbage, sliced paper-thin

▸ large handful chopped fresh coriander (optional)

### TO SERVE

- pickled ginger
- sesame seeds

**1 Salad** Pour the hoisin sauce over the crabsticks and steam until cooked, about 3-5 minutes. Cut the crabsticks into strips and pour half of the dressing over while still hot.

**2** Mix the rest of the salad ingredients, add the crabsticks, mix through lightly and add more dressing

**'I love sushi. This easy salad serves as a light meal many a day'**

as required.

**3 To serve** Transfer the salad to a serving plate or bowl and sprinkle the pickled ginger and sesame seeds over.

## TIP

Make your own pickled ginger: Peel and thinly slice 250g ginger. Sprinkle 2,5ml (½t) salt. Mix 125ml (½c) each rice vinegar and sugar and pour over the ginger.

## CUMIN DRESSING

- 5ml (1t) cumin and/or fennel seeds
  - 125ml (½c) olive-seed oil
  - juice of 2 lemons or 45-60ml (3-4T) rice vinegar
  - finely grated zest of 1 lemon
  - 3 garlic cloves, crushed
  - 1 chilli, chopped
  - 30ml (2T) chopped mint
  - salt
- 1** Toast the cumin and/or fennel seeds in a hot, dry pan. Add the oil and heat slightly.
- 2** Add the rest of the ingredients and pour into a jar.



## ASIAN SALAD DRESSING

- 80ml (⅓c) canola oil
  - 45-60ml (3-4T) rice vinegar
  - juice and grated zest of 2 lemons
  - 15ml (1T) honey
  - 80ml (⅓c) soy sauce
  - 5ml (1t) fish sauce
  - 1 garlic clove, crushed
  - 1 chilli, crushed
  - 3cm ginger, crushed
  - 45ml (3T) sesame seeds
  - 60ml (¼c) plain full-cream yoghurt
- 1** Blend all the ingredients in a food processor until smooth.
- 2** Pour into a jar.





# Hit the spot!

Polka dots are a classic print that also works for a modern look. We show you how to add a fresh, elegant touch

BY WAGHEEBA JANUARY  
PICTURES: JACQUES STANDER

## TIP

Polka dots look great paired with a solid colour. If you choose a pastel polka-dot print, wear it with a light-coloured blazer for sophisticated style.

Dress R179,99 MRP. Blazer R699, Foschini. Sandals R379, Woolworths. Earrings R300 and necklace R330, Lovisa.





Top R350, Woolworths.  
Jeans R629, sandals  
R379 and bag R379  
H&M. Necklace R139  
and ring R69, Miladys.  
Scarf R180, Lovisa.



Top R179, Miladys.  
Pants R199,95 and  
wedge sandals  
R199,95, Ackermans.  
Gilet R189,99 and  
sunglasses R59,99,  
MRP. Earrings R150,  
Foschini.

(Turn over)



**TIP**  
If the rest of  
your outfit  
is all-white,  
keep your  
polka-dot item  
monochrome.

Top R450, Poetry. Pants  
R450 and earrings R130,  
Foschini. Sandals R299,  
Woolworths.



Don't opt only  
for polka dots  
on a neutral  
background.  
Colours are also  
fun in this print

**TIP**

When wearing  
a loose-fitting  
dress, add a belt  
around your waist  
as this creates  
shape.

**Dress** R899, Poetry.  
**Sandals** R149,99 MRP.  
**Earrings** R275, **scarf**  
(worn as a hair tie)  
R220 and **bangles**  
R220, Lovisa. **Belt**  
R150 for two, Foschini.  
**Bag** R379, H&M.

(Turn over)



**Top** R450 and **bag** R399, Foschini. **Skirt** R199 and **earrings** R89, Miladys. **Sandals** R599 and **scarf** R160 Woolworths.

**Camisole** R150, **pants** R299, **sandals** R179,99, **earrings** R99 and **belt** R150 for two, Foschini. **Cardigan** from R399 and **sunglasses** R99, Miladys. **Bag** R299, Woolworths.

**TIP**  
If you're going to mix and match polka dots make sure you have one print that's smaller than the other.



Top R399 and skirt R299 Foschini. Scarf (worn as a headband) R299, Poetry. Earrings R300, Lovisa.

If you're not ready to fully commit to polka dots, minimalism is key. Opt for dots on a sheer blouse and add a spotty headband

STOCKISTS ACKERMANS 0860-900-100; FOSCHINI 0860-104-764; H&M 021-826-7300; LOVISA 021-551-1051; MILADYS 0800-310-290; MRP 0800-21-25-35; POETRY 021 419 0020; WOOLWORTHS 0860-022-002  
WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR. YOU AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.



# Wave your magic wand

With so many mascaras on the market, what's a girl to do? Here's how to pick the best one for you

BY NTHABISENG MAKHOKHA

**T**HICKENING, volumising, curling, lash-defining, non-clumping... there's a bewildering array of mascaras to choose from. Each person's lashes differ in length and thickness and mascaras come in so many shapes and sizes to give you the volume and length you desire.

Just like with other makeup, it isn't good to sleep with mascara on as particles could end up in your eyes and cause irritation. To remove mascara, use an oil-based eye makeup remover. It

gently removes the product while nourishing the lashes. A makeup remover that's too harsh will dry your lashes and make your eyes feel dry too.

Don't keep your mascara for longer than three months. Air is drawn into the tube when you apply it, making it a breeding ground for bacteria. If your mascara starts to get clumpy, discard it. Mascaras tend to harden in cooler temperatures. Simply pop the tube inside your bra while you get dressed. The warmth from your body should loosen up the product.

## Silicone

This type of brush deposits mascara fully onto the lashes for maximum results. It gives lashes length and thickness. The wand usually has bristles varying in length, which helps to reach the tiniest of lashes for a full effect.

**FOR** Short and sparse lashes  
**RESULTS** Longer and fuller lashes

**TIP** Wait about 15-30 seconds between each coat of mascara. This allows the previous application to set slightly so the next application can build on top of it.



1 Yardley Intense Lash Tinting Mascara in Black R151,95 2 Avon True Color mascara in Black R139,90 3 BlackUp Perfect Up Styling Mascara in MBP02 R300 4 LA Girl Double D Voluptuous Mascara in Dramatic Black R95 5 Elizabeth Arden Grand Entrance Mascara in Black R340



## Rectangle

The rectangle wand has even bristles for a uniform application. This type of wand stretches and pulls the lashes for effective application. For best results, always use the body of the wand and not the tip of it to apply the product.

**FOR** Short and straight lashes  
**RESULTS** Volume and length

**TIP** If you want to curl your lashes, use an eyelash curler before applying mascara. Using it afterwards could smudge and possibly remove your mascara.



## Pointed

This wand is great for separating bushy lashes and reaching into the tightest corners for smaller lashes. The tip of the brush puts a few lashes in place at a time as well as coats finer lashes. Use the bigger part of the wand to apply a final coat.

**FOR** Bushy and short lashes  
**RESULTS** Longer, neater lashes with volume

**TIP** Position the tip of the mascara wand vertically and pull it from root to tip. This ensures the product gets deposited fully onto the lashes.



## Jumbo

The wand gives great results quickly. People with medium lashes want to accentuate them rather than worry about length. The bristles deposit enough product in one go to give desirable results.

**FOR** Medium lashes  
**RESULTS** Extra volume and thickness

**TIP** Because the bristles are a little larger than those on the average mascara wand, be careful not to get any product on your eyelids.



**STOCKISTS** AVON 0860-102-345; BIONIKE AT CLICKS; BLACKUP AT EDGARS; CLICKS 0860-254-257; DIS-CHEM 0800-201-170; EDGARS 0800-203-925; ELIZABETH ARDEN 021-597-1700; ESSENCE AT CLICKS; GOSH AT EDGARS; HEY GORGEOUS HEY-GORGEOUS.CO.ZA; LA GIRL AT DIS-CHEM; L'ORÉAL 0860-102-491; MICHELLE ORI AT DIS-CHEM; PALLADIO AT DIS-CHEM; REVLOV 011-971-0812; RIMMEL 0800-463-446; RVB LAB 021-785-2650; WET N WILD AT CLICKS; YARDLEY 0800-463-446

WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES BUT MISTAKES MAY OCCUR. YOU AND THE SUPPLIERS DO NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.



# Go for gold!

Add a little sparkle to take your space and go from boring and bland to gorgeous and glam

BY MEGAN MILLER PICTURE: MISHA JORDAAN

1 Kara headboard (queen) R699, Decofurn.  
2 Scatter cushion (60 x 60cm) R399,99, MRP Home.  
3 Oblong scatter cushion (40 x 60cm) R249, @home.  
4 Duvet cover set (queen) R449, Volpes.  
5 Throw R499, Woolworths.  
6 Gold lace-edge mug R79, @home.  
7 Vase R180, Woolworths.  
8 Bedside lamp set R359,99, MRP Home.  
9 Clock R120, Woolworths.  
10 Celine pedestal R1 399 and 11 bowl R79, @home.  
12 A6 notebook R25,99, MRP Home.







▲ Snake-skin gold foil scatter cushion (60 x 60cm) R429, @home

▼ Mirror (19,5 x 27cm) R249, @home



▼ Metallic print tassel cotton scatter cushion (30 x 70cm) R450, Woolworths



▼ Cheese-knife set R349 for four pieces, @home



▲ Zigzag pillar candle lantern R249, superbalist.com



▲ Frame (30 x 40cm) R199,99, MRP Home



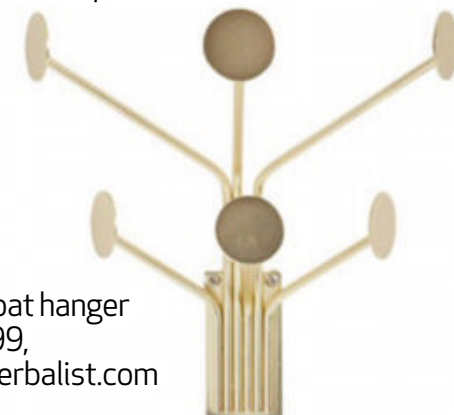
> Metal leaf tree wall art R399,99, MRP Home

> Table lamp set R599,99, MRP Home



▲ Metal wall hooks R259,99 for four, MRP Home

> Coat hanger R499, superbalist.com



< Glass pod table lamp R269, @home



> Lunar metal hanging pendant light R2 000, MRP Home



< Wine glass R89, @home



▼ Cutlery set R799 for 16 pieces, @home



▲ Regency spinning top bar stool R1 500, MRP Home



▲ Round Moscow Mule mug R250, Woolworths



▲ Planter with stand R349, @home



< Plate R79,99, H&M



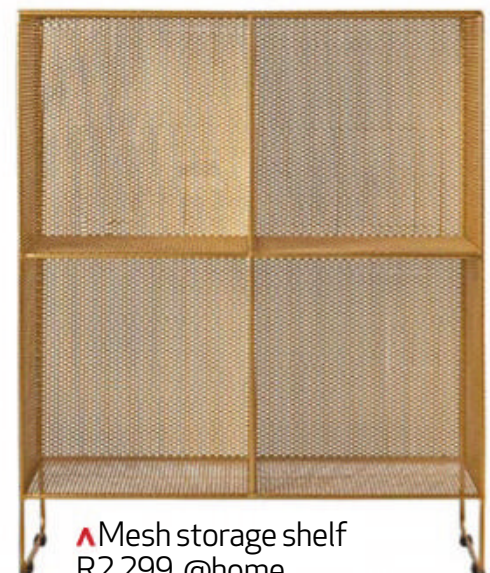
▲ Modeno drinks cooler R1 499, Woolworths



▲ Table runner R129,99, Sheet Street



▲ Cloche R299, H&M



▲ Mesh storage shelf R2 299, @home



▲ Wall mirror (37 x 36cm) R395, Biggie Best



▲ Roseanne occasional chair R7 995, Block & Chisel



▲ Geometric wire coffee table R2 500, MRP Home

**STOCKISTS @HOME** 0860-576-576;  
BIGGIE BEST 021-534-8662; BLOCK & CHISEL  
021-691-6878; DECOFURN 087-740-1800;  
H&M 086-0690-707; MRP HOME  
0800-212-535; SHEET STREET 0800-212-535;  
SUPERBALIST.COM 087-362-7300; VOLPES  
021-555-4140; WOOLWORTHS 0860-022-002  
WE MAKE EVERY EFFORT TO PROVIDE ACCURATE PRICES  
BUT MISTAKES MAY OCCUR. YOU AND THE SUPPLIERS DO  
NOT BIND THEMSELVES TO THE PRICES PRINTED HERE.



The use of cannabis for its health benefits can be traced back to Ancient China, but it's only in recent years that modern medicine has started looking at marijuana in a whole new light

BY CHARIS TORRANCE

# MIRACLE CURE OR WELLNESS FAD?

**T**HESE days you can have it drizzled on your pizza, added to your smoothie and infused in your coffee. There's no doubt about it – cannabis oil has gone mainstream in a big way.

All around the world more and more countries are legalising cannabis and, with that, cannabidiol (CBD) products. In 2018 South Africa legalised the private use of dagga and in May last year then-health minister Dr Aaron Motsoaledi announced the sale of CBD would be legal too.

It's been reported that CBD can help with weight loss, regulate – or even prevent – diabetes, fight depression, ease chronic pain, treat cancer and more.

"It would seem it's quite a multi-functional medicine that's proving to be beneficial for several ailments," says Dr Asafika Mbangata. She works at Community Oriented Substance Use Programme (Cosup), a joint initiative of the University of Pretoria's department of family medicine, the City of Tshwane and

the Gauteng departments of health and social development.

But is there science behind these claims? It seems a growing number of CBD studies and reviews are delivering promising results.

## WHAT IS CBD?

Simply put, it's a liquid extracted from cannabis. Cannabis contains more than 400 chemicals, but the two most talked about are tetrahydrocannabinol (THC) and CBD, Mbangata says. "THC is what gives you a high – the euphoric effects linked to cannabis use. But CBD has none of those psychoactive elements."

This is because CBD doesn't affect the receptors in your body in

the same way that THC does. You're born with an endocannabinoid system (ECS) that receives and translates signals from cannabinoids, which your body also produces by itself.

Our ECS is involved in everything the body does, from the way you walk to the way you talk.

When THC is introduced into the body, it affects the ECS by activating the body's reward system – releasing pleasure chemicals and giving you a "high". CBD activates or inhibits other compounds in the ECS, which may be the cause of its medical benefits.

**NOW YOU KNOW**  
CBD oil and hemp oil are not the same thing. Hemp oil is extracted only from seeds (in a process called cold pressing) and it contains low levels of CBD. So you'd have to consume a lot more to get the same benefits.

## PAIN RELIEF

In all the studies and reviews of







CBD oil's medicinal use, the symptom showing the best results is pain. "We've found that people can control their pain using CBD oil alone – with no other opioids," Mbangata says.

"In a University of Georgia study, researchers found that the states in which cannabis was legalised also showed a decrease in opioid use."

The research suggests CBD creates anti-inflammatory and painkilling effects that help with pain management.

It's also shown promising results in the treatment of muscle spasms.

## TREATING CHEMOTHERAPY SIDE-EFFECTS & POSSIBLY CANCER

Studies have also shown CBD can improve a cancer patient's quality of life, especially with regard to side-effects associated with chemotherapy. CBD is used for pain management (one of the primary effects of chemo), and also helps with other side-effects.

"For example, some patients struggle to eat because the chemo obliterates their appetite, but CBD has been shown to improve appetite," Mbangata says.

Other studies have shown that THC can be helpful for people suffering from nausea or vomiting caused by chemotherapy.

CBD also affects the G protein-coupled receptor 55, known as GPR55, making it promising in the treatment of cancer itself. GPR55 is responsible for bone resorption, which happens when bone is broken down into its components, such as minerals, which can feed cancer.

"A few small studies have indicated that CBD can block this receptor," Mbangata says. "So because there's no bone resorption happening, the cancer isn't being fed. As a result, it won't grow."

It's important to note that this research is still in the early stages and more testing is needed, she adds.

## CONTROLLING SEIZURES

"CBD's effectiveness in controlling seizures has sparked more research," says Mbangata, citing the case of six-year-old Charlotte Figi from the USA, whose seizures were seemingly reduced using medical marijuana.

"Charlotte suffers from paediatric epilepsy, which resulted in often violent seizures. She was on every medication – on the maximum dose – but nothing seemed to help until she was given CBD oil."

Epidiolex, a prescription form of CBD, was approved by the US Food and Drug Administration in 2018 for the treatment of seizures in two forms of epilepsy: Lennox-Gastaut syndrome and Dravet syndrome.

"It's still not known why CBD helps reduce seizures, but studies are ongoing and promising," Mbangata says.

## MENTAL HEALTH

Research suggests CBD can have a calming effect on the brain and supports the hippocampus – the part of the brain that deals with memory, emotions and learning. Studies on humans and animals point to the possibility that CBD may help with feelings of isolation and symptoms related to autism, and may even reduce the effects of post-traumatic stress disorder.

"Many people struggling with anxiety, depression, mood disorders and more have found that their symptoms are controlled on CBD," Mbangata says. "These types of stories have sparked interest in the medical community."

Some pharmaceutical drugs used to treat these disorders have a range of side-effects so patients often prefer CBD

because of its minimal side-effects.

Studies have also suggested that CBD may help with insomnia by treating the primary causes of sleeplessness, such as anxiety, depression and pain.

Another theory is that by targeting the ECS, which also plays a big part in the sleep-wake cycle, CBD oil can improve the quality of your sleep.

## SKINCARE

We've seen an explosion of CBD-infused lotions, balms, shampoos... the list goes on. And this isn't just the beauty industry jumping on the CBD bandwagon. Research has shown that CBD can help with skin issues such as acne, pigmentation, skin sensitivity and even cold sores, Mbangata says.

Due to its anti-inflammatory properties, CBD is believed also to improve inflammatory conditions such as eczema, psoriasis and rosacea. A 2014 study found that CBD oil seemed to control breakouts because of the way it regulated oil production in the sebaceous glands.

## THE VERDICT

"People who are using it are mostly giving positive feedback, and the research so far seems to suggest there may be some truth in this," Mbangata says. But she adds that we don't know enough to make a call right now, and the body is a complex alchemy.

"CBD almost seems to be a blanket medication for a list of ailments, so it begs the question: how exactly are these effects being produced? And what negative effects could it be producing that we aren't aware of?"

If you're considering using a CBD product for its medicinal properties, it's best to consult your doctor first. ■

GALLO IMAGES/MEDIA 24/FAIRLADY

## CBD IN SA

In May 2019, then-health minister Dr Aaron Motsoaledi announced CBD had been struck from the list of schedule 7 drugs (for now) and could be legally bought and sold.

The ruling came with conditions: the dosage should be limited to 20mg a day, and products may contain only a 0,001% concentration of THC. They also may not claim to cure or treat any condition.

The exemption will expire on 15 May 2020.





## ASK DR LOUISE



Write to **Dr Louise**, PO Box 39410, Moreletapark 0044, or email [info@drlouise.co.za](mailto:info@drlouise.co.za).

### SHE NEVER ENJOYED SEX WITH ME

**Q** I'm devastated. My wife and I have been married for 10 years and I believed we had a wonderful marriage. She recently decided to see a therapist because of traumatic experiences in her past that she wanted to work through.

Her therapist called me in and shared a letter with me that my wife wrote to her about our sex-life. In the letter she says she's never enjoyed our lovemaking and has been faking all the time. When I asked my wife about it she told me her therapist didn't have her consent to share the letter with me.

For me the issue is that seeing what she wrote has changed the way I look at my wife and made me emotionally cold towards her. My wife wants to lodge a complaint against the therapist for transgressing the rule of confidentiality but the bottom line for me is what she told her therapist and the impact it's had on me. What should I do?  
**Hurt, email**

**A** The therapist was wrong to discuss the letter with you without your wife's consent. This is a matter between your wife and her therapist and needs to be sorted out between them.

However, the content of the letter does concern you and obviously affects you. Have you talked to your wife about it and asked her what bothered her about your lovemaking and why she felt it necessary to fake her enjoyment? Your wife may be suffering from inhibition of sexual desire and might have been "faking it" because she didn't want to hurt your feelings.

Many people suffering from inhibition of sexual desire don't feel like having sex with their spouses but do in fact love their partners very much. Not feeling desire for a spouse doesn't necessarily mean there's a lack of love and devotion.

It's understandable that you now feel emotionally distant from your wife because of how the content of the letter made you feel. Ideally you and your wife need to consult a different psychologist, someone trained in couples and sex therapy, so you can try to resolve this issue in your marriage and get to a point where you both enjoy your sex-life.

### HE WANTS TO GO BACK TO HIS WIFE

**Q** I went away with my lover for a weekend and we had a wonderful romantic time together but then he told me he wants to end our affair as he can't contemplate divorcing his wife and leaving his two children. He said he loves me but also loves his wife and kids and has decided to focus on his life with them (he'd previously promised he'd divorce his wife).

I want his wife to feel the heartache and devastation I now feel. I'm considering going to see her and telling her about how her husband chased me until he got me into bed with him. Should I do it?  
**Leanne, email**

**A** You're feeling very hurt right now and so you want to hurt the person you feel is responsible for it. The fact of the matter is you're experiencing the consequences

of having been involved with a married man, and of having believed he'd choose you over his wife and children.

His wife and kids are guiltless in this and there's no value in hurting people who weren't responsible for what happened.

If you make a scene you might hurt him a little, and you'll certainly hurt his wife and children much more. But what's the point of that? Lashing out emotionally won't make you feel better because deep down you're just as angry with yourself for getting yourself into this mess. Take responsibility for making a serious mistake and carry the emotional burden that comes with it.

Broken hearts do heal with time. So put the past behind you, carry on with your life and look to the future. There are many guys out there who can actually commit to you fully and not just have you as something on the side.

**'The perfect love affair is one which is conducted entirely by post'**

- IRISH DRAMATIST GEORGE BERNARD SHAW

### I WANT TO HAVE AN AFFAIR WITH HIM

**Q** My manager is driving me crazy. He's a married man with two children but from the day we met I knew there was something between us.

During the day I can feel his eyes on me, but he's never touched me. He compliments me on my clothes, has taken me out for lunch and has asked me what type of kissing I like and what turns me on.

He gives me longing looks and when I'm away for a few days he sends me messages asking if I'm okay and telling me he misses me.

I can't take it anymore. It's torture to work with him and not touch him. But I'm afraid to initiate it. What if I'm misinterpreting things?  
**Irene, email**

**A** It sounds as if your manager is having just as difficult a time keeping his hands off you - but also that he realises if he does start an affair things will become complicated.

Wanting someone and giving in to the urge are two different things. Think about the consequences. You may enjoy a passionate affair for a few months but when reality sets in he'll most likely choose his family, like most married men do, and you'll be left with a broken heart.

Try to avoid being alone with him and get your relationship back on a professional track. Both of you are playing with fire and fire doesn't only burn - it can also leave scars that last a lifetime.



# **DON'T LET A BLOCKED NOSE HOLD YOU BACK**

## **BREATHE FREE WITH Sinucon<sup>®</sup>**

**FOR FAST AND LASTING RELIEF OF NASAL CONGESTION<sup>1</sup>**

**S1 Sinucon<sup>™</sup>**  
**Nasal Drops** For the relief of nasal congestion



**ASK YOUR PHARMACIST ABOUT THE WHOLE RANGE!**

**Reference:** 1. SINCUON NASAL DROPS Approved Package Insert, February 2015.

**[S1] Sinucon Nasal Drops 20 ml:** Each 20 ml contains Naphazoline nitrate 5 mg, Phenylephrine HCl 50 mg, Chlorbutol 100 mg. Ref. No/Verw Nr. H1464 (Act/Wet 101/1965).

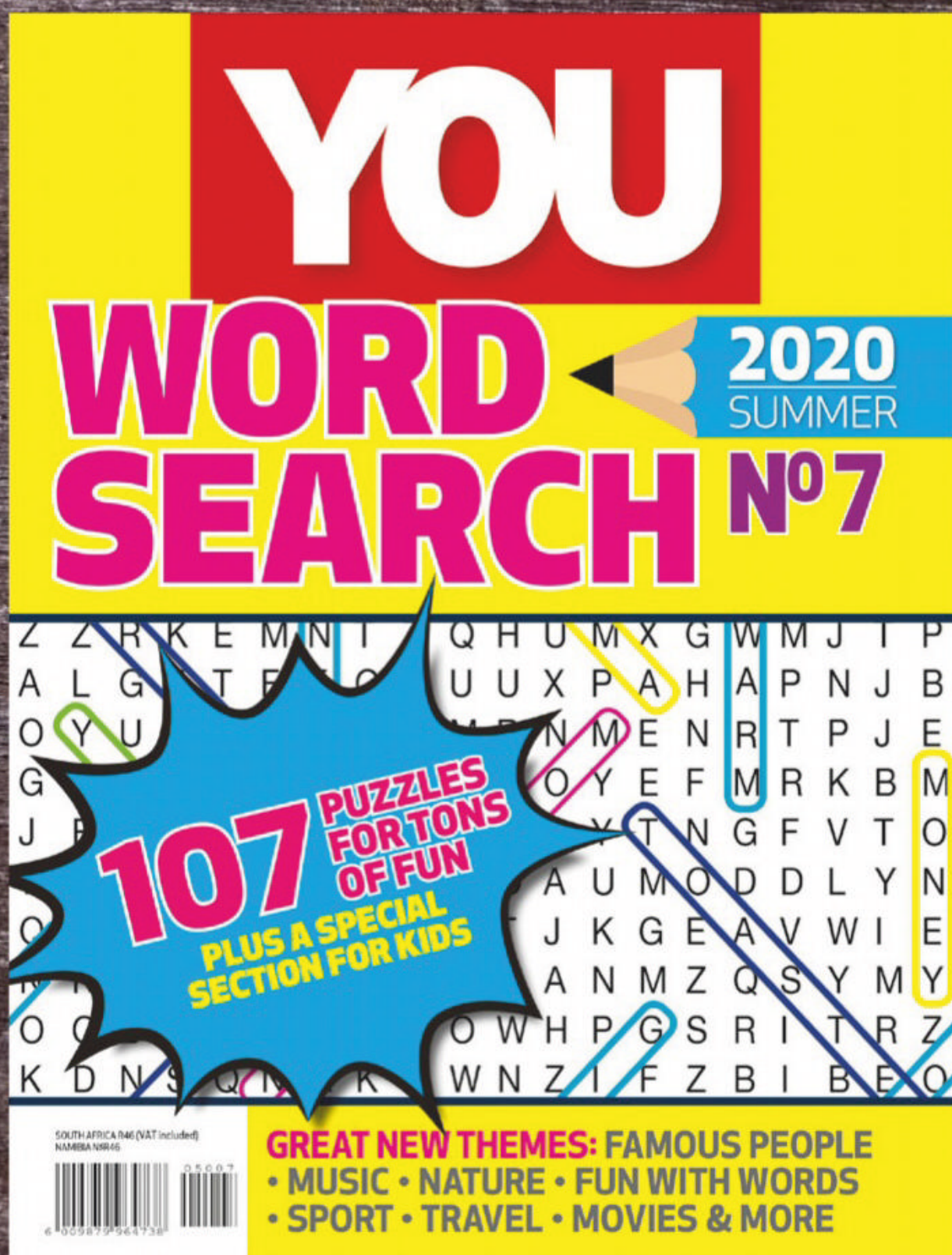
**Applicant:** Akacia<sup>™</sup> HealthCare (Pty) Ltd. Co. Reg. No.: 2002/001567/07. **Marketed by:** Ascendis Pharma (Pty) Ltd.  
31 Georgian Crescent East, Bryanston. South Africa. Customer Care +27 11 036 9500.  
073 ZA Sinu 0919





# WHAT A FIND!

The latest issue of YOU Word Search is on sale now. It's got a great mix of new themed puzzles for the whole family – including the kids



## TOPICS INCLUDE

Sport, famous people, all sorts of word forms, songs by Johnny Clegg, at the zoo for kids, art class for kids

 **CALL**  
021-406-4962

 **EMAIL**  
shop@you.co.za

 **GO TO** youstore.co.za  
and order your copy online



## LAUGH A LITTLE

Fancy yourself a joker? Email original jokes to [chuckles@you.co.za](mailto:chuckles@you.co.za) or send them to Chuckles, YOU, PO Box 7167, Roggebaai 8012, and we may publish them on this page.

### BEFORE & AFTER

Unfortunately, getting a new passport every 10 years requires a new photo.

As a woman in her mid-40s hands her old passport and a new recent picture to the clerk, she sighs. "I like the original photo better," she complains.

"Trust me," says the clerk, "Ten years from now, you'll like this one."

### SEEING IS BELIEVING

All Siphos friends wear spectacles and he feels like the odd one out. He tries to convince his mom that he needs a pair of glasses too so his worried mother takes him to the optometrist to have his eyes checked.

Siphos is asked to read the bottom row of letters on the eye chart. He says, "All right, I can see the 'O' and the 'P' and the 'T' in the second-last line, but not the 'N' and the 'Z' in the last line."

### FOR WHAT IT'S WORTH

An English aristocrat on tour notices a local Australian wearing an interesting necklace.

"What's that?" she asks.

"Why madam, this necklace here is made of crocodiles' teeth," he replies.

"Oh goodness, I suppose you value them as much as we do our pearl necklaces," she says with a chuckle.

"Never!" replies the Australian, "Anybody can open an oyster."

### GET YOUR OWN

Every time the man next door heads towards Dumisani's house, Dumisani knows he's coming to borrow something.

"He won't get away with it this time," mutters Dumisani to his wife as he sees the neighbour approaching. "Watch this."

"Er, I wonder if you'd be using your drill this morning," the neighbour begins.

"Gee, I'm awfully sorry," says Dumisani with a smug look, "but the fact of the matter is, I'll be using it all day."

"In that case," says the neighbour, "you won't be using your golf clubs. Mind if I borrow them?"

### LOST EAR

Two men are working at a sawmill and one guy gets too close to the saw and his ear is cut off. It falls in the sawdust pit so he jumps down into it and hunts around trying to find the ear.

The second guy sees him and shouts down, "What are you doing?"

The first man says his ear has been cut off and he's looking for it.

The second guy says, "I'll help you," and jumps into the pit. He searches on his hands and knees and then shouts, "I've found it!"

The first guy takes the ear and examines it

closely, then says, "Keep looking. Mine had a pencil behind it."

### YOU'RE SO FORGETFUL...

While on a road trip an elderly couple stop at a roadside restaurant for lunch.

The wife forgets her glasses on the table when they leave but doesn't miss them until they're back on the freeway. They have to travel quite a distance before they're able to find a place to turn around.

The husband fusses and complains all the way back to the restaurant. When they finally arrive and the woman gets out of the car to retrieve her specs, the man says, "While you're in there you may as well get my wallet too."

### DIFFERENT PERSPECTIVE

A four-year-old boy's older brother brings home a friend from college who's heavily tattooed.

As the friend sits down with the family to Sunday lunch, the little boy can't take his eyes off the man's colourful arms.

Curiosity finally gets the better of him and he leans over his brother to take a closer look.

The tattooed young man is flattered and says, "What do you think?"

Politely, the little boy asks the visitor: "Didn't your mother give you paper to write on?"

### SIGNS YOU'RE NO LONGER A KID

- You're asleep, but others worry you're dead.
- You quit trying to hold your stomach in, no matter who walks into the room.
- Your best friend is dating someone half his age, and he isn't breaking any laws.
- You sing along to the lift music.
- You'd rather go to work than stay home sick.
- You make an appointment to see the dentist.
- You no longer think of speed limits as a challenge.
- When people call you at 10pm, they ask, "Did I wake you?"
- You answer a question with, "Because I said so!"
- You can go bowling without drinking.
- You have a party and the neighbours don't even realise it.

### THE KNIGHT

A knight and his men return to their king's castle after a long, hard day of fighting.

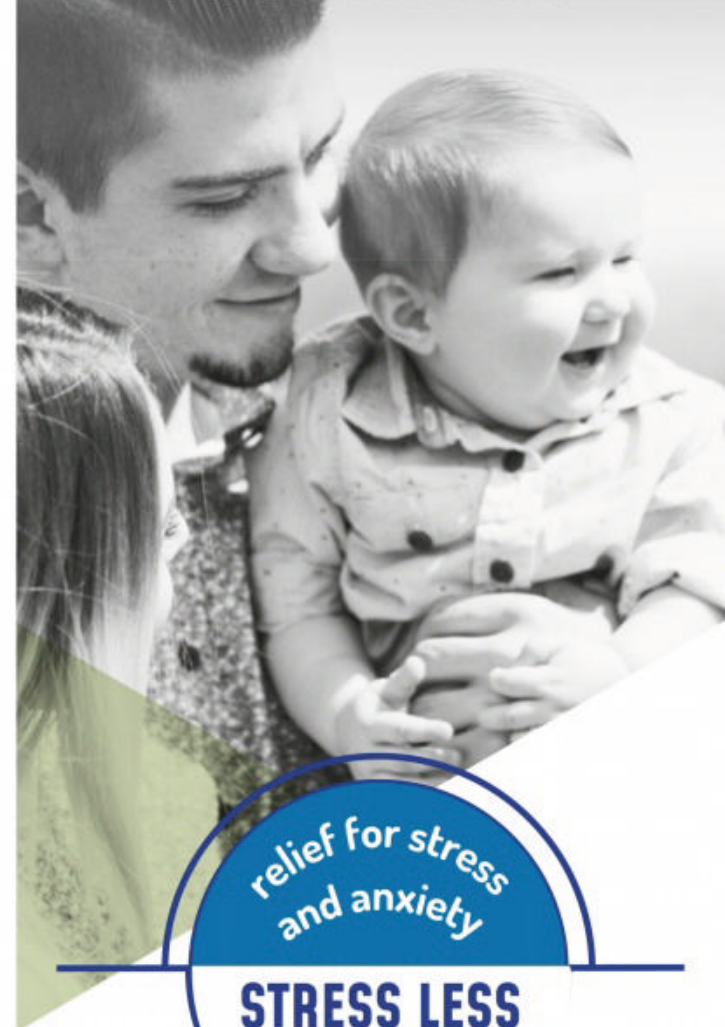
"How are we faring?" asks the king.

"Sire," replies the knight, "I've been robbing and pillaging on your behalf all day, burning the towns of your enemies in the west."

"What?" shrieks the king. "I don't have any enemies to the west!"

"Oh," says the knight. "Well, you do now." ■

# ENJOY YOUR FAMILY



relief for stress  
and anxiety

**STRESS LESS**  
SLEEP BETTER

042 293 1278 f /procydin

[www.valueaddedlife.com](http://www.valueaddedlife.com)



available at  
all pharmacies

VALUE  
ADDED LIFE  
HEALTH PRODUCTS  
Adding value to your life...

This unregistered medicine has been evaluated by the SAHPRA for its quality, safety or intended use.



**YOUR MONEY SORTED****GETTING A DIVORCE?**

How to know if your soon-to-be ex is hiding assets

GO TO  
[you.co.za](http://you.co.za)  
FOR MORE  
FINANCIAL  
ADVICE

BY LETITIA WATSON

Send suggestions for topics and requests for info to [yourmoney@you.co.za](mailto:yourmoney@you.co.za). We may answer your questions in this column but won't reply personally.

**T**HERE'S nothing like a divorce to bring out the worst in people.

Now on top of all the anger and bitterness you may be feeling towards each other, you have to haggle about who gets to keep the toaster, the couch and the cat – no wonder the situation often ends in tears.

Whether a couple are married in community of property or not, with or without accrual of capital, often one party believes they're entitled to more than the other.

To further complicate matters, one partner may suspect the other of hiding assets to avoid sharing them.

Here are the red flags to look out for if you think your soon-to-be ex is stashing away cash.

**BANK ACCOUNTS**

One of the signs that someone's hiding money is when they use bank accounts the other party doesn't have access to, such as an account in a relative or friend's name, despite having a joint bank account with their spouse. This isn't easily noticeable but clues include requests for money to be deposited into an unknown account or ATM slips for a different account.

Another sign is when your partner tries to control your banking matters with regard to a shared account so you don't have access to any information. They may have also have changed the login password and not shared it with you.

If large amounts are withdrawn from a shared account, insist you be told where the money went.

**YOUR BUDGET**

Check your household budget to see if expenses are reflected correctly. For example, your soon-to-be ex may claim that R2 000 was spent on school clothes that only cost R1 000. If this happens with many items, thousands of rands can be hidden.

Alarm bells should ring if you usually worked out your budget together but suddenly the entire computer program is wiped – even the information on the hard drive.

Your partner might insist you start using a new bookkeeping system that's supposedly more efficient – but the data in the new system doesn't correspond with your previous budgets.

If your spouse starts complaining about the poor state of their finances, maybe mentioning a sudden drop in income, it could be an attempt to turn the divorce settlement in their favour.

**BELONGINGS**

One of the oldest tricks in the book is when a partner gifts valuable possessions to a friend or relative. Generally, the plan is to get it back once the divorce is finalised without it ever becoming part of the asset distribution.

You might agree to sell certain shared possessions but your spouse insists you accept the first offer even though it's way less than the items' worth.

If you agree to do it, just make sure the buyer isn't a friend or relative of your partner. Your spouse could be planning to buy back the items cheaply after the divorce is finalised.

Another trick is when your soon-to-be ex buys expensive items for themselves on your joint account, then sells these after the divorce and pockets the money.

If you're already in the process of divorcing, make sure the correct value of all belongings is indicated. Your partner might either inflate or reduce the true value of certain items to give themselves an unfair advantage.

**44%**

of divorces in SA involve couples who've been married fewer than 10 years. The average age at which men and women divorce is 44 and 40 respectively.

SOURCE: STATISTICS SA

**HOW TO PREVENT IT**

If you know your marriage is in trouble and divorce is a real possibility, you need to start keeping detailed records of your own and your family's finances.

Keep a record of your shared income and of who pays for what. Include things such as short- and long-term insurance, home loan or car payments; cleaning and/or garden services, school fees, medical expenses and household expenses such as groceries. Collect proof such as till slips or take pictures of expenses. Save copies of your shared budget so you don't lose everything if the computer inexplicably breaks or the document is deleted.

The longer you can keep records, the better. This way you'll have more information to give your lawyer, making it easier to draw up a settlement agreement.

Your information about income and expenses can be compared to your spouse's and your lawyer will see if the numbers don't match.

Find a lawyer or mediator who specialises in divorce and family law.

Make sure everything that needs to be transferred into your name – such as property, retirement funds or policy beneficiaries – is settled as soon as possible.

**TIP**

Don't sign documents without reading them carefully – regardless of pressure on you to deal with them quickly. If there's anything you don't understand, get legal help before signing.

**GET HELP HERE**

- The Family Mediators' Association of the Cape: [famac.co.za](http://famac.co.za)
- Find a divorce professional in South Africa: [divorce-directory.co.za](http://divorce-directory.co.za) or [legal-aid.co.za](http://legal-aid.co.za)





## SCANDAL!

E.TV, THURSDAY 19:30

Kgosi starts to make amends and reaches out to someone he knows is against him.

| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 05:00 JOURNEYS OF INSPIRATION<br>05:02 GELEZA NATHI<br>06:00 KIDS' NEWS & CURRENT AFFAIRS<br>06:30 ♦ THE LION GUARD<br>07:00 YO.TV<br>08:00 ♦ ISIDINGO<br>08:30 ♦ GENERATIONS: THE LEGACY<br>09:00 ♦ MUVHANGO<br>09:30 ♦ SKEEM SAAM<br>10:00 ♦ NOMZAMO<br>10:30 ♦ DAILY THETHA<br>11:30 ♦ LIP SYNC BATTLE<br>12:00 ♦ SPORTS@10<br>13:00 NEWS<br>13:30 MAM' SAKHILE'S STORY HOUSE<br>14:00 ♦ SELIMATHUNZI<br>14:30 TEENAGERS ON A MISSION<br>15:00 ♦ DYNAMITE<br>DIEPKLOOF DUDES<br>15:30 YO.TV<br>16:30 ♦ DAILY THETHA<br>17:28 JOURNEYS OF INSPIRATION<br>17:30 NDEBELE/SWATI NEWS<br>18:00 INSTAPRENEURS<br>18:30 SKEEM SAAM<br>19:00 XHOSA/ZULU NEWS<br>19:30 #TBT<br>20:00 GENERATIONS: THE LEGACY<br>20:30 UZALO<br>21:00 ONE DAY LEADER<br>22:00 ♦ MZANSI INSIDER<br>23:00 ♦ YILUNGELO LAKHO<br>00:00 KOZE KUSE<br>Music programme. | 05:00 ♦ BABY TV<br>05:30 ♦ THABANG THABONG<br>05:57 ♦ MOTHEO<br>06:00 MORNING LIVE<br>09:00 THABANG THABONG<br>09:30 STORIES UNTOLD<br>10:00 KE ZAKA<br>10:30 ♦ IT'S FOR LIFE<br>11:00 INSIDE THE BAOBAB TREE<br>11:30 BABY TV<br>12:00 ♦ SID THE SCIENCE KID<br>12:30 ♦ 7DE LAAN<br>13:00 ♦ LITHAPO<br>13:30 ♦ UZALO<br>14:00 ♦ SKEEM SAAM<br>14:30 ♦ MUVHANGO<br>15:00 AKILI AND ME<br>15:30 YOTV LAND<br>16:00 WORDS AND NUMBERS<br>Kids' quiz show.<br>16:30 HECTIC NINE 9<br>17:00 DRAGON BALL Z KAI: THE FINAL CHAPTER<br>17:30 TSONGA/VENDA NEWS<br>18:00 7DE LAAN<br>18:30 AFRIKAANS NEWS<br>19:00 BETER ASSIE BURE<br>20:00 TSWANA/SOTHO NEWS<br>20:30 TRIPLE THREAT<br>21:00 MUVHANGO<br>21:30 SPEAK OUT<br>22:00 BORN TO KILL?<br>Documentary series.<br>23:00 SUPERNATURAL<br>00:00 ♦ DRAGON BALL Z KAI: THE FINAL CHAPTER<br>00:30 FULL VIEW<br>03:00 THE GLOBE | 05:00 ♦ HECTIC ON 3<br>06:00 EXPRESSO<br>09:00 ♦ HARRY<br>Talk show.<br>10:00 ♦ JUDGE FAITH<br>Courtroom reality series.<br>10:30 ♦ 7DE LAAN<br>11:00 ♦ ISIDINGO<br>11:30 ♦ GENERATIONS<br>12:00 AIRWOLF<br>Action series.<br>13:00 ON POINT<br>14:30 ♦ @ THE TABLE<br>15:00 TO BE ANNOUNCED<br>16:00 HECTIC ON 3<br>16:30 JUDGE FAITH<br>17:00 AFTERNOON EXPRESS<br>18:00 ♦ HARRY<br>19:00 ISIDINGO<br>Series finale. One man avenges himself and kills the enemy. A couple finally confront their past and all hell breaks loose.<br>19:30 THE PROFIT<br>20:30 @ THE TABLE<br>21:00 NEWS<br>21:30 ♦ THE DOCKET<br>Drama series, season ends. Marlon and the rest of the Ravens are presented with a challenge to save Ntsiki, who's chained to a chair and sitting atop a bomb planted by Endless.<br>22:00 ♦ HIGH ROLLERS<br>Drama series. Double bill.<br>23:30 KOZE KUSE<br>Music programme. | 06:00 THE MORNING SHOW<br>08:00 THE MORNING NEWS<br>08:30 LABOUR OF LOVE<br>09:30 DAYS OF OUR LIVES<br>10:15 INFOMERCIALS<br>10:30 GEBROKE HARTE<br>11:30 ♦ RHYTHM CITY<br>12:00 ♦ SCANDAL!<br>12:30 ♦ IMBEWU: THE SEED<br>13:00 ENEWS 1PM<br>13:30 ♦ THE WILD<br>14:00 ♦ PATERNITY COURT<br>14:30 PEPPA PIG<br>14:35 CARE BEARS:<br>WELCOME TO CARE-A-LOT<br>15:00 NINJAGO:<br>MASTERS OF SPINJITSU<br>15:30 SPIRIT RIDING FREE<br>15:55 TROLLS: THE BEAT GOES ON!<br>16:20 JUDGE JUDY<br>16:45 DAYS OF OUR LIVES<br>17:30 BITTERSOET<br>18:30 COUPLES COURT<br>WITH THE CUTLERS<br>19:00 RHYTHM CITY<br>19:30 SCANDAL!<br>20:00 ENEWS 8PM<br>20:30 CHICAGO FIRE<br>Drama series.<br>21:30 IMBEWU: THE SEED<br>22:00 THE BLACKLIST<br>23:00 THE LATE SHOW<br>WITH STEPHEN COLBERT<br><b>23:45 BEST OF THE BEST</b><br>01:30 ♦ GEBROKE HARTE<br>02:25 ♦ CHICAGO FIRE<br>03:15 ♦ THE BLACKLIST<br>04:05 ♦ FORENSIC FILES | 06:00 ♦ THE KELLY<br>CLARKSON SHOW<br>07:00 ♦ MASTERCHEF AUSTRALIA<br>08:00 ♦ YOUNG SHELDON<br>08:30 ♦ CHICAGO FIRE<br>09:30 ♦ CHICAGO MED<br>10:30 ♦ FINDING THE ONE<br>11:30 ♦ THE KELLY<br>CLARKSON SHOW<br>12:30 ♦ MASTERCHEF AUSTRALIA<br>13:30 ♦ STATION 19<br>14:30 ♦ GREY'S ANATOMY<br>15:30 ♦ S.W.A.T.<br>16:30 ♦ MODERN FAMILY<br>Comedy series. Cam must contend with a bully at the school.<br>17:00 THE KELLY CLARKSON SHOW<br>18:00 MASTERCHEF AUSTRALIA<br>Cooking competition series.<br>19:00 THE BACHELOR SA<br>20:10 STILL BREATHING<br>Local drama series.<br>21:10 NCIS<br>Action series. The team find a secret government bank account that funds a nationwide network of vigilante justice.<br>22:05 NOUGHTS + CROSSES<br>Sci-fi series.<br>23:05 THE LATE LATE SHOW<br>WITH JAMES CORDEN<br>00:10 ♦ THE PRODIGAL SON<br>01:05 ♦ JETT<br>02:10 ♦ CLOSE UP WITH THE HOLLYWOOD REPORTER<br><b>03:10 CHASE</b><br><b>04:35 SHEEP &amp; WOLVES</b> | 06:00 ♦ THE DOCTORS<br>Medical talk show.<br>07:00 ♦ THE TALK<br>08:00 LOKSHIN BIOSKOP:<br>VAN TOEKA LOVE<br>09:30 ♦ ISIBAYA<br>10:00 ♦ THE QUEEN<br>10:30 ♦ ISITHEMBISO<br>11:00 ♦ THE DOCTORS<br>12:00 ♦ THE RIVER<br>12:30 ♦ ISIBAYA<br>13:00 ♦ THE QUEEN<br>13:30 ♦ ISITHEMBISO<br>14:00 LOKSHIN BIOSKOP:<br>10 STEPS TO MAKE HIM PROPOSE<br>15:30 LOKSHIN BIOSKOP:<br>VAN TOEKA LOVE<br>17:00 THE TALK<br>18:00 RICH KIDS<br>Reality series.<br>18:30 STYLE SQUAD<br>Fashion competition series.<br>19:00 THE RIVER<br>19:30 ISITHEMBISO<br>20:00 KWA MAM'MKHIZE<br>20:30 ISIBAYA<br>21:00 THE QUEEN<br>21:30 ♦ THOLABORETHE<br>22:45 ♦ THE DOCTORS<br>23:45 ♦ JACOB'S CROSS<br>00:50 ♦ THE TALK<br>01:50 MORUMOLANI<br>03:00 LOKSHIN BIOSKOP:<br>10 STEPS TO MAKE HIM PROPOSE<br>04:30 LOKSHIN BIOSKOP:<br>JEZEBEL |

| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 05:00 REFLECTIONS OF FAITH<br>05:02 GELEZA NATHI<br>06:00 KIDS' NEWS & CURRENT AFFAIRS<br>06:30 SPORTS BUZZ<br>07:00 YO.TV<br>08:00 ♦ ISIDINGO<br>08:30 ♦ GENERATIONS: THE LEGACY<br>09:00 ♦ MUVHANGO<br>09:30 ♦ SKEEM SAAM<br>10:00 ♦ NOMZAMO<br>10:30 ♦ BIG UP<br>11:00 ♦ #TBT<br>11:30 ♦ LIVE AMP<br>12:00 ♦ IMIZWILILI<br>13:00 NEWS<br>13:30 ♦ MAM' SAKHILE'S STORY HOUSE<br>14:00 ♦ THE CHATROOM<br>14:30 TEENAGERS ON A MISSION<br>15:00 SPORTSBUZZ<br>15:30 YO.TV<br>16:30 ♦ RESTYLE MY STYLE<br>17:00 ♦ MY NIGHT<br>17:28 REFLECTIONS OF FAITH<br>17:30 NDEBELE/SWATI NEWS<br>18:00 LIP SYNC BATTLE<br>18:30 SKEEM SAAM<br>19:00 XHOSA/ZULU NEWS<br>19:30 LIVE AMP<br>20:00 GENERATIONS: THE LEGACY<br>20:30 UZALO<br><b>21:00 THE KID WITH THE GOLDEN ARM</b><br>23:00 ♦ MZANSI INSIDER<br>00:00 KOZE KUSE | 05:00 ♦ BABY TV<br>05:30 ♦ THABANG THABONG<br>05:57 ♦ MOTHEO<br>06:00 MORNING LIVE<br>09:00 THABANG THABONG<br>09:30 ♦ FOKUS<br>10:00 ♦ MUSIEK ROULETTE<br>11:00 ♦ INSIDE THE BAOBAB TREE<br>11:30 ♦ BABY TV<br>12:00 ♦ SID THE SCIENCE KID<br>12:30 ♦ 7DE LAAN<br>13:00 ♦ LITHAPO<br>13:30 ♦ UZALO<br>14:00 ♦ SKEEM SAAM<br>14:30 ♦ MUVHANGO<br>15:00 AKILI AND ME<br>15:30 YOTV LAND<br>16:00 BEHIND THE RAINBOW<br>16:30 HECTIC NINE 9<br>17:00 DRAGON BALL Z KAI: THE FINAL CHAPTER<br>17:30 TSONGA/VENDA NEWS<br>18:00 7DE LAAN<br>18:30 AFRIKAANS NEWS<br>19:00 TO BE ANNOUNCED<br>19:30 ♦ #KAREKTAS<br>Variety show hosted by Desmond Dube.<br>20:00 TSWANA/SOTHO NEWS<br>20:30 VISIONARIES' LOUNGE<br>21:00 MUVHANGO<br>21:30 ♦ MOPHEME<br>22:00 ♦ MMAMPODI<br>22:30 TKO BOXING MAGAZINE<br>23:30 ♦ DRAGON BALL Z KAI: THE FINAL CHAPTER<br>00:00 FULL VIEW<br>03:00 THE GLOBE | 05:00 ♦ NOWHERE BOYS<br>Teen drama series.<br>05:30 TO BE ANNOUNCED<br>06:00 EXPRESSO<br>09:00 ♦ HARRY<br>10:00 ♦ JUDGE FAITH<br>10:30 ♦ 7DE LAAN<br>11:00 ♦ ISIDINGO<br>11:30 ♦ GENERATIONS: THE LEGACY<br>12:00 MIAMI VICE<br>Action series.<br>13:00 ON POINT<br>14:30 ♦ @ THE TABLE<br>16:00 HECTIC ON 3<br>16:30 JUDGE FAITH<br>17:00 AFTERNOON EXPRESS<br>18:00 ♦ HARRY<br>Talk show hosted by musician Harry Connick Jr.<br>19:00 TO BE ANNOUNCED<br>19:30 ♦ CHRISTINA MILIAN<br>TURNED UP<br>Reality series.<br>20:00 TRUTH BE TOLD<br>Comedy series, season 1 starts. Angie's ex-boyfriend gives her four tickets to a Jay-Z concert. Her husband, Russell, is wary but her best friends Mitch and Tracy are thrilled to have a fun night out.<br>21:00 NEWS<br><b>21:30 KATHMANDU LULLABY</b><br>23:30 EXTREME FIGHTING CHAMPIONSHIP: PREMIUM FIGHTS<br>01:30 KOZE KUSE | 06:00 THE MORNING SHOW<br>08:00 THE MORNING NEWS<br>08:30 LABOUR OF LOVE<br>09:30 ♦ DAYS OF OUR LIVES<br>10:15 INFOMERCIALS<br>10:30 GEBROKE HARTE<br>11:30 ♦ RHYTHM CITY<br>12:00 ♦ SCANDAL!<br>12:30 ♦ IMBEWU: THE SEED<br>13:00 ENEWS 1PM<br>13:30 ♦ THE WILD<br>14:00 ♦ COUPLES COURT<br>WITH THE CUTLERS<br><b>14:30 THE ANT BULLY</b><br>16:20 JUDGE JUDY<br>16:45 DAYS OF OUR LIVES<br>17:30 BITTERSOET<br>18:30 THE CULTURE<br>19:00 RHYTHM CITY<br>Madikgetla gets hard evidence against Suffo.<br>19:30 SCANDAL!<br>A falsely accused man issues Boniswa with a serious threat.<br>20:00 ENEWS 8PM<br>20:30 CHICAGO FIRE<br>Drama series. Casey has an important matter to discuss with Antonio. Meanwhile, Severide and the firehouse welcome Rick Newhouse, the latest addition to the squad.<br>21:30 IMBEWU: THE SEED<br><b>22:00 BEST OF THE BEST II</b><br>00:05 THE LATE SHOW<br>WITH STEPHEN COLBERT<br><b>00:50 THE PURGE</b><br><b>02:25 RED DRAGON</b> | 06:00 ♦ THE KELLY<br>CLARKSON SHOW<br>07:00 ♦ MASTERCHEF AUSTRALIA<br>08:00 ♦ 9-1-1: LONE STAR<br>09:00 ♦ 9-1-1<br>10:00 ♦ CARTE BLANCHE<br>11:30 ♦ THE KELLY<br>CLARKSON SHOW<br>12:30 ♦ MASTERCHEF AUSTRALIA<br>13:30 ♦ CHICAGO FIRE<br>14:30 ♦ CHICAGO MED<br>15:30 ♦ S.W.A.T.<br>16:30 ♦ THE GOLDBERGS<br>17:00 THE KELLY<br>CLARKSON SHOW<br>18:00 MASTERCHEF AUSTRALIA<br>19:00 THE VOICE<br>21:00 THIS IS US<br>Drama series. The Pearson family gathers for their first Thanksgiving at Randall's Philadelphia townhouse.<br>22:00 DIVORCE<br>Drama series. Tensions arise when Tom declares he doesn't want to go to college.<br>22:35 THE DETOUR<br>Comedy series. Nate and Robin head to Ithaca to find their daughter.<br>23:05 THE LATE LATE SHOW<br>WITH JAMES CORDEN<br>00:00 ♦ STILL BREATHING<br>01:00 ♦ NOUGHTS + CROSSES<br>02:05 ♦ STUMPTOWN<br><b>03:05 PRETTY LITTLE STALKER</b><br><b>04:35 SNOW WHITE'S NEW ADVENTURE</b> | 06:00 ♦ THE DOCTORS<br>07:00 ♦ THE TALK<br>08:00 LOKSHIN BIOSKOP:<br>MR. LAVA-LAVA<br>09:30 ♦ ISIBAYA<br>10:00 ♦ THE QUEEN<br>10:30 ♦ ISITHEMBISO<br>11:00 ♦ THE DOCTORS<br>12:00 ♦ THE RIVER<br>12:30 ♦ ISIBAYA<br>13:00 ♦ THE QUEEN<br>13:30 ♦ ISITHEMBISO<br>14:00 LOKSHIN BIOSKOP:<br>A FAMILY AFFAIR<br>A couple take their parents on holiday but things get tricky when the subject of marriage is brought up.<br>15:30 LOKSHIN BIOSKOP:<br>MR. LAVA-LAVA<br>17:00 THE TALK<br>18:00 WWE RAW<br>19:00 THE RIVER<br>19:30 ISITHEMBISO<br>20:00 ♦ BOUNCE<br>20:30 ISIBAYA<br>21:00 THE QUEEN<br>21:30 MASSIVE MUSIC<br>22:00 ♦ LAUGH OUT LOUD: THE COMEDY SHOW<br>23:00 ♦ THE DOCTORS<br>00:00 ♦ JACOB'S CROSS<br>01:00 ♦ THE TALK<br>02:00 LOKSHIN BIOSKOP:<br>A FAMILY AFFAIR<br>03:30 LOKSHIN BIOSKOP:<br>CONFIDENCE<br>05:30 ♦ DAILY SUNTV |

Movies are highlighted in red – see movie guide for details ♦ Repeat

TV | THURSDAY | 12 MARCH

TV | FRIDAY | 13 MARCH



## DRUNK PARENTS

M-NET, SUNDAY 20:05  
Drunk parents try to hide their problems from family and friends through elaborate schemes.



| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>05:00 ♦ GELEZA NATHI</p> <p>06:00 BONISANANI</p> <p>06:30 ♦ THE LION GUARD<br/>Animated series.</p> <p>07:00 ♦ NTUNJAMBILI:<br/>TWIN CAVES</p> <p>07:30 ♦ JABU'S JUNGLE<br/>South African animated series based on African culture. Follow the adventures of Jabu and his magical talking drum as they explore the jungle and help animals in need.</p> <p>08:00 BIG BREAKFAST</p> <p>09:00 ♦ IMIZWILI<br/>Choral music show.</p> <p>10:00 MZANSI INSIDER</p> <p>11:00 ♦ GENERATIONS:<br/>THE LEGACY<br/>Omnibus.</p> <p>13:30 SPORT MAGAZINE</p> <p>14:00 SOCCER<br/>Build-up.</p> <p>14:30 LADUMA</p> <p>17:00 ♦ ROOTS</p> <p>18:00 ♦ FRIENDS LIKE THESE<br/>Local game show hosted by Trevor Gumbi. Two groups of friends – five men and five women – compete to win a holiday.</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>20:00 REAL GOBOZA<br/>Magazine show.</p> <p>20:30 TO BE ANNOUNCED</p> <p>22:30 ♦ WHO KILLED TUPAC?</p> <p>23:30 ♦ SELIMATHUNZI</p> <p>00:00 ♦ KOZE KUSE</p> | <p>05:30 ♦ THE MAGICAL WORLD<br/>OF LUNA BELLE</p> <p>06:00 ♦ INSIDE THE BAOBAB TREE</p> <p>06:57 ♦ OP PAD</p> <p>07:00 MORNING LIVE</p> <p>08:30 ♦ MUVHANGO<br/>Omnibus.</p> <p>11:00 ♦ LITHAPO<br/>Omnibus.</p> <p>12:30 ROUGHING IT OUT</p> <p>13:00 ♦ RESTYLE MY STYLE</p> <p>13:30 TALK ABILITY</p> <p>14:00 ♦ LIVING LAND</p> <p>14:30 ♦ SA INC.</p> <p>15:00 ♦ #KAREKTAS</p> <p>16:00 DIFRET</p> <p>18:00 FUNDIS<br/>Game show presented by Fezile Makhanya and Kope Makgae.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 THE CUBE</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 ♦ SKWIZAS</p> <p>20:57 LIVE LOTTO DRAW</p> <p>21:00 DESERT FLOWER<br/>Safa Idriss Nour, the actress chosen to play young Dirie as she undergoes female genital mutilation, was given the role on condition that her parents sign a contract agreeing never to perform the same ritualistic operation on her.</p> <p>22:00 ♦ AFRO CAFÉ</p> <p>00:00 FULL VIEW</p> <p>02:30 NETWORK</p> <p>03:00 THE GLOBE</p> | <p>05:00 ♦ UNFILTERED</p> <p>05:30 ♦ SPECIAL ASSIGNMENT</p> <p>06:00 ♦ PSALTED</p> <p>06:30 ♦ AN NUR, THE LIGHT</p> <p>07:00 ♦ SADHANA:<br/>THE INWARD PATH</p> <p>07:30 ♦ RESTYLE MY STYLE</p> <p>08:00 ♦ FANGBONE!<br/>Animated series.</p> <p>08:30 ♦ I AM A WORK OF ART</p> <p>09:00 ♦ TALENT ON TRACK</p> <p>09:30 ♦ JUDGE FAITH<br/>Omnibus.</p> <p>11:00 THE GRAND PAVILION<br/>Cricket magazine show.</p> <p>12:00 ♦ SURVIVOR:<br/>GAME CHANGER</p> <p>13:00 ♦ MARRIED IN A FLASH</p> <p>14:00 ♦ THE PROFIT</p> <p>15:00 ♦ MELA</p> <p>16:00 PHARRELL WILLIAMS:<br/>GLASTONBURY<br/>Music special.</p> <p>17:00 ♦ CHRISTINA MILIAN<br/>TURNED UP</p> <p>18:00 ♦ TOP BILLING<br/>Lifestyle magazine show.</p> <p>19:00 ♦ WORLD OF DANCE<br/>Dance competition series.</p> <p>20:00 TROPIKA ISLAND<br/>OF TREASURE: CURAÇAO</p> <p>21:00 NEWS</p> <p>21:30 THE GODFATHER: PART II<br/>Robert De Niro spent four months learning to speak the Sicilian dialect in order to play Vito Corleone.</p> <p>00:30 KOZE KUSE</p> | <p>05:25 PEPPA PIG</p> <p>05:30 PJ MASKS</p> <p>06:10 FRIENDS:<br/>GIRLS ON A MISSION</p> <p>06:25 HANAZUKI</p> <p>06:40 WISSPER</p> <p>06:55 DAWN OF THE CROODS</p> <p>07:25 VOLTRON FORCE</p> <p>08:00 ENGLISH PREMIER LEAGUE</p> <p>08:30 ♦ SCANDAL!<br/>Omnibus.</p> <p>10:20 ♦ IMBEWU: THE SEED<br/>Omnibus.</p> <p>12:15 INFOMERCIALS</p> <p>12:30 ♦ CHECKPOINT</p> <p>13:00 XPLOSION</p> <p>14:00 DIARY OF A WIMPY KID</p> <p>15:55 THE CROODS</p> <p>18:00 FEAR FACTOR</p> <p>19:00 ENCA NEWSNIGHT</p> <p>19:30 MARLON<br/>Comedy series.</p> <p>20:00 BLACK KNIGHT</p> <p>21:55 THE TOURIST<br/>Sam Worthington replaced Tom Cruise, who was originally going to play Frank Tupelo. Johnny Depp then replaced Worthington, when the latter withdrew from the film over creative differences.</p> <p>00:00 BASKETBALL<br/>NBA: Phoenix Suns vs Dallas Mavericks, American Airlines Centre, Dallas, Texas.</p> <p>02:30 AMERICAN PIE PRESENTS:<br/>THE NAKED MILE</p> <p>04:20 ♦ FORENSIC FILES</p> | <p>06:00 ♦ MOM</p> <p>06:25 ♦ THE GOLDBERGS<br/>Omnibus.</p> <p>08:00 ♦ GET A ROOM<br/>WITH CARSON &amp; THOM</p> <p>08:55 ♦ MASTERCHEF JUNIOR USA</p> <p>09:50 ♦ THE BACHELOR SA</p> <p>11:00 ♦ NCIS</p> <p>12:00 ♦ GREAT PARKS OF AFRICA</p> <p>13:00 ♦ THIS IS US</p> <p>14:00 ♦ SURVIVOR:<br/>ISLAND OF THE IDOLS</p> <p>15:00 HEIDI</p> <p>15:30 SHREK FOREVER AFTER</p> <p>17:00 AMERICAN HOUSEWIFE</p> <p>17:30 THE UNICORN<br/>Comedy series.</p> <p>18:00 SPLITTING UP TOGETHER</p> <p>18:30 YOUNG SHELDON</p> <p>19:00 THE VOICE</p> <p>20:00 STUMPTOWN</p> <p>21:00 NANCY DREW<br/>Mystery series. After discovering a connection between the poison that killed Tiffany Hudson and a Horseshoe Bay cold case, Nancy risks her life to bring a serial killer to justice.</p> <p>22:00 AMERICAN HORROR<br/>STORY: 1984<br/>Horror series, season 9 starts.</p> <p>23:00 ♦ DIVORCE</p> <p>23:35 ♦ THE DETOUR</p> <p>00:05 ♦ WHY WOMEN KILL</p> <p>01:10 ♦ PRODIGAL SON</p> <p>02:05 ♦ ABSENTIA</p> <p>03:00 ♦ NOUGHTS + CROSSES</p> <p>04:10 RUN THE RACE</p> | <p>07:00 ♦ THE DOCTORS<br/>Talk show. Double bill.</p> <p>08:00 LOKSHIN BIOSKOP:<br/>TROUBLE WITH MY FATHER</p> <p>09:30 MZANSI MAGIC<br/>MUSIC SPECIAL</p> <p>10:00 ♦ FOR BETTER OR WORSE<br/>WITH MO AND PHINDI</p> <p>10:30 ♦ STYLE SQUAD</p> <p>11:00 ♦ THE QUEEN<br/>Omnibus.</p> <p>13:30 ♦ THE RIVER<br/>Omnibus.</p> <p>16:00 MZANSI MAGIC<br/>MUSIC SPECIAL</p> <p>16:30 ♦ OUR PERFECT WEDDING<br/>Local reality series. Couples try to pull off the perfect wedding while avoiding various pitfalls on their way to the altar.</p> <p>17:30 ♦ MNAKWETHU</p> <p>18:00 LOKSHIN BIOSKOP:<br/>ONE COFFIN</p> <p>19:00 KWA MAM'MKHIZE</p> <p>19:30 THE REAL HOUSEWIVES<br/>OF JOHANNESBURG</p> <p>20:30 LOKSHIN BIOSKOP:<br/>ISIFUNGO</p> <p>21:30 WWE SMACKDOWN</p> <p>22:30 SUPPORT THE GIRLS<br/>Comedy. 2018. 16. 93 min.</p> <p>00:00 ♦ SOUL SESSIONS</p> <p>00:30 ♦ HOMEGROUND</p> <p>01:00 ♦ MASSIVE MUSIC</p> <p>01:30 ♦ 1MAGIC: HITS</p> <p>03:00 LOKSHIN BIOSKOP:<br/>TROUBLE WITH MY FATHER</p> |

| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>05:00 ♦ GELEZA NATHI<br/>Educational programme.</p> <p>06:00 ♦ TEENAGERS ON A MISSION</p> <p>07:00 ♦ SIYAKHOLWA:<br/>WE BELIEVE<br/>Children's multi-faith educational programme.</p> <p>07:30 ♦ BONISANANI</p> <p>08:00 ♦ RENO RACE</p> <p>08:30 ♦ GOSPEL AVENUE<br/>Local gospel music show hosted by Khaya Mthethwa.</p> <p>09:30 ♦ SKEEM SAAM<br/>Omnibus.</p> <p>12:00 ♦ UZALO<br/>Omnibus.</p> <p>14:30 SOCCER<br/>Build-up.</p> <p>15:00 LADUMA</p> <p>17:30 ♦ GOSPEL UNPLUGGED<br/>Urban gospel music.</p> <p>18:00 ♦ FRIENDS LIKE THESE</p> <p>19:00 XHOSA/ZULU NEWS</p> <p>19:30 TO BE ANNOUNCED</p> <p>21:30 THE AGENT<br/>Drama series. An annoyed Blaze is forced to entertain the high-maintenance Ivory Coast girlfriend of Lesego – his high-profile client – while he goes out and cheats on her.</p> <p>22:30 ♦ ZAZIWA</p> <p>23:00 ♦ FRIENDS LIKE THESE<br/>Local game show hosted by Trevor Gumbi.</p> <p>00:00 KOZE KUSE<br/>Music programme.</p> | <p>05:00 ♦ RAGGS<br/>Animated series.</p> <p>05:30 THE MAGICAL WORLD<br/>OF LUNA BELLE</p> <p>06:00 SIMCHA</p> <p>06:30 MUSIC AND THE<br/>SPOKEN WORD</p> <p>06:57 MOTHEO</p> <p>07:00 MORNING LIVE</p> <p>08:30 ♦ 7DE LAAN<br/>Omnibus.</p> <p>11:00 LIFE 24/7</p> <p>11:30 ISSUES OF FAITH<br/>Documentary series.</p> <p>12:30 ♦ IT'S GOSPEL TIME</p> <p>13:30 SPORT ON 2</p> <p>15:00 ♦ COLLECTOR'S CANDY</p> <p>16:00 THE OPEN DOOR</p> <p>18:00 FOKUS<br/>Current affairs programme.</p> <p>18:30 AFRIKAANS NEWS</p> <p>19:00 TO BE ANNOUNCED</p> <p>20:00 TSWANA/SOTHO NEWS</p> <p>20:30 A FOOL'S PARADISE</p> <p>21:30 SUPERNATURAL<br/>Fantasy series. Alicia Baner calls Mary for help after her mother goes missing. Sam answers Mary's phone and he and Dean head out to help Alicia find her mother, who was hunting a powerful witch.</p> <p>22:30 ♦ RED CAKE:<br/>NOT THE COOKING SHOW</p> <p>23:30 TO BE ANNOUNCED</p> <p>00:00 FULL VIEW</p> <p>02:30 UNFILTERED</p> <p>03:00 THE GLOBE</p> | <p>05:00 ♦ SPECIAL ASSIGNMENT</p> <p>05:30 PSALTED</p> <p>06:00 NEW DAY</p> <p>06:30 AN NUR, THE LIGHT</p> <p>07:00 SADHANA:<br/>THE INWARD PATH</p> <p>07:30 CHUCK'S CHOICE<br/>Animated series.</p> <p>08:00 MADE IN SA</p> <p>08:30 NOWHERE BOYS<br/>Teen adventure series.</p> <p>09:00 TO BE ANNOUNCED</p> <p>09:30 ♦ ISIDINGO<br/>Omnibus.</p> <p>11:30 TO BE ANNOUNCED</p> <p>12:00 ♦ TOP BILLING</p> <p>13:00 ♦ @ THE TABLE</p> <p>13:30 FUNNY YOU SHOULD ASK</p> <p>14:30 VIKRAM VEDHA</p> <p>17:30 MELA</p> <p>18:30 EARTH'S GREAT SEASONS<br/>Documentary series exploring wildlife and plants throughout the year.</p> <p>19:30 SPIRIT</p> <p>20:30 DRIVE<br/>Motoring show. Chris, Matt and Mike set out for Texas to see for themselves what the state has to offer. Chris drives two pillars of American motor-ing while Matt tries not to get shot at and Mike takes a van where no van should go.</p> <p>21:00 NEWS</p> <p>21:30 BREAKING UP</p> <p>23:30 KOZE KUSE<br/>Music programme.</p> | <p>05:00 ♦ UMUTHI ONGAPHELI</p> <p>05:30 JOSEPH PRINCE:<br/>NEW CREATION CHURCH TV</p> <p>06:00 I AM SOUL PRECIOUS</p> <p>06:25 E-INSERT</p> <p>06:30 HILLSONG</p> <p>06:55 PEPPA PIG</p> <p>07:00 CARE BEARS:<br/>WELCOME TO CARE-A-LOT</p> <p>07:25 ELENA OF AVALOR</p> <p>07:55 TROLLS: THE BEAT GOES ON!</p> <p>08:25 NINJAGO:<br/>MASTERS OF SPINJITSU</p> <p>09:00 ♦ RHYTHM CITY<br/>Omnibus.</p> <p>11:00 PREMIER LEAGUE WORLD</p> <p>11:30 FILMS AND STARS</p> <p>12:05 LEGALLY BLONDE<br/>To prepare for her role as Elle, Reese Witherspoon spent two weeks studying the behaviour of sorority girls.</p> <p>14:00 AMERICA'S GOT TALENT</p> <p>16:00 IMPACT</p> <p>18:00 SHOWTIME AT THE APOLLO</p> <p>19:00 ENCA NEWSNIGHT</p> <p>19:30 BLACK-ISH<br/>Comedy series. Dre and Bow face their own gender biases upon learning that Junior and Zoey have both become sexually active.</p> <p>20:00 RIDE ALONG 2</p> <p>22:05 EKASI: OUR STORIES</p> <p>23:05 BLACK KNIGHT</p> <p>00:50 ♦ JUDGE JUDY<br/>Omnibus.</p> <p>02:55 RIDE ALONG 2</p> | <p>06:00 ♦ AMERICAN HOUSEWIFE</p> <p>06:30 ♦ THE UNICORN</p> <p>07:00 ♦ SPLITTING UP TOGETHER</p> <p>07:30 ♦ YOUNG SHELDON</p> <p>08:00 ♦ 9-1-1: LONE STAR</p> <p>09:00 ♦ 9-1-1</p> <p>10:00 ♦ THE VOICE<br/>Singing competition series. Double bill.</p> <p>13:00 ♦ FINDING THE ONE</p> <p>13:55 ♦ THIS IS US</p> <p>15:00 ♦ SPLITTING UP TOGETHER</p> <p>14:50 ♦ THE BACHELOR SA</p> <p>16:00 GREEN PARKS OF AFRICA<br/>Documentary series.</p> <p>17:00 MASTERCHEF JUNIOR USA<br/>Cooking competition series. The junior chefs must roll out a superlong pasta sheet.</p> <p>18:00 SURVIVOR:<br/>ISLAND OF THE IDOLS</p> <p>19:00 CARTE BLANCHE</p> <p>20:05 DRUNK PARENTS<br/>Alec Baldwin and Salma Hayek played a couple in 30 Rock (2006) which pushed the producers of this movie into casting them in the starring roles of Frank and Nancy.</p> <p>21:45 LAST WEEK TONIGHT<br/>WITH JOHN OLIVER</p> <p>22:20 ♦ STILL BREATHING</p> <p>23:20 SECOND LIFE</p> <p>00:30 ♦ NANCY DREW</p> <p>02:10 ♦ AMERICAN HORROR<br/>STORY: 1984</p> <p>03:05 CHIMERA STRAIN</p> <p>04:30 AMISH ABDUCTION</p> | <p>06:00 ♦ THE DOCTORS<br/>Medical talk show.</p> <p>07:00 ICILONGO</p> <p>08:00 ♦ SOUL SESSIONS</p> <p>08:30 ♦ A FORCE FOR GOOD</p> <p>09:00 LOKSHIN BIOSKOP:<br/>AMAGUGU</p> <p>10:00 ♦ ISIBAYA<br/>Omnibus.</p> <p>12:30 LOKSHIN BIOSKOP:<br/>KUMNYAMA</p> <p>13:30 ♦ HOMEGROUND</p> <p>14:00 ♦ MZANSI MAGIC<br/>MUSIC SPECIAL</p> <p>14:30 ♦ ISITHEMBISO<br/>Omnibus.</p> <p>17:00 OLD MUTUAL'S<br/>AMAZING VOICES</p> <p>18:00 DATE MY FAMILY<br/>Local dating show. Singletons try to find love by going on dates with their potential partner's family.</p> <p>19:00 OUR PERFECT WEDDING<br/>Local reality series. Couples try to pull off the perfect wedding while avoiding various pitfalls on their way to the altar.</p> <p>19:45 LAUGH OUT LOUD:<br/>THE COMEDY SHOW</p> <p>21:00 ♦ GRASSROOTS</p> <p>21:30 THOLABORETHE</p> <p>22:40 ♦ JACOB'S CROSS<br/>Omnibus.</p> <p>03:25 LOKSHIN BIOSKOP:<br/>TROUBLE WITH MY FATHER</p> <p>05:00 ♦ GOSPEL ALIVE</p> |





# SA's CAR BRAND OF THE YEAR

Based on findings of the Cars.co.za Ownership Satisfaction survey conducted in partnership with Lightstone Consumer



2019/20



**ADVENTURE SUV**  
**Toyota Fortuner**  
2.8GD-6 4x4 Auto



**BUDGET CAR**  
**Suzuki Swift**  
1.2 GLX



**BUSINESS CLASS**  
**VW Arteon**  
2.0 TSI 4Motion R-Line



**COMPACT FAMILY CAR**  
**VW T-Cross**  
1.0 TSI 85kw Highline R-Line



**COMPACT HATCH**  
**VW Polo**  
1.0 TSI Comfortline



**PREMIUM HATCH**  
**VW Golf GTI**



**EXECUTIVE SUV**  
**BMW X3**  
xDrive 20d M-Sport



**FAMILY CAR**  
**Mazda CX-5**  
2.0 Dynamic Auto



**FUN HATCH**  
**VW Polo GTI**



**LEISURE DOUBLE CAB**  
**VW Amarok**  
3.0 V6 TDI Highline 4Motion



**PERFORMANCE CAR**  
**Toyota GR Supra**  
3.0T



**CROSSOVER**  
**Audi Q3**  
35 TFSI S Line



**PREMIUM SUV**  
**BMW X5**  
xDrive30d M-Sport

*Cars.co.za*  
**CONSUMER  
AWARDS**

Powered by **WesBank**

To find out more information visit:  
[www.CarsAwards.co.za](http://www.CarsAwards.co.za)



M-NET, TUESDAY 22:00  
Frank milks his injury for all it's worth  
as Debbie cooks up a scam of her own.



| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 05:00 DEVOTIONS<br>05:02 GELEZI NATHI<br>06:00 KIDS' NEWS & CURRENT AFFAIRS<br>06:30 BEN 10<br>07:00 YO.TV<br>07:30 TAKALANI SESAME<br>08:00 ♦ GENERATIONS: THE LEGACY<br>08:30 ♦ MUVHANGO<br>09:00 ♦ UZALO<br>09:30 ♦ SKEEM SAAM<br>10:00 ♦ NOMZAMO<br>10:30 DAILY THETHA<br>11:30 ♦ REAL GOBOZA<br>12:00 ♦ YILUNGELO LAKHO<br>13:00 NEWS<br>13:30 MAM' SAKHILE'S STORY HOUSE<br>14:00 ♦ FRIENDS LIKE THESE<br>15:00 ♦ SOUL BUDDYZ<br>15:30 YO.TV<br>16:30 ♦ CHATROOM<br>17:00 BREAKING THE SILENCE<br>17:28 AUM<br>17:30 NDEBELE/SWATI NEWS<br>18:00 ORANGE COUCH<br>18:30 SKEEM SAAM<br>19:00 XHOSA/ZULU NEWS<br>19:30 ♦ 'SGUDI 'SNAYSI<br>20:00 GENERATIONS: THE LEGACY<br>20:30 UZALO<br>21:00 ♦ FREEDOM IS NOT FREE<br>22:00 SOCCERZONE<br>23:00 ♦ MAKING MOVES<br>00:00 KOZE KUSE<br>Music programme. | 05:30 ♦ THABANG THABONG<br>05:57 ♦ MOTHEO<br>06:00 MORNING LIVE<br>09:00 THABANG THABONG<br>09:30 ♦ VETKOEPALIS<br>10:00 ♦ SHORELINE<br>11:00 INSIDE THE BAOBAB TREE<br>11:30 ♦ BABY TV<br>12:00 NUMTUMS<br>12:30 ♦ 7DE LAAN<br>13:00 JIKULUMESSU<br>13:30 ♦ UZALO<br>14:00 ♦ SKEEM SAAM<br>14:30 ♦ MUVHANGO<br>15:00 DINOPAWS<br>15:30 YOTV LAND<br>16:00 EPIC HANGOUT<br>16:30 HECTIC NINE-9<br>17:00 DRAGON BALL Z KAI: THE FINAL CHAPTER<br>17:30 TSONGA/VENDA NEWS<br>18:00 7DE LAAN<br>18:30 AFRIKAANS NEWS<br>19:00 VOETSPORE<br>20:00 TSWANA/SOTHO NEWS<br>20:30 LEIHLA LA SECHABA<br>21:00 MUVHANGO<br>Azwindini is livid when he finds out that Vho-Masindi meddled in his business.<br>21:30 LITHAPO<br>22:00 EACH ONE TEACH ONE<br>22:30 ♦ ISSUES OF FAITH<br>23:30 ♦ JIKULUMESSU<br>00:00 ♦ DRAGON BALL Z KAI: THE FINAL CHAPTER<br>00:30 FULL VIEW<br>03:00 THE GLOBE | 05:00 ♦ FANGBONE!<br>05:30 ♦ I AM A WORK OF ART<br>06:00 EXPRESSO<br>Breakfast show.<br>09:00 ♦ HARRY<br>10:00 ♦ JUDGE FAITH<br>10:30 ♦ 7DE LAAN<br>11:00 ♦ ISIDINGO<br>11:30 ♦ GENERATIONS<br>12:00 MAGNUM P.I.<br>Action series. France's most famous police officer, travelling incognito in Hawaii, asks Magnum to help him find a missing heir.<br>13:00 ON POINT<br>14:30 ♦ TRUTH BE TOLD<br>15:00 TO BE ANNOUNCED<br>16:00 HECTIC ON 3<br>16:30 JUDGE FAITH<br>Courtroom reality series.<br>17:00 AFTERNOON EXPRESS<br>18:00 ♦ HARRY<br>19:00 TO BE ANNOUNCED<br>19:30 SURVIVOR: GAME CHANGER<br>Reality competition series. Friends become enemies when one castaway is caught trying to sabotage another's game.<br>20:30 UNFILTERED<br>Current affairs show.<br>21:00 NEWS<br>21:30 BILLIONS<br>Drama series.<br>22:30 ♦ HIGH ROLLERS<br>Drama series. Double bill.<br>23:30 KOZE KUSE | 06:00 THE MORNING SHOW<br>08:00 THE MORNING NEWS<br>08:30 LABOUR OF LOVE<br>09:30 ♦ DAYS OF OUR LIVES<br>10:15 INFOMERCIALS<br>10:30 GEBROKE HARTE<br>11:30 ♦ RHYTHM CITY<br>12:00 ♦ SCANDAL!<br>12:30 ♦ IMBEWU: THE SEED<br>13:00 ENEWS 1PM<br>13:30 ♦ THE WILD<br>14:00 ♦ PREMIER LEAGUE WORLD<br>14:30 PEPPA PIG<br>14:35 CARE BEARS: WELCOME TO CARE-A-LOT<br>15:00 PJ MASKS<br>15:15 WISSPER<br>15:30 TURBO FAST<br>15:55 GGO FOOTBALL 2: INTERNATIONAL TOURNAMENT<br>16:20 JUDGE JUDY<br>16:45 DAYS OF OUR LIVES<br>17:30 BITTERSOT<br>18:30 PATERNITY COURT<br>19:00 RHYTHM CITY<br>19:30 SCANDAL!<br>20:00 ENEWS 8PM<br>20:30 CHICAGO FIRE<br>21:30 IMBEWU: THE SEED<br>22:00 QUEEN SUGAR<br>Drama series.<br>23:00 THE LATE SHOW WITH STEPHEN COLBERT<br>23:45 LEGALLY BLONDE<br>01:30 ♦ GEBROKE HARTE<br>02:25 ♦ CHICAGO FIRE<br>03:10 ♦ QUEEN SUGAR | 06:00 ♦ THE KELLY CLARKSON SHOW<br>07:00 ♦ MASTERCHEF AUSTRALIA<br>08:00 ♦ AMERICAN HOUSEWIFE<br>08:30 ♦ GREAT PARKS OF AFRICA<br>09:30 ♦ MASTERCHEF JUNIOR USA<br>10:20 ♦ THE BACHELOR SA<br>11:30 ♦ THE KELLY CLARKSON SHOW<br>12:30 ♦ MASTERCHEF AUSTRALIA<br>13:30 ♦ SURVIVOR SOUTH AFRICA: ISLAND OF SECRETS<br>14:30 ♦ CARTE BLANCHE<br>15:30 ♦ S.W.A.T.<br>16:30 ♦ MODERN FAMILY<br>17:00 THE KELLY CLARKSON SHOW<br>18:00 MASTERCHEF AUSTRALIA<br>Cooking competition series.<br>19:00 STATION 19<br>20:00 GREY'S ANATOMY<br>21:00 WHY WOMEN KILL<br>Comedy series. A surprising confrontation reveals a secret that shocks Beth Ann to her core. With some help, Taylor uncovers the dark truth about Jade's past.<br>22:00 WESTWORLD<br>Sci-fi series, season 3 starts.<br>23:05 THE LATE LATE SHOW WITH JAMES CORDEN<br>00:00 ♦ AMERICAN HORROR STORY: 1984<br>01:10 ♦ JETT<br>02:15 ♦ LAST WEEK TONIGHT WITH JOHN OLIVER<br>02:50 REPRISAL<br>04:25 THE LITTLE MERMAID | 06:00 ♦ THE DOCTORS<br>07:00 ♦ THE TALK<br>08:00 LOKSHIN BIOSKOP: CONVERSATIONS WITH MY BROTHER<br>09:30 ♦ ISIBAYA<br>10:00 ♦ THE QUEEN<br>10:30 ♦ ISITHEMBISO<br>11:00 ♦ THE DOCTORS<br>12:00 ♦ THE RIVER<br>12:30 ♦ ISIBAYA<br>13:00 ♦ THE QUEEN<br>13:30 ♦ ISITHEMBISO<br>14:00 LOKSHIN BIOSKOP: LUTHANDO<br>15:30 ♦ OLD MUTUAL'S AMAZING VOICES<br>16:30 ♦ SOUL SESSIONS<br>17:00 THE TALK<br>18:00 LOKSHIN BIOSKOP: IMOTO YOKUFA<br>19:00 THE RIVER<br>19:30 ISITHEMBISO<br>20:00 GRASSROOTS<br>20:30 ISIBAYA<br>21:00 THE QUEEN<br>21:30 HOMEGROUND<br>22:00 A FORCE FOR GOOD<br>22:30 FAKE CALL 2<br>23:45 ♦ THE DOCTORS<br>00:45 ♦ JACOB'S CROSS<br>01:35 ♦ THE TALK<br>02:20 LOKSHIN BIOSKOP: REFLECTIONS<br>03:50 LOKSHIN BIOSKOP: CONVERSATIONS WITH MY BROTHER<br>05:30 ♦ 1MAGIC: ZONE IN |

| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 06:00 KIDS' NEWS & CURRENT AFFAIRS<br>07:00 YO.TV<br>07:30 TAKALANI SESAME<br>08:00 ♦ ISIDINGO<br>08:30 ♦ GENERATIONS: THE LEGACY<br>09:00 ♦ MUVHANGO<br>09:30 ♦ SKEEM SAAM<br>10:00 ♦ NOMZAMO<br>10:30 DAILY THETHA<br>11:00 ♦ INSTAPRENEURS<br>12:00 ♦ SOCCERZONE<br>13:00 NEWS<br>13:30 MAM' SAKHILE'S STORY HOUSE<br>14:00 ♦ FRIENDS LIKE THESE<br>15:00 ♦ SOUL BUDDYZ<br>15:30 YO.TV<br>16:30 ♦ YILUNGELO LAKHO<br>17:28 ♦ IZWI LABANTU<br>17:30 NDEBELE/SWATI NEWS<br>18:00 NYAN' NYAN<br>18:30 SKEEM SAAM<br>Rachel's medical career is threatened before it even takes off.<br>19:00 XHOSA/ZULU NEWS<br>19:30 SELIMATHUNZI<br>20:00 GENERATIONS: THE LEGACY<br>20:30 UZALO<br>21:00 EXPRESSIONS<br>21:30 CUTTING EDGE<br>22:00 ♦ NYAN' NYAN<br>22:30 ♦ CHATROOM<br>23:00 ♦ ISPANI<br>00:00 ♦ KOZE KUSE | 05:00 ♦ BABY TV<br>05:30 ♦ THABANG THABONG<br>05:57 ♦ MOTHEO<br>06:00 MORNING LIVE<br>09:00 THABANG THABONG<br>09:30 THE GOLDEN YEARS<br>10:00 ♦ PASELLA<br>10:30 ♦ THE LADIES CLUB<br>11:00 ♦ INSIDE THE BAOBAB TREE<br>11:30 ♦ BABY TV<br>12:00 ♦ NUMTUMS<br>12:30 ♦ 7DE LAAN<br>13:00 JIKULUMESSU<br>13:30 ♦ UZALO<br>14:00 ♦ SKEEM SAAM<br>14:30 ♦ MUVHANGO<br>15:00 DINOPAWS<br>Animated series. Double bill.<br>15:30 YOTV LAND<br>17:00 DRAGONBALL Z KAI: THE FINAL CHAPTER<br>17:30 TSONGA/VENDA NEWS<br>18:00 7DE LAAN<br>18:30 AFRIKAANS NEWS<br>19:00 ♦ MEEULANDERS<br>20:00 TSWANA/SOTHO NEWS<br>20:30 NHLALALA YA RIXAKA<br>21:00 MUVHANGO<br>Warona suffers the consequences of cancelling her car insurance.<br>21:30 LITHAPO<br>22:00 ♦ IT'S GOSPEL TIME<br>23:00 ♦ JIKULUMESSU<br>23:30 ♦ DRAGON BALL Z KAI: THE FINAL CHAPTER<br>00:00 FULL VIEW<br>03:00 THE GLOBE | 05:00 ♦ CHUCK'S CHOICE<br>Animated series.<br>05:30 TO BE ANNOUNCED<br>06:00 EXPRESSO<br>09:00 ♦ HARRY<br>Talk show.<br>10:00 ♦ JUDGE FAITH<br>Courtroom reality series.<br>10:30 ♦ 7DE LAAN<br>11:00 ♦ ISIDINGO<br>11:30 TO BE ANNOUNCED<br>12:00 THE A-TEAM<br>Action series.<br>13:00 ON POINT<br>14:30 UNFILTERED<br>15:00 TO BE ANNOUNCED<br>16:00 HECTIC ON 3<br>16:30 JUDGE FAITH<br>Courtroom reality series.<br>17:00 AFTERNOON EXPRESS<br>18:00 ♦ HARRY<br>Musician Harry Connick Jr hosts this talk show, featuring musical performances, interviews and comedy segments.<br>19:00 TO BE ANNOUNCED<br>19:30 TROPIKA ISLAND OF TREASURE: CURAÇAO<br>Reality competition series. Hosted by Katlego Maboe.<br>20:30 SPECIAL ASSIGNMENT<br>21:00 NEWS<br>21:30 BILLIONS<br>Drama series.<br>22:30 ♦ HIGH ROLLERS<br>Drama series. Double bill.<br>23:30 KOZE KUSE<br>Music programme. | 06:00 THE MORNING SHOW<br>08:00 THE MORNING NEWS<br>08:30 LABOUR OF LOVE<br>09:30 ♦ DAYS OF OUR LIVES<br>10:15 INFOMERCIALS<br>10:30 GEBROKE HARTE<br>11:30 ♦ RHYTHM CITY<br>12:00 ♦ SCANDAL!<br>12:30 ♦ IMBEWU: THE SEED<br>13:00 ENEWS 1PM<br>13:30 ♦ THE WILD<br>14:00 ♦ PATERNITY COURT<br>14:30 PEPPA PIG<br>14:35 CARE BEARS: WELCOME TO CARE-A-LOT<br>15:00 ELENA OF AVALOR<br>15:30 DRAGONS: RIDERS OF BERK<br>15:55 POKÉMON THE SERIES: SUN & MOON – ULTRA LEGENDS<br>16:20 JUDGE JUDY<br>16:45 DAYS OF OUR LIVES<br>17:30 BITTERSOT<br>18:30 COUPLES COURT WITH THE CUTLERS<br>19:00 RHYTHM CITY<br>19:30 SCANDAL!<br>20:00 ENEWS 8PM<br>20:30 CHICAGO FIRE<br>21:30 IMBEWU: THE SEED<br>22:00 CHECKPOINT<br>22:30 FORENSIC FILES<br>23:00 THE LATE SHOW WITH STEPHEN COLBERT<br>23:45 THE FIRST GRADER<br>01:35 ♦ GEBROKE HARTE<br>02:25 ♦ CHICAGO FIRE<br>03:15 ♦ CHECKPOINT | 06:00 ♦ THE KELLY CLARKSON SHOW<br>07:00 ♦ MASTERCHEF AUSTRALIA<br>08:00 ♦ THE UNICORN<br>08:30 ♦ SURVIVOR SOUTH AFRICA: ISLAND OF SECRETS<br>09:30 ♦ NCIS<br>10:30 ♦ SPLITTING UP TOGETHER<br>11:00 ♦ YOUNG SHELDON<br>11:30 ♦ THE KELLY CLARKSON SHOW<br>12:30 ♦ MASTERCHEF AUSTRALIA<br>13:30 ♦ THE VOICE<br>15:30 ♦ S.W.A.T.<br>16:30 ♦ MODERN FAMILY<br>17:00 THE KELLY CLARKSON SHOW<br>18:00 MASTERCHEF AUSTRALIA<br>19:00 CHICAGO FIRE<br>Drama series. A deadly bacteria takes its toll on numerous victims around the city.<br>20:00 CHICAGO MED<br>Drama series. April and Noah disagree over a patient who is injured after a beating.<br>21:00 CHICAGO P.D.<br>Drama series.<br>22:00 SHAMELESS<br>Comedy series, season 10 starts.<br>23:00 THE LATE LATE SHOW WITH JAMES CORDEN<br>23:55 ♦ WHY WOMEN KILL<br>00:55 ♦ WESTWORLD<br>02:05 ♦ NANCY DREW<br>03:05 ISABELLE<br>04:30 CHRISTMAS ON HOLLY LANE | 06:00 ♦ THE DOCTORS<br>07:00 ♦ THE TALK<br>08:00 LOKSHIN BIOSKOP: 10 STEPS TO MAKE HIM PROPOSE<br>09:30 ♦ ISIBAYA<br>10:00 ♦ THE QUEEN<br>10:30 ♦ ISITHEMBISO<br>11:00 ♦ THE DOCTORS<br>12:00 ♦ THE RIVER<br>12:30 ♦ ISIBAYA<br>13:00 ♦ THE QUEEN<br>13:30 ♦ ISITHEMBISO<br>14:00 LOKSHIN BIOSKOP: URISHO<br>15:30 LOKSHIN BIOSKOP: 10 STEPS TO MAKE HIM PROPOSE<br>17:00 THE TALK<br>18:00 ♦ DATE MY FAMILY<br>19:00 THE RIVER<br>19:30 ISITHEMBISO<br>20:00 MNAKWETHU<br>20:30 ISIBAYA<br>21:00 THE QUEEN<br>21:30 FOR BETTER OR WORSE WITH MO AND PHINDI<br>22:00 BREAKING BROOKLYN<br>Dance. Madeleine Mantock, Louis Gossett Jr. 2018. PG13. 97 min.<br>23:45 ♦ THE DOCTORS<br>01:00 ♦ JACOB'S CROSS<br>02:00 ♦ THE TALK<br>03:05 LOKSHIN BIOSKOP: URISHO<br>04:35 LOKSHIN BIOSKOP: LOKSHIN FM |





## POWER

E.TV, 22:00

Ghost must fight off a brand new threat to his family.

| SABC1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | SABC2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SABC3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | E.TV                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | M-NET                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | MZANSI                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 05:02 GELEZA NATHI<br>06:00 KIDS' NEWS & CURRENT AFFAIRS<br>06:30 JABU'S JUNGLE<br>07:00 ♦ YO.TV<br>08:00 ♦ ISIDINGO<br>08:30 ♦ GENERATIONS: THE LEGACY<br>09:00 ♦ MUVHANGO<br>09:30 ♦ SKEEM SAAM<br>10:00 ♦ NOMZAMO<br>10:30 DAILY THETHA<br>11:30 ♦ GOSPEL UNPLUGGED<br>12:00 ♦ THE CHATROOM<br>12:30 IDENTITY<br>13:00 NEWS<br>13:30 MAM' SAKHILE'S STORY HOUSE<br>14:00 ♦ KHUMBUL'EKHAYA<br>15:00 ♦ SOUL BUDDYZ<br>15:30 YO.TV<br>16:30 ♦ ISPANI<br>17:28 LISTEN FOR A MOMENT<br>17:30 NDEBELE/SWATI NEWS<br>18:00 ♦ EMASISWENI<br>18:30 SKEEM SAAM<br>19:00 XHOSA/ZULU NEWS<br>19:30 ♦ MINA NAWA<br>20:00 GENERATIONS: THE LEGACY<br>20:30 UZALO<br>21:00 KHUMBUL'EKHAYA<br>22:00 SPORTS@10<br>23:00 SOCCER (DELAYED)<br>01:00 SOCCER (DELAYED)<br>03:00 SOCCER (DELAYED) | 05:00 ♦ BABY TV<br>05:30 ♦ THABANG THABONG<br>05:57 ♦ OP PAD<br>06:00 MORNING LIVE<br>09:00 THABANG THABONG<br>09:30 ♦ KOSKASKENADES<br>10:00 ♦ HEALTH TALK<br>11:00 INSIDE THE BAOBAB TREE<br>11:30 BABY TV<br>12:00 ♦ SID THE SCIENCE KID<br>12:30 ♦ 7DE LAAN<br>13:00 ♦ LITHAPO<br>13:30 ♦ UZALO<br>14:00 ♦ SKEEM SAAM<br>14:30 ♦ MUVHANGO<br>15:00 AKILI AND ME<br>16:00 ♦ DISNEY COOKABOUT<br>16:30 HECTIC NINE-9<br>17:00 NARUTO<br>17:30 TSONGA/VENDA NEWS<br>18:00 7DE LAAN<br>18:30 AFRIKAANS NEWS<br>19:00 GEURE UIT DIE VALLEI<br>19:30 DEKATV<br>20:00 TSWANA/SOTHO NEWS<br>20:30 NGULA YA VUTIVI/ZWA MARAMANI<br>20:57 LIVE LOTTO DRAW<br>21:00 MUVHANGO<br>21:30 LITHAPO<br>22:00 OUR MOMENTS<br>23:00 ♦ SUPERNATURAL<br>00:00 ♦ DRAGON BALL Z KAI: THE FINAL CHAPTER<br>00:30 FULL VIEW<br>03:00 THE GLOBE | 05:00 ♦ TALENT ON TRACK<br>05:30 ♦ RESTYLE MY STYLE<br>06:00 EXPRESSO<br>09:00 ♦ HARRY<br>10:00 ♦ JUDGE FAITH<br>10:30 ♦ 7DE LAAN<br>11:00 TO BE ANNOUNCED<br>11:30 ♦ GENERATIONS: THE LEGACY<br>12:00 KNIGHT RIDER<br>Action series.<br>13:00 ON POINT<br>14:30 ♦ SPECIAL ASSIGNMENT<br>15:00 TO BE ANNOUNCED<br>16:00 HECTIC ON 3<br>Kids' variety show.<br>16:30 JUDGE FAITH<br>17:00 AFTERNOON EXPRESS<br>18:00 ♦ HARRY<br>Talk show hosted by musician Harry Connick Jr.<br>19:00 TO BE ANNOUNCED<br>19:30 ♦ MARRIED IN A FLASH<br>20:30 @ THE TABLE<br>21:00 NEWS<br>21:30 NARCOS<br>Drama series. Peña and Carillo close in on Gacha. Murphy tries to protect pro-extradition candidate Gaviria from a notorious assassin connected to Pablo.<br>22:30 ♦ HIGH ROLLERS<br>Drama series. Double bill.<br>23:30 KOZE KUSE<br>Music programme. | 08:00 THE MORNING NEWS<br>08:30 LABOUR OF LOVE<br>09:30 ♦ DAYS OF OUR LIVES<br>10:15 INFOMERCIALS<br>10:30 GEBROKE HARTE<br>11:30 ♦ RHYTHM CITY<br>12:00 ♦ SCANDAL!<br>12:30 ♦ IMBEWU: THE SEED<br>13:00 ENEWS 1PM<br>13:30 ♦ THE WILD<br>14:00 ♦ COUPLES COURT<br>WITH THE CUTLERS<br>14:25 INFOMERCIALS<br>14:30 PEPPA PIG<br>14:35 CARE BEARS:<br>WELCOME TO CARE-A-LOT<br>15:00 BARBIE DREAMTOPIA<br>15:15 LITTLEST PET SHOP:<br>A WORLD OF OUR OWN<br>15:30 SUPA STRIKAS<br>15:55 POWER RANGERS:<br>NINJA STEEL<br>16:20 JUDGE JUDY<br>16:45 DAYS OF OUR LIVES<br>17:30 BITTERSOET<br>18:30 PATERNITY COURT<br>19:00 RHYTHM CITY<br>19:30 SCANDAL!<br>20:00 ENEWS 8PM<br>20:30 CHICAGO FIRE<br>21:30 IMBEWU: THE SEED<br>22:00 POWER<br>Drama series, season 3 ends.<br>23:10 THE LATE SHOW<br>WITH STEPHEN COLBERT<br>23:55 THE WOMEN | 06:00 ♦ THE KELLY CLARKSON SHOW<br>07:00 ♦ MASTERCHEF AUSTRALIA<br>08:00 ♦ SPLITTING UP TOGETHER<br>08:30 ♦ STATION 19<br>09:30 ♦ GREY'S ANATOMY<br>10:30 ♦ GET A ROOM<br>WITH CARSON & THOM<br>11:30 ♦ THE KELLY CLARKSON SHOW<br>12:30 ♦ MASTERCHEF AUSTRALIA<br>13:30 ♦ MASTERCHEF JUNIOR USA<br>14:30 ♦ THE VOICE<br>15:30 ♦ S.W.A.T.<br>16:30 ♦ MODERN FAMILY<br>17:00 THE KELLY CLARKSON SHOW<br>18:00 MASTERCHEF AUSTRALIA<br>19:00 9-1-1: LONE STAR<br>20:00 9-1-1<br>21:00 PRODIGAL SON<br>Drama series. Malcolm searches the depths of his mind to unravel the mystery of the girl in the box and discovers a secret about Dani's past that draws them closer together.<br>22:00 JETT<br>Action series.<br>23:00 THE LATE LATE SHOW<br>WITH JAMES CORDEN<br>00:00 ♦ CHICAGO P.D.<br>01:00 ♦ SHAMELESS<br>02:05 ♦ DIVORCE<br>02:40 ♦ THE DETOUR<br>03:20 SECOND LIFE<br>04:35 A WINTER PRINCESS | 07:00 ♦ THE TALK<br>08:00 LOKSHIN BIOSKOP:<br>BATTLE OF HOUSE<br>09:30 ♦ ISIBAYA<br>10:00 ♦ THE QUEEN<br>10:30 ♦ ISITHEMBISO<br>11:00 ♦ THE DOCTORS<br>12:00 ♦ THE RIVER<br>12:30 ♦ ISIBAYA<br>13:00 ♦ THE QUEEN<br>13:30 ♦ ISITHEMBISO<br>14:00 LOKSHIN BIOSKOP:<br>LOKSHIN FM<br>15:30 LOKSHIN BIOSKOP:<br>BATTLE OF HOUSE<br>17:00 THE TALK<br>18:00 ♦ OUR PERFECT WEDDING<br>Local reality series. Couples try to pull off the perfect wedding while avoiding various pitfalls on their way to the altar.<br>19:00 THE RIVER<br>19:30 ISITHEMBISO<br>20:00 BEING BONANG<br>21:00 THE QUEEN<br>21:30 ♦ THE REPUBLIC<br>22:30 ♦ THE DOCTORS<br>23:30 ♦ JACOB'S CROSS<br>00:30 ♦ THE TALK<br>01:30 LOKSHIN BIOSKOP:<br>OUR HOUSE<br>03:00 LOKSHIN BIOSKOP:<br>LOKSHIN FM<br>04:20 LOKSHIN BIOSKOP:<br>PAPA CARLITO'S WAY |

## YOU LEISURE TV MOVIES: THURS 12 – WED 18 MARCH

### THURSDAY

■ **BEST OF THE BEST** ★★★ 1989, 97 min, PG13, e.tv, 23:45. Action. An American taekwondo team try to overcome their rivalries and beat the Korean side. Eric Roberts, James Earl Jones.

■ **CHASE** ★★★★★ 2019, 84 min, 16, M-Net, 03:10. Thriller. A hitman is forced to choose between his mentor and his girlfriend, who wants to start a new life. Damien Puckler, Aries Spears.

■ **SHEEP & WOLVES** ★★★ 2016, 85 min, PG, M-Net, 04:35. Animated adventure. A flock of sheep take on the pack of wolves who've settled near their home. Voices: Tom Felton, Ruby Rose.

### FRIDAY

■ **THE ANT BULLY** ★★★ 2006, 88 min, PG, e.tv, 14:30. Animated comedy. After flooding an ant colony with his water gun, a boy is shrunk to the size of the insects. Voices: Julia Roberts, Nicolas Cage.

■ **THE KID WITH THE GOLDEN ARM** ★★★★★ 1979, 75 min, 16, SABC1, 21:00. Action. Martial artists hired to guard a shipment of gold must fight off dangerous bandits. Chien Sun, Meng Lo.

■ **KATHMANDU LULLABY** ★★★ 2011, 97 min, PG, SABC3, 21:30. Drama. In the '90s an idealistic Spanish woman travels to Kathmandu in Nepal to work at a local school but struggles

to deal with the poverty and broken education system. Verónica Echegui, Sumyata Bhattarai.

■ **BEST OF THE BEST 2** ★★★ 1993, 101 min, 16, e.tv, 22:00. Action. A young man sets out to avenge the death of his best friend's father in an underground fight club. Eric Roberts, Phillip Rhee.

■ **THE PURGE** ★★★ 2013, 85 min, 16V, e.tv, 00:50. Horror thriller. In a future America all crime is legalised for one night a year to maintain a peaceful society, and a wealthy family hunker down in their fortified suburban home while chaos erupts outside. Ethan Hawke, Lena Headey.

The Ant Bully, Friday on e.tv at 14:30.



■ **RED DRAGON** ★★★ 2002, 124 min, 16VL, e.tv, 02:25. Thriller. The prequel to Silence of the Lambs based on the book by Thomas Harris. A retired FBI agent returns to track a serial killer with the help of another murderer he caught years before. Anthony Hopkins, Edward Norton.

■ **PRETTY LITTLE STALKER** ★★ 2018, 83 min, 13VL, M-Net, 03:05. Thriller. A self-help writer and her family are targeted by a disturbed young woman. Nicky Whelan, Jesse Hutch.

■ **SNOW WHITE'S NEW ADVENTURE** ★★★ 2016, 78 min, A, M-Net, 04:35. Animated fantasy. A young girl discovers Snow White and the seven dwarfs' hidden cottage when she goes searching for her father. Voices: Linatopi Dorian, Riley Jackson.

### SATURDAY

■ **DIARY OF A WIMPY KID** ★★★ 2010, 94 min, PG, e.tv, 14:00. Comedy. Based on the book by Jeff Kinney. An 11-year-old boy keeps a diary of all his mishaps while trying to fit in at his new school. Zachary Gordon, Robert Capron.

■ **SHREK FOREVER AFTER** ★★★ 2010, 93 min, A, M-Net, 15:30. Animated fantasy. The fourth film in the franchise. Tricked by Rumpelstiltskin, ogre Shrek is now in an alternate time where he was never born. Voices: Mike Myers, Cameron Diaz.

(Turn over)



(From previous page)

■ **THE CROODS** ★★★ 2013, 98 min, PG, e.tv, 15:55. Animated adventure. After their cave is destroyed, a family of cavemen venture out into the world for the first time in search of a new home. Voices: Nicolas Cage, Emma Stone.

■ **DIFRET** ★★★ 2014, 99 min, PG13, SABC2, 16:00. True-life drama. A young lawyer travels to an Ethiopian village to represent a 14-year-old girl accused of shooting a man who tried to abduct and marry her. Meron Getnet.

■ **BLACK KNIGHT** ★★ 2001, 95 min, PG13L, e.tv, 20:00. Fantasy comedy. After a blow to the head, an employee at a mediaeval amusement park wakes up in 14th-century England. Martin Lawrence, Marsha Thomason.

■ **DESERT FLOWER** ★★★ 2009, 120 min, 16, SABC2, 21:00. Biopic. A look at the life of Somali model Waris Dirie who was circumcised at three, sold into marriage at 13, then fled to America. Liya Kebede, Sally Hawkins.

■ **THE GODFATHER: PART II** ★★★★★ 1974, 202 min, 16, SABC3, 21:30. Crime drama. A look at how a New York Mob boss rises to prominence and how his son later expands his empire. Al Pacino, Robert Duvall.

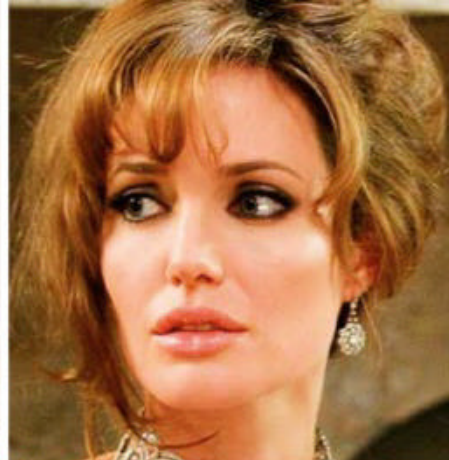
■ **THE TOURIST** ★★★ 2010, 103 min, PG13, e.tv, 21:55. Romantic thriller. An American tourist in Venice accidentally gets involved with a mysterious woman wanted by the police. Johnny Depp, Angelina Jolie.

■ **AMERICAN PIE PRESENTS: THE NAKED MILE** ★★ 2006, 97 min, 16, e.tv, 02:30. Comedy. The second film in the American Pie Presents series, a spinoff from American Pie. As she's not ready for sex, a college student gives her boyfriend a free pass during a wild weekend trip with his friends. John White, Eugene Levy.

■ **RUN THE RACE** ★★★ 2018, 101 min, PG13V, M-Net, 04:10. Sport drama. A devastating injury puts the college scholarship of a high school American football player in jeopardy. Meanwhile his brother starts attracting attention as an athlete. Tanner Stine, Kristoffer Polaha.



Red Dragon,  
Friday on e.tv at 02:25.



The Tourist,  
Saturday on e.tv at 21:55.



The Godfather: Part II,  
Saturday on SABC3 at 21:30.

## SUNDAY

■ **LEGALLY BLONDE** ★★★ 2001, 96 min, PG13, e.tv, 12:05. Comedy. After getting dumped by her boyfriend, a blonde sorority queen follows him to law school to prove she's not an airhead. Reese Witherspoon, Luke Wilson.

■ **VIKRAM VEDHA** ★★★★★ 2017, 147 min, PG13, SABC3, 14:30. Action. A policeman tries to bring down a gangster. Vijay Sethupathi, Madhavan.

■ **THE OPEN DOOR** ★★ 2017, 110 min, PG, SABC2, 16:00. Drama. After his mom's death, a man with special needs moves in with his sister and befriends their curmudgeonly landlord. David Ruprecht, Megan Jacobs.

■ **RIDE ALONG 2** ★★ 2016, 102 min, PG13, e.tv, 20:00 & 02:55. Action comedy. A rookie cop accompanies his partner and future brother-in-law to Miami to catch a drug dealer, but things don't go as planned. Ice Cube, Kevin Hart.

■ **DRUNK PARENTS** ★★ 2019, 97 min, 16, M-Net, 20:05. Comedy. A couple in financial difficulties try to keep their daughter in college by selling off their possession while drowning their sorrows. Alec Baldwin, Salma Hayek.

■ **BREAKING UP** ★★ 1997, 90 min, 16, SABC3, 21:30. Romantic comedy. A look at a photographer and a teacher's on-off relationship. Russell Crowe, Salma Hayek.

■ **SECOND LIFE** ★★★ 2018, 71 min, PG13, M-Net, 23:20. Drama. Trying to impress her friends, a South Korean high school girl tells a small lie that quickly spirals out of control. Jung Da-Eun, Guk-Hyang Jeon.

■ **BLACK KNIGHT** ★★ e.tv, 23:05. See Saturday.

■ **CHIMERA STRAIN** ★★★ 2018, 80 min, 16VN, M-Net, 03:05. Sci-fi thriller. A scientist freezes his children alive while he races to cure their deadly genetic disease. Henry Ian Cusick.

■ **AMISH ABDUCTION** ★★★ 2019, 80 min, 13V, M-Net, 04:30. Thriller. An Amish woman's life is turned upside down when her husband, who left their way of life, returns and wants custody of their son. Sara Canning, Steve Byers.

## MONDAY

■ **LEGALLY BLONDE** ★★★ e.tv, 23:45. See Sunday.

■ **REPRISAL** ★★ 2018, 89 min, 16VL, M-Net, 02:50. Action. A banker haunted by a violent attack at work seeks revenge with the help of his neighbour, a former cop. Frank Grillo, Bruce Willis.

■ **THE LITTLE MERMAID** ★★ 2018, 85 min, PG, M-Net, 04:25. Fantasy adventure. A young reporter and his niece discover a beautiful creature they believe is a mermaid. William Moseley, Poppy Drayton.

## TUESDAY

■ **THE FIRST GRADER** ★★★ 2010, 103 min, PG13, e.tv, 23:45. Biopic. After the Kenyan government makes primary school education free, 84-year-old farmer Kimani Maruge enrolls for the first time. Naomi Harris, Oliver Litondo.

■ **ISABELLE** ★★ 2018, 81 min, 16, M-Net, 03:05. Horror. After moving into their new home, a young couple are terrorised by an evil spirit. Amanda Crew, Adam Brody.

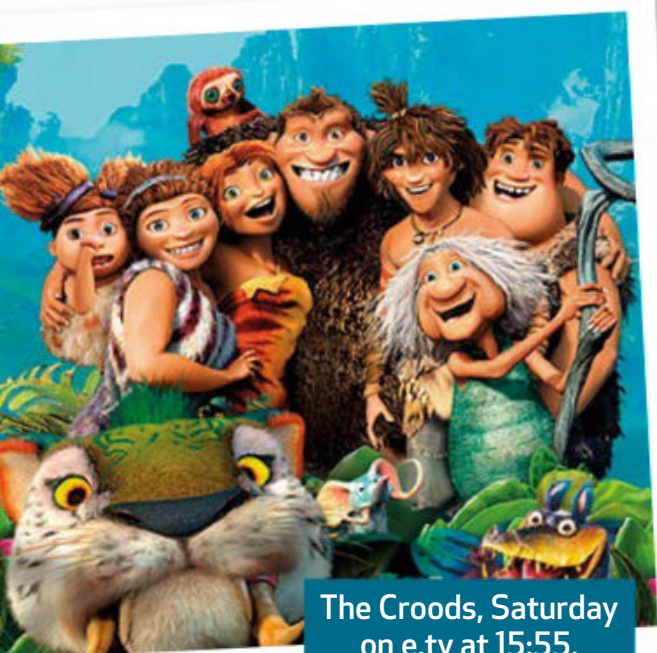
■ **CHRISTMAS ON HOLLY LANE** ★★★ 2018, 90 min, PG, M-Net, 04:30. Drama. Three childhood friends reunite to try to save one of their parents' homes where they spent many happy Christmases together. Sarah Lancaster, Karen Holness.

## WEDNESDAY

■ **THE WOMEN** ★★ 2008, 114 min, 13SL, e.tv, 23:55. Comedy drama. A group of women come together to support their friend when she finds out her husband is having an affair. Meg Ryan, Annette Bening.

■ **SECOND LIFE** ★★★ M-Net, 03:20. See Sunday.

■ **A WINTER PRINCESS** ★★★ 2019, 82 min, PG, M-Net, 04:35. Romantic comedy. A princess in disguise organises a fundraiser in the hope of turning a ski resort into a year-round destination. Natalie Hall, Chris McNally. ■



The Croods, Saturday  
on e.tv at 15:55.



Legally Blonde, Sun-  
day on e.tv at 12:05.



The First Grader,  
Tuesday on e.tv at 23:45.

★ IF YOU MUST  
★ SO-50 / ★ Sex  
★ V Violence  
★ WORTHWHILE / ★ PG Parental guidance  
★ P Prejudice  
★ EXCELLENT / ★ N Nudity  
★ L Language  
★ BRILLIANT / ★ H Horror  
★ D Drugs  
★ All ages



## YOUR STARS

By PETRA DU PREEZ

For daily horoscopes go to [you.co.za](http://you.co.za).



### ARIES

21 MARCH – 19 APRIL

Your personal year is coming to an end and a new beginning is around the corner, right up the alley of an Aries who thrives on fresh starts. Mull over options to kick-start your year, be it with a bash with your buddies, a celebration shared with loved ones or an adventure for one. But before you jump headlong into a new year, say goodbye to bad habits and shake off those tendencies that could get you into hot water.

**YOUR LUCKY NUMBERS**  
50, 38, 27, 10, 49, 8

### TAURUS

20 APRIL – 20 MAY

Who you know might be more valuable than what you know. Don't shy away from parties, meetings and gatherings as a friend, acquaintance or colleague may hold the key to your next success. Whether you want to start a business, build a career or support a cause, help may come from others. You could also be someone's shoulder to lean on.

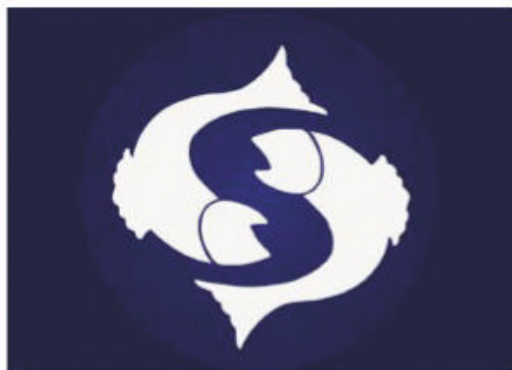
**YOUR LUCKY NUMBERS**  
39, 25, 3, 13, 42, 23

### GEMINI

21 MAY – 20 JUNE

Mercury, the cosmic networker, enters your professional horoscope, making it an opportune time to use your communication skills and meet people. Whether you'd like to advance a career goal, want to champion a special cause or have a business to market, make sure you're seen and heard. Do the rounds, socially as well as professionally.

**YOUR LUCKY NUMBERS**  
39, 50, 15, 4, 28, 44



## PISCES

19 FEBRUARY – 20 MARCH

### Use the arts to express yourself creatively

Communicative Mercury moves into your sign, freeing up words and loosening your tongue. Whether you want to charm yourself into someone's heart, show your compassion or share your concerns, it's a good week in which to verbally express your feelings. If you're a Pisces with a creative streak, express yourself through the arts – whether you want to paint or draw, write poetry or lyrics, or lip-synch or sing on stage.

**YOUR LUCKY NUMBERS**  
30, 17, 26, 5, 48, 14

### FAMOUS BIRTHDAYS



**SIMONE BILES**  
14 MARCH 1997



**LIRA**  
14 MARCH 1979



**KIM RAVER**  
15 MARCH 1969



**PAUL POGBA**  
15 MARCH 1993



**TITO MBOWENI**  
16 MARCH 1959



**BRUCE WILLIS**  
19 MARCH 1955

### PISCES ON RECEIVING GIFTS

- ✓ They'll love a journal in which they can write their dreams.
- ✓ A new pair of shoes is the Fish's wish.
- ✓ You'll make their day with tickets to a music concert.
- ✓ They long for a gift voucher for a foot massage.
- ✗ Don't bother giving them an alarm clock.
- ✗ A year's subscription for a DIY magazine is a waste.
- ✗ A diary or day-planner will likely be forgotten in a drawer.

### CANCER

21 JUNE – 21 JULY

The week has an intellectual tone, making it an opportune time to exercise your grey matter. With Mercury, master of the mind, moving into a compatible water sign, you should feel at home putting on your scholarly cap. Whether you want to broaden your general knowledge or enrol in academic courses, use the time to apply your mind.

**YOUR LUCKY NUMBERS**  
13, 42, 32, 7, 18, 36

### LEO

22 JULY – 22 AUG

Venus, planet of attraction, resides in your professional horoscope, making you the centre of attention. You may draw crowds to your performances and exhibitions, be a magnet for money-spinning prospects or attract individuals beneficial to your career. Ensure you don't miss out on business lunches, work parties or team bonding activities.

**YOUR LUCKY NUMBERS**  
3, 49, 31, 19, 1, 25

### VIRGO

23 AUG – 22 SEPT

Mercury moves into your love horoscope, so spare a thought for this aspect of your life. Make spending quality time with your partner your highest priority. You could take strolls in nature, socialise with your friends or go on a romantic weekend trip. It's also the perfect time to make plans, share ideas and have heart-to-heart conversations.

**YOUR LUCKY NUMBERS**  
50, 19, 21, 47, 2, 29

### LIBRA

23 SEPT – 22 OCT

The spotlight falls on your wellbeing, making it a week in which to restore the balance of body, mind and soul. You could incorporate an exercise routine for toning your figure, take up meditation to still the mind or curb your procrastination to lower your stress levels. Put your thinking cap on and get the ball rolling towards a better tomorrow.

**YOUR LUCKY NUMBERS**  
47, 7, 14, 45, 34, 16

### SCORPIO

23 OCT – 21 NOV

Even if you're a Scorpio of few words, you should feel comfortable making your voice heard, as Mercury, master of the tongue, moves into a compatible water sign. You could promote a cause you feel passionate about, argue a viewpoint or sweet-talk a lover. Speaking of which, love is in the air so use the opportunity to communicate your feelings.

**YOUR LUCKY NUMBERS**  
45, 25, 12, 41, 6, 37

### SAGITTARIUS

22 NOV – 20 DEC

Spare a thought for family members, take their interests to heart and make them feel special. You could listen to the concerns of elderly parents, attend the kids' extramural activities or take your siblings on an outing, as long as you put family first. It's also a good time to explore your roots, so do the research and draw up your family tree.

**YOUR LUCKY NUMBERS**  
12, 8, 40, 20, 43, 22

### CAPRICORN

21 DEC – 20 JAN

It's a great week in which to explore the neighbourhood and make use of all that's on offer. Whether your interest is business, landscaping or pottery, look at opportunities to develop your skills. You should also let your hair down a bit, so you enjoy a meal with family or friends at a restaurant, go to the theatre or enjoy the beauty of a local nature reserve.

**YOUR LUCKY NUMBERS**  
15, 25, 6, 35, 48, 24

### AQUARIUS

21 JAN – 18 FEB

The spotlight falls on your financial matters this week, so make hay while the sun shines. As an Aquarius, you probably have a head brimming with brilliant ideas, and this week they should be applied to fill your coffers. If you have visions of a better tomorrow, go ahead and market an innovative concept or find sponsors for your cause.

**YOUR LUCKY NUMBERS**  
4, 34, 46, 33, 11, 9

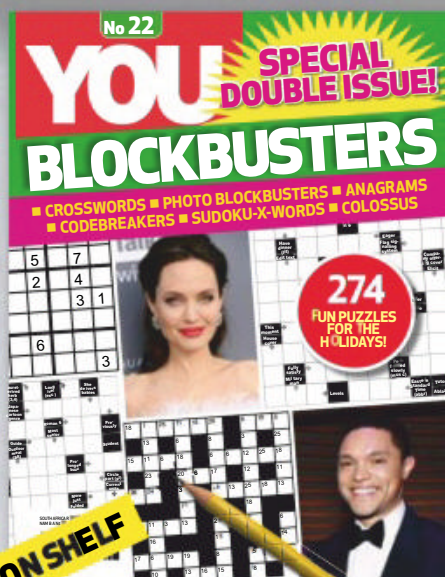


# GRAB YOUR COPY TODAY!

We've got great magazines for everyone – puzzles for grown-ups, fun facts for kids, retirement inspiration and tasty recipes. Take a look...

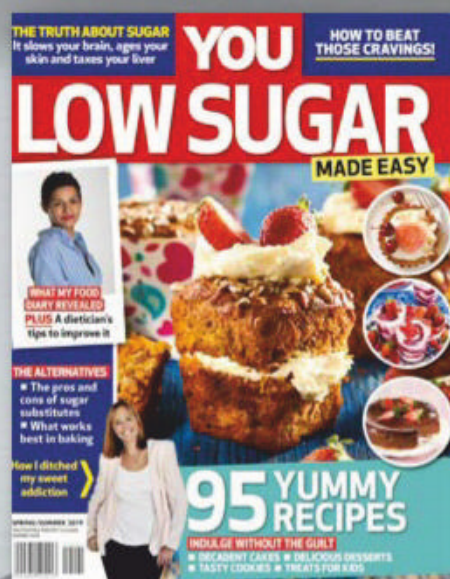


**YOU DID YOU KNOW?**  
The latest issue is packed with fascinating facts perfect for inquisitive kids. Explore the animal kingdom, find out more about the human body, see how things work, build your own erupting volcano, make your own invisible ink and more.

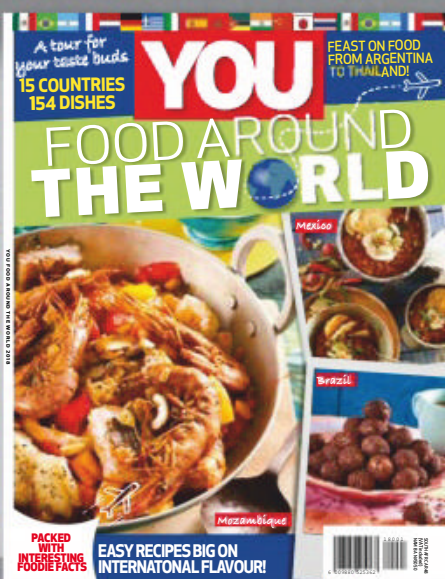


**YOU BLOCKBUSTERS**  
Enjoy crosswords, anagrams, sudoku, codebreakers and more.

**YOU DINOSAURS**  
Great facts and beautiful illustrations will help your kids explore the world of these amazing prehistoric creatures. Plus there's a special set of dino trump cards!

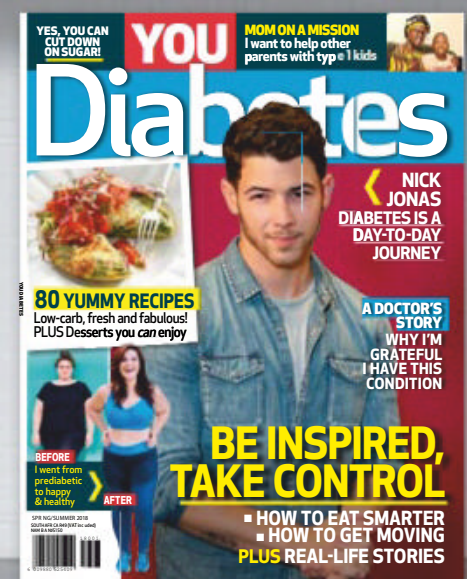


**YOU LOW SUGAR**  
Get advice on how to switch yourself and your family to a low-sugar lifestyle – plus plenty of recipes for guilt-free sweet treats.



**YOU FOOD AROUND THE WORLD**  
A taste trip – try coq au vin and fish tagine, among other treats.

**YOU DIABETES**  
With great advice and tasty recipes, this magazine aims to help people with diabetes live their best lives!



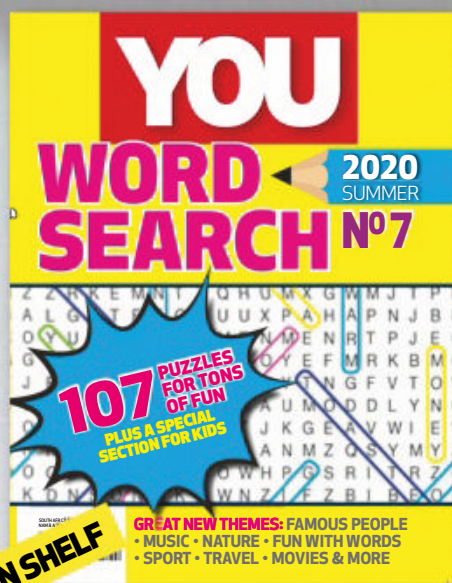
## HOW TO BUY THESE MAGAZINES

**1** In stores such as Checkers, Pick n Pay and Clicks. Note: some magazines aren't currently in store but can be ordered – see 2 & 3.

**2** **YOU SHOP** Go to [youstore.co.za](http://youstore.co.za) and order your copy online.

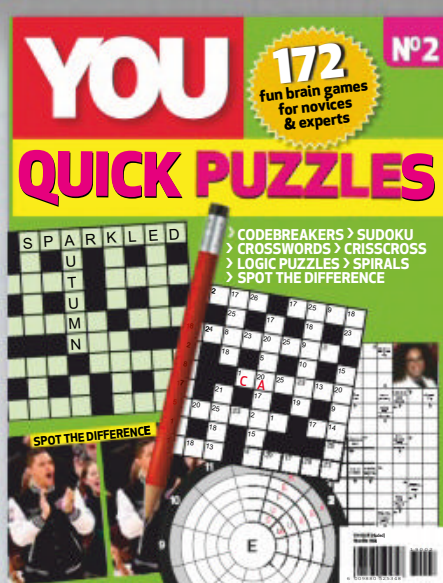
**3** Call Johan Terblanche on 021-406-4962 or email [johan.terblanche@media24.com](mailto:johan.terblanche@media24.com).





**YOU WORD SEARCH**  
Enjoy hours of fun with the seventh issue of this magazine – new themes and styles of grids offer a great challenge!

**YOU QUICK PUZZLES**  
There are 20 types of puzzles – including crisscross, spirals and logic puzzles – to keep you entertained.



### A PERFECT SET

**EASY & AFFORDABLE COOKING**  
Save time and money with these small-format recipe magazines – YOU Salads, YOU Pulses and YOU Batch Cooking are just what you need to make mealtimes the easiest part of the day. **YOU Salads** is packed with great recipes for fresh and tasty meals. There's fig and pecan salad, biryani rice salad, Asian chicken bowls, steak and vegetable salad, Italian potato salad and so much more. **YOU Pulses** brings you economical and nutritious meals made with a variety of beans, lentils and chickpeas. Try mini chickpea pancakes, pittas with falafel and hummus, butternut and lentil fritters, bunny chow and a feast of other dishes. There's also a handy guide to pulses. **YOU Batch Cooking** helps you save time in the kitchen by preparing extra to freeze for future lunches, suppers and snacks. Serve up vegetable bobotie, moussaka, samoosa pie, lamb and tomato stew plus all sorts of homemade bread and cookies!



**YOU RETIREMENT**  
Whether you're about to close the office door behind you for good or have already said good-bye to the daily grind, YOU Retirement will help you make the most of this new life chapter.

**YOU DID YOU KNOW?**  
Kids will love these infographics about so many interesting topics!



4



In digital format\* at [magzter.com](http://magzter.com)



\*EXCLUDING PUZZLE BOOKS



# \*chill out

SPOTLIGHT / WHAT TO WATCH /  
MUSIC / BOOKS / FICTION / PUZZLES

★★★★★ BRILLIANT    ★★★★★ EXCELLENT  
★★★★ WORTHWHILE    ★★ SO-SO    ★ IF YOU MUST

CHILL OUT | SPOTLIGHT

## Vin Diesel

The Fast & Furious star is back from the dead in his new role

COMPILED BY MAXINE PETERS

**HE'S A KILLING MACHINE** Vin Diesel's latest film is the comic-book adaptation *Bloodshot*, in which he plays a former marine who's brought back from the dead with special nanotechnology and transformed into an indestructible killing machine.

"It deals with issues like post-traumatic stress disorder," he says. "The script was one of the most interesting scripts I've ever read. It plays with your mind in a way you don't normally see in movies." The film, which also stars Sam Heughan (*Outlander*) and Eiza González (*Baby Driver*), was partially shot in Cape Town and local comedians Donovan Goliath and Jason Goliath have small parts in it.

**SELF-STARTER** Vin's first film job was a small one, as a hospital orderly (he wasn't even credited) in the 1990 movie *Awakenings* starring Robert De Niro.

He struggled to find work and decided to take control of his career, writing a short film based on his experiences as an aspiring actor. Called *Multi-Facial*, it was

shot in just three days, cost \$3 000 (then R10 500) to make and was screened at the 1995 Cannes Film Festival. He went on to write, direct and star in the movie *Strays* (1997), working in telemarketing to raise the \$50 000 (then R250 000) to make it. Meanwhile director Steven Spielberg had seen *Multi-Facial*, which led to a dream film role for Vin.

"Probably the best was when I got the phone call that Steven Spielberg had written a role for me [in *Saving Private Ryan*]. That was the most bizarre form of recruitment I've ever experienced," the 52-year-old actor says.

**FAMILY FIRST** He's been with his partner, Mexican model Paloma Jiménez (36), since 2007.

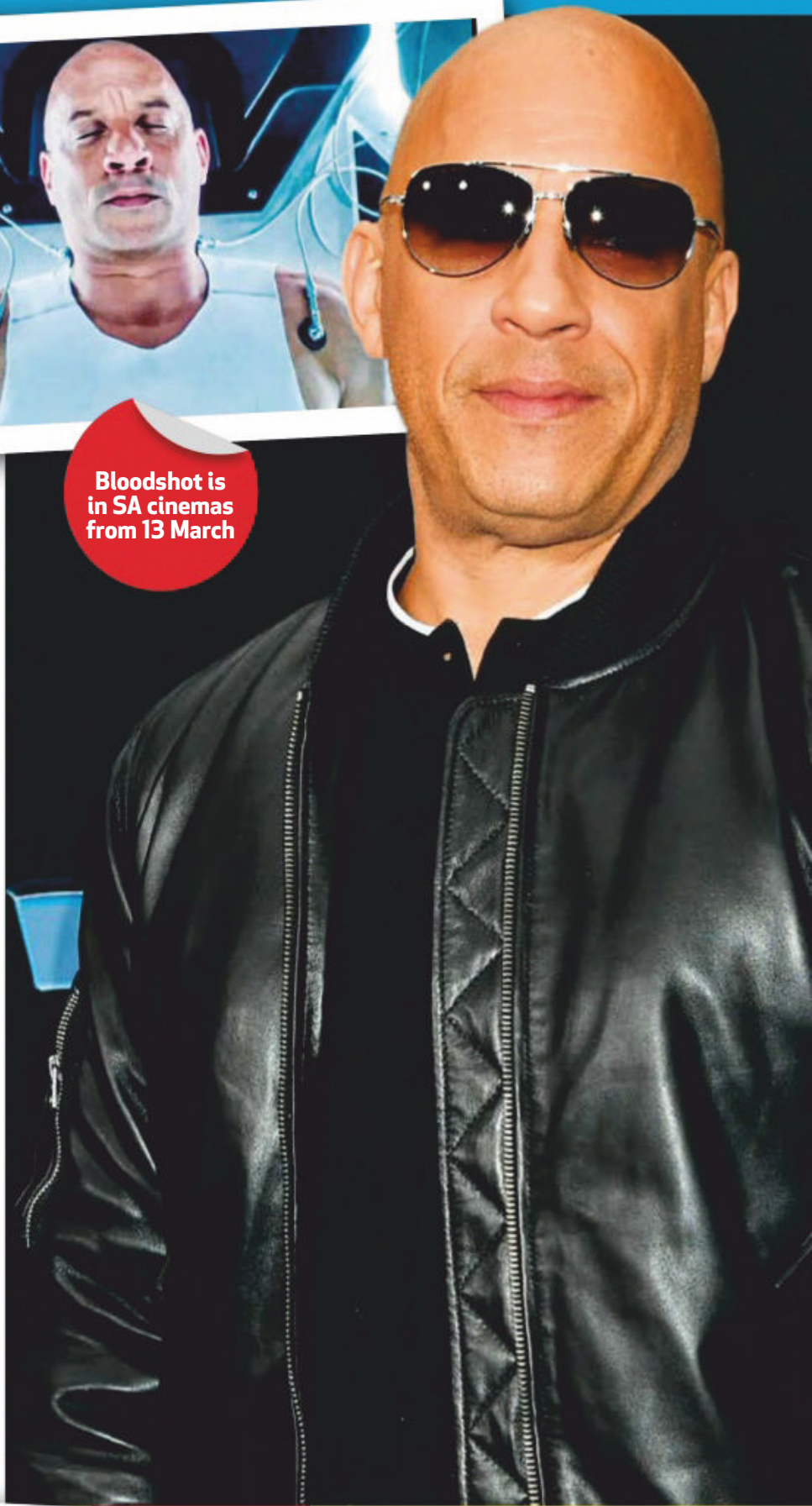
The couple have three kids – Hania (11), Vincent (10) and Pauline (4). Their youngest was named in honour of Vin's late friend and *Fast & Furious* co-star Paul Walker, who died in a car crash in 2013. ■

SOURCES: DIGITALTRENDS.COM, THRILLIST.COM, EONLINE.COM, DIPLY.COM, IMDB.COM

LEFT: Vin Diesel in *Bloodshot* as former marine Ray Garrison who comes back to life with super-powers.



*Bloodshot* is in SA cinemas from 13 March



GALLO IMAGES/GETTY IMAGES, SONY PICTURES RELEASING, INSTAGRAM/@DONOVANGOLIATH



LEFT: With his partner, model Paloma Jiménez. ABOVE: Local comedians Donovan Goliath (left) and Jason Goliath appear in his latest film. ABOVE RIGHT: At a 2019 *Fast & Furious: Spy Races* premiere.

### FAST FACTS

■ His real name is Mark Sinclair. His stage name is from his '80s nightclub bouncer days.  
■ When Vin returned to the *Fast & Furious* franchise with 2009's fourth instalment, he also became a producer of the series through his company One Race Productions. "As a producer, the first thing I addressed was multiculturalism. In the

first film, you had the Asian, Hispanic and African-American cliques all divided. When I came back as a producer, I had to break those barriers. Hollywood wasn't even thinking about that." The ninth instalment will be out later this year.

■ He has a fraternal twin brother, Paul, who worked on his film *Multi-Facial* as a sound editor.





Finding their way in a man's world (from left): Emma Watson, Florence Pugh, Saoirse Ronan and Eliza Scanlen star as the iconic March sisters in *Little Women*.

## CHILL OUT | WHAT TO WATCH

# Little Women

★★★★★

**Drama.** With Saoirse Ronan, Emma Watson and Florence Pugh. Director: Greta Gerwig. 7-9PG DPV.

**Set in the late 1800s,** *Little Women* tells the story of Jo March (Ronan) and her three sisters, Amy (Pugh), Meg (Watson) and Beth (Sharp Objects' Eliza Scanlen).

The four siblings, raised by their mother, Marmee (Laura Dern), while their father serves as a chaplain in the US Civil War, spend their childhood bonding over their love of the performing arts.

Each later ventures off on her own – Jo is an ambitious and talented writer carving out a career for herself in New York, Amy is pursuing painting (and a wealthy husband) in Paris, Meg is married to a poor but handsome schoolteacher (James Norton from *Grantchester*) while

poor Beth is battling a devastating illness.

The March girls are strong-willed with big personalities to match. But they're forced to clip their wings so they can find their place in a man's world.

This is especially tough for the unconventional Jo, who has no desire to get married and would much rather be the heroine of her own story than wait for her knight in shining armour.

Nominated for six Oscars and winning for best costume design, writer-director Gerwig's take on Louisa May Alcott's classic novel is timeless yet timely. The film's theme is necessary and relevant in 2020, a time where bold women have never been more welcomed.

It's easy to get lost in the story and the characters melt away to become your sisters. You feel their pain, fight their battles and share their victories. And once the credits roll, you're bound to leave with a little piece of each woman. – KIM ABRAHAMS

## ★ Also on the big screen

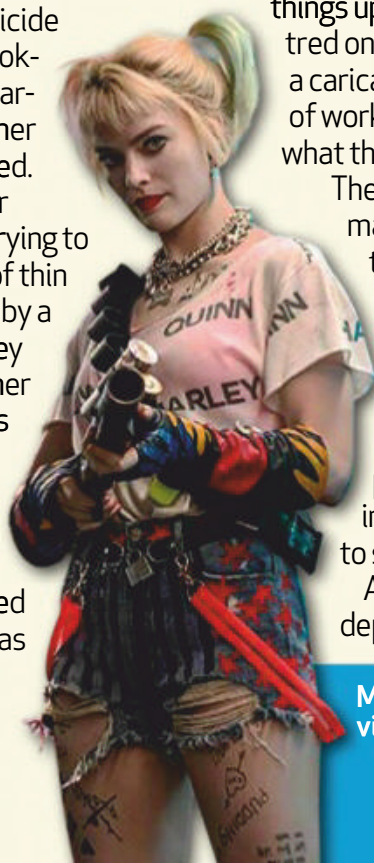
### BIRDS OF PREY ★★

**Crime comedy.** With Margot Robbie and Mary Elizabeth Winstead. Director: Cathy Yan. 16DLV.

Sometime after the events of *Suicide Squad* (2016), master villain the Joker breaks up with his girlfriend, Harley Quinn (Robbie), which makes her a target for all those she's wronged.

One of her enemies is gangster Roman Sionis (Ewan McGregor, trying to create a memorable baddie out of thin air), who wants a diamond stolen by a young thief (Ella Jay Basco). Harley agrees to find it if Sionis spares her life, and during her search she gets mixed up with a vigilante (Winstead), a singer (Jurnee Smollett-Bell) and a cop (Rosie Perez).

One positive thing most critics had to say about the much-derided *Suicide Squad* was that Harley was the best thing in it. So it seemed inevitable that the manic psycho



would get her own spinoff. But like Johnny Depp's quirky pirate captain Jack Sparrow, Harley Quinn is best used as a supporting character who livens things up in small doses. When the story is centred on her, you realise she's nothing more than a caricature. What's more, she's a nasty piece of work you can't root for, which seems to be what the filmmakers want the viewer to do.

The zany style, filled with voice-overs, animated flashbacks and scrawled captions, tries to disguise the fact that the simple plot has no surprises, and feels like a tired copy of *Deadpool* (2016) while the puerile jokes also pale in comparison.

The male villains' disturbing misogyny seems to serve as justification for the pain inflicted on them, but when the heroine is just as vicious and selfish it's difficult to see her actions as female empowerment. And though the other women have more depth, they're just a bunch of boring clichés.

Margot Robbie reprises her role as the manic villain Harley Quinn in *Birds of Prey*.

## DStv Box Office



### ANGEL HAS FALLEN

★★★

**Action.** This third film in the series, after *Olympus Has Fallen* (2013) and *London Has Fallen* (2016), sees **Gerald Butler** return as worn-out American secret service agent Mike

Banning, guardian angel of the US president. He now watches over Allan Trumbull (Morgan Freeman), the former vice-president who's taken over after the retirement of Benjamin Asher (Aaron Eckhart).

After a futuristic drone attack, only Banning and Trumbull survive, and the finger is quickly pointed at Banning as the traitor behind the incident. To keep things topical, there are references to Russian interference in the US presidential election.

The massive amount of *skop, skiet en donder* does little to elevate the thin plot and predictable finale above the usual run-of-the-mill action fare. – ANNELENE OBERHOLZER  
2019. 116 MIN. 16LV. ALSO OUT ON DVD.



### 47 METERS DOWN: UNCAGED

★★★

**Thriller.** Mia (Sophie Nélisse from *The Book Thief*) and Sasha (Corinne Foxx, daughter of Jamie) are stepsisters who decide to go on an adventure

diving in a ruined underwater city with two of their friends. But the teenage girls quickly discover they're not alone in the submerged caves. In order to survive they have to manoeuvre their way out of the claustrophobic maze before they become shark bait or their air runs out.

If you're a fan of the original *47 Meters Down* (2017), which was as gripping and thrilling as underwater suspense movies come, you'll expect a lot from this sequel. But the underwater scenes are confusing and most of the suspense and tension is lost among the girls' constant screams.

There are a few sudden shark attacks that provided a glimmer of hope where excitement is concerned, but they're all that prevent this movie from being a total bust. – ILLANA FRANTZ  
2019. 86 MIN. 13HV. ALSO OUT ON DVD.



CHILL OUT | MUSIC

## Lighthouse Family

We chatted to one half of the popular British duo ahead of their comeback performances in South Africa later this month

BY LINDSAY DE FREITAS

### How they got started

After forming Lighthouse Family in 1993, keyboardist Paul Tucker and singer Tunde Baiyewu went on to dominate the charts, but nearly missed their big break. Paul says he was funding his musical ambitions working as a bartender when his girlfriend told him she was pregnant.

"I'd had Ocean Drive written for a few years by then and just wanted to record it so I could get it out of my system before I got a real job. A friend introduced me to Tunde and the moment I heard the demo I knew there was magic there."

They sent the demo to a few record companies and the rest is history. "The funny thing is that I actually just wanted to wrap up this chapter of my life and then it somehow kick-started everything."

### Where inspiration comes from

Paul (51), the writer behind perennial favourites Raincloud, High and Lifted, insists inspiration doesn't come easily.

"It really only comes when something happens and I have an emotional reaction to it. I sit down at a piano and try to make a noise that makes me feel better.

"I don't think I could've written any of those songs without some sort of reason or feeling."

He adds that Ocean Drive, the duo's debut hit, was written in response to a break-up, while High was penned after his wife had a miscarriage.

### Their break from music

Not long after the release of their third album, Whatever Gets You through the Day, in 2001, Tunde's mother died and the duo scaled back their work commitments, which eventually turned into an indefinite hiatus.

This led to both of them pursuing individual projects – Tunde (54) became a solo artist, while Paul joined a rock band, The Orange Lights. After a number of comeback attempts, which they ended up putting off themselves, they released their fourth album, Blue Sky in Your Head, in July last year.

"At first being back in the studio we felt a bit uncertain and cautious. But once the first two songs started showing their faces it was almost like, 'Oh, there it is. There's that old magic.' I suppose you just

### WHEN AND WHERE?

Catch them at The Teatro at Montecasino in Johannesburg on 20, 21 and 22 March and at the Grand Arena at GrandWest in Cape Town on 24 March.

Paul Tucker (left) and Tunde Baiyewu are the duo behind Lighthouse Family. RIGHT: Paul's melody-driven songwriting and Tunde's smooth voice have made their music instantly recognisable.



have to put me and Tunde in a room and that's what happens."

### The fan behind their comeback

Paul revealed they have a persistent fan's nostalgia to thank for their comeback.

"The decision to release another album was kind of made for us," he says. "What happened was this guy at the record company [Polydor Records, who released Blue Sky in Your Head] used to listen to our records in the back of his dad's car when he was a kid and he had a thing about Lighthouse Family."

It's something he says he often hears these days. "More and more young people are coming up to us and saying exactly the same thing. We're always laughing about how a large percentage of our fanbase are adults who are really just playing our songs because their parents forced it on them." ■



# Veg out

Want to eat less meat? Jamie Oliver, Prue Leith and Sarah Graham serve up some yummy inspiration

COMPILED BY JANE VORSTER

## THE VEGETARIAN KITCHEN

★★★★★

By PRUE LEITH and PETA LEITH  
Bluebird

I was lucky enough to watch Prue Leith make her paneer curry from scratch at a recent cookery demo when the legendary chef and writer was in South Africa to promote this book. At the curry's essence are simplicity and tons of flavour, which are pretty much the hallmarks of this lovely vegetarian cookbook.

Prue has collaborated with her niece Peta, a life-long vegetarian, to come up with this collection of recipes that go beyond the standard vegetarian repertoire of risottos, pastas and veggie lasagnes. Not that it's fussy. You won't find foams, jellies and edible flowers everywhere. Just good, honest, hearty fare.

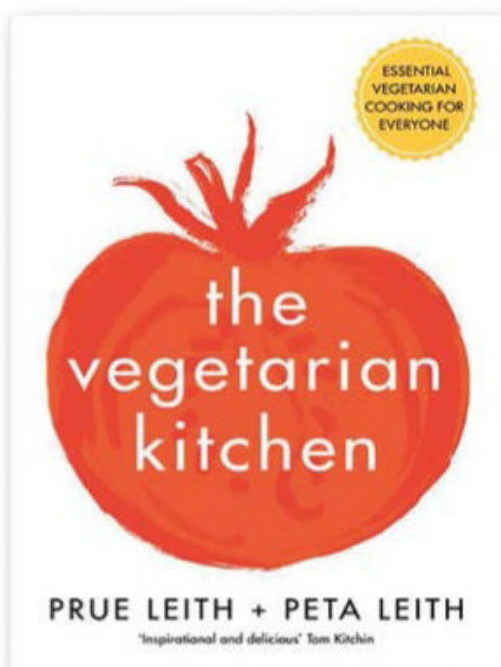
Aware that plant-based cooking is having its day in the sun, both cooks are eager to share how simple it is to ditch meat. But they're not all judgy about it. Instead they urge you to do your best for the planet and choose the finest and most sustainable ingredients you can afford.

There are soups and simple suppers, hearty stews and rustic tarts. Prue's shakshuka heroes aubergine, and Peta's cheese and Marmite soufflé promises umami heaven. With their vegetarian recipes they often offer tips on how to make the dish vegan.

And there's a generous section for those with a sweet tooth. I can't wait to try the grapefruit treacle tart.

The perfect place to start for anyone who's veggie-curious.

— SANDY COOK



## SUPER NATURAL

★★★★★

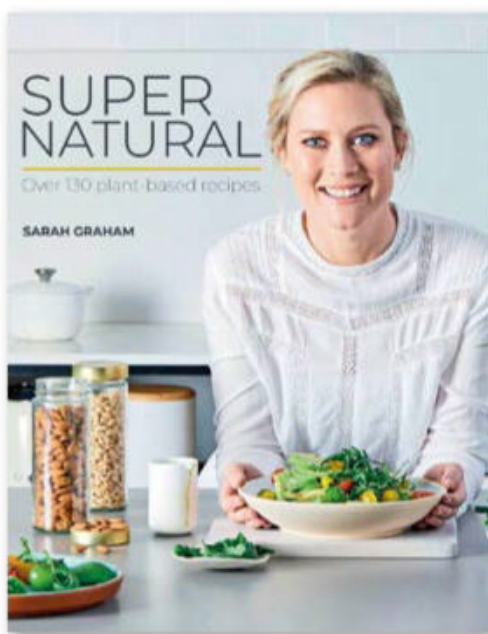
By SARAH GRAHAM  
Struik Lifestyle

What I've always loved about Graham's cookbooks is that many of her dishes can be made in 20-30 minutes. Using the simplest of ingredients, she somehow always manages to cook up recipes that become firm family favourites.

And with this latest offering, the Johannesburg food blogger doesn't disappoint, even though there's not a morsel of meat in sight. Although Graham admits her own eating habits aren't exclusively vegetarian, she says she's edging towards a more plant-based diet. So in her own words, think of this as "a flexitarian's guide to vegetarianism".

And it's an approach that works because she doesn't just assume her readers already know the fundamentals – instead she begins the book by sharing a few "big-bang-for-your-buck" dressings, dips, sauces and spreads that you can make in advance to ensure your weekly cooking drill runs a bit more smoothly. There are also recipes to help you to save money by making your own plant-based milk from almonds or cashew nuts.

Then with her typical creative flair, Graham provides ideas for breakfasts, lunches and suppers that are dead-easy to make and yet look amazing on the plate. How does samp and gem squash risotto sound or whole-roasted tandoori cauliflower flatbreads, or sweetcorn fritters with fiery guacamole? It's enough to have even the most committed carnivores licking their lips.



READ THIS

## VEG

★★★★

By JAMIE OLIVER  
Michael Joseph

In his intro the much-loved TV chef explains that this book isn't just aimed at vegetarians but also meat-eaters who feel they're stuck in a rut and are ready to try something new. Like with most of Oliver's other cookbooks, what he's serving up here is drawn from what he and his family like to eat at home.

At almost 300 pages, there are plenty of options in this beautifully photographed cookbook which is a companion to his TV series – from stews, curries, noodle dishes, pies, burgers and pastas to one-pan wonders and tray bakes.

There are lots of recipes that I can't wait to try, such as the vibrant bhel puri salad – which is made from popped rice, pomegranate, ginger and scrunched-up poppadoms – his scruffy brinjal lasagne, and sweetcorn and jalapeño fritters.

But watch out if you're planning a dinner for strict vegans as some of the recipes call for pesto, feta cheese and Worcester sauce, all of which contain animal products, so you'll need to source alternatives.

And it also might not suit those trying to limit their carb intake as most of the recipes include some form of starch. Eat from it every day of the week and you might find it difficult to zip up your jeans.

But if you're just looking for some ideas for family meat-free Mondays, then this book is a good place to start.



## AUTHOR TWEETS

MATT HAIG

@matthaig1

Twenty years ago this summer I nearly died by suicide in Ibiza. I knew I had no future. I knew I'd never be happy again.

Today I'm in France. With family. And dog. Enchanted. I'm alive. I'm happy. In the future that couldn't exist. The impossible happens via living.

JOHN BOYNE

@john\_boyne

I'm working on a novel (for 2021) about social media, researching why so many people spend their time online in attack mode.

A thing I've learnt: don't reply to bullies. Just mute them. What you don't see can't hurt you. Never let strangers affect how well or badly your day goes.





CHILL OUT | FICTION

## A One-Horse Race

What would it take mounted policewoman Melissa to prove she and Blackie were valuable to her department?

BY ALI LOCONTE ILLUSTRATION: MICHAEL DE LUCCHI

**T**HE police station fell silent as Inspector Davis assigned duties for the next shift.

"Last but not least, Melissa Brooks, you're out on patrol with Blackie," he finished.

Melissa shook her head in disbelief. Once again, she'd drawn the short straw. It wasn't fair.

"Don't expect any action," Bob warned her as she collected her radio. "Everyone will be busy watching the Summer Cup."

Melissa pulled on her body armour and headed glumly to the stables, wishing she could watch the cup herself.

As a country girl, she'd learnt to ride a horse even before she could ride a bike. At 14, she'd landed a Saturday job at a local racetrack. She was thrilled because it meant she could train there for free as well as picking up tips from older and more experienced riders.

For the next four years until she finished high school, she dreamt of becoming a jockey. In the end she had to settle for a position in the mounted police – a job she loved, usually. Just not today.

Blackie nickered softly when he saw her. She offered him an apple and the sweet smell of the straw mixed with the tang of apple as he crunched it up.

Blackie was a calm but social animal,

well-suited to the job. Intelligent too. Melissa liked to imagine he had an instinct for trouble, just like she did. After all, didn't they say animals were more in touch with their instincts than humans were?

She stroked the white blaze on his nose. "It's going to be just you and me out there today, Blackie," she said.

She saddled him up and led him out into the brilliant sunshine.

It looks as though Bob was right, she thought, as she swung her leg into the saddle. The streets of their small town were deserted. The sweltering heat combined with the cup to watch on TV had kept people indoors.

On the other hand, Melissa said to herself, this would be the perfect time to commit a crime.

**S**HE studied the few figures in the town's main street. A young man with a peak cap and a hold-all rushed down the opposite pavement and burst into the betting agent's.



Melissa's police instincts prickled. Don't be silly, she told herself. He's simply placing a last-minute bet before the race.

An elderly woman hurried along the shady side of the pavement with her head down and entered the Hope Arms to watch the cup. No surprises there either.

Suddenly Melissa's radio crackled to life, making her jump. "Armed robbery taking place!" It was Bob's voice.

There was raucous laughter in the background. Melissa could picture them exactly. The whole station would be clustered around the wide-screen TV in the canteen on an extended tea break.

She sighed. "Stop horsing around, Bob," she said.

Bob chuckled. "You can get off your high horse with me, my dear," he said.

As the only female officer at their small police station, Melissa had noticed time and time again how she always seemed to draw the short straw.

The other officers thought the mounted police were a thing of the past and a waste of the budget – and told her so loudly and clearly on a regular basis.

"This is the 21st century," they'd tell her. "In another year or two, we'll have self-driving police cars. Will you still be riding a horse then?"

Melissa closed her ears to their jibes. She knew mounted police had a time and a place.

The heat was sweltering. Melissa mopped her brow.

She caught sight of her watch and realised the Summer Cup would be starting at any moment. The atmosphere at the racecourse would be electric. Wistfully she imagined the scene: total silence, shattered by the clunk of the start gates, the screams of the crowd and the thundering of 20 sets of hooves.

Across the street, the door of the betting shop swung open and the man with the hold-all hurried out. He wore his cap pulled down so low Melissa couldn't see his face and once again, her police instincts prickled. There was something about him that struck her as suspicious.

"What do you reckon, Blackie?" she whispered. "Is he up to no good?"

Blackie snorted. He didn't like the look of the man either.

Melissa watched as the man jumped into a blue sedan parked nearby. He

slammed the door and sped off down the street.

Was he racing home to watch the Summer Cup, or was there another reason he was in such a hurry? And what exactly did he have in that hold-all of his? Was it her imagination or had it looked a lot heavier on the way out of the shop than it had on the way in?

She stared after him. At the very least, his car windows were tinted so dark they were illegal. What was he trying to hide in there?

She cantered down the road after him, reaching for her radio as she did so. "I've got illegal tinted windows here, Bob," she said. "Can you run a registration check for me?"

"No chance," Bob said. "Wild horses couldn't drag me away right now. The cup is about to start. Just jot down the number plate and we'll run it when you get back to the station at the end of your shift."

"No, I need it now, Bob," she said, speeding up her pace to keep the car in sight.

"Sorry," he said. "But you'll have to hold your horses."

There was another wave of laughter in the background. Melissa gritted her teeth and lowered her radio in exasperation.

The car accelerated. The driver must have seen her. It seemed like a sign of a guilty conscience so Melissa decided to give chase.

**F**OR the next few minutes thoughts of the Summer Cup left her mind as she entered a race of her own. It wasn't quite the way she'd imagined it – the only hooves she could hear galloping were Blackie's – but it was just as thrilling. All her horse-riding skills and experience were finally being put to the test.

A line of sweat ran down the side of her face. From her mounted position, she saw the car veer down a narrow side street in a bid to evade her. This was the sort of situation where horses had their benefits – if she'd been in a police car she wouldn't have seen it.

Her radio crackled back to life and she braced herself for another joke.

"Reports of a robbery at the betting agent's!" It was Bob's voice again, but he

sounded deadly serious this time. "All units get over there immediately."

Without slowing her pace, Melissa reached for her radio.

"Don't close the stable door after the horse has bolted," she gasped. "The robber is heading down Oatley Street and I'm in pursuit."

There was a shocked silence.

"Keep on his tail and don't spare the horses," Bob said when he finally found his voice.

The crowd roared from the big screen and across the radio as Melissa galloped past another pub. The Summer Cup must have started, but the race was the last thing on her mind just now.

Oatley Street narrowed and the blue sedan was forced to slow to squeeze between the parked cars. It was no problem for Melissa and her horse though – they fit just fine and she was gaining on the sedan.

Millet Street was being resurfaced, she remembered suddenly, and it was blocked off at the far end. If she could somehow head the driver down there, he'd have nowhere to go.

She urged Blackie faster, gripping his sweating flanks with her thighs. She drew level with the car on the driver's left, and he swerved right, exactly as she'd hoped.

"He's heading down Millet Street," she shouted into her radio. "And you'd better hoof it!"

**T**HE next day when Melissa arrived at work, she was aware of heads turning to look her way. The station fell into a respectful silence.

Bob beckoned her over to his desk. "You're getting an award," he said.

"Are you serious?" she said.

He grinned. "I certainly am," he said. "And I heard it straight from the horse's mouth."

She rolled her eyes.

But it turned out Bob was right.

And the district superintendent himself was there to present it. He clapped his hands to call the station to attention.

"In this one-horse town yesterday, one of your own saved the day," he began.

The other officers shook her hand with grudging admiration afterwards.

"I always knew you were a dark horse," Bob muttered. ■

© ALI LOCONTE

**Melissa liked to imagine Blackie had an instinct for trouble, just like she did**

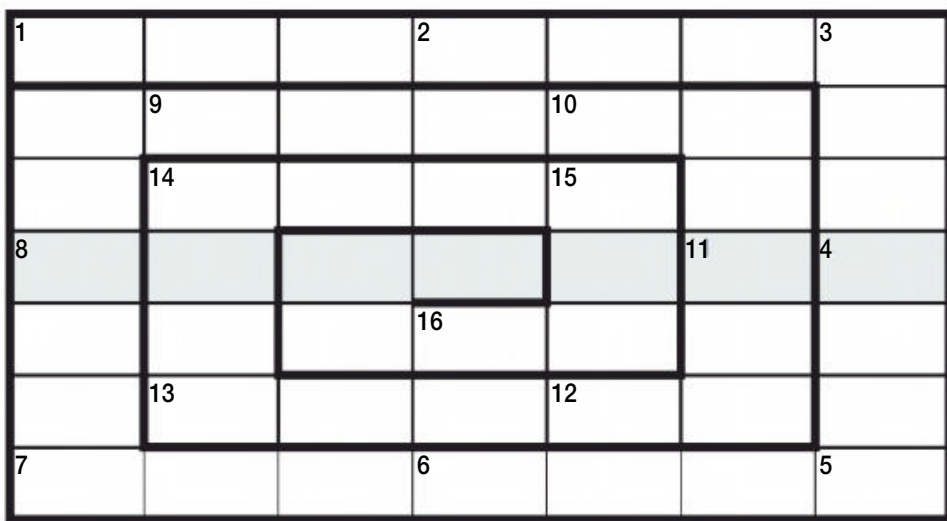


## SPIRAL

Starting with clue No 1, fill in the grid in a clockwise direction with four-letter words, working your way to the centre of the spiral puzzle. The last letter of each word becomes the first letter of the next. If you've correctly filled in the grid, there should be a seven-letter keyword reading across from clue No 8.

**Keyword clue: Bath**

- |                         |                                        |
|-------------------------|----------------------------------------|
| 1 Action word           | 9 Building top                         |
| 2 Rear; support         | 10 Soft drink bubbles                  |
| 3 Green fruit           | 11 Intense dedication                  |
| 4 Prayer leader         | 12 Steer closer to the wind            |
| 5 Net                   | 13 Envelope part                       |
| 6 Meat and potato dish  | 14 Court stance                        |
| 7 Mecca pilgrimage      | 15 Muslim call to prayer               |
| 8 Rudely mocking remark | 16 Neonatal intensive care ward (abbr) |



COMPILED BY MARTIE HAND

## CRYPTO-QUOTE

Example: **AXYDLBAAXR**  
is: **LONGFELLOW**

One letter stands for another. In the example above, A is used for the three Ls, X for the two Os and so on. Single letters, apostrophes, the length and formation of the words are all hints. Each week the code letters are different. This week's hint: OMTOD is THAT'S.

H OMHFI OMTOD OMJ DHFKYJ CJDO

LHJGJ ZX TEUHGJ: GZFDOTFOYP OMHFI

TCZWO MZQ PZW GZWEY CJ EZHFK

OMHFKD CJOJB TFE NWJDOHZFHF

PZWBDJYX. – JYZF AWDI

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

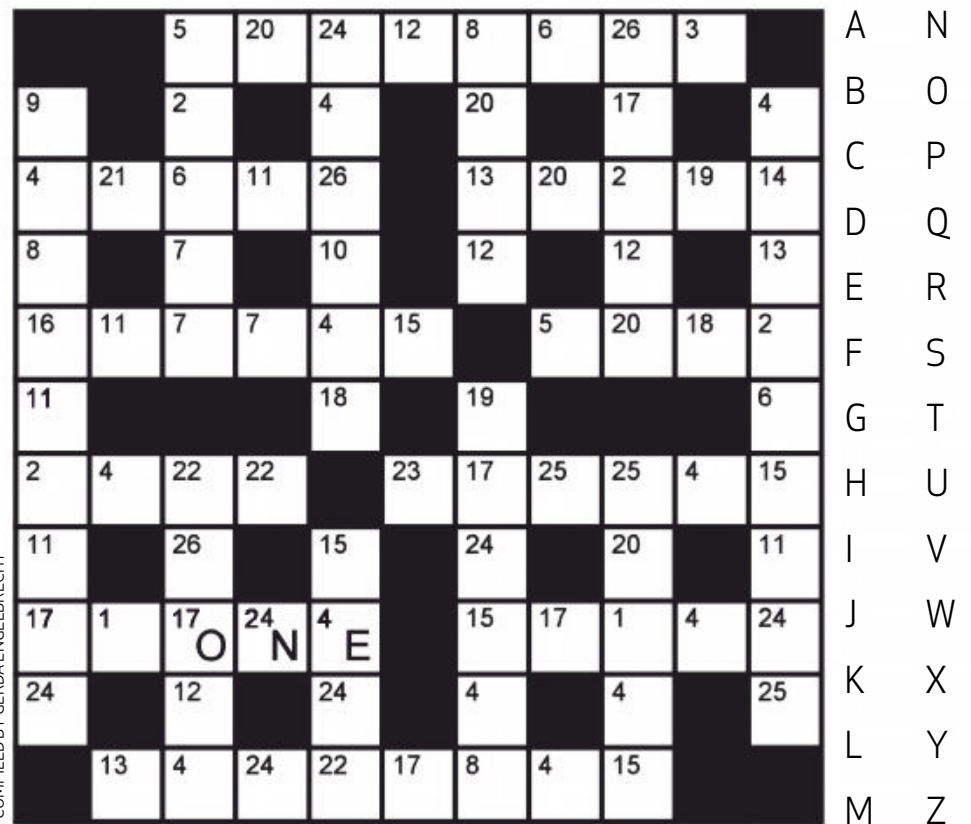
**Last week's solution** I don't know if the camera likes me, but I do like the camera. – Celine Dion

## WORDLINK

Fill in the word that completes the first word and starts the second word. Example: After (sun) flower = Aftersun and sunflower.

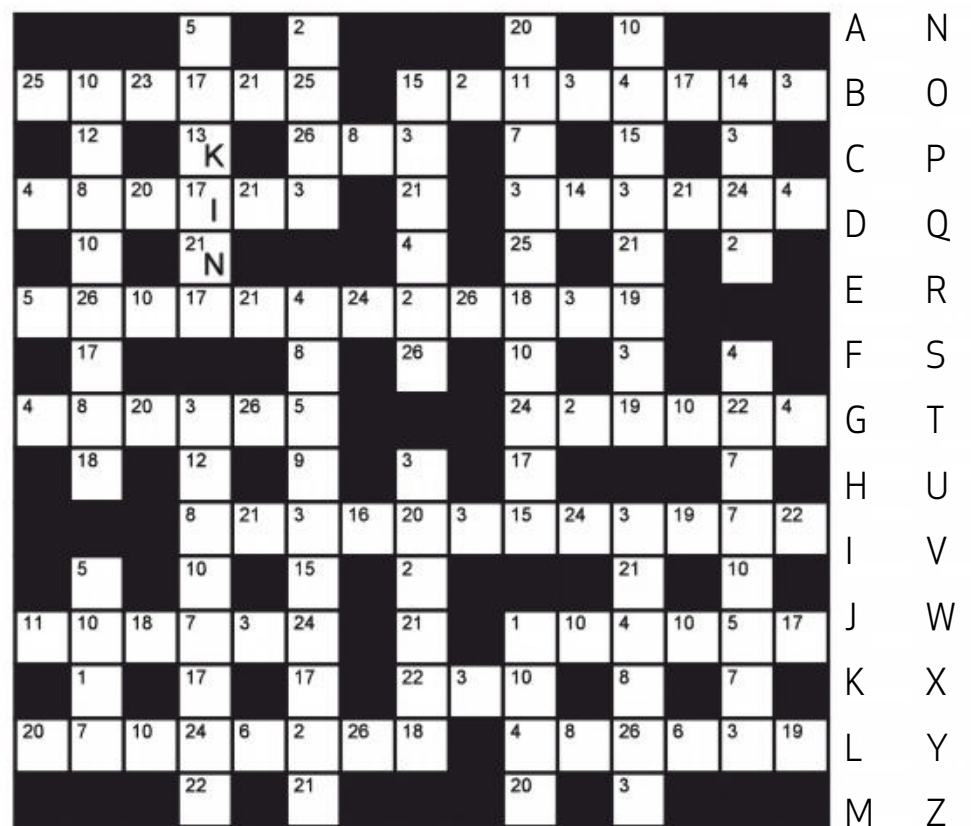
## CODEBREAKER

Each letter of the alphabet is represented by the same number throughout the puzzle. For example, in the puzzle below 17=O, 24=N and 4=E. Use these clues to fill in the matching numbers in the grid, then work out the missing words and add the solved letters to the number grid guide below the puzzle.



COMPILED BY GERDA ENGELBRECHT

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |



|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

Battle \_ \_ \_ wreck



Solutions  
in next week's  
issue

## WORD SEARCH

E R H R U P D E Q U I N O X E  
N E A U T N E L L S R X C E H  
O C Y G M Z C N A O E C I A X  
C C B B R F I T C N P V R T T  
E O A Y O F D A F D M V A R T  
N S L A L M U R N O E U A E R  
I N E W C A O Z M S L C T A L  
P W B F I K U E T A T I K U G  
Y L L I H C S E N O R E A R A  
A P P L E I R O R T S C U G S  
P A E R R Y S F F A O T H T E  
E C F H F A F C L X P B E U U  
K Z F I E M U B E Y Q C Q E K  
L W Z S E T A R E P M E T Y J  
Q G K H H K U Z X N T H S E T

The words  
in the list  
appear on  
the grid –  
horizontally,  
vertically or  
diagonally,  
backwards  
or forwards.  
Find and  
circle them.

## AUTUMN

acorn chilly hay bale rake soccer  
apple deciduous leaves reap temperate  
autumnal foliage March rugby tractor  
equinox harvester pine cone seasonal



## ANAGRAMS

Use the letters in the grid to create as many words as possible containing four letters or more. Each word must contain the letter in the shaded block in the middle, and may contain any of the other letters only once. No proper nouns, foreign words or abbreviations.

### How did you do?

Average: 12 words  
Good: 25 words  
Excellent: 36 words

**Last week's solution** almond, calm, camp, capo, capon, clad, clam, clamp, CLAMPDOWN, clan, clap, claw, coal, coda, cola, coma, copal, cowman, damn, damp, dawn, dolman, lamp, land, lawn, load, loam, loan, moan, modal, nodal, nomad, opal, palm, pawl, pawn, plan, wand, woman.

|   |   |   |
|---|---|---|
| I | O | A |
| D | C | R |
| G | C | N |

Cray \_ \_ \_ meal

**Last week's solution**  
Under (foot) ball;  
Grape (vine) yard.

## LAST WEEK'S SOLUTIONS

### CODEBREAKER 1

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| H | O | S | T | E | S | S |   | S | H | E |
| E |   | H |   |   |   | H |   | T |   | L |
| W | O | R | D |   | T | I | R | A | G | E |
|   |   | I |   | P |   | V |   | B |   | V |
| C | O | N | F | I | D | E | D |   |   | A |
| O |   | E | Q |   | R |   | W |   | T |   |
| U |   |   | J | U | V | E | N | I | L | E |
| L |   | F | A |   | D |   | Z |   |   |   |
| O | B | L | O | N | G |   |   | M | A | R |
| M |   | U |   | C |   |   |   |   | R | I |
| B | O | X |   | Y | I | E | L | D | E | D |

|    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |
|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|
| 1  | F | 2  | Y | 3  | E | 4  | M | 5  | W | 6  | S | 7  | A | 8  | R | 9  | G | 10 | H | 11 | B | 12 | L | 13 | D |
| 14 | N | 15 | C | 16 | O | 17 | Q | 18 | U | 19 | J | 20 | X | 21 | P | 22 | Z | 23 | V | 24 | K | 25 | I | 26 | T |

### CODEBREAKER 2

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|   | S |   | P |   | S |   | M |   | P |   | P |   | D |
| P | U | B | L | I | C | L | Y |   | R | E | E | K | E |
| B |   | U |   | H |   | S |   | O |   | R |   | C |   |
| J | U | D | G | M | E | N | T | A | L |   | C | R | E |
| R |   |   |   | D |   | I |   | I |   | O |   | I |   |
| U | B | U | N | T | U |   |   | F | O | X | G | L | O |
|   |   | E |   | L |   | Y |   |   | A |   | E |   |   |
| F | R | E | E | Z | E | S |   |   | D | I | S | T | U |
| E |   | D |   |   |   | M |   | N |   | O |   |   |   |
| P | A | L | L | I | A | T | E |   | I | N | R | O | A |
| L |   | E |   | P |   | E |   | Q |   |   |   | N |   |
| V | I | E | W |   | P | E | R | Q | U | I | S | I | T |
| S |   | O |   | L |   | K |   | I |   | C |   | L |   |
| D | E | C | R | E | E |   |   | A | N | T | E | A | T |
| D |   | K |   | S |   | T |   | Y |   | B |   | R |   |

|    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |    |   |
|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|----|---|
| 1  | I | 2  | O | 3  | R | 4  | W | 5  | C | 6  | S | 7  | N | 8  | F | 9  | E | 10 | G | 11 | L | 12 | Z | 13 | Q |
| 14 | B | 15 | K | 16 | P | 17 | U | 18 | Y | 19 | H | 20 | V | 21 | M | 22 | T | 23 | D | 24 | J | 25 | X | 26 | A |

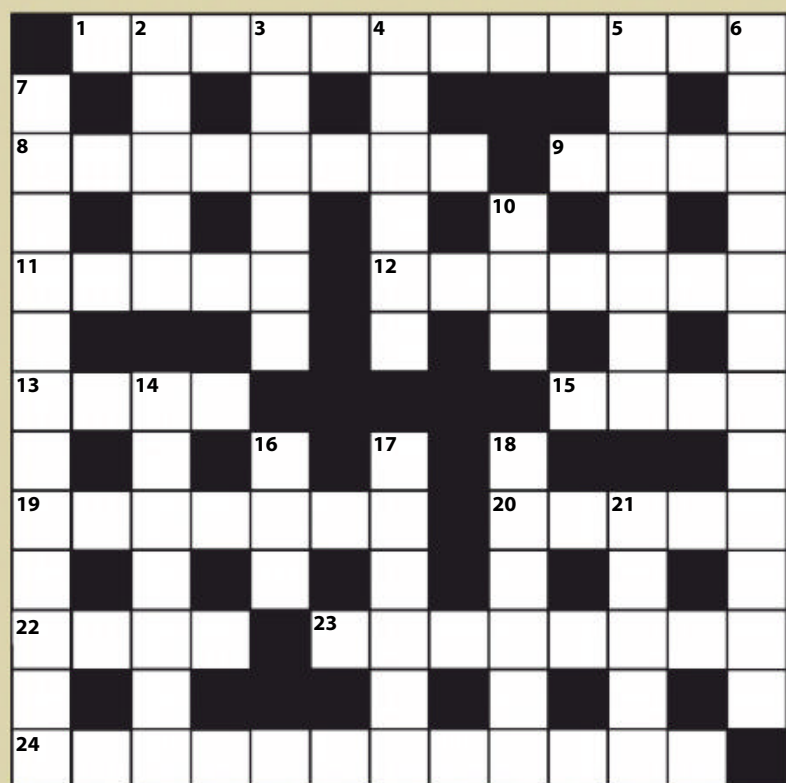
### WORD SEARCH

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| R | F | P | P | N | R | P | E | R | Z | D | C | C | A | Y |
| L | O | E | B | A | U | O | B | K | G | E | I | Y | G | U |
| J | E | T | D | D | C | P | R | X | A | V | N | O | O | N |
| P | S | A | A | H | L | N | E | G | I | Y | M | T | D | O |
| X | R | D | U | T | C | L | D | C | T | C | A | O | U | T |
| R | E | F | E | R | O | B | D | F | D | O | B | K | M | W |
| M | M | Y | K | I | T | R | E | B | S | P | O | K | W | G |
| Q | U | N | D | K | H | W | R | Y | W | Y | D | T | G | T |
| G | A | G | B | R | F | H | G | O | I | S | Z | F | C | E |
| B | D | U | J | L | Q | O | W | P | M | R | O | M | V | N |
| R | V | V | H | S | N | R | O | B | A | L | G | L | Y | E |
| R | P | H | U | Q | B | K | Y | T | D | C | H | N | O | T |
| K | H | N | X | H | I | E | W | E | A | T | B | T | W | S |
| L | E | V | E | L | B | D | X | M | M | A | V | R | Y | Q |
| C | G | X | Q | O | Y | F | X | K | O | V | V | R | D | J |

### SPIRAL

|   |   |    |    |   |   |    |   |    |    |    |   |   |   |
|---|---|----|----|---|---|----|---|----|----|----|---|---|---|
| 1 | M |    | O  |   | S | 2  | S |    | O  |    | F | 3 | A |
|   | M | 9  | P  |   | E |    | L | 10 | T  |    | E |   | L |
|   | U |    | 14 | P |   | O  |   | L  | 15 | L  |   | N | S |
| 8 | B |    | U  |   | R |    | R |    | I  | 11 | T | 4 | O |
|   | L |    | O  |   | U | 16 | P |    | S  |    | R |   | M |
|   | U | 13 | S  |   | S |    | A | 12 | M  |    | I |   | I |
| 7 | B |    | M  |   | A | 6  | L |    | L  |    | O | 5 | T |





## TWO-WAY TEASER

Two sets of clues but the answers are the same

### CRYPTIC CLUES

#### ACROSS

- 1 This is a growing art (12)  
 8 Has every right to be given a calling (8)  
 9 Fellow on one round of the circuit gets in a panic (4)  
 11 The neatness that's bigger than the family (5)  
 12 A stimulant Eve endlessly found in the Thames (7)  
 13 Hard as it may be, one may sway with laughter (4)  
 15 The first man to have a mother? Yes and no (4)  
 19 In the male, is able to return and put one in handcuffs (7)  
 20 Hooked claw into the cards left after deal (5)  
 22 An easy pace for an old crone (4)  
 23 Flower and where it grows, given first-class backing (8)  
 24 Maize, as it's eaten on bench or cot perhaps (4,2,3,3)

#### DOWN

- 2 Chose to do pet out of it (5)  
 3 Personal coaches one might trust with nothing (6)  
 4 It makes a lady weep about the fruit (6)  
 5 Is not liked by Devon and two-fifths of Lundy (7)  
 6 How could expert man lie about it in the trial stages? (12)  
 7 Dream to claim is wrong as it's over-theatrical (12)  
 10 Evergreen creeper starts in various yards (3)  
 14 Map line showing court no different from this (7)  
 16 It's pleasant not to begin with diamonds (3)  
 17 Being concerned with bygone times, make a meal of it (6)

- 18 It's dull food for the dog set out (6)  
 21 Language of goblin may not be British (5)

### QUICK CLUES

#### ACROSS

- 1 The science, art of gardening (12)  
 8 Is allowed, has the right to (8)  
 9 Material covering an opening (4)  
 11 Command (5)  
 12 Something to bring back one's spirits (7)  
 13 Stone (4)  
 15 Husband of Eve (4)  
 19 Handcuff (7)  
 20 Hooked claw or finger (5)  
 22 Pace between walking and running (4)  
 23 Fragrant white-flowering bush (8)  
 24 Maize with grains still attached (4,2,3,3)

#### DOWN

- 2 Plumped for (5)  
 3 Personal teachers (6)  
 4 Bright red fruit (6)  
 5 Receiving no affection (7)  
 6 Trying out new styles, techniques (12)  
 7 Overstrained, sensational (12)  
 10 Plant that clings (3)  
 14 Outline, general aspect (7)  
 16 Decorate cake (3)  
 17 A meal (6)  
 18 Heavy, uninteresting food (6)  
 21 "Language" (5)

## BRAINBUSTER NO 813

### ACROSS

- 1 Start too soon (4,3,3)  
 6 Fragments (7)  
 10 Citations (10)  
 15 Small social insects (4)  
 18 Recount (7)  
 19 (Magazine) issue (7)  
 20 Stretch (4)  
 22 Stole (inf) (6)  
 23 Destructive (7)  
 24 Remaining people (6)  
 25 22nd Greek letter (3)  
 26 Picture (5)  
 28 Robbery (5)  
 30 Make a mistake (3)  
 31 Blood vessels (5)  
 32 Strong string (4)  
 33 Board used in the cafeteria (4)  
 34 Invalidate (5)  
 35 Surrender (4)  
 37 Lady's fingers (veg) (4)  
 39 Quantity of no importance (3)  
 40 Division (4)  
 42 Promises (4)  
 45 A herb (7)  
 48 Immediately following in order (4)  
 49 Depart (4)  
 50 Managed (7)  
 53 Beer (3)  
 54 Bell-shaped flower (5)  
 56 Fastener (5)  
 59 Broadcast again (5)  
 61 Begin to ... the light (3)  
 62 Little bit (4)  
 63 Applied Behaviour Analysis (abbr) (3)  
 64 Poison ... (plant) (3)  
 65 Reverberate (4)  
 66 Turf (3)  
 68 Impertinence (11)  
 69 Attempt (3)  
 70 Ad-lib (9)  
 71 Perfect example (9)  
 72 Text message (abbr) (3)  
 73 Unrivalled (9)  
 74 Music genre (3)  
 76 Not accurate (7)  
 78 Attack (3,4)  
 80 Shows the way (5)  
 81 In an unusual way (9)  
 84 Dark fine-grained sedimentary rock (5)  
 85 Tempt (6)  
 87 Parish priest (6)  
 89 Ballet skirt (4)  
 92 Shackles (9)  
 94 Oceans (4)  
 96 Type of wheat flour (8)  
 97 Most furious (8)  
 98 Formerly (4)  
 100 Fell victim to (9)  
 101 Wild oxen (4)  
 104 Strained (6)  
 105 Public road (6)  
 107 Feeling of disgrace (5)  
 108 VHS, eg (9)  
 112 Enough (5)  
 113 Rice dish (7)  
 115 Type of violet (7)  
 117 Slide on snow (3)  
 118 Nourishing material (9)  
 120 Mini or Polo, eg (3)

- 121 Cavorted (9)

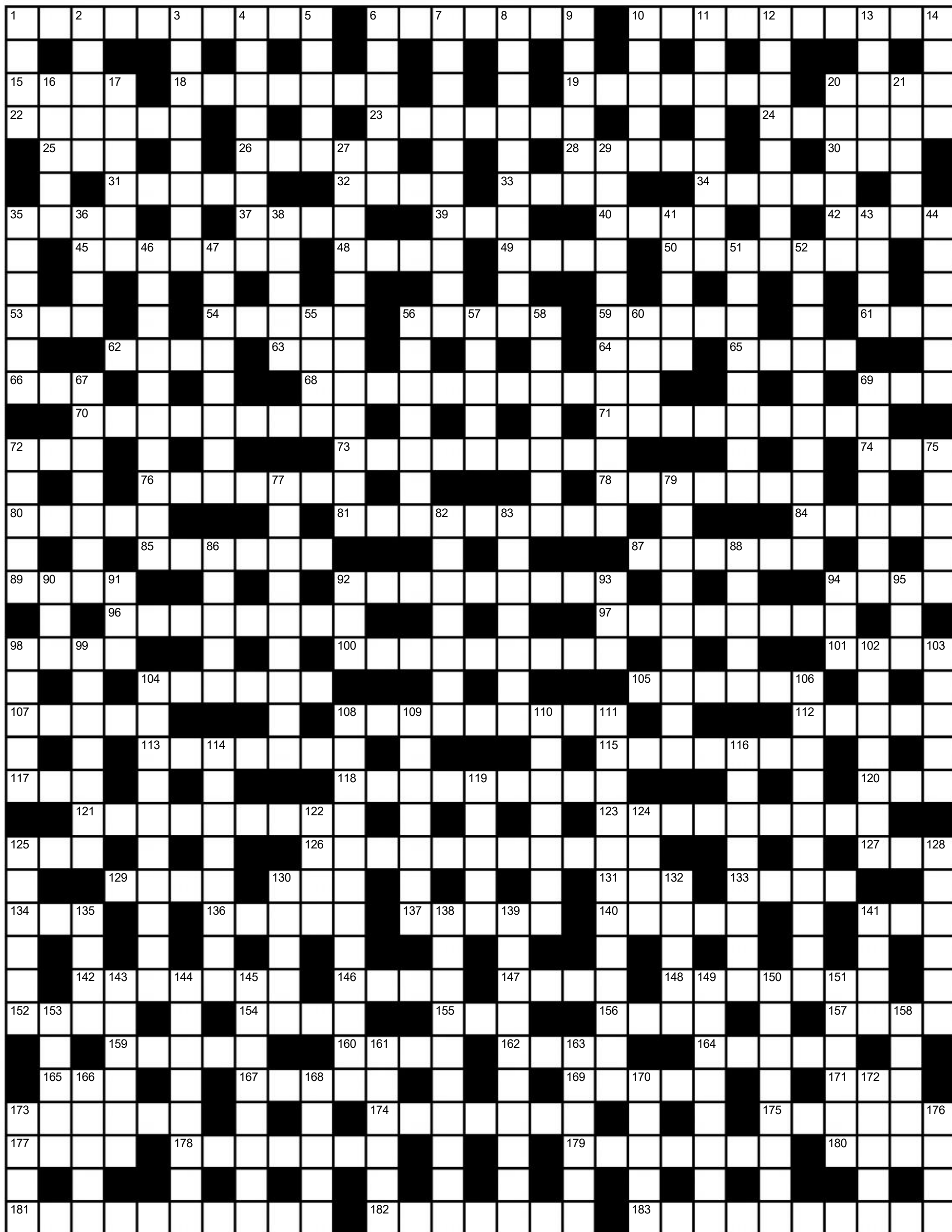
- 123 Travelling (9)  
 125 Cunning (3)  
 126 Vulnerable (11)  
 127 Weep (3)  
 129 Spike (4)  
 130 Flipper (3)  
 131 Not near (3)  
 133 Small particle (4)  
 134 Delay (3)  
 136 Excludes (5)  
 137 Rapidity (5)  
 140 Sign of the zodiac (5)  
 141 Charged particle (3)  
 142 Snakes and ... (board game) (7)  
 146 A little bird ... me (4)  
 147 After (prefix) (4)  
 148 Phantom (7)  
 152 Female sheep (4)  
 154 Decorative case (4)  
 155 Curl up and ... (3)  
 156 Finished (4)  
 157 Wheel shaft (4)  
 159 Hums (5)  
 160 Verbal (4)  
 162 Guffaw (4)  
 164 Huge expanse of water (5)  
 165 Primate (3)  
 167 Absurd (5)  
 169 Insect phase (5)  
 171 Like father, like ... (3)  
 173 Sides (6)  
 174 Theme (7)  
 175 Shore bird (6)  
 177 Hire (4)  
 178 Flammable liquid used in thinners (7)  
 179 Dishonourable (7)  
 180 ... up (fabricated) (4)  
 181 Changes into vapour (10)  
 182 Shreds (7)  
 183 Opposite (10)

### DOWN

- 1 ... Paul Gaultier (fashion designer) (4)  
 2 Pair up (5)  
 3 Insect's back propeller (8)  
 4 Brigade (8)  
 5 Southern African antelope (5)  
 6 Radio (6)  
 7 Fortuitous (10)  
 8 Very easy (10)  
 9 Afternoon nap (6)  
 10 Elevate (5)  
 11 Egg-based dish (8)  
 12 Famous (8)  
 13 Frolic (5)  
 14 Tans (4)  
 16 Alcove (5)  
 17 One who avoids work (UK) (informal) (6)  
 20 Suspend a plan (6)  
 21 It's shot from a bow (5)  
 27 Mom's parents (12)  
 29 Feverishly (12)  
 35 Cheroots (6)  
 36 Sleep (4)  
 38 Australian marsupial (5)  
 41 Suspicious (5)  
 43 Lyrical poems (4)

- 44 Freedom from danger (6)  
 46 Venture (10)  
 47 Buck (8)  
 51 Before twenty (8)  
 52 Weepy (10)  
 55 Wading bird (4)  
 56 Purer (7)  
 57 Stadium (5)  
 58 Come before (in time) (7)  
 60 At any time (4)  
 67 Far away (7)  
 69 Veranda (7)  
 72 Divide in half (5)  
 75 Docks (5)  
 77 Building designer (9)  
 79 Youth (9)  
 82 Fanatics (7)  
 83 Gastronomer (7)  
 86 Supernatural creature (5)  
 88 Out of the way (5)  
 90 Vase (3)  
 91 It's no ...! (3)  
 92 Owns (3)  
 93 Sorrowful (3)  
 94 A pig's home (3)  
 95 Sanctuary (3)  
 98 Water source in the desert (5)  
 99 Explain (7)  
 102 Elements (7)  
 103 Smudge (5)  
 104 Brewed (coffee) (10)  
 106 Equivalent to (10)  
 108 Moisture (12)  
 109 Small sofas (7)  
 110 Increased three times (7)  
 111 Adequate (12)  
 114 Tibia (8)  
 116 Chasm (8)  
 119 Contention (5)  
 122 Prepare text for publishing (4)  
 124 Russian emperor (4)  
 125 Military greeting (6)  
 128 Large sum of money (6)  
 130 Early on (5)  
 132 Wash out (5)  
 135 Battering wind (4)  
 138 River vessel (6,4)  
 139 Accumulated knowledge (10)  
 141 Holm oak (4)  
 143 Agreement (6)  
 144 Extinct terrestrial reptile (8)  
 145 Occupant (8)  
 149 Forbid (8)  
 150 Costing the least (8)  
 151 Kidnapper's payment (6)  
 153 Large sea mammal (5)  
 158 Marked with a border (5)  
 161 Begrudge (6)  
 163 Foolish behaviour (6)  
 166 Machete (5)  
 168 Succulents, eg (5)  
 170 Obsession (5)  
 172 Cricket grounds (inf) (5)  
 173 At liberty (4)  
 176 Pinkish colours (4)







NO 1709

QUESTION: WHAT IS THE WORD SPELT OUT BY THE LETTERS IN THE COLOURED BLOCKS?

CORRECTLY COMPLETE THE  
BLOCKBUSTER AND YOU COULD WIN  
a **YOU Crossword Dictionary!**

PHAROS, THE PUBLISHER, WILL GIVE AWAY ONE  
OF THESE DICTIONARIES WEEKLY FOR THE REST OF THE YEAR  
ENTER BEFORE 2 APRIL 2020.  
SMS THE KEYWORD YOU, YOUR ANSWER,  
YOUR NAME AND CITY TO 36400.



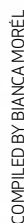
HOW TO ENTER: CORRECTLY COMPLETE THE BLOCKBUSTER, WRITE DOWN THE LETTERS IN THE COLOURED BLOCKS AND USE THEM TO UNRAVEL THE ANSWER TO THE QUESTION. SMS THE KEYWORD YOU, YOUR ANSWER AND YOUR NAME AND CITY TO 36400. EACH SMS COSTS R150. ONLY ONE SMS PER ENTRANT WILL BE ACCEPTED. KEEP THE ORIGINAL COMPLETED CROSSWORD AS PROOF. THE COMPETITION IS CLOSED TO STAFF (AND THEIR IMMEDIATE FAMILIES) OF MEDIA24, GRAPEVINE INTERACTIVE AND THEIR ADVERTISING AGENCIES. THE CLOSING DATE IS 2 APRIL 2020.

COMPILED BY BIANCAMOREL

|                                    |                      |                                |  |                                      |  |                                           |  |                                |  |                                        |                     |                          |                                           |                                    |                              |                                 |                              |                           |
|------------------------------------|----------------------|--------------------------------|--|--------------------------------------|--|-------------------------------------------|--|--------------------------------|--|----------------------------------------|---------------------|--------------------------|-------------------------------------------|------------------------------------|------------------------------|---------------------------------|------------------------------|---------------------------|
| Come-uppance<br>(1,4,2,4,3,8)      |                      | Ancient object<br>Mouth part   |  | Amid (poetic)                        |  | Opera box                                 |  | Peachy cocktail                |  | Age<br>High male voice                 |                     | Hunting-ton's disease    |                                           | Gaelic                             |                              | Battle<br>Anchor rope           |                              | Wading bird               |
|                                    |                      |                                |  | Line on a map<br>Repeat              |  |                                           |  |                                |  |                                        |                     | Cheer of joy<br>Stolen   |                                           |                                    |                              |                                 |                              |                           |
| Station-ary                        |                      |                                |  |                                      |  | Italian ice cream                         |  |                                |  |                                        |                     |                          |                                           | Tender<br>Sweet cicely             |                              |                                 |                              |                           |
| Greased                            |                      |                                |  |                                      |  |                                           |  |                                |  |                                        |                     |                          |                                           |                                    |                              |                                 | Bearing weapons<br>Make deaf |                           |
|                                    |                      |                                |  |                                      |  | Throw stones at                           |  |                                |  | Paler                                  |                     |                          |                                           |                                    |                              |                                 |                              |                           |
| Savoury jelly<br>Hit in a high arc |                      | Scorch<br>Male pig             |  |                                      |  |                                           |  | Person with speech problem     |  |                                        |                     |                          |                                           |                                    | Bini<br>Subdued (3-3)        |                                 |                              |                           |
|                                    |                      |                                |  | Daggers<br>Carbol-ic acid            |  |                                           |  |                                |  | Shape<br>Body's energy source          |                     |                          |                                           |                                    |                              |                                 | Ancient Canaan-ite city      |                           |
| Dandy                              |                      |                                |  |                                      |  | Sleeping late (5,2)                       |  |                                |  |                                        |                     |                          | Malayan prince<br>Leaders                 |                                    |                              |                                 |                              | Nut<br>Musical direc-tion |
| Crude person<br>Long ago           |                      |                                |  |                                      |  |                                           |  | Hunted animal<br>Nunnery       |  |                                        |                     |                          | Fine mud<br>Bomb device                   |                                    |                              |                                 |                              |                           |
|                                    |                      |                                |  |                                      |  | Old age pension (abbr)<br>Varsity (short) |  |                                |  | European soccer body (abbr)            |                     |                          |                                           |                                    | N Amer tribe<br>Flying lemur |                                 |                              |                           |
| Town in SE Belgium                 |                      | Kind of data process-ing (6,9) |  |                                      |  |                                           |  |                                |  |                                        |                     |                          |                                           |                                    |                              |                                 |                              |                           |
|                                    |                      |                                |  |                                      |  | In flower<br>Vigour                       |  |                                |  |                                        |                     | Aloof<br>Narrow channel  |                                           |                                    |                              |                                 | Type of space-craft          |                           |
| Sedi-mentary rock                  |                      |                                |  |                                      |  |                                           |  | Osseous<br>Brown pigment       |  |                                        |                     |                          |                                           |                                    |                              | Chinese rhythmic exercise (3,3) |                              |                           |
|                                    |                      |                                |  | Papaya enzyme<br>Shell-fish<br>Among |  |                                           |  |                                |  |                                        |                     |                          |                                           |                                    |                              |                                 |                              | Garden tool<br>Legume     |
| Have<br>Former Hindu kingdom       |                      |                                |  |                                      |  |                                           |  | Island (abbr)<br>Idiom         |  |                                        | N Amer tribe<br>Mug |                          |                                           |                                    |                              |                                 | Bishop (abbr)                |                           |
| Rates                              |                      | Solitary<br>Ominous            |  |                                      |  |                                           |  |                                |  | Uproars<br>Divert                      |                     |                          |                                           | Musical setting of a text<br>Mixed |                              |                                 |                              |                           |
|                                    |                      |                                |  |                                      |  | Balsam<br>Carib-bean island               |  |                                |  |                                        |                     |                          |                                           |                                    | Not young (inf)<br>Aid       |                                 |                              |                           |
| Bella-donna (6,10)                 |                      |                                |  |                                      |  |                                           |  |                                |  |                                        |                     |                          |                                           |                                    |                              |                                 |                              | Goodbye<br>Animal         |
|                                    |                      |                                |  |                                      |  | Woody climber<br>Nurse                    |  |                                |  |                                        |                     | Employ<br>Make an effort |                                           |                                    |                              | 4th Gk letter<br>Globe          |                              |                           |
| Short skirt<br>Spasm               |                      |                                |  |                                      |  |                                           |  | Paris high-kick dance<br>Reign |  |                                        |                     |                          |                                           |                                    |                              |                                 |                              | Fluctua-tions in pitch    |
|                                    |                      |                                |  | Enraged<br>Attempt                   |  |                                           |  |                                |  | Cuban smoke<br>Types of degrees (abbr) |                     |                          | Salivary matter<br>Revs per minute (abbr) |                                    |                              |                                 | Wall parts<br>12th Gk letter |                           |
| Explo-sive liquid (short)          |                      |                                |  |                                      |  |                                           |  | Cheerful<br>Cent (abbr)        |  |                                        |                     |                          |                                           | Dis-charge<br>Nickel (symbol)      |                              |                                 |                              |                           |
|                                    |                      |                                |  |                                      |  | S Amer treeless plain                     |  |                                |  |                                        |                     | Motor<br>Bright          |                                           |                                    |                              |                                 |                              |                           |
| Cate-gory                          | Rotate about an axis |                                |  |                                      |  |                                           |  |                                |  | Ferro-type<br>Arenas                   |                     |                          |                                           |                                    |                              |                                 | Mediant<br>Ending            | Schem-ing woman           |



**NO 1686**





## CROSSWORDS

### WINNERS & SOLUTIONS

#### WINNER OF BLOCKBUSTER 1702 CROSSWORD DICTIONARY

Indira Sewpaul, Cape Town  
ANSWER: RE-ESTABLISH

#### TWO-WAY TEASER SOLUTION

ACROSS: 1 Horticulture, 8 Entitled, 9 Flap, 11 Order, 12 Reviver, 13 Rock, 15 Adam, 19 Manacle, 20 Talon, 22 Trot, 23 Gardenia, 24 Corn on the cob. DOWN: 2 Opted, 3 Tutors, 4 Cherry, 5 Unloved, 6 Experimental, 7 Melodramatic, 10 Ivy, 14 Contour, 16 Ice, 17 Repast, 18 Stodge, 21 Lingo.

## SUDOKU

### HOW TO PLAY

Fill in the missing numbers on the grid so every horizontal row, every vertical column and every 3x3 square contains the numbers 1 to 9 without omitting or repeating any.

#### SOLUTION TO NO 416

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 5 | 8 | 7 | 2 | 4 | 3 | 1 | 6 | 9 |
| 3 | 6 | 9 | 1 | 8 | 5 | 4 | 7 | 2 |
| 1 | 2 | 4 | 7 | 6 | 9 | 3 | 5 | 8 |
| 4 | 3 | 8 | 9 | 5 | 1 | 7 | 2 | 6 |
| 2 | 5 | 6 | 4 | 3 | 7 | 8 | 9 | 1 |
| 7 | 9 | 1 | 8 | 2 | 6 | 5 | 3 | 4 |
| 9 | 4 | 5 | 6 | 7 | 8 | 2 | 1 | 3 |
| 8 | 1 | 3 | 5 | 9 | 2 | 6 | 4 | 7 |
| 6 | 7 | 2 | 3 | 1 | 4 | 9 | 8 | 5 |

### NO 417 – HARD

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 7 |   |   |   | 2 |
|   | 1 |   | 5 |   |   |   |   |   |
|   |   |   |   | 6 | 9 |   | 1 |   |
| 7 |   |   |   |   |   | 4 |   | 8 |
|   |   |   | 7 |   | 3 |   |   |   |
|   | 2 |   |   | 4 |   |   |   | 5 |
|   |   | 9 | 8 |   | 1 | 5 |   |   |
|   |   |   |   |   |   | 9 | 4 |   |
| 6 |   |   |   |   |   |   | 2 |   |

BY GERDA ENGELBRECHT

#### BLOCKBUSTER 1702

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
|   | D | C |   | R | L | T |   | U | C | A | S |
| R | O | D | E |   | O | R | I | B | I |   | S |
|   | W | O | R | S | T |   | L | E | A | D | E |
| A | N | G | E | L | I | C | A |   | R | A | D |
|   |   | M | A | Y |   | O | C | E | A | N |   |
| O | V | A | L |   | B | A | S | T |   | D | U |
|   | O |   | S | O | O | T |   |   | F | L |   |
| A | C | C |   | F | L | I | M | S | I | E | R |
|   | A | L | O | F | T |   | O | E | R |   | O |
| P | L | A | N | E |   | T | R | E | M | O | L |
|   |   | V | E | R | M | E | E | R |   | P | L |
| A | N | I | S |   | E | R |   | S | A | T | E |
|   | G | E |   | T | A | M | P |   | D | I | R |
| T | U | R | B | O | T |   | L | I | O | N |   |
|   | N |   | O | X | Y | G | E | N |   | G | O |
| N | I | M | B | I |   | R | A | T | A |   | S |
|   |   | A | C | C | R | A |   | E | R | U | P |
| F | O | R | A |   | I | N | E | R | T |   | R |
|   | P | I | T | O | N |   | A | N | I | S | E |
| Y | E | N |   | A | G | O | G |   | S | T | Y |
|   | N | A | P | S |   | P | L | A | T | E |   |
| T | U |   | S | E | Q | U | E | L |   | R | O |
|   | P |   | I | S | E | S |   | P | E | N | T |

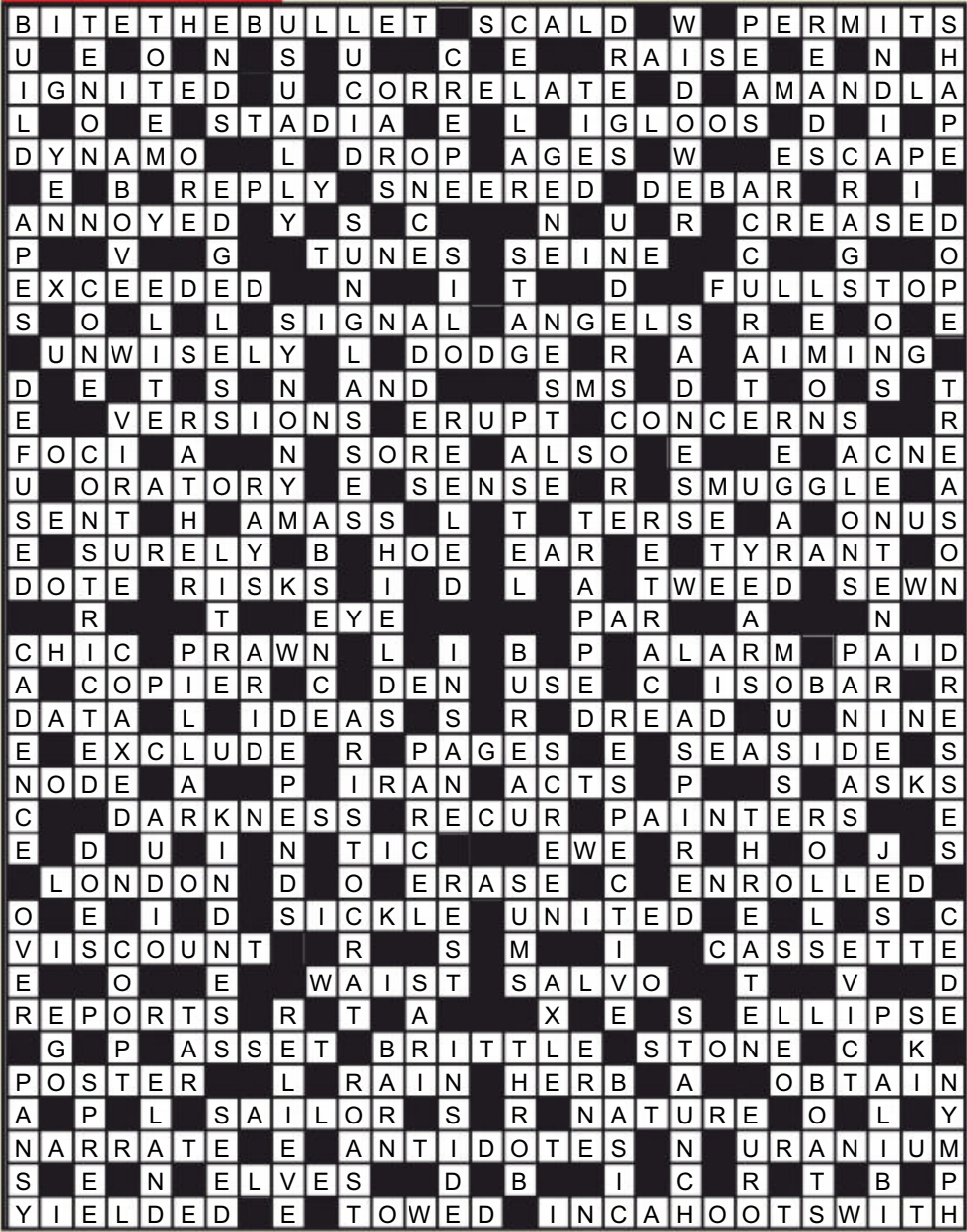
#### PHOTO BLOCKBUSTER 1679

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
|   | W |   | M |   | R |   | H |   | S |   | H |   | A |   |
| S | H | O | E |   | A | G | E | N | T |   | I | O | N | I |
|   | I | L | L | E | G | A | L |   | R | U | B | B | I | S |
| O | L | D | E | N |   | L | I | G | A | T | E |   | M | U |
|   | S | H | E | L | L | A | C |   | N |   | R | E | B | E |
| P | T | A |   | I | A |   | A | R | G | O | N |   | L | K |
|   |   | N | A | V | Y | B | L | U | E |   | A | T | E | I |
| A | D | D | L | E |   | R |   | P | R | A | T | E |   | D |
|   | E |   | I | N | M | A | T | E |   | R | E | N | T | E |
| B | U | L | B |   | A | D | H | E | R | E |   | S | O | A |
|   | C | A | I | R | N |   | U |   | A | S | T | E | R | I |
| V | E | T |   | A | I | R | M | E | N |   | A |   | S | O |
|   |   | H | U | F | F |   | B | A | T | H | R | O | O | M |
| P | A | I | N | T | E | R |   | G |   | Y | E | W |   | E |
|   | R |   | A |   | S | A | P | E | L | E |   | N | I | G |
| K | I | B | B | U | T | Z |   | R | U | N | S |   | C | A |
|   | S | E | A | F | O | O | D |   | C | A | C | T | I | C |
| S | E | T | T | O |   | R | E | E | K |   | H | A | N | D |
|   |   | W | E |   | J | E | N | N | I | F | E | R | G | R |
| S | E | E | D | P | O | D |   | S | E | E | R |   | Y | V |
|   | V | E |   | R | I | G | O | U | R |   | Z | E | B | R |
| L | E | N | D | A | N | E | A | R |   | N | O | T | I | O |
|   | R |   | G | M | T |   | F | E | E | T |   | A |   | T |





BRAINBUSTER 812



LETTER SCRAMBLE

Put a cross through every letter that appears more than once in the grid. Then unscramble the remaining letters to create a word. Clue: Jar

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| I | J | D | C | G | F | H | M |
| X | K | P | B | L | E | U | V |
| Y | V | W | S | Z | Q | O | X |
| A | N | M | U | J | Y | G | D |
| Q | T | G | L | D | P | V | M |
| Z | O | K | B | R | W | H | F |

ALFISTEYN

SOLUTION CANISTER

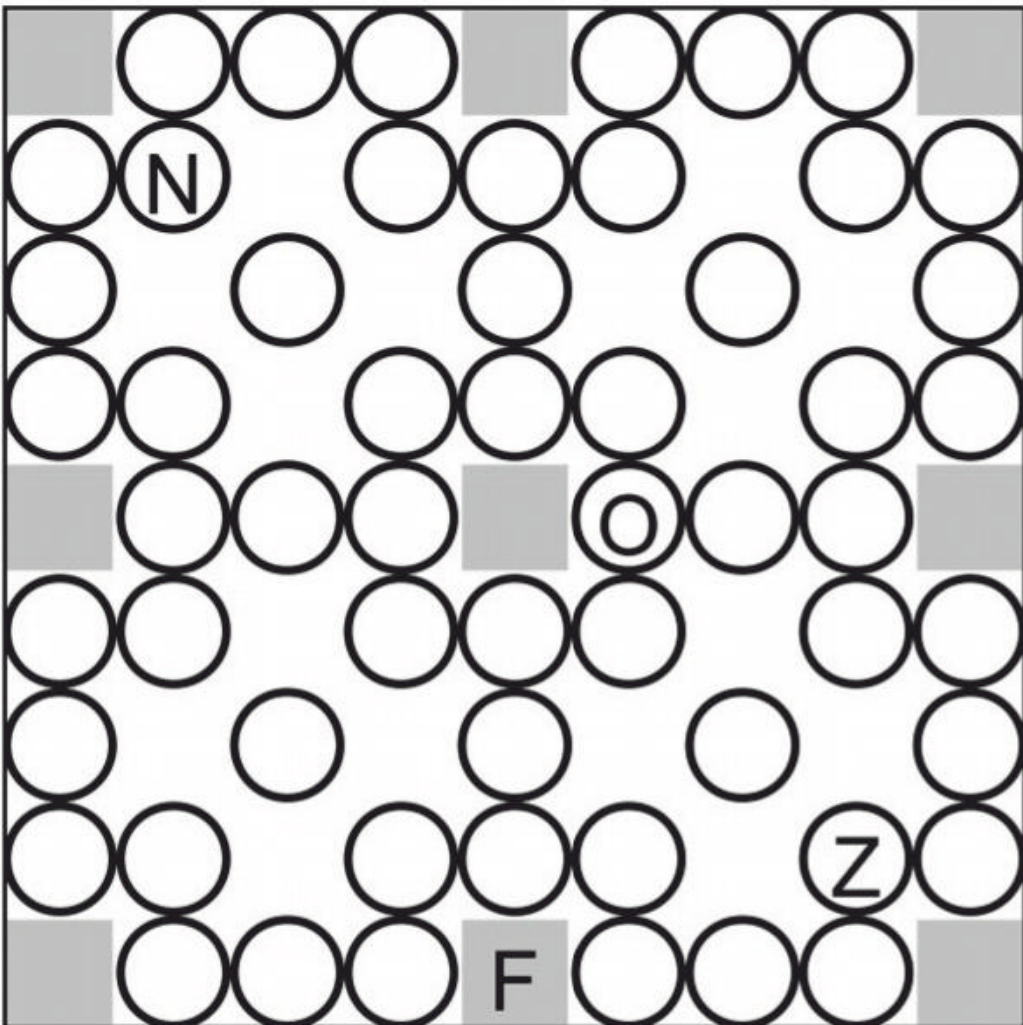
WORD LIST

BLAME, BLEND, BRIEF, BROOM, CLIMB, CREAM, CROWD, DOUBT, FLAKE, FROTH, HOARD, HOIST, MAIZE, MARSH, MEANT, MOTIF, MOVED, SHELF, SIXTH, STORM.

CONNECT FIVE

All these five-letter words fit into the grid horizontally, vertically or diagonally. The first and last letters of each word should be written inside the shaded squares and the rest of the word in the circles. We've placed four starter letters to get you going.

SOLUTION







# Save our environment

By doing something small each day we can all contribute to conserving our planet

**H**UMANS are dependent on the natural world for our survival. This means we need to protect our planet's natural resources such as soil, minerals and forests by using them sensibly so they'll still be around in the future. We also need to keep the environment clean.

This is known as conservation and starts with each of us. You might not think picking up a piece of litter or switching off

the lights can make a big difference, but just imagine the impact if we all did that.

One of our most important natural resources is water. Not only do we have to drink it to live but we also use it daily for various other things. The past few years have seen large parts of SA suffering a severe drought, so we need to be even more aware of how precious water is. Let's look at how we can help conservation by being water-wise and planting trees.

## SAVING WATER

We use water in various ways. It's essential for **growing crops** and thereby ensuring food security (having reliable access to a sufficient quantity of nutritious food) for South Africa. **Industries, factories and businesses** such as mining and sugar refineries depend on water.

Water is also used to **generate electricity** and to **cool buildings** inside (air-conditioning).

Though about **72% of the planet's surface is covered with water, less than 2% of that water is suitable for human use**. Most of Earth's surface water is salty **seawater** and though this water can be desalinated (the salt removed) to make it suitable for human use, it's an **expensive** process. **Rainwater** is still the most important source of, especially, **drinking water** and for the **irrigation of crops**.

### WHAT YOU CAN DO

SA is a water-scarce country so it's important we each do our bit to save water. It's not that hard either. Here are handy tips to help you use less water on a daily basis.

**1 Close taps completely - make sure they aren't dripping.** A tap that drips 10 drops a minute can waste up to three litres of water a day.

### SAVE WATER...



Turn off taps completely – running or dripping taps waste water.



Collect rainwater for watering the garden in dry weather.



Wear your clothes more than once before washing them.

**2 Close the tap while you brush your teeth** Don't let the water run – a running tap wastes about six litres of water a minute.

**3 Opt for a quick shower rather than a bath.** Wet your skin, then close the taps while you lather up with soap, then open the tap again to rinse off the soap.

**4 Get some buckets and when it rains and catch the water.** Put the buckets outside, preferably under a gutter or somewhere else where water runs down. Use this water for the trees and plants in your garden or in your street. You can also put a bucket in the shower to catch excess water, then use it for gardening or to flush the toilet.

**5 Don't do unnecessary laundry.** You don't have to wash your clothes every day – a shirt or jeans can be worn more than once before it needs a wash.



Don't leave the tap running while you brush your teeth. Use a cup of water to rinse your mouth instead.





### PLANTING TREES AND PLANTS

Trees and plants are essential to life on Earth. They help **combat global warming** and **purify the air** as they absorb carbon dioxide (CO<sub>2</sub>) from the atmosphere and release oxygen. They also form **habitats** for many animal species and can even **cool down** the area where you live as leaves absorb heat from the sun. So the more trees and plants the better.

A recent trend is to plant spekboom (which means "bacon tree" in English). It's a plant indigenous to SA and occurs in the Eastern Cape, KwaZulu-Natal, Mpumalanga and Limpopo. It's also known as elephant's food or pork bush.

### SPEKBOOM

The **small-leaved succulent** is found naturally in **semi-arid areas**. It needs only as little as 250ml or one glass of water over the course of a year to survive.

There are **three species** and they can be told apart by the size and density of their leaves: the round-leaved *Portulacaria afra* species, which is the most common; the tall whipstick spekboom (*Portulacaria armiana*);



As part of the #Spekboom-Challenge actress Pascal Pienaar has planted more than 900 of the succulents.

and the dwarf spekboom (*Portulacaria pygmaea*), with its bulbous leaves.

Spekboom are **easy to plant and care for** and have a long life cycle. The plants are also useful for various things. The leaves can be **eaten in salads** while the plant's root system helps **prevent soil erosion**. If you're really thirsty, you can **suck on the leaves for moisture**.

Crushing spekboom leaves and rubbing them on your skin can help **relieve** the sting or itch of **insect bites** and **sunburn**.

### SPEKBOOM AND GLOBAL WARMING

One of the spekboom's most valuable functions is absorbing carbon dioxide (CO<sub>2</sub>) and releasing oxygen. It does this more effectively than most other plants.

One mature spekboom can absorb up to 8,5kg of CO<sub>2</sub> a year, which makes it **10 times more effective at reducing carbon in the atmosphere than a tropical rainforest tree**.

Due to an increase in human industry and activity, the level of CO<sub>2</sub> in Earth's atmosphere has been rising significantly, which contributes to global warming. We need plants to absorb this CO<sub>2</sub> and convert it into oxygen.

Spekboom is seen as the ideal defence against global warming. That's why there's an initiative called the #SpekboomChallenge, which asks people to plant these uniquely South African plants in bulk. Various schools and universities have also taken up the challenge and planted spekboom in their grounds.

The Great Labyrinth of Africa is being planted in Stellenbosch in the Western Cape. Once done, the labyrinth (maze-like structure) will consist of 90 000 spekboom and cover an area of 230m<sup>2</sup>.

### #SPEKBOOMCHALLENGE

You can grow your own spekboom in just six weeks and be part of the #SpekboomChallenge.

**Follow these easy steps:**

- Cut off a small piece of spekboom from an adult plant and allow it to dry out slightly in a cool area for two days.
- Plant the cutting in sandy soil and water it lightly.
- Keep the plant in an area that's warm and shady and water it lightly every two weeks.
- Roots will start forming and you should have a new plant within four to six weeks. This way, you can be part of a generation that helps in environmental conservation.



The entrepreneurs who grew the spekboom for the Great Labyrinth of Africa are (from left) Derek Zingela, Loyiso Rosha, Peter Shrimpton, Rekai Mapenda and Valentine Kangura.

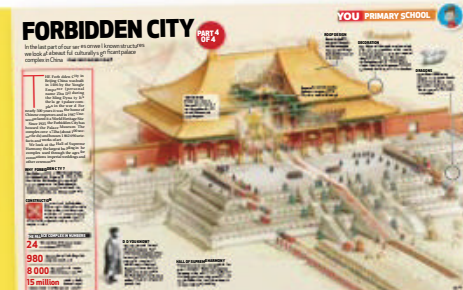
### DID YOU KNOW?



Earth Day is observed annually on 22 April. This is a special day to celebrate the environment and raise awareness about pollution. It was started in 1970 by US senator Gaylord Nelson and went global in 1990. Today more than 190 countries take part.

**FIND OUT MORE**

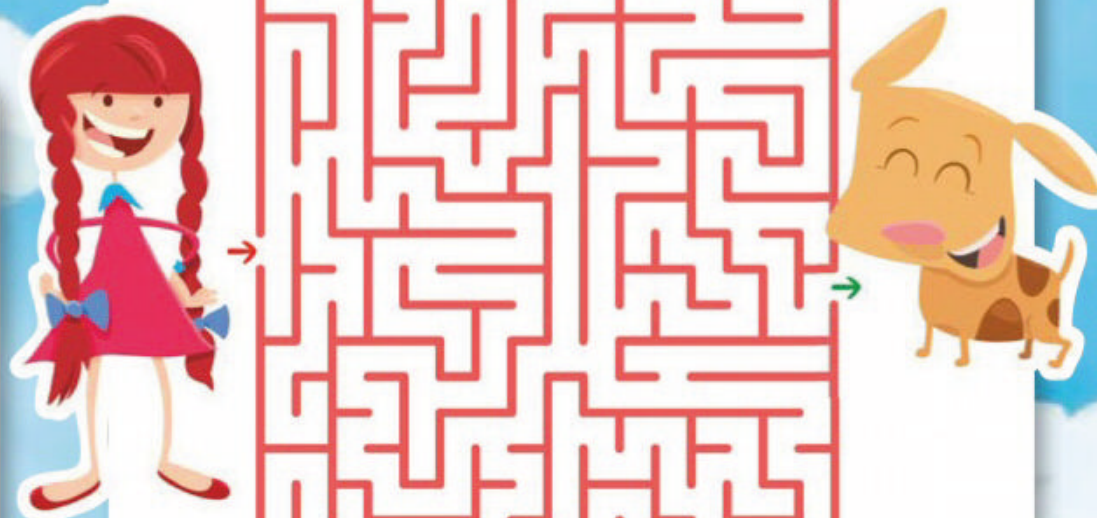
✓ To find out more about why trees are so important to our environment and the planet go to: [tinyurl.com/Importance-of-trees](http://tinyurl.com/Importance-of-trees)



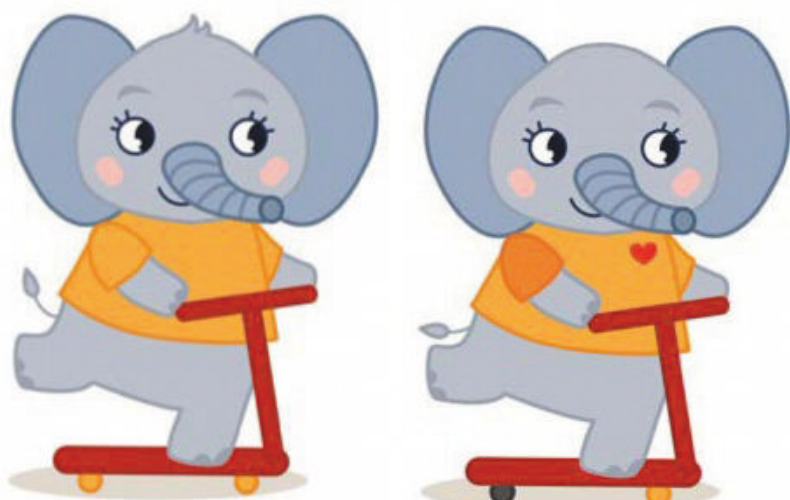
**Turn to page 78** to find out more about China's Forbidden City



### Circle the odd one out



### Find five differences



### Favourite foods

Draw a line to connect each animal to the food they love to eat.



### Match the colours



### Animal kingdom

1 The words in the list below are all hidden in the grid – horizontally or vertically, backwards or forwards. Find and circle them.

|           |   |   |   |   |   |   |   |   |   |
|-----------|---|---|---|---|---|---|---|---|---|
| ant       | e | p | k | c | u | d | t | i | m |
| cheetah   | s | i | l | q | h | i | n | m | h |
| crocodile | r | g | q | l | g | s | a | l | y |
| duck      | o | e | c | e | i | p | i | l | r |
| fish      | h | o | r | t | b | z | f | f | e |
| fly       | a | n | l | z | y | e | a | a | a |
| lizard    | e | l | i | d | o | c | o | r | c |
| pigeon    | s | c | h | e | e | t | a | h | d |
| seahorse  |   |   |   |   |   |   |   |   |   |
| tiger     |   |   |   |   |   |   |   |   |   |

2 Place the animals on the list on the left into the correct categories on the right.



sea creatures

big cats

reptiles

birds

insects



## Which path?

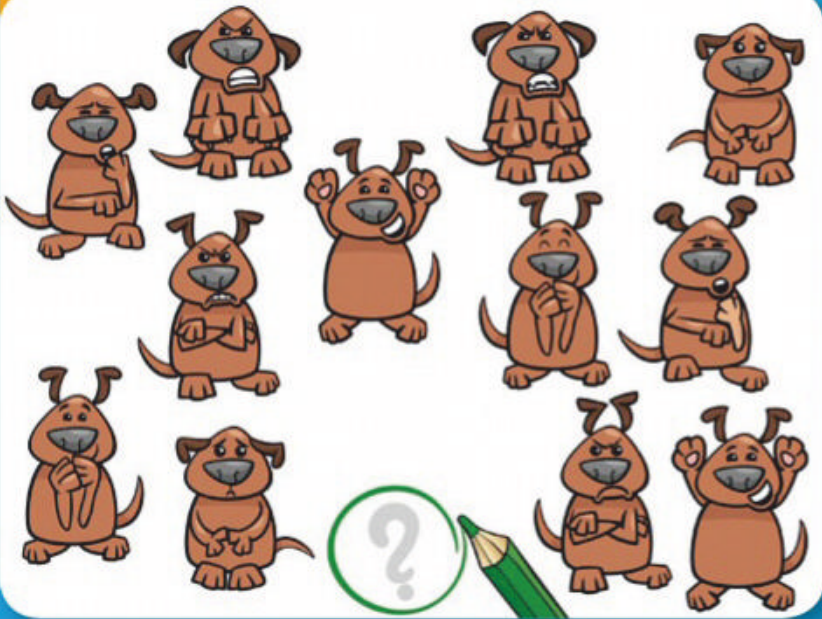
Which lion's path leads to the tiger?



## Find 15 differences



## Find two identical pictures

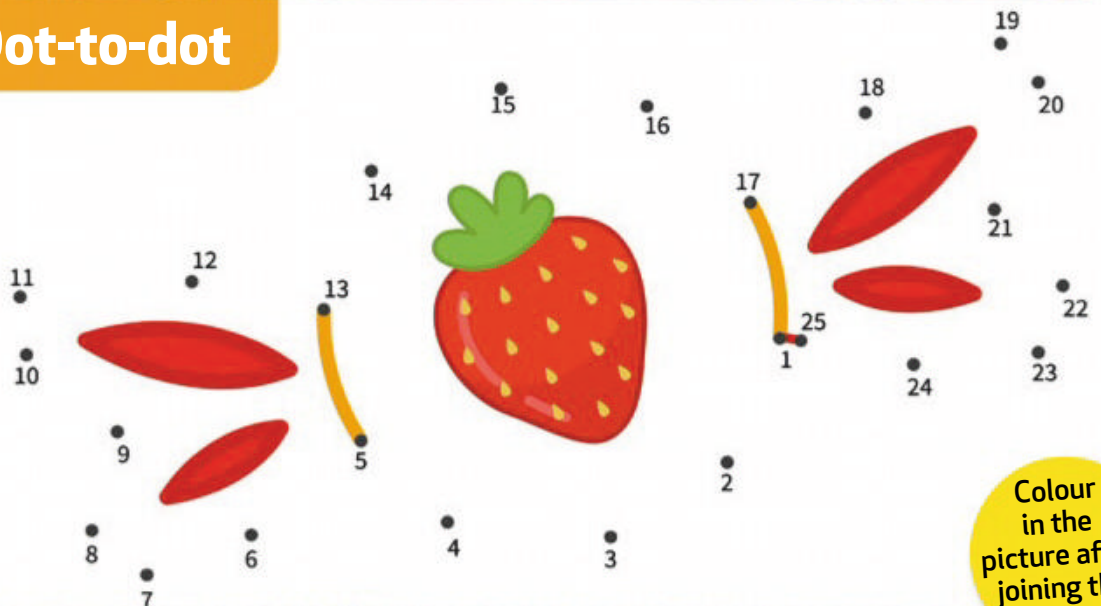


## Match the object to the season

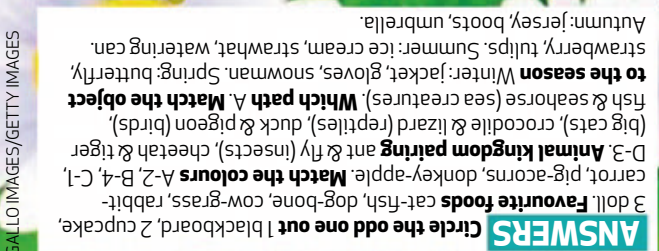
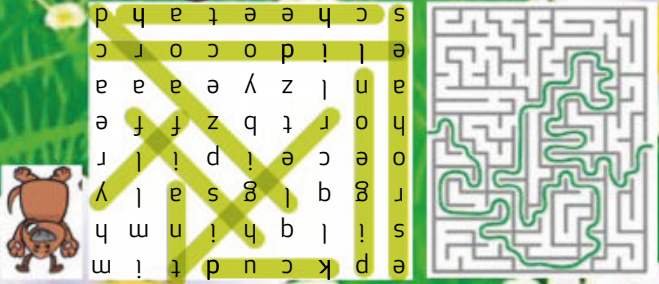
Cut out the images in the squares on the right side and glue them next to the correct season on the left.



## Dot-to-dot



Colour in the picture after joining the dots



**ANSWERS**  
Circle the odd one out: 1 blackboard, 2 cupcake, 3 doll, 4 favourite foods cat-fish, dog-bone, cow-grass, rabbit-3, 5 animal kingdom painting ant & fly (insects), cheetah & tiger (big cats), crocodile & lizard (reptiles), duck & pigeon (birds), fish & sea horse (sea creatures), Which path A, Match the object to the season: Winter: jacket, gloves, snowman, Spring: butterfly, straw hat, tulips, Summer: ice cream, straw hat, watering can, Autumn: jersey, boots, umbrella.



# IMPERIAL HOME

**PART 4  
OF 4**

In the last part of our series on well-known structures, we look at a beautiful, culturally significant palace complex in China COMPILED BY BURGERT BEHR

**T**HE Forbidden City in Beijing, China, was built in 1406 by the Yongle Emperor (born Zhu Di) during the Ming Dynasty. It's the largest palace complex in the world. For nearly 500 years it was the home of Chinese emperors and in 1987 Unesco declared it a World Heritage Site.

Since 1925, the Forbidden City has housed the national Palace Museum. The complex covers 72ha (about 100 soccer fields) and houses 1 862 690 artefacts and works of art.

We look at the Hall of Supreme Harmony, the largest building in the complex, used through the ages for coronations, imperial weddings and other ceremonies.

## WHY 'FORBIDDEN CITY'?

The Chinese name is Zijin Cheng (Purple Forbidden City). Zi (purple) refers to the North Star, the heavenly home of the Celestial Emperor. Jin (Forbidden) is because no one may enter without the emperor's permission. Cheng means city.

## CONSTRUCTION



Construction of the Forbidden City started in 1406 and lasted for 14 years. About a million people worked on it. The main colours are red and yellow. Red is the colour of joy, wealth and power, while yellow was the emperor's colour.

## THE PALACE COMPLEX IN NUMBERS

**24** The number of Chinese emperors who called it home

**980** The number of buildings the complex consists of

**8 000** The number of rooms that've been preserved

**15 million** tourists, both domestic and international, visit the palace annually

## THE THRONE

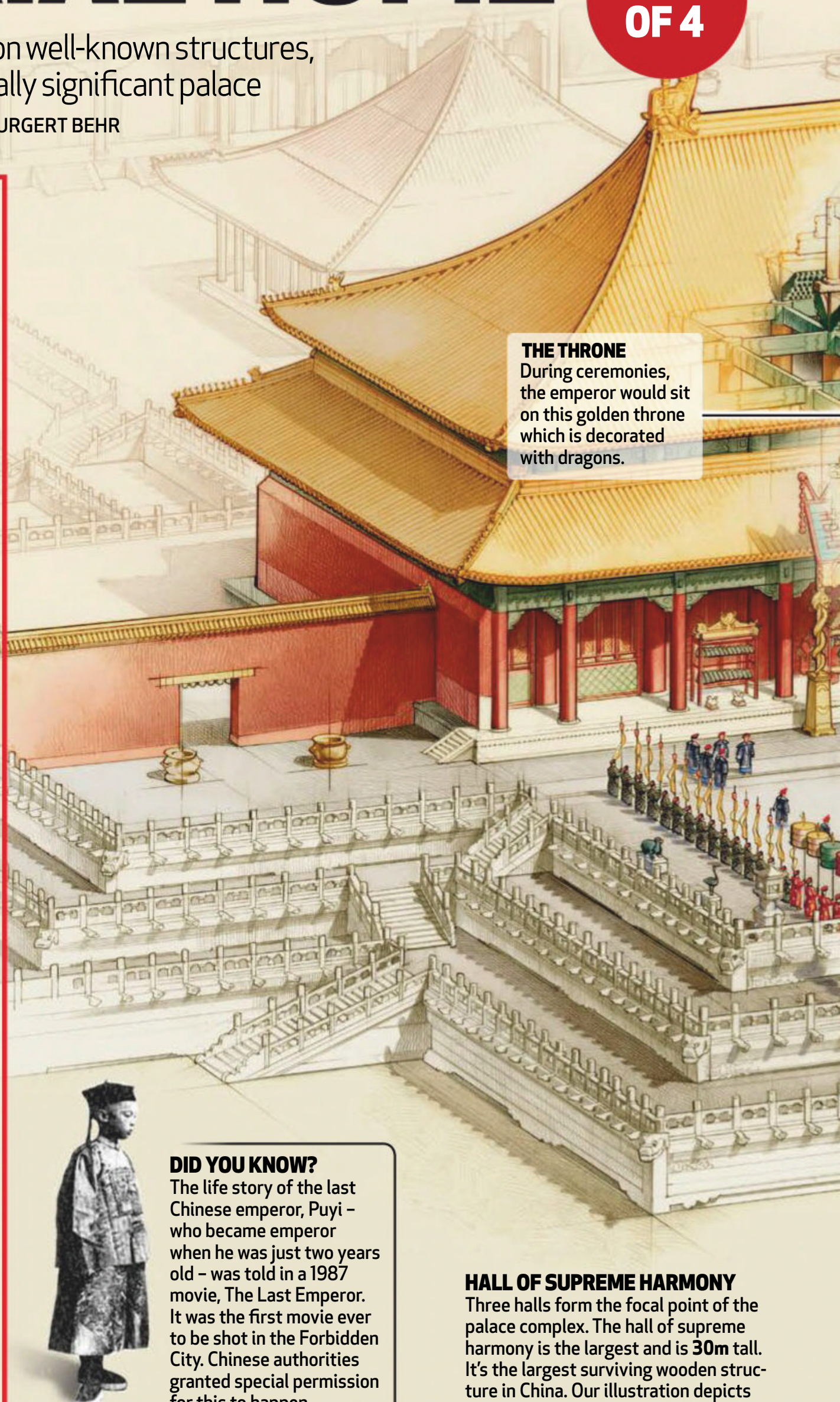
During ceremonies, the emperor would sit on this golden throne which is decorated with dragons.

## DID YOU KNOW?

The life story of the last Chinese emperor, Puyi – who became emperor when he was just two years old – was told in a 1987 movie, *The Last Emperor*. It was the first movie ever to be shot in the Forbidden City. Chinese authorities granted special permission for this to happen.

## HALL OF SUPREME HARMONY

Three halls form the focal point of the palace complex. The hall of supreme harmony is the largest and is 30m tall. It's the largest surviving wooden structure in China. Our illustration depicts an imperial (royal) wedding.







## ROOF DESIGN

Several designs are used throughout the complex. The main buildings had double-layered sloped roofs.

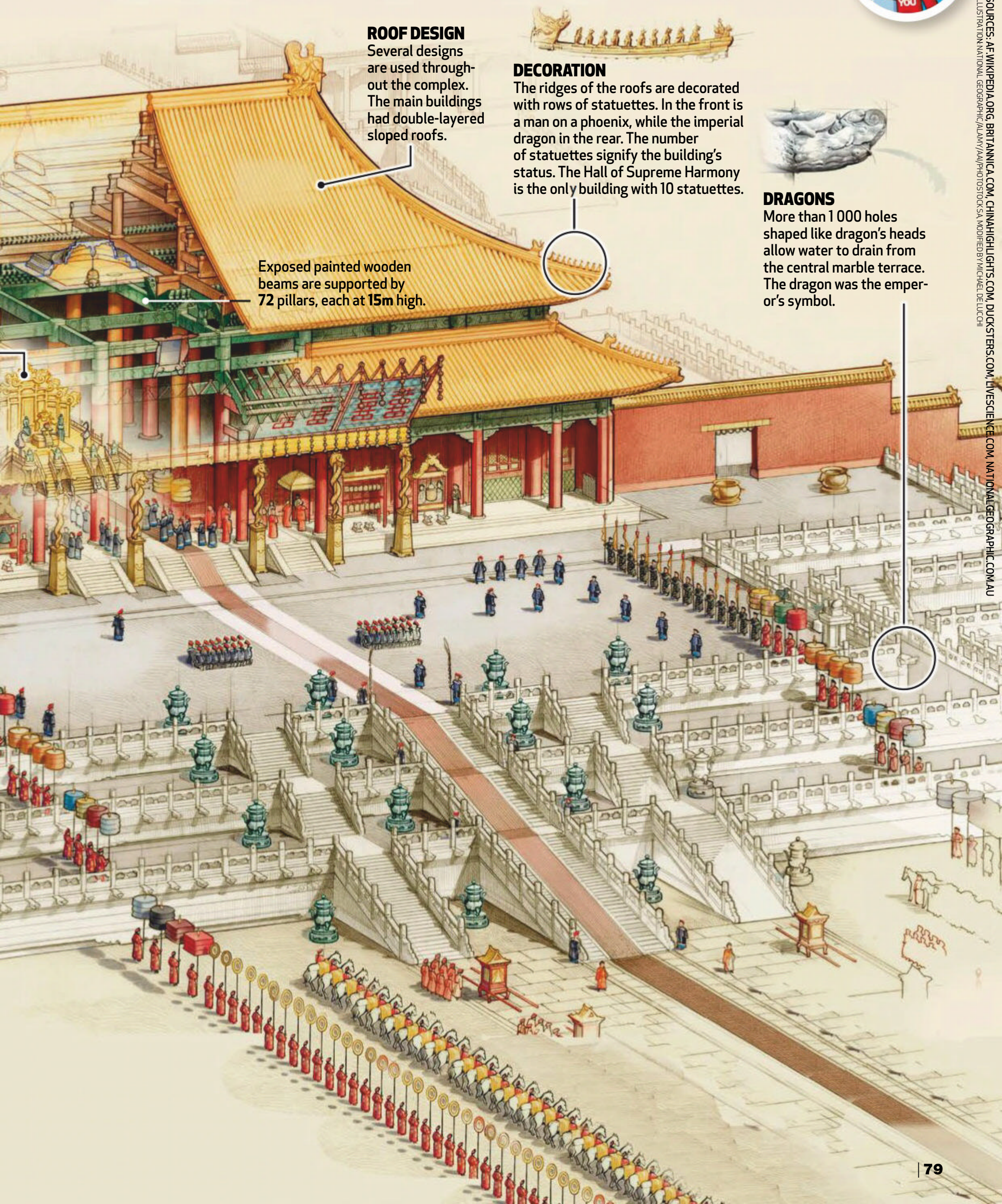
## DECORATION

The ridges of the roofs are decorated with rows of statuettes. In the front is a man on a phoenix, while the imperial dragon in the rear. The number of statuettes signify the building's status. The Hall of Supreme Harmony is the only building with 10 statuettes.

Exposed painted wooden beams are supported by 72 pillars, each at 15m high.

## DRAGONS

More than 1 000 holes shaped like dragon's heads allow water to drain from the central marble terrace. The dragon was the emperor's symbol.





The goggles dim your eyesight, the weights imitate loss of muscle density, the shoes make you feel like you might trip. A new ageing suit helps younger people gain a new perspective on being elderly, says its inventor, Joseph Coughlin

BY WILL PAVIA

# HOW IT FEELS TO BE OLD

**M**Y HEAD cranes forward and my body is stiff and heavy, as if I'm carrying a load. I'm not quite sure what's behind and around me, and this makes me anxious.

Sitting down, I reach backwards with one hand for the chair. Getting up is difficult.

I'm in a research laboratory in Boston, a white warehouse space, though to a man in my condition it all looks hazy, uneven and yellow.

"That's not legally blind right now," says a voice to my right.

I try to turn my head, but it's difficult. "That's just low vision," adds the voice. It's Joseph Coughlin, the director of the Massachusetts Institute of Technology (MIT) AgeLab, an institution established to help humanity prepare for the great gift of growing old. He's a compact, peppy sort of chap in a bright bow tie, a dark blazer and bright blue trousers. I can't really see his face.

I'm wearing a contraption that transports you into old age. It's called the Age Gain Now Empathy System, or Agnes. Coughlin was pleased with the title because it sounded like the name of a nice old lady.

"I was a former defence and US Department of Transportation contractor," he says. "I love my acronyms."

Joseph came up with the idea for Agnes, which was then developed by the AgeLab team, for designers at the Daimler company, who were rethinking the interior of the Mercedes. An exercise physiologist calibrated a system of weights and harnesses that would simulate muscle loss and arthritis and other natural shocks that flesh is heir to when you're getting on a bit. Then they added these appalling yellow goggles that give you the low vision.

They wanted the young designers to





The Agnes, a body-suit, allows young researchers at the Massachusetts Institute of Technology (MIT) AgeLab to discover what it feels like to be old.

**'We wanted the young designers to feel "the three Fs": the friction, fatigue and frustration that older adults feel'**

feel "the three Fs", Joseph says. "The friction, the fatigue and indeed the frustration that older adults feel when trying to change the radio or when getting in and out of the vehicle."

The Agnes suit turned out to be a huge hit with the designers and for the laboratory, which was founded in 1999 in part to tackle what the director regards as the failure of companies to make nice things for old people. It made no sense to him that with 8,5% of human beings on the planet over 65, the needs of this group were being ignored. By 2050, that percentage will have doubled.

In his book *The Longevity Economy*,

Joseph compares it to a new continent – one billion people whose wealth will soon make them the dominant force in the economies of many nations.

But designers tend to be young men. They make smartphones that are too large for some women to hold. They seek solutions for problems in their own lives. If you ask them to make something for an old man or woman, they start thinking of pill dispensers and remote controls with giant rubber buttons.

"When they think old, they think health," Joseph says. "I can't tell you how many GPS-enabled walkers I've had students present to us, and systems that beep and punch you in the night to get you to take your meds, because unfortunately so many people believe that the only thing we're going to be doing in old age is taking our meds, checking our blood pressure and waiting. God knows for what, but we're waiting."

The products usually come in hospital hues. "It's incredible how many products aimed at older adults are puke beige or clinical blue," Joseph says.

Consider the hearing aid. I must admit I hadn't really, until I read Joseph's book. But why are they made in a shade of fleshy pink, so that it seems as if your ear has grown a cyst? Glasses are made to look fabulous. Why isn't that true of hearing aids, Joseph asks. Why isn't Prada making them? It's because they're associated with old age. The result, he says, is that 80% of people who need hearing aids in America don't get them and a quarter of those who do, don't wear them.

**H**ERE'S a long list of spectacular failures when it comes to making things for old people. In the '60s, scientists at Heinz spent years concocting a sort of baby food for old people. It seemed like a great idea to bosses. Babies eat Heinz baby food for only about a year, whereas an old person who cannot chew might subsist on Heinz Senior Foods.

They were quickly proved wrong on this point. No one wants to step up to the till with a can that announces to the cashier that you're a toothless old codger who subsists on mush.

Chrysler ran into a similar problem in the '60s when it made an old person's car. Motor companies now consider it a universal truth that you can sell a young man's car to an old man, but you can't

sell an old man's car to a young man or, in fact, to anyone.

The most striking example of this dynamic is the story of those emergency pendants with an alarm button for people who live alone.

"Nobody wants to wear a product that says, 'Old man walking and about to fall down'," Joseph says. Some companies sought to disguise them as jewellery, but it didn't make much difference.

"It doesn't matter whether the rest of the world knows that a certain piece of jewellery can summon an ambulance," Joseph writes. "What matters is that you know it."

This is also partly why the AgeLab needed Agnes. It's not just that young designers don't understand old age – it's that old people won't tell them about it.

"I'll give you an example," Joseph says. "An older person is more likely to open up a plastic bottle of water and, with arthritic hands, have difficulty with the grip. They squeeze the bottle, the cap flies off, they get soaked. Your old wet water-drinker will say, 'Damn, I don't like it, but old age is just plain tough.' But a young designer wearing Agnes will say, 'Wait a minute – we can redesign this.'"

The Agnes contraption is wrapped around a silver mannequin and looks like something the CIA might use in an interrogation.

As we chat, the AgeLab staff sit or stand at their desks around us. They're mostly young people, making lists and graphs and examining data. A third of them are psychologists of various stripes, Joseph says. There are also some data scientists, some engineers, and some political scientists.

"I think we even have an economist in by mistake," he jokes.

**J**OSEPH'S father was an engineer who worked on the Apollo space programme. His mother was in the US Air Force. As a 10-year-old only child living in New Jersey, he was friends with lots of elderly folk in his neighbourhood.

He first got interested in them, professionally speaking, while working on a government study on how to adapt America's transport infrastructure for an ageing society. What bothered him then, and still does, is that none of the experts planning for this grey future "addressed the f-word".

(Turn over)





**BELOW LEFT:** Joseph Coughlin is the brains behind the Agnes (LEFT), which has built-in harnesses and weights that limit movement. **RIGHT:** The lab's driving simulator, Miss Daisy, helps designers test how new technology will work for elderly drivers.



(From previous page)

He pauses in a practised way. “Fun,” he continues. “Dressing fun or being sexy, or playing or doing extreme sports.”

He says the attitude dates to a 19th-century notion that human beings were endowed with a certain quantity of “vital force” that we would use up very quickly if we had too much fun. Too much sex, for instance, was considered a real drain on one’s vital force.

With this theory came the idea that old people represented a huge problem for society.

“The greatest success of humankind, I believe, is global longevity and longer life,” Joseph says. In 1900, you could expect to die when you were in your 40s. Since then, life expectancy has doubled.

“Maybe we need to rethink society in terms of changing our expectations. Not just working longer, but the idea that you

have two, three or four careers,” Joseph says.

At age 58, he’s already facing the prospect of retirement.

Does he ever put on Agnes?

“I have,” he says.

When you’re wearing Agnes “you’ll fight against the restrictions”, he says. “In fact, if there’s any truth to the ‘crabby old man’ [stereotype], they’re not crabby at you or life. It’s because inside every old person is a young person who remembers what it was to be young, or is still young in their head, but the original equipment is failing.”

Is it frightening to wear it? He shrugs. “I have yet to see anyone who wasn’t thrilled that the exercise was over.”

**S**AMANTHA Brady, a research specialist at the lab, arrives at this point carrying a large bag which contains one of the ageing suits.

“We’re going to start with the weighted vest,” she says, kneeling on

the floor to unpack it. “This is to simulate muscle loss.”

She’s 29 and she’s been making people feel old for about three-and-a-half years.

“I feel for the person putting it on. It’s pretty tiring,” she says.

I get into the jumpsuit, then she attaches more weights and bungee cords that run down my hamstrings and connect to the heels of large plastic sandals I’m now wearing. They have a foam pad beneath them.

“That puts you off-balance on the floor a little bit, but also it reduces your tactile sensation,” Samantha says. “So actually feeling the steps you’re taking, it takes a little more mental energy.”

I think of my father-in-law, who’s 83 and has neuropathy, which steadily causes loss of feeling in the hands and feet. He told me about it once when we were out in the car, and I felt bad for him – and also very slightly nervous about the fact that he was driving.

I’m feeling quite nervous now too. I’d like to say that at aged 40 I faced the sud-





den onset of old age with calm fortitude, but really I spent most of the time wondering if I ought to have gone to the loo. It lies at the far end of the building, next to the lifts. Already it seems miles away.

I'm in a neck harness now that attaches to a helmet, stiffening my neck and bending my spine.

"It kind of leans you over a bit," Samantha says.

Being old, apparently, is like carrying two small children all the time.

She puts braces on my knees and straps weights to my wrists and ankles. Weighted gloves of a coarse material simulate arthritis in the hands and a loss of touch in the fingertips.

"This isn't the healthiest version of what an older adult would feel," Samantha explains. "This is someone with a couple of chronic conditions."

Now come the goggles, the final part of the suit. The world turns yellow. Faces blur and shift as I try to focus on them.

Samantha sets me a few tasks like sitting on a chair and bending to pick up a shoe. Then we shuffle down the corridor to visit Miss Daisy, the lab's driving simulator. It's a glass room in the centre of which is a red Volkswagen.

The front of the car is bracketed by three massive screens that show the road ahead. Behind it, another giant screen displays what's behind you.

"It's a \$4 million [R60 million] video game," Joseph says. The car is rigged with sensors: sweat sensors and pulse detec-

tors on the steering wheel, cameras on the dashboard that track your eye movements. The point of it is to test how new pieces of technology work for older drivers.

It's not intended for people wearing the ageing suit. I get in anyway after some light swearing. The seat's too far forward and I can't bend my legs. Once in, I have the distinct impression that I'm never getting out.

There must be a way to adjust the seat. I can't really look down, but after a while spent groping down the gap between my seat and the door, which feels too damn small, my fingers touch a tiny plastic nub and the seat shifts backwards.

It doesn't sound like much now, but at the time the whole effort seemed heroic. I feel like an astronaut in a tumbling capsule, reaching for a switch. It's better, anyway, than the driving that follows, in which I squint at the road ahead and keep cutting corners and veering onto the

pavement, like a player in a geriatric version of Grand Theft Auto.

Afterwards, I feel rather sick. Samantha brings me a drink. I worry that I've inadvertently started to treat her as my carer.

"Well, you're grandpa," she replies. We're going outside and she wants me to put some plastic covers over my sandals to stop the foam pads beneath them catching on the pavement. "Actually, you can try to put these on," she says.

It's hard. I have tight hamstrings, even without the suit.

Pavements are not what they were, I'll

tell you that. I remember them as they used to be in the old days, before I put on this suit. They're precarious places now. Someone should do something.

I cross the road and climb the steps towards a plaza. It seems as if we've covered a great distance in crossing the road.

**B**ACK inside, after a pause to catch my breath, we go to the kitchen where everyone says I should make a coffee. I squint at the symbols on the coffee machine and then at the capsules it takes. When it's made, I have some trouble lifting it to my lips. It feels as if I'm working out.

I have an odd impulse now, to fight the machine. I pick up three capsules and juggle them. It's hard in the gloves, but I manage it for a bit. People congratulate me, but I feel self-conscious, like an old man doing handstands on a beach to show everyone he's still got it.

Taking off the suit is like coming up from the deep. Joseph thinks there might be a study to be done on people's relieved reactions as they return from old age and find they can move easily through the world once more.

"When you're young, you're busy absorbing the world outside," he says. "The suit makes you much more focused on your physical self."

Dashing outside afterwards to catch a train, I marvel at how near and easy everything is. But some vestiges of the suit linger. At an underground station I blunder onto the wrong platform.

Running back around, I bump into a young construction worker, who gestures politely for me to go ahead of him. But now I have no money left on my railcard, and there are no ticket machines.

"Come in with me," the young man says, buzzing us both through the turnstile together. He nods and smiles, and then vaults lightly onto a tall steel box against the wall of the platform and sits on top of it, looking at his phone.

I feel a surge of gratitude, charged up with something stronger: a fond nostalgia for the time when I was 20, as I often think I still am. The sad realisation that I'm not has been rammed home, I suppose, by the experience of being 80. In any case, I keep thinking, what a nice young man. ■

© THE TIMES MAGAZINE / NEWS LICENSING

**'I feel for the person putting it on. It's pretty tiring'**



# NOAH'S ARK OF SEEDS

A remote Norwegian island is home to a vault of seeds that could be used to feed the world in the event of a catastrophe

COMPILED BY KIM ABRAHAMS

IN THIS freezing area in one of the remotest parts of the world reindeer roam freely and polar bears outnumber humans by far. But this place is also home to one of the most important buildings on the planet – a potential saviour should there ever be a global apocalypse.

The towering concrete walls of the Svalbard Global Seed Vault jut out of the mountains of Spitsbergen, a Norwegian island in the Arctic Ocean. It looks like it could be a top-secret lab or a closely guarded bunker – but there's nothing sinister about it.

Instead what it holds are the seeds of hope for humanity.

Stashed away in the icy tunnels of the Svalbard Global Seed Vault are millions of seeds – onions from Brazil, potatoes from Ireland, several different chilli varieties from the United States and even flowering herbs from a meadow at Prince Charles' country estate in the United Kingdom.

It's been dubbed the "doomsday vault" or the "Noah's Ark of seeds" because it contains seeds that could be grown to feed any survivors of a global cataclysmic event.

Although the doors of the vault stay tightly shut most of the year, they recently swung open to accept 60 000 new samples from all around the world – its

biggest deposit ever – taking its collection to more than a million types of seeds and ensuring it now has samples from every country on earth.

"The deposit event is especially timely," said Norwegian prime minister Erna Solberg who attended the ceremony.

Other experts put it more bluntly. As each year brings even more visible effects of climate change and global warming, they say it's probably just a matter of time before people are travelling to the

vault – not to deposit seeds but rather to take them out.

## WHY IT EXISTS

The vault was built in the remote Svalbard archipelago in 2008, halfway between Norway and the North Pole, to ensure a reliable backup of the seeds from plants that people rely on for food.

The aim of the vault isn't to store seeds of endangered plants. Rather, it protects the genetic material of food we eat every



ABOVE and RIGHT: The Svalbard Global Seed Vault stores a reserve of seeds in case of an apocalyptic event.



## THE NUMBERS

**10 000**

square metres – the size of the vault. It consists of three halls

**-18°C**

The temperature inside the vault

**120  
METRES**

The depth below Earth where the seeds are stored in icy tunnels

**2 BILLION**

Number of seeds that can be stored

**4,5 MILLION**

Number of crop varieties the vault can store



The seeds are stored at -18°C and sealed in specially designed packages that are placed in sealed boxes and stored on shelves.



It's a bit like a safety deposit box in a bank. The bank owns the building, but the depositor owns the contents of their box – so the seeds remain the property of the country that submitted them.

Because the vault is situated in such a remote spot there are no permanent staff in residence – instead there are only a couple of days of the year when the doors are opened to accept donations.

All the systems are fully automated, including security, and are monitored remotely so action can be taken if something goes wrong.

cies in the event of a disaster.

### HOW IT COULD SAVE THE DAY

It was designed to withstand extreme weather, conflict, fire and even nuclear missiles.

And the reason far-off Spitsbergen was chosen as its location is because its permafrost should ensure the seeds remain frozen, even if the vault's cooling system is disturbed by a power failure.

But the vault's resilience was called into question in 2016 when the entrance tunnel to the facility flooded due to a combination of heavy rainfall and permafrost melting.

Although the vault remained intact, scientists believe the incident was almost certainly due to human-induced climate change as record high temperatures were recorded in the Arctic that year.

The incident raised questions over the durability of a seed bank that was meant to operate without human intervention.

But after a recent €20 million (R340m) upgrade to make it more weatherproof, Norway has assured donors that their seeds are safe.

### WHO RUNS IT?

The Svalbard Global Seed Vault was built by the Norwegian government, which forked out \$9m (then about R72m) for its construction, which was completed in 2008.

It's managed under a tripartite agreement between the Norwegian government, the Global Crop Diversity Trust based in Germany and the Nordic Genetic Resource Centre, which has its headquarters in Sweden.

There are many other seed vaults around the world but the one in Norway is by far the biggest. It relies on donations from other seed banks to ensure it has a copy of plants that are crucial to each region.

### HOW ARE THE SEEDS PRESERVED?

The seeds are sealed in specially designed four-ply foil packages that are put in sealed boxes and stored on shelves inside the vault.

The sub-zero temperature inside the vault ensures low metabolic activity, meaning the seeds won't start germinating. That makes it possible for them to be stored for centuries or even thousands of years.

### WHAT TYPES OF SEEDS ARE STORED?

Although the vault sometimes accepts seeds from plants that are purely ornamental, crops that are important to food production and sustainable agriculture are given priority.

Importing genetically modified seeds and their storage in Svalbard are both prohibited by Norwegian law.

### HAVE SEEDS EVER BEEN TAKEN OUT OF THE VAULT?

Yes. In 2015 the ongoing civil war in Syria forced researchers to withdraw some seeds from Svalbard to replace those stored in a gene bank in Aleppo, which became inaccessible as a result of the conflict. Although the Aleppo seeds were backed up in 11 seed banks across the world, extracting them from Svalbard was the cheapest option as Syrian scientists went about setting up a new bank in a safer location.

"Surprisingly, they're in top shape," says Ahmed Amri, the head of genetic resources at Syria's International Centre for Agricultural Research in the Dry Areas.

He says the emergency donation proves that the Svalbard vault isn't only practical but also important for long-term conservation. ■

SOURCES: THEVERGE.COM, SEEDVAULT.NO, NATIONALGEOGRAPHIC.COM, CROPTRUST.ORG, NEWSIDENT.COM



day, as well as the wild relatives of these plants.

So in short, it exists to store seed samples from the world's crop collections.

This means scientists are free to experiment and create new plant varieties, safe in the knowledge there's a safe back-up of the original.

It also means countries have access to seeds from their indigenous plant spe-

# 140 000

Number of wheat varieties that are stored, along with **150 000** samples of rice and **70 000** of barley



Musa Maluleka has founded Disktjie, a brand of soccer boots tough enough for gravel. RIGHT: The Wits student also works with nonprofit organisations to provide boots to underprivileged kids.



# TOUGH AS NEW BOOTS

Tired of gravel damaging his soccer boots, this student designed trendy togs that can weather any township turf

BY FULUFHELO RAMOTSATSI PICTURE: ONKGOPOTSE KOLOTI

WALKING a mile in another man's shoes is hard. But playing soccer in his boots is even harder – especially if it's not on a grass pitch.

This was a lesson Musa Maluleka learnt early in life. As a young boy playing on gravel, he quickly wore down soccer boots designed for playing on grassy turf.

And when he couldn't find footwear suitable for playing on the gravel pitches in Atteridgeville, Pretoria, where he grew up, it was the start of what would become a brilliant business idea.

"I kept asking myself, 'Why are there millions of kids playing on gravel without soccer boots suitable for gravel?'" Musa (19) muses when we meet him at the University of the Witwatersrand in Johannesburg where he's in the third year of his BCom accounting studies.

Musa created his own soccer boot brand, Disktjie, which is believed to be the first homegrown soccer boot in SA.

The name, Disktjie, is a combination of "diski", township slang for soccer, and the Afrikaans diminutive suffix "-tjie".

"I came up with this name because, growing up, I realised that football knows no race, even though in South Africa we like to distinguish between black and white," he explains.

"With the name I aim to show that, even in our diversity, we share many similarities. Once we're on the field, all of us are the same.

"I wanted a young kid in the townships of Atteridgeville to believe that we're





**LEFT:** Musa also custom-makes shin guards. Here he presents injured Mamelodi Sundowns player Thapelo Morena with a pair bearing "get well soon" messages from fans. **ABOVE:** With his mentor, the Allan Gray Orbis Foundation's Kelebogile Sephoti, after winning R10 000 at the national Entrepreneurship Interschool competition.

united with someone in Sandton. You can dream the same way someone in Sandton can."

His venture has its roots in his dream as an 11-year-old of designing his own soccer boots. But it wasn't until he was in Grade 11 and had to do an assignment on a business idea that it occurred to him to create footwear suitable for playing on gravel.

Luckily his mom, Sophy, who raised him as a single parent, had laid down a rule that would help Musa on his path to success: he wasn't allowed to spend his pocket money at the school tuckshop.

As a result, Musa started to bank his allowance and by Grade 12 he'd managed to save R40 000!

Those savings also allowed him to invest in his own idea. By 2018, after he'd done a lot of research into the design and manufacture of soccer boots, and learnt how to market and finance his product, he was ready to get started.

**S**TUDS were the key to cracking the design of his Disktjie boots, Musa says.

"I thought about how I could make them more durable for playing on gravel. The first problem I identified was that normal soccer boots don't have balance [on gravel], so the first solution was adding more studs to the sole."

He worked with two friends and a graphic designer to conceptualise the boot, and found a factory in China to manufacture it to his specifications.

He had no option but to look overseas,

he says. "All the shoe manufacturers in South Africa told me they couldn't make soccer boots, and some didn't really believe in the dream of such a young boy."

When he received his first batch, he donated a few pairs to township players to try out. He admits it took a bit of convincing to get them to switch from international brands to an unknown make, but they did.

The first Disktjie boot designs are orange and black, with two jagged lines that form a stylised "M", his initial.

"Many people asked me to remove the lines and the stripe, but they have a meaning. I looked at the brightest colours. In modern football, if you have a bright colour, it makes you feel confident. And black is a standard colour for soccer."

Disktjie has received orders from as far as the Democratic Republic of the Congo for the boots, which sell for R700 a pair including delivery anywhere in SA.

Musa's business idea landed him a fellowship with the Allan Gray Orbis Foundation. He credits the fellowship with teaching him how to conceptualise ideas and about entrepreneurship, and he's grateful it also covers his university fees.

He's won plenty of awards for his creation. Last year he was named change maker of the year: innovation and entrepreneurship at the annual Wits Student Leadership Awards.

He also won the general business category of the first national Entrepreneurship Interschool competition along with R10 000, as well as season 3 of the Unbreakable Entrepreneur competition,

which earned him R100 000. And he took home R7 000 in a national best student enterprise competition, which he also invested in Disktjie.

"That was a national student competition where all types of businesses entered. But it was more about the entrepreneur than the business."

He's also entered the Entrepreneurs' Organization's Global Student Entrepreneur Awards. If he wins at the final, which takes place in Cape Town on 28 April, he could win more than R375 000 in cash.

**M**USA'S ambitions go beyond just becoming a global athletics brand.

"I want Disktjie to be more than just a pair of boots. My hopes are to expand the range. And although we now also have a soccer ball, my dream is much bigger than this. When I find problems in the African context, I want to solve them," he says.

He works with foundations and non-profit organisations to provide soccer shoes and other forms of assistance, including meals for children in disadvantaged communities.

It's a lot of work, he says, but he's making the most of it, even if the only leisure time he has is varsity holidays.

He's working hard on creating the next generation of Disktjie boots. "I'm studying every single material that can be used to make a soccer boot.

"I'm doing research into integrating an innovative new part of a soccer shoe that will be the first of its kind."

The new generation will be more colourful too. "We South Africans don't embrace our own culture as much as we should. If a person sees a black football boot in the store and one with an ethnic design, some people think the ethnic design isn't a quality shoe."

He credits his mom for playing a huge role in his success. "My mom gave me the authority to make my own decisions. If I can explain to her why I want to do something, she's supportive, even if she disagrees with me."

Sophy is also involved in his business, helping with phone calls and shipping shoes to customers.

"It's difficult to deal with everything while I'm still studying. But my philosophy is that you mustn't do what you love, you must love what you do." ■



# GOODBYE TO TENNIS

The ice queen of the court has retired from the game – and Maria Sharapova will be remembered as a controversial yet respected figure

COMPILED BY SANDY COOK



BELOW: Maria left Russia with her dad, Yuri, when she was just six to train in America.



**F**OR years she's been the glamazon of women's tennis: statuesque, formidable, icy and driven, with a piercing grunt that shattered on-court decibel records.

But now Maria Sharapova has called time on her long career. And she's chosen to announce it on the glossy websites of Vogue and Vanity Fair, penning an intimate love letter to a sport that's afforded her both fame and notoriety – as well as a vast fortune.

"How do you leave behind the only life you've ever known?" she begins.

"How do you walk away from the courts you've trained on since you were a little girl, the game that you love – one which brought you untold tears and unspeakable joy – a sport where you found a family, along with fans who rallied behind you for more than 28 years?

"I'm new to this, so please forgive me. Tennis – I'm saying goodbye."

News of the five-time Grand Slam winner's departure from the game will be greeted with mixed emotions by her opponents and tennis fans. With her ferocious ambition and haughty demeanour, Maria (32) was neither Miss Congeniality nor a locker-room favourite – and her drug scandal in 2016 knocked her a few rungs further down the popularity ladder.

Maria never again reached the heights she'd once enjoyed. Once at the top of rankings, she leaves the game languishing at 373 – and she'll go down in history as one of the most controversial players ever to set foot on a professional court.

## THE NUMBERS

21

Number of weeks Maria spent at No 1 during the course of her career

36

Number of titles she won on the Women's Tennis Association tour

5

Number of Grand Slam titles won

645

Number of singles matches won





**FAR LEFT:** Maria holds the coveted Wimbledon trophy which she won when she was 17. **LEFT:** After that victory Maria was able to beat her nemesis, Serena Williams, only twice more during her career.

**S**HE hit her first tennis ball at the age of four and was six when she bade farewell to her mother, Yelena, in Sochi, Russia, and boarded a plane with her father, Yuri.

The year was 1994 and they were refugees from the Chernobyl nuclear disaster – but they had a plan. Maria was clearly a precocious talent and Yuri had secured her an “audition” at Nick Bollettieri’s tennis academy in Florida in the USA – a training ground for the young and gifted.

Yuri and Maria left their homeland with just \$700 (then R2 450) to their name and not a word of English between them.

“The whole world seemed gigantic back then,” Maria says. “Everything was enormous – as was my parents’ sacrifice.

“When I first started playing, the girls on the other side of the net were always older, taller, stronger; the tennis greats I watched on TV seemed untouchable and out of reach.

“But little by little, with every day of practice on the court, this almost mythical world became more and more real. But never in my wildest dreams did I think I’d ever win on the sport’s biggest stages.”

She was just 17 in 2004 when she went to Wimbledon for the first time and, with her long, tanned limbs and flying golden ponytail, she quickly became a fan favourite. When she beat Serena Williams in the final the world had a new tennis darling.

Serena was devastated. In her autobiography, Maria describes the “guttural sobs” she heard in the locker room after

Maria beat her only twice more after that and lost to her 20 times.

Still, there would be other victories: Maria won the 2006 US Open and the 2008 Australian Open. After surgery on her shoulder she went on to win the French Open in 2012 and 2014, despite describing herself on clay as a “cow on ice”.

“The clay at the French Open exposed virtually all my weaknesses – for starters, my inability to slide on it – and forced me to overcome them. Twice. That felt good,” she says.

“These courts revealed my true essence. Behind the photoshoots and the pretty tennis dresses, they exposed my imperfections – every wrinkle, every drop of sweat. They tested my character, my will, my ability to channel my raw emotions into a place where they worked for me instead of against me.”

**M**ARIA makes no reference to the drug scandal that brought her worldwide disgrace.

She tested positive at the 2016 Australian Open for meldonium, a substance that had been added to the banned list towards the end of 2015 because of its purported performance-enhancing effects.

Maria denied knowing it had been banned and claimed she’d been taking it since 2006 to combat a magnesium deficiency and heart problems.

She was suspended for two years but this was reduced to 15 months by the court of arbitration for sport. Her opponents were unimpressed by her early

the 2004 Wimbledon final.

“I think Serena hated me for being the skinny kid who beat her, against all odds, at Wimbledon,” she said.

“The pair cordially loathed each other,” a tennis insider told the Daily Mail.

But if Serena hated her, she got her revenge:

comeback – but she was never the same again. The player, whose on-court shrieks hit 105 decibels in 2009 – equivalent to the sound of a nearby helicopter – never featured in the top 20 again and never made it past the quarterfinal of a Grand Slam.

She was also dogged by injury, particularly to her shoulders. In her swansong essay she recalls realising before the US Open last year that her number was up.

“Behind closed doors, 30 minutes before taking the court, I had a procedure to numb my shoulder to get through the match. Just stepping onto the court that day felt like a final victory. I share this not to garner pity, but to paint my new reality: my body had become a distraction.”

Her body also helped her amass close to \$40 million (R620m) in prize money, while her lithe loveliness brought endorsements pouring in. She secured a \$70m (then R511m) deal with Nike in 2010. And contracts with tennis company Head, Porsche, Evian, Gatorade and Tropicana all contributed to her estimated \$195m (R3 billion) fortune.

Maria’s long-term boyfriend is Englishman Alexander Gilkes (40), who works in the art world and used to date fashion designer Misha Nonoo – friend of Meghan, Duchess of Sussex, and her and Harry’s rumoured matchmaker.

Maria says there are “a few simple things” she’s looking forward to now her life will no longer be ruled by the racket.

“A sense of stillness with my family. Linger over a morning cup of coffee. Unexpected weekend getaways. Workouts of my choice (hello, dance class!).

“Tennis showed me the world – and it showed me what I was made of. It’s how I tested myself and how I measured my growth. And so in whatever I might choose for my next chapter, my next mountain, I’ll still be pushing. I’ll still be climbing. I’ll still be growing.” ■



With her boyfriend, art entrepreneur Alexander Gilkes.

SOURCES: VANITYFAIR.COM, GUARDIAN.CO.UK, THESUN.CO.UK, DAILYMAIL.CO.UK, STANDARD.CO.UK, NYPOST.COM

**17**

Number of years she played professional tennis

**1**

Number of Olympic medals won – a silver

**1,88m**

Her height



IT'S been 10 years since she turned her back on the glitz and glam of showbiz and these days people in the neighbourhood know her more as "Max's mom" than veteran entertainer Patricia Lewis.

But that doesn't mean she's lost her sense of the dramatic – even today, as the doors to her three-storey mansion swing open, she appears at the top of the stairs, one knee bent, smile in place, signature blonde locks tumbling around her shoulders.

She doesn't grant many interviews anymore but she's invited us to her luxury home on the Zimbali estate near Ballito on the KwaZulu-Natal south coast for a catch-up.

Patricia's life has calmed down significantly since a decade ago, when she was performing as often as 30 times a month.

"Even here at the seaside, I couldn't stay away from a microphone for long. Now this is my stage," she says, gesturing to the ocean glittering in the sun beyond the window in the bar area.

"Put it this way: Patricia is singing for the dolphins."

But in the next breath she reveals she'll be making a return to the entertainment world and plans to release a new album later this year – and possibly return to TV too.

"I'm making a comeback, baby. I'm finally ready for it – readier than I've ever been before."

**P**ATRICIA (52) stepped away from her career when it was at its peak, deciding enough was enough. Record deals, TV shows – the whole shebang. Everything was turned down or cast aside.

Because, she says, behind her bubbly appearance she was suffering from burn-out.

"I was exhausted. For 30 years I'd lived every single dream. There had been times I just couldn't carry on – my hair fell out, my skin broke out, my voice disappeared.

"I didn't want to travel anymore and be away from home for weeks at a time. I wanted to be there for my mom, who has Alzheimer's. "I wanted to be a mom to Max – pick him up from school, help him with his homework.

"I needed to stand back and say,



## I'M MAKING A COMEBACK, BABY!

Patricia Lewis put her career on the back burner 10 years ago to concentrate on being a mom and to give her health a chance to recover. But now she's raring to go

BY CYRIL BLACKBURN



'I'm just going to be a woman – not Patricia Lewis'.

It was when she received shocking news about her health in 2009 that she finally decided enough was enough.

Patricia was faced with the prospect of having her voice, her greatest asset, stripped from her.

"It was terrifying," she says.

Doctors found six polyps in her thyroid gland, which required surgical intervention to remove. There was a real risk that she'd never be able to speak again, never mind sing.

"I simply had to slow down."

She didn't want the surgery, Patricia says – she felt the risk was simply too great. Instead, she opted for alternative therapies including antibiotics from Germany and the so-called SCIO (scientific consciousness interface operation) frequency treatment and now, it seems, she's completely cured.

"It was never clear if it [the condition] was related to my hectic schedule," Patricia says.

And now, seated on her balcony as waves crash onto the beach a few metres away, she says she has no regrets.

"I've never regretted turning my back on it all. Not for a single moment am I sorry I chose myself, my husband and my child. My only regret is that I sometimes eat too much dessert – but that's it. There's nothing else."

Her home at the seaside is where she found peace and healing.

"Johannesburg had become too hectic for us. There were so many hijackings, there was so much fear.

"My approach was this: I already had the fame and the glory, now it was simply a privilege to just be a mom."

Max is now 16 and has grown up with a full-time mom – well, sort of. Soon after moving to Balito, Patricia and husband Mark Whitfield (53) started developing properties in the area and they're now equal partners in a company.

Patricia is always on the move, always doing something.

"I commandeered a group of about 50 women to form a walking group. We call ourselves the Walky Talkies. It's wonderful.



Among them, I'm just Max's mom and Mark's wife."

But when she sets foot in a shopping mall she's still besieged by people who recognise her, Mark says. "You should see it," he says. "Patricia, can we get a picture? Please, Patricia, we really want a picture."

Patricia laughs. It's their shared sense of humour that keeps their 17-year marriage strong, she says.

"Every single day, no exceptions, I thank the Lord for this man. I've had my

share of heartache in the past. Then he showed up – and I'm still as in love with him as that first day."

**S**HE'S had a wonderful decade but she's ready for the next big decision in her life, Patricia says.

Max is in Grade 10 so her diary has plenty of space in it – but that doesn't mean she's going to work as frenetically as she did before.

"I thought about it for a long time, especially about the things I don't want to do.

"I don't want to burn out again, and I don't want to be constantly travelling.

I want to be selective about my next projects, such as a new album filled with the songs I grew up with.

"And I want to have my own haircare range. People always say I have extensions, but feel this," she says, shaking her head. "There aren't any."

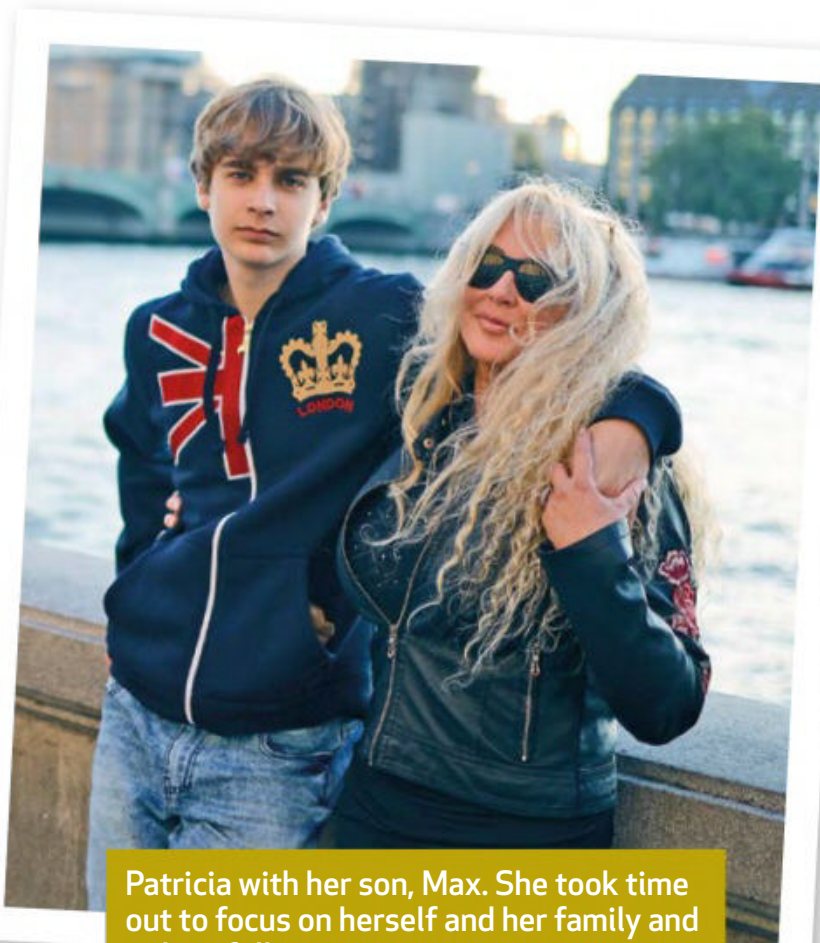
Patricia also wants to return to TV.

"Television isn't easy. It's 16 hours at a time. I've been approached to present so many times but every time my answer has been, 'No thanks, but thank you very much for still being interested in this fossil'."

Now she's finally ready to re-enter the showbiz world.

"The old memories kept coming back and they woke something inside me. Now I'm all set – loading Patricia Lewis, part two." ■

**'I simply had to slow down... I've never regretted turning my back on it all'**



Patricia with her son, Max. She took time out to focus on herself and her family and to be a full-time mom.



## The beloved soapie's long run is coming to an end. We look back over its 21-year run

BY JODY-LYNN TAYLOR

It's been a ritual in countless South African homes for more than two decades: gathering around the TV every weekday evening to watch the endless drama unfolding in Horizon Deep.

Isidingo has been ground-breaking: it was the first local soapie to depict an interracial marriage and the first to showcase a gay relationship. It also provided gripping storylines featuring HIV/Aids, murder, death and a serial bride.

Viewers gasped in horror at the villainy of Barker Haines, shook their heads at Chere's merry-go-round marriages and were shocked at scenes of racism and violence.

We laughed, we cried, we were entertained and we were enlightened.

So when word came in November that SABC3 was to axe the soapie, which first aired in 1998, the news was greeted with dismay.

Fans started online petitions appealing to the broadcaster to rethink the decision – but to no avail. It announced that the last episode would be broadcast on 12 March.

“The decision to decommission Isidingo was informed by a number of factors, which include poor audience ratings, decline in revenue and poor return on investment,” the SABC said in a statement.

We look back at the past 21 years.

### THE RELEVANCE FACTOR

Isidingo's plots didn't away from social, socioeconomic and political commentary.

It was important that episodes reflected what was happening in the country and internationally, says Sipho Tshapu, one of the series' writers. “Isidingo thrived by including real-time current affairs, especially on topical issues. It was the trade secret we perfected over the years.”

Here are some of the touching topics it tackled.



■ **The Big C.** Sechaba Moloi-Matabane's first wife, Lerato (Tema Sebopedi), was diagnosed with cancer and as a result was unable to have children.

■ **Road death.** The passing of Letti Matabane (Lesego Motsepe) “was touching in the most incredible way – our audience really felt the pain of it all,” executive producer Pumla Hopa says.

■ **Labour struggles.** Including the mine-workers strike in August 2018 was deliber-

ate. “Having it in August is a way to remember the Marikana massacre, which happened in that month,” Isidingo's official Facebook page said at the time. “As Isidingo goes through the retrenching of the miners of Horizon Deep, we commemorate and remember what the Marikana miners fought for six years ago.”

■ **HIV/Aids.** Nandipha Sithole (Hlubi Mboya Arnold) was HIV-positive and later married Parsons Matabane (Tshepo Maseko).

### BY THE NUMBERS

**121Dingo**

**7 July 1998**  
The first episode is screened.

**844 266**  
Viewership figures in April 2019

**51**

Number of South African Film and Television Awards the soap won



Some of the Isidingo cast and production team bid farewell to the show during their last day on set at the end of January.



## WHAT'S IN A NAME?

The soap's title, which means "the need" in English, was chosen because the creators wanted to unite people in their love for South Africa.

"So we played with words and used both English and Zulu to bring it together – Isidingo: The Need," executive producer Pumla Hopa explains.

## REST IN PEACE



### ASHLEY CALLIE

The Isidingo team and fans were stunned when Ashley died in a car crash in January 2008 aged 31.

"Her death affected everybody," executive producer Pumla Hopa says. "We chose not to replace her because Ashley was a phenomenal actress and carried the character of Lee so well. Replacing her wouldn't have been right."

## THE WEDDING QUEEN

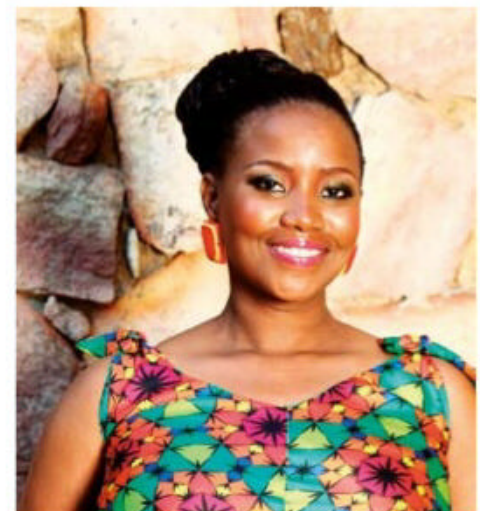
Cherel de Villiers (Michelle Botes) was the soap's serial bride – not because she was a diehard romantic but rather because of her burning ambition.

When the show debuted she was married to mine manager Pierre de Villiers (Wilson Dunster). After his death, she wed the notorious Barker Haines (Robert Whitehead). When that marriage ended in divorce, she sank her claws into another business mogul, Braam le Roux (Anton Dekker), secretly drugging Braam's wife, Marlien (Elize Cawood), to make her seem insane. Braam later died in a fire and his son, Benjamin (Arno Marais), tried to frame Cherel for his death.

Cherel's last wedding was in 2014 to cop Eddie Holmes (Paul Buckby). The event was so glamorous it was even broadcast on lifestyle programme Top Billing.



Michelle Botes returned to the show for a special episode to celebrate its 21st birthday in July last year.



### LESEGO MOTSEPE

She left Isidingo in 2011 after playing Letti Matabane from 1998 – the year the soap was born – until 2008.

Lelesego later announced she was HIV-positive and spent the years before her death at age 39 in 2014 advocating for HIV/Aids awareness.

(Turn over)

**5 414**

Total number of episodes broadcast by 12 March 2020



## THE MOST TALKED-ABOUT PLOTS

**LOVE ME DO** The interracial relationship and wedding of Phillippa de Villiers (Bianca Amato) and Derek Nyathi (Hlomla Dandala) in 2001 was a major talking point. South Africa was still a fledgling democracy and interracial marriages were few and far between – so to see one on mainstream TV pushed boundaries.

**MURDER MOST FOUL** The slaying of Duncan Haines (Anrich Herbst) and the disposal of his body in a mine shaft left fans aghast when it aired in 2003.

**DOMESTIC HORROR** Katlego Sibeko (Kgomotso Christopher) died in 2016 after her mine manager husband, Lincoln (Lindani Nkosi), shoved her during a violent argument.

**BURIAL GROUND** Sechaba Moloi-Matabane (Motlatsi Mafatshe) was buried alive in 2017 by two white farmers after he'd visited his father's grave on their land.

"This really had South Africans talking about the reality of racism," executive producer Pumla Hopa recalls.

**WEDDING WONDER** Tongues wagged when Steve Stethakis (Emmanuel Castis) and Luke (Gary D'Alessandro) hooked up and later married in 2006.

The episode was broadcast in the week that same-sex marriages were legalised in South Africa.

"To witness Steve being himself encouraged many people to live their truth," Pumla says.



## ACTORS LOOK BACK



**Michelle Botes:**  
**Cherel de Villiers**  
**(1998-2007 and**  
**2010-2013)**

"Cherel was a gift and I love playing a baddie," Michelle says. "I really enjoyed the fact she had no scruples. She was power-hungry and wanted nothing other than to get to the top. Although she sometimes

stumbled, she never stayed down for long."

Michelle was also part of the soap's 21st birthday celebrations in July last year.

"Isidingo was a big part of my life."

**Hlubi Mboya Arnold:**  
**Nandipha Sithole**  
**(1999-2011)**

She played HIV-positive Nandipha at a time when there was still a huge stigma attached to having the condition.

"I grew up on the show – it was my first professional acting gig. I was 21 and wet behind the ears.

I learnt everything I know now as an actress on that show," Hlubi says.

Apart from making friends for life on the soap, it also gave her a platform for her humanitarian work.

"The soap is the root of everything I am in Johannesburg."



**Jack Devnarain:**  
**Rajesh Kumar**  
**(2002-2017)**

"Rajesh always stood for what was just and what was right when it came to his relationships and business ethics," Jack says.

Although he can't pick a favourite storyline, he did enjoy the continual rivalry between

Rajesh and Barker Haines.

"And then of course, there was the love affair with Lee Haines that lasted many years. It was the kind of romance that was doomed from the beginning even though they were deeply in love."



**Robert Whitehead:**  
**Barker Haines**  
**(2003-2016)**

"Barker was absolutely ruthless and would do anything to get his way," Robert says. "It really was all about him."

His favourite storyline was when Cherel threatened Barker by telling him his son, Duncan,

had been kidnapped. Meanwhile, she'd had Duncan killed.

"Barker blamed himself and tried to kill himself. He lost an eye in the process and was blinded in the other but he kept going nonetheless."



**Arno Marais:**  
**Benjamin le Roux**  
**(2009-2018)**

His favourite scenes were those in which Benjamin and Lincoln became like father and son.

Arno says it's heartbreaking that "such an incredible soap" had to end. "I was there for a big part of my acting career. But I know

the actors will be fine – they're incredibly talented people."

**Motlatsi Mafatshe:**  
**Sechaba Moloi-Matabane**  
**(2009-2020)**

His character was a voice for the voiceless and the disadvantaged, Motlatsi says.

"Sechaba was an inspiration to young men who hadn't finished school or were delinquents on the wrong path. It gave them courage to say it doesn't matter where you come from, where you're going is more important. I resonate with that."

Although he's sad to bid the soap farewell, he believes great things are in store.

"I want to thank SABC3 for giving us an opportunity to share our passion for storytelling in its purest and highest form. What an honour it's been for me."







**FAR LEFT:** When Hlomla Dandala and Bianca Amato locked lips as Derek Nyathi and Phillippa de Villiers it was the first interracial kiss on South African television. **LEFT:** One of the soapie's topical storylines involved Sechaba Moloi-Matabane (Motlatsi Mafatshane) being attacked by two white farmers when he visited his father's grave on their land.



**Soso Rungqu:**  
**Morongwa Kau**  
**(2016-2020)**

"My character was a real kasi ['township'] girl who came from the Eastern Cape to Johannesburg to hustle and get what she wanted," Soso says. "I could relate because I also came from the Eastern Cape to hustle."

She loved Morongwa's drive and determination. "The script was beautifully written so I could resonate with it so easily."

She's sad that Isidingo has ended but life must go on. "If one door closes, another opens. I guess we're just all waiting for the other one to open."

**Elma Postma:**  
**Lalage Lategan (2017-2020)**

It's a huge disappointment that the soap is ending because she'd hoped to achieve more in her role, Elma says.

"Fortunately, I've learnt this particular lesson a number of times: never get too comfortable in this industry because everything can change in a split second and then you have to start from scratch."



**Thulani Mtsweni:**  
**Cedric Sibiya**  
**Sotobe**  
**(2017-2020)**

He enjoyed portraying energetic, charismatic troublemaker Sibiya.

"He loved his friends, beer and a Friday payday at the shebeen but above all else he loved his family – and he'd make

sure their needs were met," Thulani says.

"I liked the fact that he was free and didn't follow the rules all the time although I know he could come across as selfish sometimes."

**'I want to thank SABC3 for giving us an opportunity to share our passion for storytelling in its purest and highest form'**

EXTRA SOURCE: TIMESLIVE, CHANNEL 24, NEWS24 ARCHIVES, IOL, SOWETANLIVE

## UP IN FLAMES

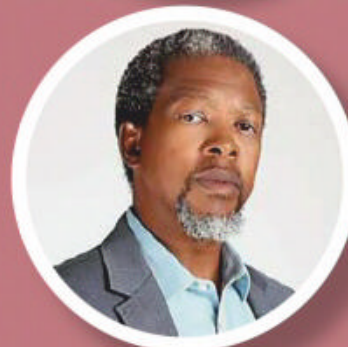
On 13 June 2012 a fire destroyed most of Henley Studios in Auckland Park, Johannesburg, where Isidingo was filmed. Fortunately there were no injuries as everyone had left for the day.

Filming moved to a warehouse in nearby Kyalami while a new set was being built. Production then moved to Sasani Studios in Highlands North, where other soaps such as Scandal! and Rhythm City are also shot.

## THE BIGGEST BADDIES



**Barker Haines**  
**(Robert Whitehead)**



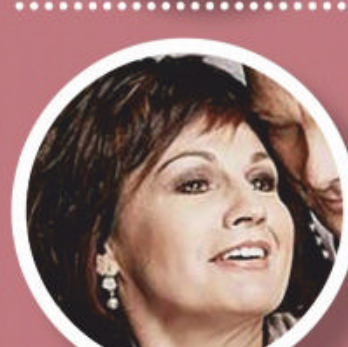
**Lincoln Sibeko**  
**(Lindani Nkosi)**



**Nina Zamdela**  
**(Khabonina Qubeka)**



**Georgie Zamdela**  
**(Darlington Michaels)**



**Cherel de Villiers-Haines-le Roux-Holmes**  
**(Michelle Botes)**



## BIRTHDAY GIRLS!



### ZURAIDA JARDINE

Wait. What? How? The radio and TV presenter just turned 45 – and she's rocking it! Zuraida rang in her birthday with a hot snap on Instagram. "Celebrating my privilege of TIME today. Taking nothing for granted & everything with gratitude."



### KENZIE BALA

Singer Loyiso Bala wrote a touching message to his darling daughter on her seventh birthday. "You're unbelievably precious to me. The depth of your kindness and love influences not only my life but the lives of everyone you meet."

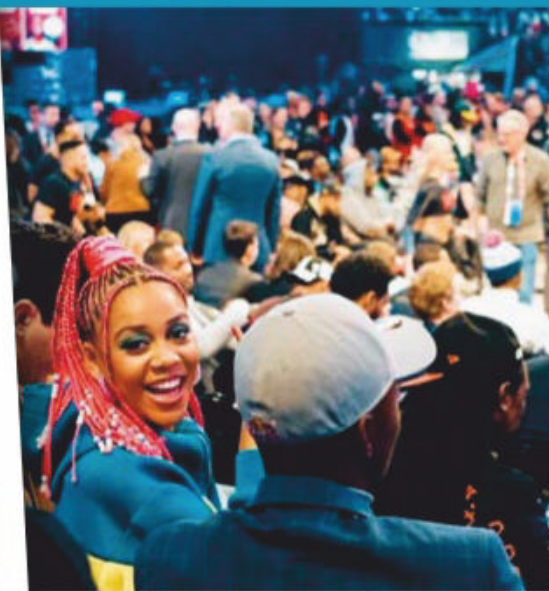


### MINKI VAN DER WESTHUIZEN

Ready to cut her cake and eat it! The TV presenter celebrated her 36th birthday with a beautiful cake that complemented her lovely lilac blouse. The former model and mom of three hashtagged her birthday posts #ItOnlyGetsBetter.

## ARE THEY OR AREN'T THEY?

Kagiso shared this pic of himself and Sho chilling after a basketball game they attended in the USA.



He says they're just good friends, but they're good friends who travelled to the USA together and some of the pics **KAGISO RABADA** (24) and **SHO MADJOZI** (27) have posted on Instagram definitely have us raising an eyebrow or two.

The Proteas cricketer and the John Cena hitmaker were in Chicago together where they attended the NBA All-Star Weekend, and their snaps show them sitting courtside and enjoying a few post-game drinks.

Fans have been drawing only one conclusion – and if they're correct we reckon these two have to be one of South Africa's hottest couples.

He got to know Sho about a year and a half ago, the fast bowler told us at Redbull Studios in Cape Town where his father, Mpho – a GP who's turned his hand to music – debuted his latest single, Ska Checella Morago.

"We were chatting on Instagram, then we just became friends," Kagiso said. "We've been friends ever since."

Could he see their friendship budding into romance? "That's a cliché. We'll just wait and see."

We're waiting, KG, we're waiting.

ABOVE LEFT: Sho shared this snap of herself and Kagiso at the NBA All-Star Weekend in Chicago. LEFT: Kagiso was thrilled to meet American actor Jesse Eisenberg at the basketball event.



# AFRICA RISING

The premiere of *Queen Sono*, Netflix's first original African series, was a star-studded affair, with celebs bringing their fashion A-game to the red carpet at Joburg Theatre.

The show, which stars Pearl Thusi, Vuyo Dabula, Rob van Vuuren, Kate Liquorish and Chi Mhende, is a spy thriller about a highly

trained South African secret agent who has to tackle her most dangerous mission yet while dealing with major changes in her personal life.

We asked some of the cast to tell us what they loved about working on the series.



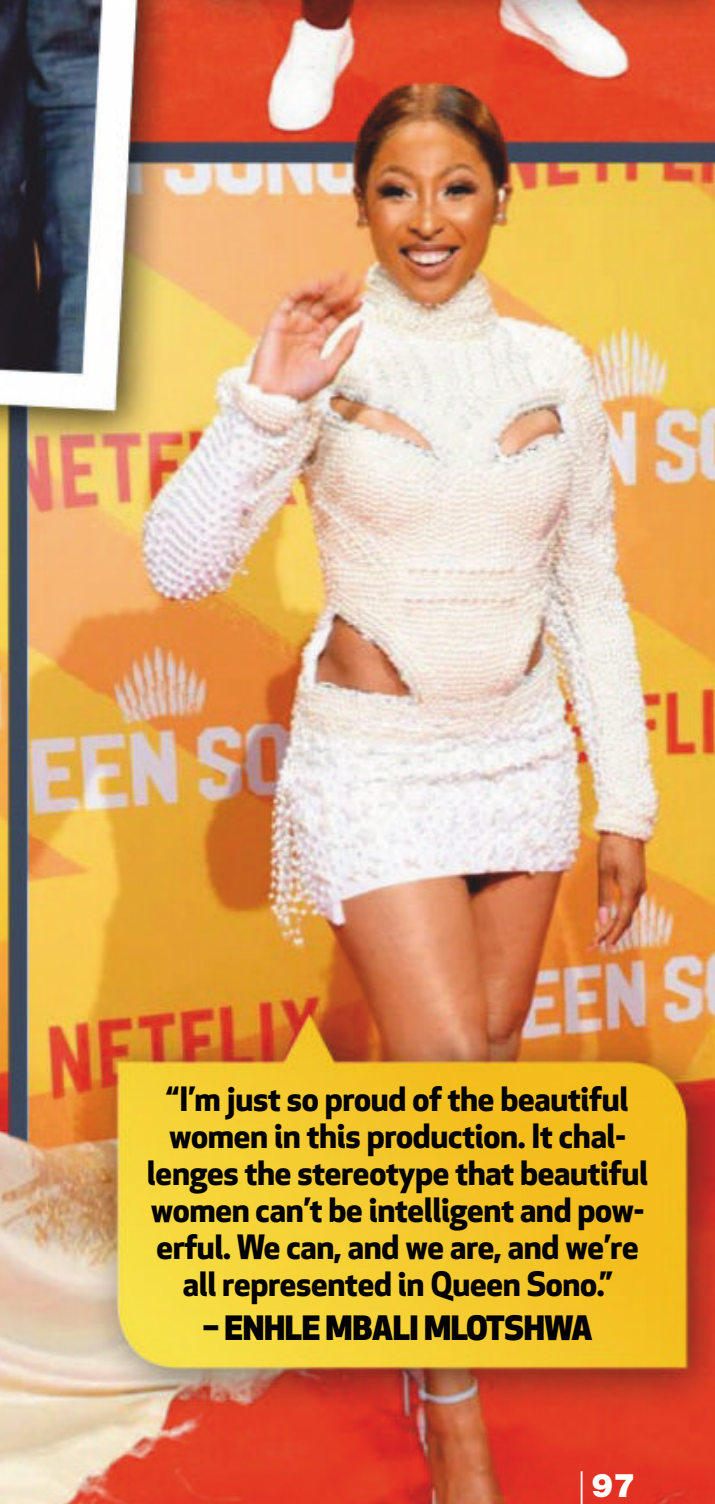
"The respect that actors received throughout was encouraging. We were working with directors who believed in us, gave us a good script and trusted us to carry it through... I can't wait for people to see it."  
- VUYO DABULA



"Working with the genius that is [series creator] Kagiso Lediga again. He tells the African story in a way that will touch everyone. Everyone will relate to some part of the story, and that's really important to me."  
- PEARL THUSI



"Being able to explore my femininity again, and playing such a powerful woman too, was honestly one of my favourite things."  
- CHI MHENDE



"Just the story, man - [series creator] Kagiso [Lediga] told multiple African stories in one beautiful narrative. And the high quality of everything, from the cast to the crew. I'm really proud to be part of the making of history through this production. Also, it doesn't hurt that my character's girlfriend is played by the beautiful Enhle [Mbali Mlotshwa]."  
- KHATHU RAMABULANA

"I'm just so proud of the beautiful women in this production. It challenges the stereotype that beautiful women can't be intelligent and powerful. We can, and we are, and we're all represented in *Queen Sono*."  
- ENHLE MBALI MLOTSHWA



**YOU** **HEARD**

IT WAS always Harry, with the naughty twinkle in his eyes and impish humour who had us in stitches. But now, with the deadline looming for him to abandon his royal duties, body-language expert Judi James says **KATE**, the Duchess of Cambridge, is ready to take over the torch as the “fun one” in The Firm.

Prince Harry (35) – who along with his wife, Meghan (38), will officially step down from their positions as senior royals at the end of this month – has often been seen making Kate (38) and William (37) laugh.

“Since Megxit there are some trends and traits in Kate’s body language that suggest she’s now trying to recreate the Harry ‘fun’ role herself,” Judi says.

“She’s often seen trying to make her husband laugh in public and indulging in more frequent bouts of laughter herself when she’s on royal visits. This could be a conscious decision – that the royal firm don’t want to be seen as the ‘stuffy royals’ now that the two glitziest and spontaneous members have left.”

Whatever it is, it’s working. The duchess’ more spontaneous demeanour was on full display during a recent visit to UK sports charity SportsAid – which helps British sport stars at the start of their careers.

The mom of three, who’s famously fond of fitness, participated in events such as running track and doing taekwondo, while wearing a pair of Zara culottes and sneakers.



## **KATE IS THE ‘FUN ONE’ NOW**







Vanessa Bryant, Kobe's wife and Gianna's mother, opened the memorial service for her loved ones with a tearful speech about her "soulmate" and her "baby girl".

## STARS WHO ATTENDED

Jay-Z



Michael Jordan



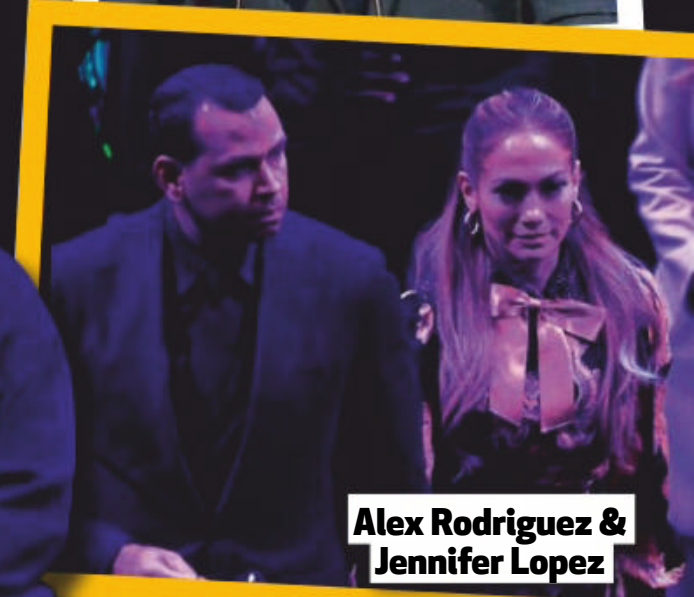
Shaquille O'Neal



Queen Latifah



Alex Rodriguez & Jennifer Lopez



# Farewell, Kobe and Gianna

**T**HE widow of retired basketball player **KOBE BRYANT** painted a poignant portrait of her late husband and daughter **GIANNA** at a memorial service held in Los Angeles last month.

Speaking through tears, **VANESSA** – who also shares daughters Natalia (17), Bianka (3) and Capri (8 months) with the late athlete – spoke of Kobe's devotion to his family. She described Gianna as "an amazingly sweet and gentle soul".

She also spoke of their shared love of basketball and their close bond. "God knew they couldn't be on this earth without each other. He had to bring them home to have

them together."

Though the 37-year-old is grieving, she's focused on protecting her family's legacy. She recently hit out at Los Angeles police when a deputy was accused of showing off crime-scene photos at a bar.

She's filed a lawsuit against Island Express Helicopters Inc in which she accuses pilot Ara Zobayan of negligence, including failing to keep an eye on the weather and not keeping a safe distance from natural obstacles.

She argues this negligence is what resulted in the crash that killed Kobe (41), Gianna (13) and seven others, including the pilot, on 26 January.

## STARS WHO PERFORMED



The memorial, which was attended by about 20 000 mourners, featured performances by (front left) singers Christina Aguilera, Beyoncé and Alicia Keys.





## DUFFY BREAKS HER SILENCE

"Whatever happened to **DUFFY**?" is a question that's been asked by pop music fans for the better part of a decade.

The Welsh singer skyrocketed to fame in 2008 with her album *Rockferry*. But in 2010 her second album bombed and by 2012 she'd pretty much disappeared from the scene.

Occasional stories over the years attempted to solve the mystery – and usually ended up pointing to statements she'd made about her dislike of all that came with being a star.

Now, the 35-year-old has taken to social media to reveal that she withdrew from the limelight as the result

of trauma from being kidnapped and raped.

In an Instagram post she wrote, "The truth is, I was raped and drugged and held captive over some days. Of course, I survived. The recovery took time. There's no light way to say it. But I can tell you in the last decade, [after] the thousands and thousands of days I committed to wanting to feel the sunshine in my heart again, the sun does now shine."

The Mercy singer, who was born Aimee Duffy, wrote that she decided to go public after finding one of the many journalists who'd tried contacting her over the years to be kind and so she told him her full story last year.

She added that an audio interview where she goes into greater detail will be coming in the next few weeks.

**'I asked myself, how can I sing from the heart if it's broken?'**

– DUFFY

## George in the firing line

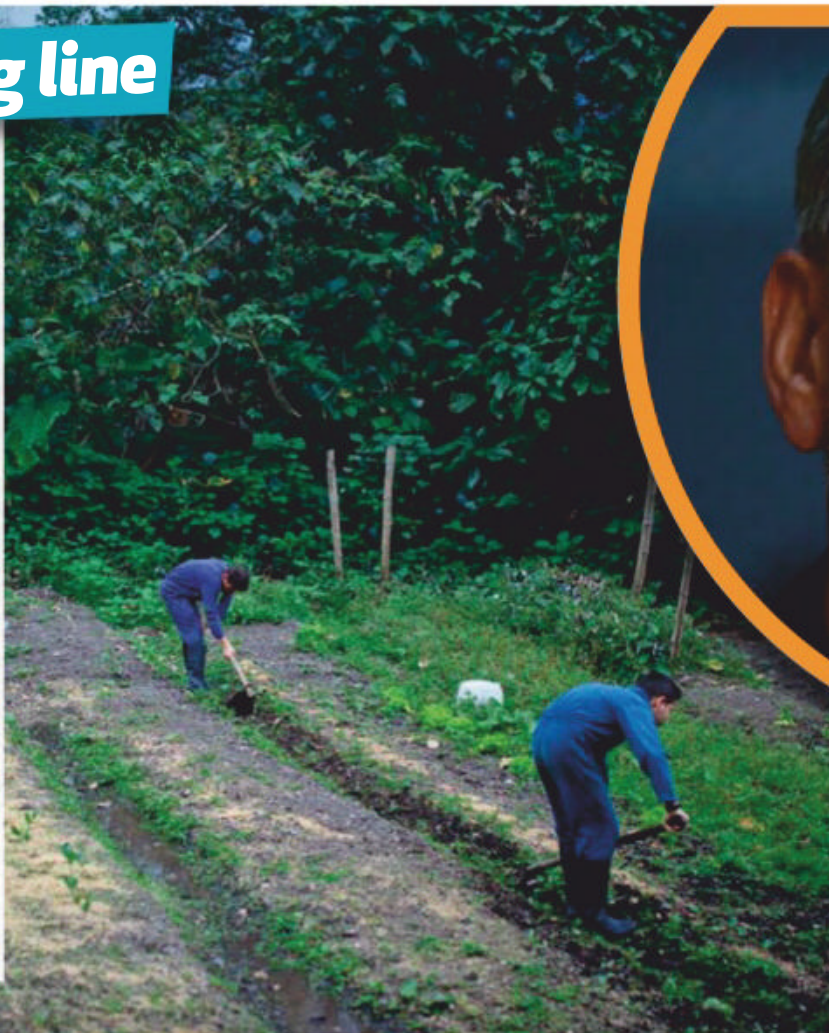
He's been the handsome face of coffee brand Nespresso since 2006. But now **GEORGE CLOONEY** says he's shocked to learn the company's suppliers allegedly use child labour in Guatemala.

And if there's any truth to rumours that the actor is planning on going into politics by running for mayor of Los Angeles, this news can't be good for his campaign.

"I was surprised and saddened to see this story," George said. "Clearly this board and this company still have work to do. And that work will be done."

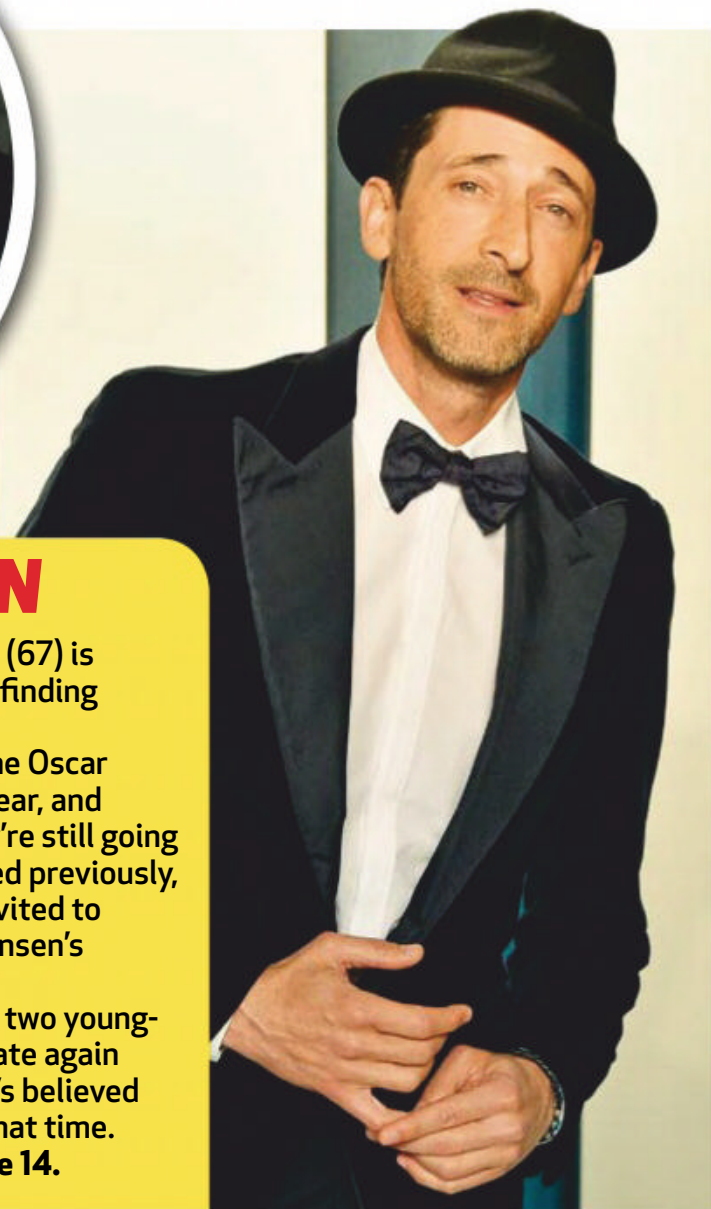
He also lauded the efforts of investigative journalist Anthony Barnett, who was filming in Guatemala, the world's 10th-largest coffee producer.

He got footage of children allegedly working for up to six days a week, picking beans and hauling huge sacks and other heavy loads.



One of George's Los Angeles neighbours claimed he was preparing to renovate his home because he's planning to run for office. It's believed he spent more than \$50 000 (R775 000) to obtain the necessary permits.





## GEORGINA MOVES ON

While disgraced movie mogul **HARVEY WEINSTEIN** (67) is headed to jail, his ex-wife **GEORGINA CHAPMAN** is finding solace in the arms of actor **ADRIEN BRODY**.

Rumours that the British fashion designer and the Oscar winner were dating started doing the rounds last year, and a source close to Georgina recently confirmed they're still going strong. Georgina (43) and Adrien (46) had socialised previously, but they hit it off last April when they were both invited to Puerto Rico for the launch of model Helena Christensen's swimwear line.

Insiders claim Georgina – the mother of Harvey's two youngest kids, India (9) and Dashiell (6) – vowed not to date again after the dissolution of her marriage in 2017, but it's believed Adrien was a big source of support for her during that time.

**\*For more on Harvey Weinstein's trial head to page 14.**



## ARE KYLIE AND TRAVIS BACK ON?

**'Travis and I have such a great relationship. We're like best friends'**

– KYLIE



**Kylie and Travis may have split, but they're still devoted parents to daughter Stormi**

**KYLIE JENNER** and **TRAVIS SCOTT** split late last year and since then they've been focusing on co-parenting their two-year-old, **STORMI**. But it seems these days they're spending more quality time together – without their daughter in tow.

Earlier this month Kylie (22) posted an Instagram story featuring throw-back photos of her and the Goosebumps rapper cuddling at a basketball match in April 2018.

She hasn't confirmed anything, but there must be a reason she posted these old photos, right?

Her mom, Kris, seems to think there's more to the story.

The Kardashian momager recently went on The Ellen DeGeneres Show and told the talk-show host that she knows her youngest daughter has been

hanging around with Travis (27) a lot. "I don't know if they're back together. They're just great co-parenters," Kris (64) said.

"They're together a lot?" Ellen asked. The reality TV star nodded her head in confirmation and said, "Mm-hmm."



# YOU HAVE YOU HEARD

## Nic is in love again

**A**FTER a disastrous 2019 **NICOLAS CAGE**'s love-life seems to be back on track. The Army of One actor was snapped looking content, clutching his new love's hand and a huge stuffed whale toy in his other.

The star and his mysterious girlfriend have been dating for a few weeks, sources say. They were spotted looking cosy at the Independent Spirit Awards in early February.

Nicolas (56) famously filed for an annulment just four days after marrying makeup artist girlfriend **ERIKA KOIKE** in Las Vegas last March. In court documents he claimed the marriage was fraudulent, and he was granted a divorce two months later.

But things certainly got messy, with Erika (36) suing Nicolas for

spousal support and legal fees.

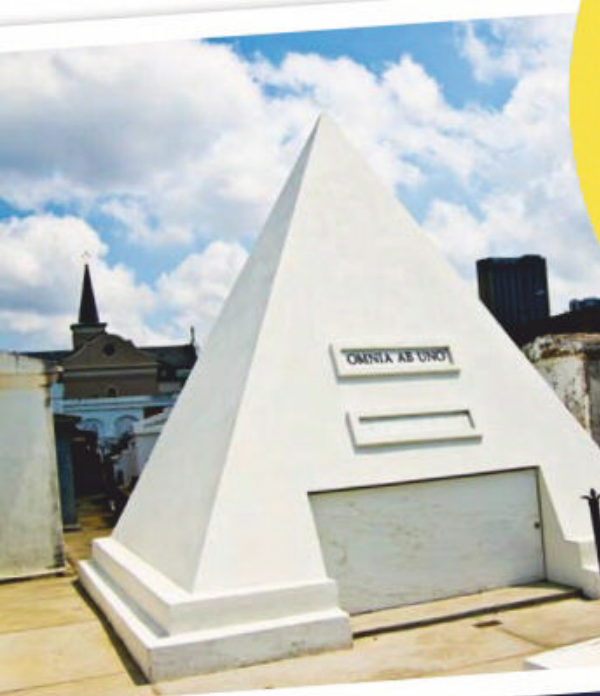
We have to say the actor has pretty unusual ways of showing a girl a good time.

Nic and his new lady recently returned from a trip to New Orleans, where he was pictured giving her a tour of his tomb. The actor bought two plots in St Louis Cemetery in 2010 and a huge pyramid tomb now sits on one of them.

What fun!



**NIC & ERIKA**



Although his name isn't yet written on his tomb, which is in New Orleans' oldest cemetery, the Latin motto "omnia ab uno" – which means "everything from one" – is carved on it.

**'I was pretty upset about the way things happened'**

– NICOLAS CAGE ON HIS MESSY SPLIT FROM ERIKA KOIKE

## Too hot for TV!

You'd think folks would've been thrilled to watch **SHAKIRA** (43) and **JENNIFER LOPEZ** (50) perform live at a massive event such as the US Superbowl – but many Americans of a sensitive disposition were deeply offended by the spectacle.

More than 1 300 people complained to the Federal Communications Commission, the US government agency which regulates TV shows, with some describing the performance as "soft porn" and "beyond inappropriate".

One complaint read, "We expected

to watch football and a quick concert but instead had our eyes molested.

"J Lo's movie Hustlers was rated R so since when is rated R viewing allowed on network TV at 7/8pm?"

Another complaint said Janet Jackson's performance a few years ago – memorable for her wardrobe malfunction – was "far better" despite the singer's breast being briefly exposed.

Still, the performance had nearly 140 million YouTube views after the fact, so clearly some people liked it.







**NAOMI CAMPBELL**



**BELLA HADID**



**GWYNETH PALTROW**

# CELEBS COVER UP

With the coronavirus spreading across the globe, people are taking precautions when travelling as well as while out and about – and celebrities are no exception. Actresses Gwyneth Paltrow and Kate Hudson are among those who've been pictured wearing face masks on planes.



**KIM KARDASHIAN WEST**



**KATE HUDSON**



**ZOEY DEUTCH**



Goop founder Gwyneth Paltrow in Ralph & Russo

**HARPER'S BAZAAR EXHIBITION**



▲ British model Leomie Anderson in Ashi Studio

► Russian model Natasha Poly in Balmain

**ON THE RUNWAY**



◀ Model Kaia Gerber in red for Givenchy



► Model Bella Hadid in Vivienne Westwood

**BALMAIN SHOW**



Pretty Little Liars actress Ashley Benson in Balmain



Adrift star Shailene Woodley in Balmain



Hidden Figures star Janelle Monáe in Balmain





**HAILEY BIEBER'S  
TOP FIVE LOOKS**

In Sally  
LaPointe



In Tre by Natalie  
Ratabesi



In Saint  
Laurent



4  
**STYLE  
STAR**

In Isabel  
Marant

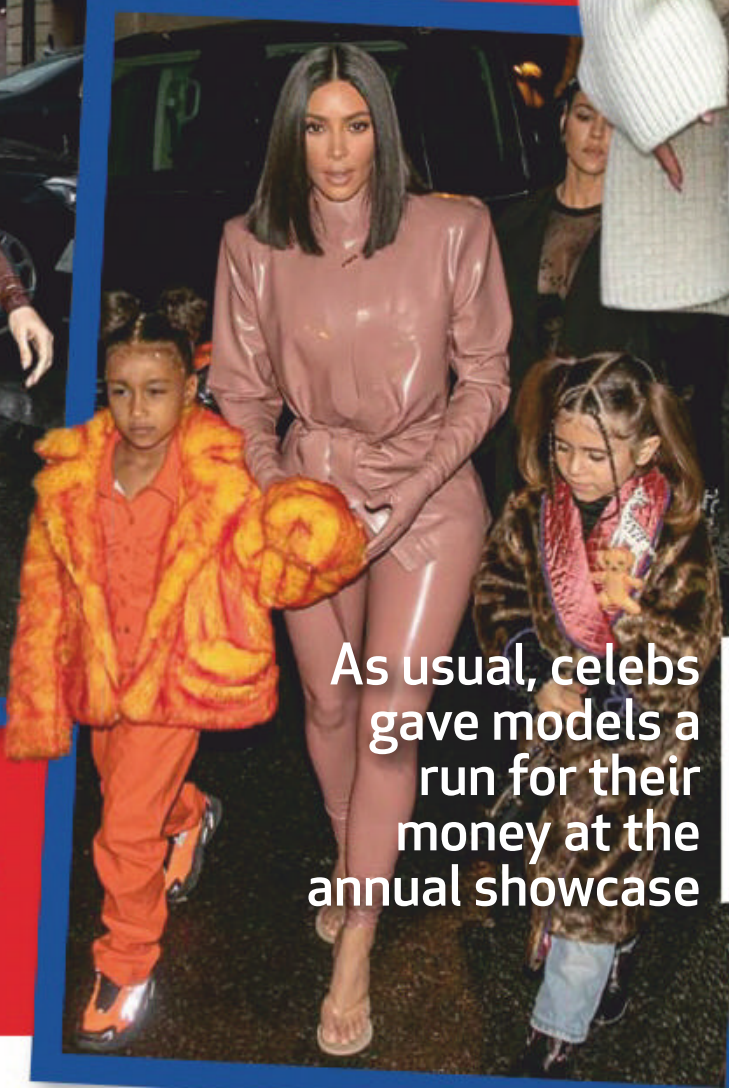
5 In Bottega  
Veneta



**KARDASHIAN  
CONTINGENT**

► Kim Kardashian-  
West (in Balmain),  
her daughter North and  
niece Penelope attended  
Kanye West's Sunday  
Service in Paris.

◀ Reality TV star  
Kourtney Kar-  
dashian in Balmain



As usual, celebs  
gave models a  
run for their  
money at the  
annual showcase

# PARIS

FASHION WEEK

(Turn over)



**THE ROADS NOT TAKEN  
PREMIERE** BERLIN



The Handmaid's Tale star Yvonne Strahovski in Etro

**STATELESS  
PREMIERE** BERLIN



Actress Cate Blanchett in Dries van Noten



Actress Cara Santana in Solace London

**WOMEN'S CANCER  
RESEARCH FUND EVENT** BEVERLY HILLS



Former model Camila Alves McConaughey in Monique Lhuillier



Maleficent star Elle Fanning in Armani Privé

GALLO IMAGES/GETTY IMAGES



Raising Dion star Alisha Wainwright in August Getty



Harriet actress Cynthia Erivo in Versace



Actress Logan Browning in Ralph & Russo

**AMERICAN BLACK FILM FESTIVAL  
HONORS AWARDS** BEVERLY HILLS



Renée Zellweger, star of Judy, in Gucci

**OUT &  
ABOUT**



# ENTER A WORLD OF DINOS!

Travel back in time to meet the scary T-Rex, the cunning velociraptor and all your other favourites in YOU Dinosaurs – and learn all about how these mighty creatures lived

**PLUS**  
A PACK  
OF DINO  
CARDS

**BONUS  
DINO TRUMP  
CARD PACK!**

# YOU

- Armed & deadly
- Fast & feathered
- Creepy & cunning
- Small & scary

# DINOSAURS



**BACK BY  
POPULAR  
DEMAND  
WITH 4 NEW  
DINOS!**

**AMAZING FACTS  
& COOL IMAGES  
EXPLORE  
THEIR WORLD!**

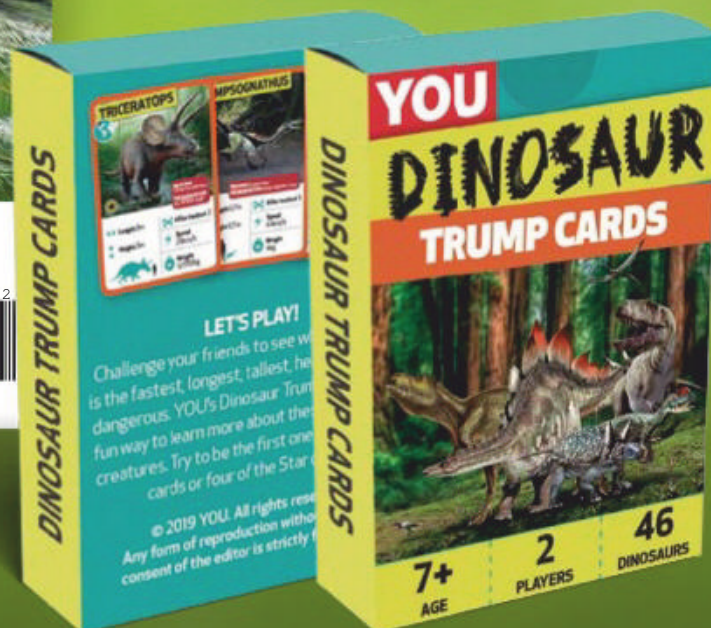
2020  
SOUTH AFRICA R80 (VAT INCL)  
NAMIBIA N\$80



9 772312 398007

**BONUS**

Each magazine comes with a free pack of dino trump cards! Challenge your family and friends to see whose dino is the fastest, heaviest or most dangerous.



**DIGITAL** Order a digital version at [magzter.com](http://magzter.com)



**CALL**  
021-406-4962



**EMAIL**  
[shop@you.co.za](mailto:shop@you.co.za)



**GO TO** [youstore.co.za](http://youstore.co.za)  
and order your copy online



***via.***

DStv channel 147

# *Trap! Dis my huis*

A mad house **VIA** 50 strangers under one roof

Wednesdays 20:30

Saturdays 22:00



ANTON MULDER  
CONSTRUCTION



HOUSE OF REALTORS  
GATEWAY TO RESIDENTIAL & COMMERCIAL PROPERTY