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12 MARCH 2020 #427

THE BEAT GOES ON

DRUM

MY PERFECT GIFT

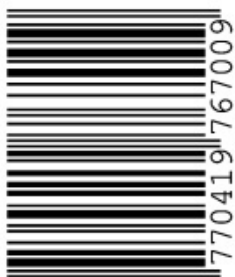
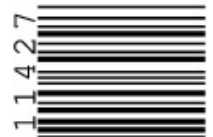
No cravings & porridge brain: Zola Nombona's pregnancy

'I AM GOING TO HAVE A VERY HAPPY CHILD'

BOUNCING BACK

Enhle Mbali on life as a single woman

I COULDN'T DO IT WITHOUT MY MOTHER!



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THE BACHELOR

Qiniso Van Damme on the kiss that caused chaos
'WE'RE NOT HERE TO BE FRIENDS!'

NEW PRASA BOSS

Bongisizwe Mpondo's frank admission about the state of our trains
IT'S A NATIONAL CRISIS - BUT I HAVE HOPE THAT WE CAN FIX IT



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CHILL OUT

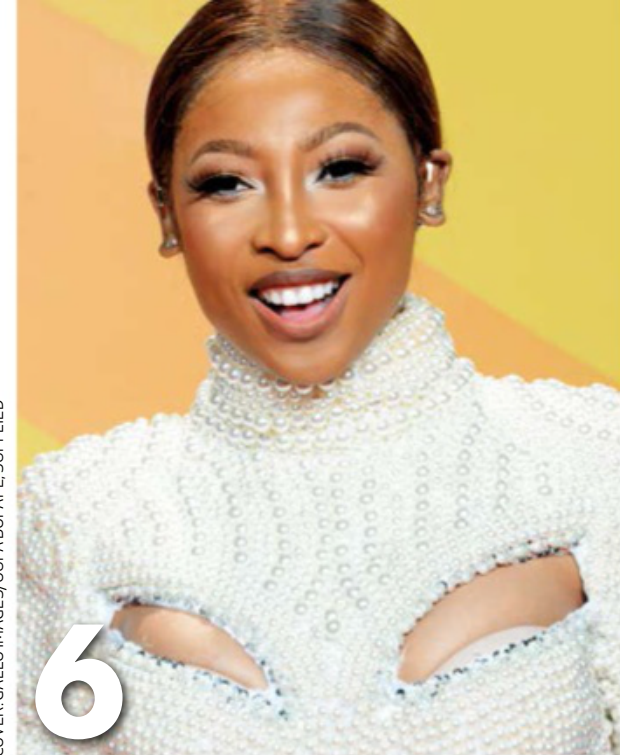
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**STAND A CHANCE
TO WIN R500 CASH!**

PLEASE NOTE By entering any of the competitions featured in this publication you agree to receive certain promotional correspondence from DRUM from time to time.



LEARNING A THING OR TWO

ONE of the best things about working here is that we learn so much every week. Whether it's advice, news, food or entertainment – every issue is filled with fantastic facts that help make a difference in our lives.

This week is no different. We have everything from a guide to power alternatives during load-shedding to how to spice things up in the bedroom.

The new edition of our popular Word Search magazine is on shelf now, and we've already learnt tons of new words while working on this awesome publication. If you haven't found a copy yet, contact us on shop@drum.co.za (put Word Search in the subject line) or call 021-406-4962.

Until next week,
THE DRUM TEAM



We would love to hear your thoughts on matters close to your heart. Email us at letters@drum.co.za to share what you think of the articles in this issue.

DRUG DANGERS

Crime is really out of hand in South Africa now that thugs have started vandalising graves.

I fail to understand how a sane person with a conscience can find it in their heart to steal from the dead.

Graveyards are sacred places where families pay their last respects to loved ones. Tombstones aren't there to decorate graveyards but to maintain families' memories of their loved ones.

We know the foundation of these crimes is drug addiction. Addicts will do anything to get cash. Society's challenge is to make sure that drugs are no longer sold freely.

Our children need to be educated about the dangers of drugs. Let's do something before things get worse.

NANCY KUBU, EMAIL

POVERTY IS NO EXCUSE

I've seen so many people who come from an underprivileged background making it big in this world.

Oprah Winfrey was born into poverty and she went on to become one of the richest women in the world. I don't see why you should be feeling sorry for yourself.

PARENTS, SHOW YOUR LOVE

I'VE had the privilege of being able to assist at a school tuck shop for several years. The most valuable moments are when we give hugs and comfort to children whose hearts are sad.

I wish the cries of those hearts could be heard by divorced parents at war with each other, by competitive parents living vicariously through their children, and abusive parents.

Innocent young spirits are crushed when the adults in their lives are so embroiled in their own issues that they fail to grasp the profound impact of their words and actions.

Please don't assume your children know that you love them. They need to be shown that, and they deserve to be cherished.

MALEFU MATEKANE, BOKSBURG

THE WINNING LETTER RECEIVES R300.

Letters should be about 100 words. Write to us at PO Box 653284, Benmore 2010, email us at letters@drum.co.za or SMS short letters to 36489. Start with the word DRUMLETTERS. Each SMS costs R1.

Poverty should be pushing you to strive for success. If you're born poor that's not your fault, but if you die poor that's your fault, it's been said.

People are just making excuses when they say they rape, kill and rob others because they're poor, as they're not the only ones who are poor.

You may be raised by a single parent, or no parents at all, or be abused by a relative, but the only person who can change your life is you.

Where you come from doesn't determine what you'll be in the future.

Stay positive.

BONGA MAXWELL PLAATJIE, EMAIL



VIRAL THREAT

The corona virus is filling the globe with fear and anxiety as its lethal tentacles enmesh international frontiers (The world's factory shuts down, 27 February). Medical scientists are still striving to find a vaccine to contain this new outbreak.

We're in the frontline of a new scientific race to predict the next pandemic, and of the roughly 400 emerging infectious diseases that have been identified since 1940, more than 60% came from animals.

Poverty has moved people in developing countries to eating vermin, rodents and insects. It's a sad state of affairs.

Professor John Oxford, a virologist at the University of London and a world

authority on epidemics, warned in 2015 that we must expect an animal-originated pandemic to strike the world within the next five years, with potentially cataclysmic effects.

Before it even has a name, it will have started to cut its lethal swathe through the world's population. The World Health Organisation will be caught flat-footed.

His prediction has become a grim and frightening reality. My fear is that in years to come countries will use viruses as an instrument of biological warfare.

FAROUK ARAIE, JOHANNESBURG

LET'S TALK ABOUT SEX

It's never been easy for us as black parents to talk to our children about sex.

Sex education for children is very important. It's our responsibility to come up with a good way of approaching our children and talking to them.

Sexually transmitted diseases are very dangerous, and if we don't act now it might be too late for us to try later on.

LETLADI WA GA-MPHAHLELE, MARALALENG

BE YOUR BEST SELF

We all want to be liked and appreciated for our talents, our intelligence, our good nature or our sparkling personalities. But when we start to rely on what other people think of us, and we make their opinion crucial to our success, we can get into trouble.

When we start tailoring our lives to fit the expectations of others we're handing over our power and losing who we really are. Then the only reality we can see is how we believe others see us.

When you concentrate on what's important, you think less about your individual role and more about the bigger picture. If others are expressing an opinion about your life, it's probably not



something they've given much thought to, but rather just a passing thought.

MASEDI FUSI, EMAIL



NOT SEEING THE LIGHT

I disagree with the article about Eskom and ways to "enjoy" loadshedding (Light in the dark, 20 February).

There's no "lighter side" and it shows how complacent we as South Africans have become. Stop giving the Eskoms of South Africa excuses to sit back more, steal more and destroy us. It's crippling the economy.

Small businesses that have thrived and supported 20 to 30 families over the past 20 years are folding every day. "Sorry for you, no more job!" as our country spirals ever deeper into darkness.

For those of you who feel it's "so good for family time and children", you can switch off your own mains at any time – but leave mine alone. I pay my bills on time every month and I want electricity whenever I choose to have it!

AB, DURBAN

JUSTICE FOR THE CHILDREN

It was heartbreaking to read the story about the Limpopo man who senselessly killed his four children after a fall-out with their mother.

What adds salt to the wound is his alleged claim that he killed the children to keep them safe from their "cheating

and irresponsible" mother.

I have no sympathy with killers, because no matter what their reasons are, nothing can justify the brutal murder of innocent souls.

What kind of a father resorts to using his own flesh and blood as a scapegoat for whatever problems he's going through with their mother?

Who'll benefit from the gruesome murder of these children?

The fight against gender-based violence and child abuse cannot be won as long as we still have parents who use their children to advance their own selfish agendas.

May the souls of those precious children rest in peace, and may the law take its course to ensure that justice is achieved.

MALPHIA HONWANE, GOTTENBURG EMANYELETI

ADDICTED TO GOSSIP

Like the nicotine in cigarettes is for smokers, gossiping is an addiction without which gossipers can't function.

A seasoned gossip can't be your friend unless you gossip with them. They can't visit their mates unless they have negative news about others.

The detrimental part of their habit is that they have little time to focus on themselves and their goals.

Gossipers resort to lies when there's nothing negative to talk about, and they create malicious allegations about people whose success they envy.

If you share your problems with someone, it's because you trust them and expect them to support you.

One can quit the gossip habit by focusing on your own vision and goals.

You'll look at the positive side of others' lives and be inspired by those who've succeeded.

EPHENIA KUBU, EMAIL

facebook YOUR OPINIONS



GALLO IMAGES/SOWETAN/THULANI MBELE

Former president Jacob Zuma's son Duduzane has urged students to stop the violence and disruptions at the University of KwaZulu-Natal. DRUM readers shared their thoughts.

I wish all political leaders would do something to help needy people.

TEBOGO ISHMAEL LEPALE

That's rich, coming from him. He and his Gupta pals ransacked state funds without any remorse.

NONKULULEKO MATENJWA

Who's he in government? In what capacity would he address students?

LUCKY MAZIBUKO

I don't believe a true South African would be applauding this man.

ROMEO HLONGWANE

I get that he's Zuma's son, but now what's his role, kanti?

FIFI NTILANE

We are where we are because of this fool and his daddy and the Guptas looting everything.

OSCAR MOTHEMELA

NEW FROM DRUM!



DRUM BEST RECIPES: BUDGET COOKING

Who says you can't have steak on a budget? The recipes in this collection are easy on the purse and big on flavour, and some meals can be made in 30 minutes or less. There's also cooking advice as well

as budget tips, such as how best to use affordable meat cuts and how to freeze leftovers.



DRUM WORD SEARCH

The third issue of DRUM Word Search offers fun for the entire family. There's a great mix of themes to enjoy such as celebrities, desserts, islands and more! There's also a section for kids with topics ranging from birthday fun to opposites. Get your copy of these magazines

in stores now or order from Johan Terblanche on 021-406-4962 or johan.terblanche@media24.com



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NOBODY would've blamed her for being bitter. In fact, many were outraged on her behalf and couldn't believe the humiliation she'd had to endure.

Not only had her husband of nearly 10 years cheated on her, he revealed intimate details of their crumbling marriage to a national Sunday newspaper without her consent.

It would have been enough for any normal woman to see red. But then Enhle Mbali is no ordinary woman.

Apart from an Instagram post in which she revealed her union with DJ Black Coffee was on the rocks, she's maintained her silence despite him opening up about their split.

And, as her fans would know, she threw herself into being a good mom to her two sons and put extra effort into expanding her career.

Her hustling has paid off and Enhle (32) has started 2020 on a high note after what she says was a "very, very, very rough year".

She's back on the small screen after landing a role in Mzansi Magic's hit show *Isibaya* and her fashion line, *Essie Apparel*, has been featured in fashion bible *Vogue Italia*.

But what everyone's talking about right now is her landing a coveted part in Netflix's highly anticipated new spy series, *Queen Sono*.

"Like my character, I don't conform to what society says," Enhle tells DRUM. "I'm a thinker and because I'm a thinker, I will often work more than what a woman apparently should."

She plays Nova, the spicy girlfriend of William (played by Khathu Ramabulana) who's the therapist and childhood friend of the show's lead character, Queen Sono (played by Pearl Thusi).

The actress is thrilled about her part in the action-packed spy thriller, the global streaming service's first African original series.

The role couldn't have come at a better time, says Enhle, who's on a journey of truth and self-discovery. "I turned 30 and something in me just happened. I feel my 30 was a 40," she says.

"I'm so honest it scares me, and Nova took that element of me. I used that growth from myself in her.

"She is very gutsy and ballsy, and she tells it like it is."



IT'S MY TIME TO SHINE

She's grateful to put a 'very, very rough year' behind her – now Enhle Mbali is ready to make 2020 her own

BY SIYABONGA DZIMBILI

RIGHT: The actress and fashion designer showcased her Essie Apparel line for the first time at SA Fashion Week last year. BELOW: Abigail Kubeka, Sechaba Morojele, Enhle and Khathu Ramabulana star in the Netflix series Queen Sono.



he move out and find space alone?" another said.

How is she dealing with life after marriage? Enhle still won't be drawn into discussing their relationship, saying she wants to protect her children's privacy.

It's not surprising – she's always done everything in her power to protect them, including drowning out public opinion on her personal life.

HER boys are still her highest priority, she tells DRUM. But juggling a thriving business, an acting career and doing the school run can be tough.

Luckily, Enhle has the unwavering support of her mother, Bongi Mlotshwa, who's helping her find her feet as a single mom.

"Family is important – the kind of help you have in your house and everyone pulling together for you is extremely important," she says.

"There are days where I'm meant to finish on set at 1pm, but I have to pick the kids up at that time. Then I'll pick the phone up and say, 'Ma, can you do it for me?'"

"She's amazing, that woman. I don't think she knows how amazing she is. And I tell her so often, but I think because I'm her daughter she doesn't hear it and she needs to hear it more often.

"She's a cheerleader of note. Her heart is pure."

Mom and daughter are clearly very close. After news of her separation spread last year, Bongi posted a gushing tribute to her daughter. "The lady next to me is a Soldier [sic]," she wrote alongside a picture of her and Enhle.

"Very brave intelligent human being. It's amazing how you raised a woman and you end up admiring their Strength."

Thanks to the long line of strong women she comes from, Enhle knows she can face anything that comes her way. And if her social-media posts are anything to go by, she's embracing her new status as a single woman.

She's been flaunting her flawless beauty on social media in a series of perfectly styled pictures.

It's all part of her plan to conquer the fashion world. Enhle has in fact been invited to a prestigious fashion week later this year.

"I don't want to rush anything," she says. "I want to get on the international stage and really blow them away." **DM**

kids to leave their family home and go rent a place?" one social-media user wrote on Twitter.

"Imagine being evicted from your marital home with kids by someone who's hardly in the country. Why didn't



ABOVE: Enhle and her mom, Bongi Mlotshwa. Bongi has been a pillar of strength for her daughter since Enhle's marriage to DJ Black Coffee (BELOW) ended last year.



ENHLE could, of course, tell it like it is when it comes to what happened with her and Black Coffee (44).

The internationally renowned DJ told Mzansi he'd suggested they split via email. He told City Press newspaper he'd proposed "we should separate, and she should find a place to stay with the kids".

According to him, they had "tried everything, such as seeing a therapist and a life coach, but nothing worked".

Enhle (32) didn't lash out at this revelation, however.

In fact, the only time she's made any reference to their personal life was when she spoke to DJ Zinhle about infidelity in her YouTube show, Sincerely Yours Enhle Mbali, and why she chose to stay married to him despite being hurt by his actions.

"I went through two cheating scandals: one was a sex tape, one was just ratchettiness," Enhle said.

"I remember in my pain, tears, strength and stillness, there was one day when I thought, 'Why do I care so much?'"

"Why do I want to listen to society say, 'He's cheated on you twice, leave?' What is my heart saying? What is my spirit saying?"

"And my spirit said, 'You love him, sit your ass down and do what is best for you and your family'."

Her fans were furious at what Black Coffee had said to City Press.

Many couldn't believe he'd had the audacity to ask her and their two boys to move out of the home they'd built together. It didn't matter that he had offered to pay for their new set-up.

"How fair is it to ask your wife and

TRASHED trains, last-minute cancellations, lax security, appalling vandalism and catastrophic cashflow 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 unenvied jobs in South Africa: getting 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 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 (SOE) 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 hotshots in finance, supply chain management, communications, governance and engineering and they have their work cut out for them, he says.

He's been shocked at the amount of maladministration and mismanagement he's uncovered in his few months on the job. 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 and seats are destroyed."

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



GETTING BACK ON TRACK

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

BY GABISILE NGCOBO

"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."

BONGISIZWE has fond memories of travelling on the Shosholozha 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 back on track is one of his priorities now.

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, then worked for the Council for Scientific and Industrial Research (CSIR), 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 non-executive 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 the 15 000-plus Prasa employees understand 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 but Bongisizwe believes he can turn things around. **BELOW LEFT:** The new administrator says they’ll continue to engage Eskom following power cuts that crippled train services in the Western Cape recently.



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 into an entity like this you realise how deep the trouble is.”

HIS 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 also high on his to-do list.

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 at 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, a father of three primary school-age kids, 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.” **DM**



FAR LEFT: Transport minister Fikile Mbalula fired former Prasa acting CEO Nkosinathi Sishi (LEFT) and dismantled the board last year.



Actress Zola Nombona can't wait to meet her baby.

I CAN'T WAIT TO BE A MOM!



Lockdown's Zola Nombona speaks to DRUM about her pregnancy, career and her trust in God

BY BONOLO SEKUDU

WHEN she found out she was expecting, she wanted to shout it from the rooftops. She'd always longed to have a child but even so, she wasn't ready to let the world know just yet.

Zola Nombona needed time to embrace her changing body and allow her precious gift to grow inside her.

When she was finally ready to reveal her secret, though, the Lockdown actress did so in spectacular fashion.

Zola announced her pregnancy on social media on Valentine's Day, posting a picture of her cradling her baby bump – along with a touching love letter to her unborn child.

“Your eyes will remove all the mist that has been covering mine. Your smile will wipe away all tears. Your hand will forever strengthen me,” she wrote in isiXhosa.

“You’ve shown me how much strength I have, strength I never thought I had. You’ve turned my body around, now two hearts beat in one body.

“Arrive, my hope.”

Ever since, congratulatory messages have flooded her social media feeds. Her pregnancy reveal has racked up more than 70 000 likes on Twitter.

She’s still taking it all in, she tells us. She wanted to pour her heart out, which is why she wrote a letter to her baby. “I’m terrible with captions,” Zola admits.

But this was an exception.

“Finding the words, especially in my language, came so naturally. God’s timing is always perfect.”

The 27-year-old has always wanted a family of her own.

“My pregnancy is planned,” she says. “When I found out, I cried. My boyfriend looked at me like, ‘Okay, what is going on?’”

She wept tears of joy because she realised she’d finally become a mom.

“The next day, I was beaming,” she recalls.

“I was praying to God, thanking Him. As much as some people think having a child is easy, some people struggle.

“It is a gift – and so precious.”

ZOLA has been sharing pictures of her growing baby bump ever since her big social media reveal. She loves being pregnant and her glow is undeniable – her skin is radiant and her figure fuller.

She’s had no weird food cravings and still has energy for gym, she tells us.

Only two big things have changed. “I eat for two now and I forget – porridge brain – you know?”

With her “porridge brain” and a growing baby bump, it wasn’t always easy to keep her pregnancy under wraps. But she’s always guarded her privacy – Zola won’t discuss her relationship and prefers to socialise outside the industry.

“I am not all over the place, I always keep to myself and my people,” she says.

When she found out she was pregnant,



Zola plays Nomonde in the popular prison drama series Lockdown. She has been nominated for a DStv Mzansi Viewers’ Choice Award and a Safta for her role.

however, she didn’t just want to tell her loved ones, she wanted the entire world to know.

Yet she restrained herself. “It was one of the most challenging things ever, but it was also something I needed to do,” she says.

“There is a lot of noise in the industry and this is a precious thing. I had to first prepare myself for it and allow the noise to come after,” she explains.

“I have a sense of who I am, I have a sense of the changes in my life, my body. I had to sit with it and pray about it before I could invite the rest of the world to experience it with me,” she explains.

At times, though, it was frustrating.

“There was a time I was like, ‘You know what? I am tired. I want to embrace my pregnancy fully.

“I want to love my baby and not think about what people think.”

She’s feeling freer and fiercer than ever before and her only focus now is being a great mom. “I am going to have a very

‘I’m [going to be] someone’s mom now – I need to have a voice’

happy child, I’m like the funniest person ever. The baby will have a comedian in the house. It’s going to be nice!” Zola says with a laugh.

THE idea of having a little one thrills her but as a first-time mom-to-be she’s also understandably anxious.

“There is so much hearsay about what to do and what not to do so it’s just a matter of trusting your instinct and trusting you are doing the right thing.”

Zola also relies on her faith and trusts what God has in store for her. “Why would I not when all of this was just a dream,” she says.

“Why would I doubt what is next for me? He never changed. He planted this purpose in me, why can’t I trust Him now when He has showed up for me and is never changing?”

She’s always been spiritual but being pregnant has changed her. “I feel like I am bigger. Not physically, of course, but my heart, my mind. Everything has just grown,” she says.

The world has opened up for her and the stars certainly seem to be aligning in her favour. The actress, who found fame as Nomonde in Lockdown, has earned nominations at both the DStv Mzansi Viewers’ Choice Awards and the upcoming Saftas for her stellar performance in the hit show.

Zola can’t believe she’s up against industry greats Florence Masebe and Dawn Thandeka King in the best actress category. “It’s humbling. I’m the youngest among those names.

“The fact someone as young me could be put in a category with people who have done this for years is a win already. It feels like a nod from God,” she says.

“It feels really good to be recognised in the industry. But we don’t do it for the awards, right? I do it for the truth and I think focusing on the truth is what has led me to this.

“I love storytelling; it is all I know.”

Now Zola wants to branch out. “As human beings we are always changing. The important thing is to know the core of who you are,” she says.

“Being with child has given me a sense of ownership. I put that into my career as well. I want to start owning. I’m looking into the production of storytelling.

“I’m [going to be] someone’s mom now – I need to have a voice.” **DM**

POWER UP WHEN THE POWER'S OFF!

Load-shedding is going nowhere. Here's a range of devices you can try to make sure you're not left in the dark

BY RICHARD VAN RENSBURG

IT'S easy to see red when everything goes black but the bottom line is that there's precious little we can do about it.

Eskom is in big, big trouble and if there's any hope of light at the end of a long, dark tunnel, we're simply going to have to put up with load-shedding for the foreseeable future.

President Cyril Ramaphosa confirmed as much during the State of the Nation Address, stressing that rolling blackouts were "unavoidable".

So how can SA households be better equipped to deal with it and at least mitigate Eskom's impact on our daily lives?

There's been an increase in demand for products to keep lights and equipment on in the home when the power goes off.

But there's so much out there – how do you know what to spend money on for back-up electricity for you and your family? What would suit your needs – and what should you be wary of?

We did some digging.

THREE MAIN OPTIONS

If you need many of your lights and appliances to stay on during load-shedding, you basically have a choice between a generator and an uninterrupted power supply (UPS). If you want to invest in greater energy security for the future, you could also opt for solar-hybrid systems which will make you less dependent on Eskom – and lead to big savings in the long run.

A generator uses petrol or diesel, while a UPS is essentially a big battery. Both have pros and cons.



1 GENERATORS

If you want to keep most of your household appliances on, a petrol or diesel generator of 6 400 watts (8 kilovolt-ampere or kVA) is a good choice, says Alwyn Coetsee, managing director of Turner Morris, a company that supplies equipment to the construction and agricultural industries and specialises in power-supply solutions.

"It's big enough to cover most of a house-

hold's electricity needs, excluding the geyser and the swimming pool pump," Coetsee says.

A 6 400W generator should be able to power the moderate use of a standard stove too, he adds.

If you mainly want to keep your lights and electronic equipment such as TVs, cellphones and computers on during outages, a 2 000W (2,5kVA) generator should suffice.

Things to be aware of

- * "A standard generator is noisy. Some people don't like it or they live in a complex or on an estate, many of which have restrictions on decibel levels," Coetsee says. "But you get quiet generators, purpose-made in a special container with enough air flow to keep it cool – you can barely hear it from 6m away."
- * Generators also release pollutants, so never run a generator inside the home or even in the garage – the fumes can cause carbon-monoxide poisoning.
- * Never refuel a generator while it's running, Coetsee warns. "If petrol or diesel spills on a spark plug, the whole thing could go up in flames."
- * A generator must run outside but you can erect a shelter to protect it from the elements.

Safety first

- * Some generators can be connected to

your main power board but be sure to have a certified electrician do this for you. Insist on an electrical compliance certificate, Coetsee says. "Illegally connected generators can lead to malfunction which can cause a fire and affect home-insurance claims."

- * With load-shedding there's been a dramatic increase in power-related products on the market but these can't necessarily be legally connected to power boards. Use suppliers with a proven track record who'll be able to supply parts for years to come. A generator can last up to 20 years if you look after it.

- * "Ensure generators used during load-shedding have an AVR – automatic voltage regulator. If they don't, they can irreparably damage electronics such as your TV or computer."

ESTIMATED COST

- * 2 000W – R3 500 to R4 500
- * 6 400W – R8 000 to R10 000

2 UPS SYSTEMS

A UPS consists of a number of rechargeable batteries (a battery bank), controller and inverter, all mounted together in a box. You can ask an electrician to connect your UPS directly to your main power board so it automatically switches on during load-shedding and off again when the lights come back on.

Alternatively, you can use an extension cord to connect to something specific you want to stay on during load-shedding, such as your fridge. Or you can simply plug a device into the UPS.

The duration of the UPS' operation and how long it takes to charge depends on the type of UPS, how many batteries it contains and how

many devices you connect to it at one time.

"Your running time is important in a UPS system and that's determined by the size of the battery bank," says Alwyn Coetsee, managing director of Turner Morris, a company specialising in power-supply solutions.

"The running time will be stated in the specifications. Usually it will say if you use 80% of the UPS' capacity it will run for a specified length of time. This also determines the price."

So it's not ideal to have a UPS with a small battery bank and a large power output. "A lot of people will offer you a cheaper UPS but its battery bank won't be sufficient to run for a long time. So the

bigger the watt or kVA rating, the larger the battery bank should be," Coetsee explains.



Things to be aware of

* A UPS of 1 600W (2kVA) is sufficient if you want to power only lights and electronics such as TVs. This should have a large enough battery bank to last for a load-shedding session.

* If you want a bigger UPS that can potentially run fridges and the rest of the household – excluding the geyser and stove – you'll need a UPS of about

4 800W (6kVA).

* A UPS of 8 000W (10kVA) is ideal for a larger home and could for example also power a stove if need be.

Pros and cons

* A UPS is pricey but its benefit is there's no noise and no changeover – when load-shedding kicks in, there's no delay in the power supply.

* But the battery life is sometimes limited, Coetsee warns. "Batteries often don't last longer than about five years before you need to replace it."

ESTIMATED COST

- * 1 600W – R15 000 to R20 000
- * 4 800W – R60 000 to R70 000
- * 8 000W – R100 000

3 SOLAR POWER HYBRID SYSTEMS

This is the most expensive of the three options to set up initially – but in the long-term it makes sense, says Alwyn Coetsee, who works for a company specialising in power-supply solutions.

"A solar power hybrid system includes a battery power bank and works in conjunction with the Eskom grid," he explains.

"While the sun is shining it generates power – you use solar power mainly and less Eskom power. When there's no sun, it switches over to Eskom power; and when there's load-shedding, it switches over to batteries.

"If you install a 4 000W (5kVA) solar power hybrid system, you'll be able to run more or less everything in your house on it, apart from the geyser and the stove. With a 12 000W (15kVA) system, you should be able to run everything in an average household."

Advantages

* These systems don't come cheap, "but you can save up to 80% of your electricity bill, so you'll pay it off within two or three years," Coetsee says.

* And if you have a business, you can also claim back about a third of the outlay from tax.

* South Africa on average gets more than 2 500 hours of sunlight a year, double the solar radiation of Europe, for example.

This makes our country the perfect place to install solar panels at homes, says Angela Lee-Wright of online eco store sustainable.co.za

ESTIMATED COST

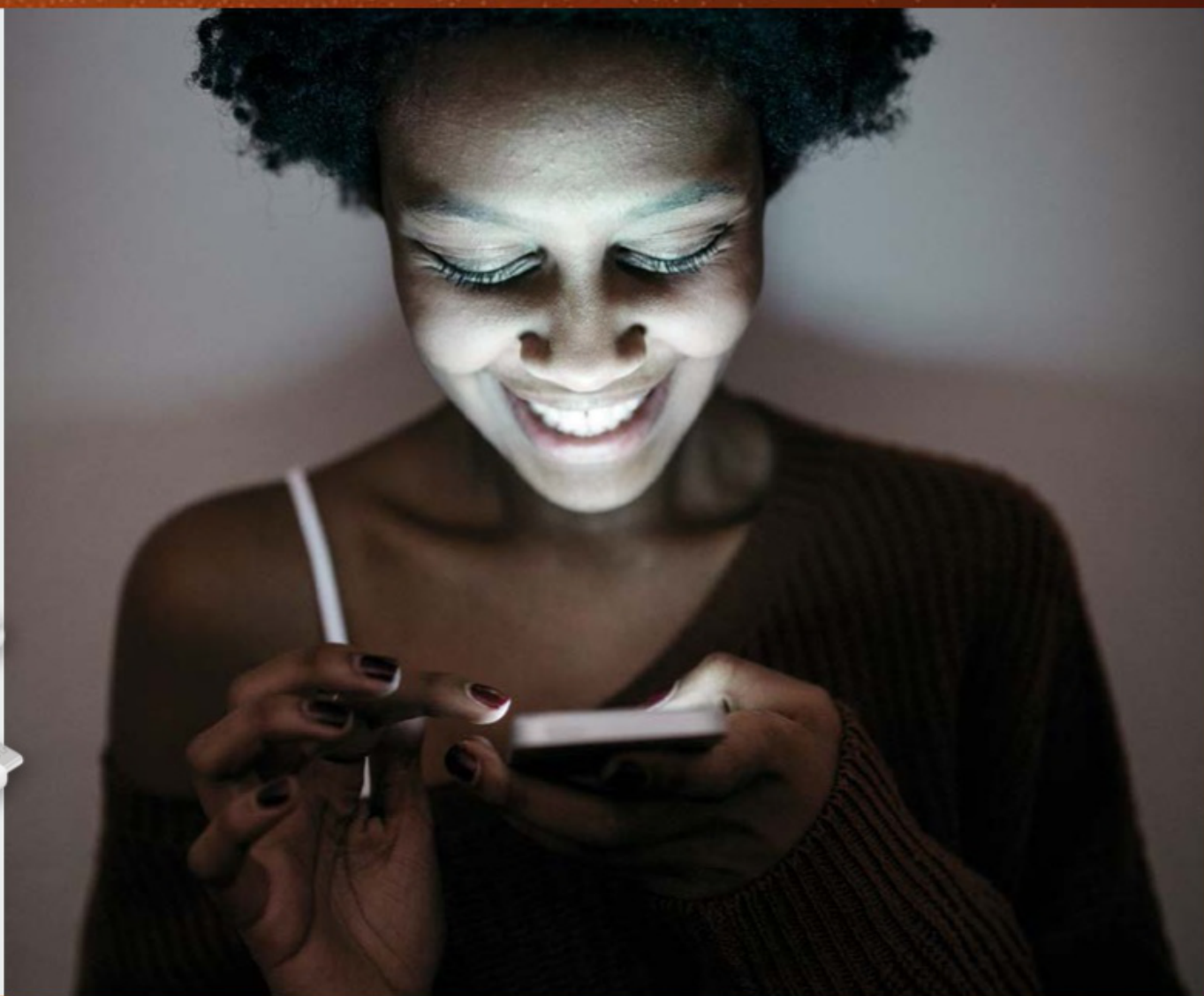
- * 4 000W – R85 000
- * 12 000W – R200 000



(Turn over)

POWER BANKS

A power bank can be handy when you're stuck in darkness and your cellphone battery is running low. Charge the power bank while the electricity is still on. It has one or more USB power points so can charge any type of cellphone or electronic devices such as tablets, Bluetooth speakers and headphones, LED torches, digital cameras and e-readers. Prices range from about R120 to R700, depending on output, capacity and number of power points. Some power banks can also be charged with solar power.



Unstable power supply can damage items such as your television, decoder and computer

PROTECT AGAINST POWER SURGES

Electronic devices often aren't geared to deal with load-shedding. When the electricity suddenly comes back online, the resulting unstable power supply can damage items such as your television, decoder and computer. Although power surges don't

happen automatically, it's their unpredictability that leads many people to safeguard their devices.

Surge-protection plugs that you plug into the wall and connect

your devices to are valuable and cost-effective as they absorb the spikes and dips that could damage your electronics during load-shedding, says Orlando Luis, CEO of Brights hardware chain.

"But they're limited to handling a few spikes only till they can't absorb any more and need to be replaced.

"The alternative option is to install a surge and lightning arrester in your distribution board that protects all the appliances in your home. Your incoming supply before your main switch is connected to it and it relays the surge away from your appliances.

"For peace of mind many customers use both, especially on expensive electronics."

The price of surge-protection plugs ranges from about R85 for a double plug to R365 for a multiplug with sockets for 12 devices.

Installing a surge and lightning arrester in your distribution board costs between R5 000 and R8 000.



LIGHTS

There are a variety of battery-operated rechargeable lighting systems on the market and many run on solar power.

"Any rechargeable battery LED lantern, lamp or torch is a solution during load-shedding," says Orlando Luis, CEO of Brights hardware. "Some plug into existing lamp holders in ceiling fittings or desk lamps and automatically switch over to their built-in battery during load-shedding.

"[You could also] convert other light fittings outside to solar-powered LED versions with day/night and motion sensors. That would remove your dependency on Eskom as the lights get their power from a battery built into the light fitting that gets charged during sunshine hours. So lights don't even need a cable connection to your distribution board."

These days there really are a multitude of solar power and rechargeable LED light products available and "all are good, cost-effective solutions", Luis says.

Solar power lanterns cost about R190 and a solar-power desk lamp R315 – so the kids have no excuse not to do their homework anymore.



FOOD PREPARATION

Any electrical appliance for heating draws a lot of power. You can run your stove on a generator or even a big UPS system, but a gas stove is a much better option.

"Cooking and heating are the two biggest power guzzlers in the home," says Orlando Luis, CEO of Brights hardware.

If you use appliances that don't need power, such as gas stoves, heaters and geysers, or solar geysers, it means the power source, such as a generator, needs less capacity – which means you can pay less for one and for refuelling it.

Stoves, fridges and other household appliances with a good energy-efficiency rating (such as AAA+) can make a significant difference with their lower power consumption.

In a nutshell, a gas stove makes enormous sense if you're tired of having sandwiches for supper. You can get a handy four-plate gas hob for about R2 200 or a one- or two-plate gas burner for between R250 and R350.



'Cooking and heating are the two biggest power guzzlers in the home'

COMPUTER AND INTERNET CONNECTIVITY

Small UPS systems can keep your computer and internet running during load-shedding – simply connect them to your computer or modem.

They cost between R500 and R2 800, depending on their power output and running time.

Small UPS units work well for computers, tablets, cellphones, internet connection and TVs during load-shedding, says Orlando Luis, CEO of Brights hardware.

"They can last for two to four hours, depending on the number of batteries and how many electronic devices need to connect. A 600W UPS with one battery can cost about R4 500."

Small UPS systems can keep your computer and internet running during load-shedding



OPTIONS THAT WON'T HURT YOUR POCKET

* During load-shedding turn your fridge into a cooler box. When the electricity is on, freeze ice packs and as many water-filled containers as possible, then transfer them from the freezer to the fridge during power outages.

* Turn down the geyser thermostat to 55 or 60°C and get a geyser blanket. All these things will help to heat your bath more quickly after load-shedding plus it will

save power to boot.

* Replace older technology electric bulbs with LEDs. A 5W LED gives as much light as a 50W bulb. You could reduce your lighting bill up to tenfold.

* Take a shower instead of a bath. Not only does this save water, it saves electricity too.



SHE was the first to walk down the red carpet to meet her Prince Charming.

Clad in a figure-hugging floral dress and carrying a pot plant as a gift, Qiniso Van Damme knew she needed to make a lasting impression. After all, the man in front of her would have his pick of pretty women to choose from.

She needn't have worried, though. From the get-go, Qiniso caught the eye of Marc Buckner.

Her bubbly personality and cool confidence were just some of the qualities that appealed to the man known across Mzansi as The Bachelor.

Yet it's those same traits that are driving her The Bachelor South Africa housemates up the wall.

Qiniso ruffled feathers in the mansion she shares with the 20-plus women all vying for Marc's heart when she insisted her housemates pronounce her name correctly.

Just who does she think she is, they wondered. She's forward and fake, they said behind her back.

But when she became the first to French kiss Marc, the claws really came out.

There were tears and tantrums as the women battled to understand how the loud and outspoken young woman became the first of them to lock lips with The Bachelor.

But Qiniso pays no mind to her haters.

She's unapologetically comfortable in her skin, she tells DRUM. "I fit into a niche type of brown girl that society hasn't seen yet," Qiniso says.

"There's the so-called angry black woman and there is the overly animated, sexualised woman who people think is all about looks, bums and sexiness.

"I feel like I'm holding the space for that nerdy, loud, slaying brown girl who also has a space in society and who can just be herself and not have to worry about the stereotype that should hold her down."

The 26-year-old agrees she isn't the type of woman expected to enter a show such as The Bachelor. "I'm definitely going against the stereotype of the kind of girl that would be on a show like this," she says.

"Some may argue women lining up for a man to pick the one he likes is not in

I'M HERE TO GET MY MAN

She's ruffling feathers with her sassy confidence in The Bachelor SA, but Qiniso Van Damme says she's simply keeping her eyes on the prize

BY DUENNA MAMBANA



line with feminist norms, but my feminism is about making the choice about the things I want," she elaborates.

It's this strong personality that rubbed her housemates the wrong way, but Qiniso isn't too bothered. "We're not here to make friends," she says.

"I'm just here to get my man."

FROM the moment she met Marc, she felt chemistry. "His eyes sparkled and so did mine as I walked the red carpet towards him," Qiniso says. "We were both nervous, which made me feel not so nervous anymore after all."

"And then there was the moment we got to have our first kiss. All I can say is, delicious, delicious!"

As viewers will well know, the kiss caused chaos in the house.

Qiniso has no regrets because she feels Marc is worth it. "I feel like him and I are similar in so many ways. We have the same value system as far as raising a family is concerned, we both want to be in a love situation."

"We share a love of fitness and the importance of spirituality and nature. I feel like he, strangely, is my twin, which is great because he's not bubbly like me – it's a ying-and-yang situation."

"We're very much on the same page in terms of our goals and how we see our lives. So, yes, he is what I am looking for in a man," she says.

She's no stranger to the dating scene but Qiniso had just not found what she was looking for, which is why she entered the dating show.

"I don't really have a type," she explains. "All my previous partners are different."

"The most important thing these relationships taught me is what I don't want



ABOVE: Qiniso and her sister, DA politician Phumzile Van Damme. RIGHT: The sisters at this year's state of the nation address.



and won't compromise on – I feel like that's an important place to start rather than going at it with a shopping-list-kind-of approach."

It's anyone's guess whether Marc and Qiniso will walk off into the sunset together when the final episode airs on Thursday 28 May. But if the first few episodes are anything to go by, she may just be in it for the long run.

FINDING love isn't easy and Qiniso is a war that she's

facing stiff competition.

"All the women in the mansion value different things and we bump heads all the time," she says.

It's not just the differences of opinion that are tough to handle.

"So much of it is generally hard – we're essentially sister wives and you sometimes hear how Marc views certain things or his take on politics and then question why he didn't talk to you about that."

Another thing she had to get used to was having cameras follow their every move. "Our home for the entire duration of the show is a set. We are in sound all the time and the cameras are always rolling."

"Also, because we don't have phones or anything to distract us, you can't pretend and walk away from situations."

There are highlights, however – all the cocktail parties and date cards.

"We all get to dress up and are excited to see Marc, which is weird because you're essentially getting ready for the same man," she says with a laugh.

She's not just a party girl – Qiniso is completing her master's degree in social anthropology at the University of Cape Town, and in her spare time

enjoys yoga and modelling.

"It dawned on me earlier in my life the world already has enough models, enough actresses and also enough master's students but it would have been such a waste if I didn't pursue all those things," she says.

"In acting I get to explore someone else's emotions. When I'm modelling, I get to explore my beauty and my understanding of my beauty in relation to what society defines as beauty."

"With education, I get to inspire little brown girls like me."

Her family, particularly her sister, Phumzile Van Damme, has supported her journey. The DA politician has always played a role in her baby sister's life. "She grounds me a lot," Qiniso says.

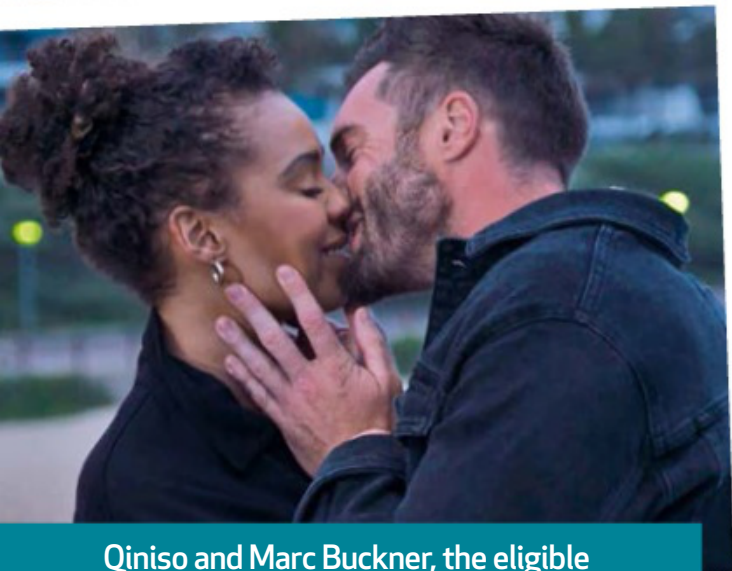
"I'm a ball of energy who's all over the place but having her in my life means I have someone who does the tough-love thing with me."

"I, on the other hand, am the person who reminds her to live a little and not take life too seriously." **DM**

'Our first kiss... All I can say is delicious!'

FIVE FUN THINGS ABOUT QINISO VAN DAMME

- 1 My **worst date** was when a cute German dude took me out. After a pool game with my friends we went to the movies. All was well until he started swaying and moaning. He vomited. I had to apologise to everyone and take him home. Turns out he'd drank some shots to calm his nerves before the date.
- 2 I **love** Game of Thrones, Lord of the Rings and all things about aliens.
- 3 My **favourite dish** is my mom's pap, beans and spinach – it's undefeated.
- 4 My **guilty pleasure** is Cinnabons.
- 5 My **secret skill** is that I cook like a G!



Qiniso and Marc Buckner, the eligible bachelor looking for love in the reality TV show The Bachelor South Africa.

Oh so sweet!

Here's how to take the natural goodness of sweet potatoes to the next level

RECIPES & STYLING: ESTHER MALAN PICTURES: MISHA JORDAAN

SWEET POTATO AND PECAN NUT TART

This orange sweet potato tart seasoned with cinnamon rivals popular pumpkin tart.

MAKES 1 TART

PREPARATION: 30 MIN

COOKING: 1½ HR

COOLING: 30 MIN

- ▶ 500g peeled and cubed orange sweet potatoes
- ▶ 15ml (1T) olive oil
- ▶ 1 roll (500g) puff pastry

PECAN NUT LAYER

- ▶ 60ml (¼c) golden syrup
- ▶ 60ml (¼c) brown sugar
- ▶ 1 egg
- ▶ 100g pecan nuts, coarsely chopped

SWEET POTATO LAYER

- ▶ 2 eggs
- ▶ 125ml (½c) cream
- ▶ 125ml (½c) self-raising flour
- ▶ 2,5ml (½t) ground cinnamon
- ▶ 2,5ml (½t) salt

TO SERVE

- ▶ extra pecan nuts (optional)
- ▶ vanilla ice cream OR whipped cream

Preheat the oven to 180°C. Line a 20cm round spring-form cake tin with baking paper. Keep a baking sheet handy.

- 1** Arrange the potatoes on the baking sheet and drizzle the oil over. Mix to coat and roast for 25-30 minutes or until the potatoes are soft. Mash and set aside to cool.
- 2** Line the bottom and sides of the cake tin with the puff pastry and chill until needed.
- 3 Pecan nut layer** Beat the syrup, sugar and egg together until creamy. Mix in the nuts and spoon over the pastry.
- 4 Sweet potato layer** Put the mash in a mixing bowl. Add the eggs and cream then beat until well combined. Sift the flour, cinnamon and salt over and mix with a wooden spoon until lightly combined. Spoon onto the nut layer in the cake tin.
- 5** Bake the tart for 50-60 minutes or until a skewer inserted in the middle comes out clean.
- 6 To serve** Arrange the extra pecan nuts on top (if using). Leave to cool for 30 minutes, then transfer to a serving plate. Serve with ice cream or whipped cream.

**CRUMBED SWEET
POTATO NUGGETS**

These crunchy nuggets make a delicious snack or side dish.

SERVES 4-6

PREPARATION: 20 MIN

COOKING: 45 MIN

NUGGETS

- ▶ 4 orange sweet potatoes, peeled and cut into fairly large chunks
- ▶ 15ml (1T) olive oil
- ▶ salt and freshly ground pepper

CRUMBS

- ▶ 125ml (½c) sunflower seeds, toasted
- ▶ 60ml (¼c) grated pecorino cheese OR any other hard Italian cheese or mature cheddar
- ▶ 60ml (¼c) sesame seeds

TO SERVE

- ▶ handful of fresh coriander, chopped (optional)
- ▶ grated pecorino cheese (optional)

Preheat the oven to 200°C. Grease 2 large baking sheets with non-

stick spray and keep handy.

- 1 Nuggets** Put the sweet potato chunks in a mixing bowl. Drizzle the oil over, season with the salt and pepper and mix through to coat well.
- 2 Crumbs** Put the sunflower seeds, cheese and sesame seeds in a food processor and pulse until fine. Sprinkle the mixture over the potato chunks and mix thoroughly so the crumbs stick to the potatoes.
- 3** Arrange the potatoes on the baking sheet. Sprinkle any leftover crumbs on top and roast for 40-45 minutes or until the sweet potato nuggets are cooked through and slightly crunchy on the outside.
- 4 To serve** Sprinkle the coriander and cheese (if using) over the nuggets and serve as a side dish or snack.

(Turn over)

SWEET POTATO SALAD WITH CARAMELISED ONIONS

SERVES 4

PREPARATION: 15 MIN

COOKING: 25-30 MIN

SWEET POTATOES

- ▶ 4 medium sweet

potatoes, cut into wedges

- ▶ 30ml (2T) olive oil
- ▶ salt and pepper

ONION

- ▶ 15ml (1T) butter
- ▶ 15ml (1T) olive oil
- ▶ 1 large onion, sliced
- ▶ 15ml (1T) brown sugar
- ▶ salt and pepper

DRESSING

- ▶ 60ml (¼c) olive oil

- ▶ 30ml (1T) apple cider vinegar OR white wine vinegar
- ▶ 15ml (1T) honey
- ▶ 1ml (¼t) ground cumin
- ▶ 30ml (2T) sesame seeds, toasted
- ▶ salt and pepper

SALAD

- ▶ 150g mixed lettuce
- ▶ 750ml (3c) cooked brown rice

Preheat the oven to 190°C. Line a baking sheet with aluminium foil and grease with non-stick spray.

1 Sweet potatoes Spread the potatoes on the prepared baking sheet and drizzle the oil over. Season and bake for 25-30 minutes or until done.

2 Onion Heat the butter and oil in a pan and fry the onion until golden brown. Sprinkle the sugar over and season.

3 Dressing Whisk everything together.

4 Salad Gently toss the sweet potatoes, onion, lettuce and dressing. Serve on the brown rice.





JUMBO SWEET POTATO ROSTI WITH CAJUN CHICKEN

Using sweet potatoes instead of potatoes in a rosti is a lower-carb option. We top ours with spicy Cajun chicken.

SERVES 4

PREPARATION: 20 MIN

COOKING: ABOUT 1 HR

ROSTI

- ▶ 3 medium sweet potatoes,

scrubbed

- ▶ 1 onion, peeled
- ▶ handful of fresh coriander, chopped
- ▶ 2 eggs, whisked
- ▶ 60ml (¼c) flour
- ▶ salt and freshly ground pepper
- ▶ 15ml (1T) butter
- ▶ 30ml (2T) olive oil

CHICKEN

- ▶ 2-3 chicken breast fillets
- ▶ juice of 1 lemon
- ▶ 30ml (2T) Cajun spice mix
- ▶ 15ml (1T) olive oil

TO SERVE

- ▶ plain double-cream yoghurt

- ▶ tomato salsa
- ▶ kernels of 2 cooked mealies
- ▶ more fresh coriander

Preheat the oven to 180°C. Grease an ovenproof pan well with non-stick spray and keep handy. Grease a baking sheet with non-stick spray.

1 Rosti Grate the sweet potatoes and onion into a mixing bowl. Add the coriander, eggs and flour and mix well. Season with salt and pepper.

2 Add the butter and half

the olive oil to the oven-proof pan and heat in the oven for 5 minutes.

Remove from the oven and add the rosti mixture to the pan. Spread out evenly and drizzle the rest of the olive oil over.

3 Bake in the oven for 40-45 minutes or until the potato mixture is cooked through and crispy on the bottom and around the edges.

4 Chicken Put the chicken, lemon juice and spice mix in a bowl and mix well.

Arrange the chicken on the baking sheet and drizzle the oil over.

5 Turn the oven temperature up to 200°C and roast the chicken for 15-20 minutes or until done.

6 To serve Slice the rosti into servings. Shred the chicken into largish pieces. Serve the rosti with the chicken, yoghurt, salsa, mealies and coriander.

(Turn over)

(From previous page)



SWEET POTATO BIRYANI

This is a budget-friendly vegetarian meal that's bursting with flavour.

SERVES 6

PREPARATION: 15 MIN

COOKING: 1½ HR

- ▶ 45ml (3T) oil
- ▶ 2 onions, chopped

- ▶ 2 garlic cloves, chopped
- ▶ 2 chillies, chopped
- ▶ 1 cinnamon stick
- ▶ 45ml (3T) curry powder
- ▶ 10ml (2t) turmeric
- ▶ 10ml (2t) ground cumin
- ▶ 500ml (2c) basmati rice
- ▶ 750ml (3c) water
- ▶ pinch of salt
- ▶ 3-4 sweet potatoes, scrubbed and thinly sliced

TO SERVE

- ▶ ready-made rotis
- ▶ plain yoghurt OR raita

- ▶ fresh coriander

Preheat the oven to 180°C. Grease an ovenproof dish with a lid with non-stick spray. Keep a sheet of baking paper handy.

- 1** Heat the oil in a deep pan and fry the onions, garlic and chillies until soft. Add the rest of the spices and stir-fry for another minute.
- 2** Add the basmati rice and

stir-fry for 5 minutes. Add the water and season with the salt. Cover with the lid and simmer slowly for 30 minutes or until the rice is cooked but not mushy.

- 3** Transfer a third of the rice to the ovenproof dish and arrange a layer of sweet potato slices on top. Add another third of the rice, followed

by another layer of sweet potatoes. Add the rest of the rice and cover with baking paper. Firmly close the lid and bake for 40-45 minutes or until the sweet potatoes are soft.

- 4 To serve** Serve the biryani with the rotis, yoghurt or raita and fresh coriander, and enjoy! **DM**

MAKE MAGIC ON A BUDGET

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SERVE UP

Beef in a roasting bag with onions
Ginger ribs with cucumber salad
Mexican jalapeño burgers
Chicken liver patties with spinach salad
Sticky chicken wings with jasmine rice
Teriyaki fish and rice bowls
Butternut and feta tartlets
Onion soup with cheese straws
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Cool camis



This must-have item
is easy to wear and
great for layering

BY PETA-LEE MATJAOLA

PICTURE: JACQUES STANDER

TIP

Don't be shy to mix
and match your camis
with other items. If you
don't like showing your
arms, layer the camisole
over a T-shirt.

By Witchery
R699, Woolworths

From
R69,99, MRP

R399,
Woolworths

R299,
Woolworths

R399,
Woolworths

R359, Zara

From R30,
MRP

R599,
Forever New

By Witchery
R699,
Woolworths

R360,
Truworths

R199,95,
Edgars

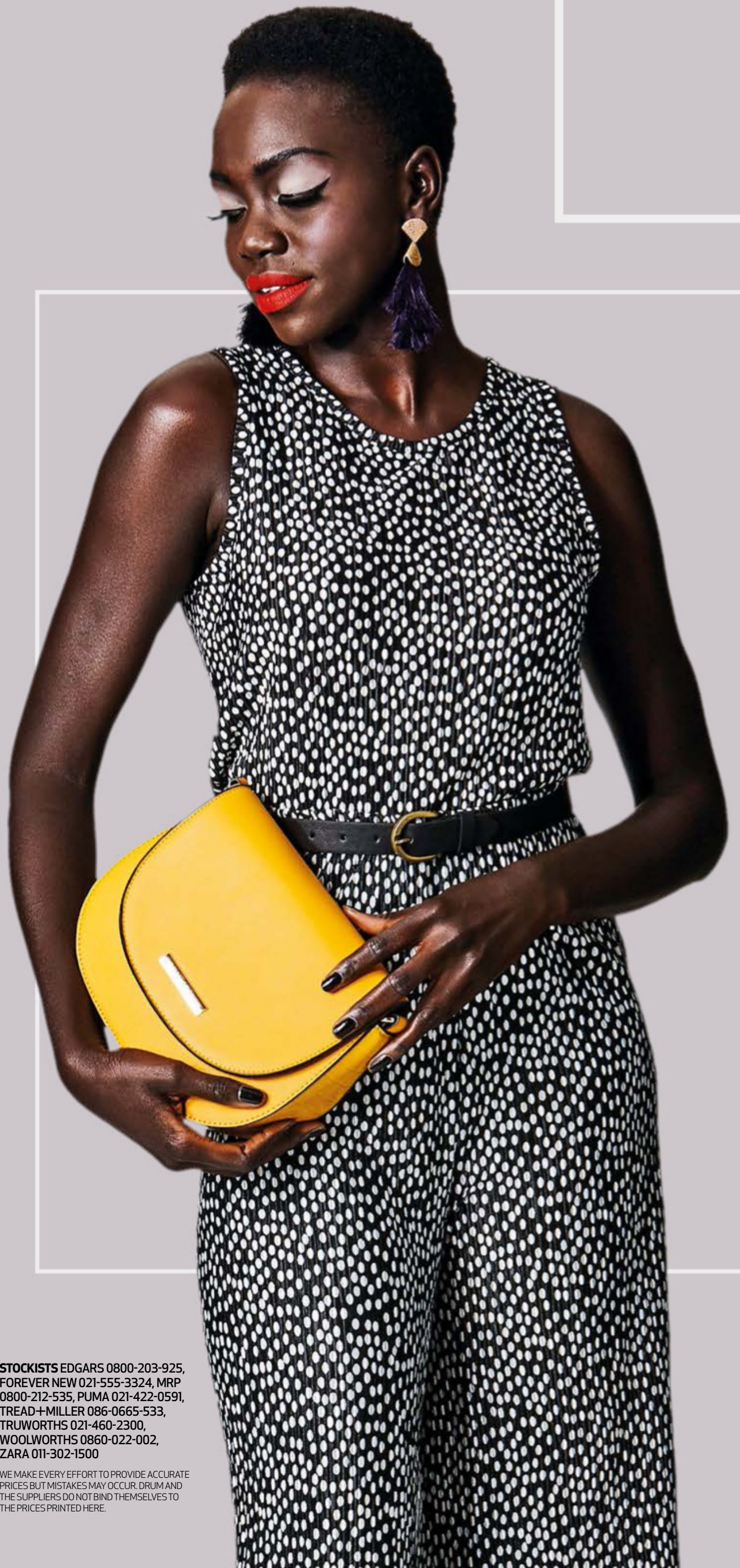
R199,95
Edgars

Dotty about polka

Bring back vintage vibes with this timeless pattern. We show you how to have fun and still look elegant

BY PETA-LEE MATJAOLA

PICTURE: JACQUES STANDER



TIP

Make your monochrome polka-dot outfit stand out by adding a pop of colour, like this yellow handbag.

STOCKISTS EDGARS 0800-203-925, FOREVER NEW 021-555-3324, MRP 0800-212-535, PUMA 021-422-0591, TREAD+MILLER 086-0665-533, TRUWORTHS 021-460-2300, WOOLWORTHS 0860-022-002, ZARA 011-302-1500

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Dress R1 499, Forever New

Earrings
R25,99,
MRP



Boots R1 999, Zara



Quilted backpack bag by
Country Road R699,
Woolworths



Top R399, Truworths



Jeans R679,
Zara



Bag R129,99,
MRP



Brogues R1 999,
Tread+Miller



T-shirt R199, Woolworths

Skirt R299,95, Edgars



Scarf R160,
Woolworths



Bag R575,
Truworths



Sneakers
R1 699, Puma

Denimdreams

MODEL SALEM MITCHELL



1



2



3



4



5



TIP
Denim frocks are so easy to dress up or down. Rock it with sneakers for a casual look.

- 1 Collared flare dress R549,95, Levi's
- 2 Embroidered tassel dress R449,95, Edgars
- 3 Lace detail dress R489, Zara
- 4 Front zip dress R299,95, Edgars
- 5 Strappy dress R299,95, Edgars



It's our forever trend! New styles keep emerging in this durable fabric, making it endlessly versatile

BY PETA-LEE MATJAOLA

1



2



3



4



5



TIP

Glam up your denim dress with a classic blazer and a pair of heels.

- 1 Puff shoulder dress R599, YDE
- 2 A-line dress R429, Zara
- 3 Cut-out dress by Country Road R749, Woolworths
- 4 Shirdress R399,95, Edgars
- 5 Wrap dress R499, Woolworths

STOCKISTS EDGARS 0800-203-925, LEVI'S 086-144-4353, WOOLWORTHS 0860-022-002, YDE 021-460-2800, ZARA 011-302-1500

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ACTRESS YARA SHAHIDI



Wave your magic wand



With so many types of mascara on the market, how's a girl to choose? Here's how to pick the best one for you

BY NTHABISENG MAKHOKHA

THICKENING, volumising, lash-defining, curling, non-clumping... there's a bewildering array of mascaras to choose from.

Each person's lashes differ in length and thickness, so mascaras come in many shapes and sizes to give you just the look you desire.

As with 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 wand

*This type of brush deposits mascara fully onto the lashes for maximum results. It gives lashes length and thickness. The wand usually has bristles of varying lengths that help 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 application to set slightly so the next one 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 L.A. Girl Double Drama Voluptuous Mascara in Dramatic Black **R95**
5 Elizabeth Arden Grand Entrance Mascara in Black **R340**

Rectangle wand

* 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.



- 1 Revlon Volume + Length Magnified Mascara in Blackest Black **R165** 2 Hey Gorgeous Pure Wild Volumising Mascara in Blacker Than Black **R150**
3 Gosh Xtreme Mascara in Black **R160**
4 RVB LAB The Makeup Mascara in Black **R295**
5 Yardley High Definition Mascara in Black **R139,95**

Pointed wand

* This wand is great for arranging bushy lashes and reaching into the tightest corners for smaller lashes. The tip of the brush puts a few lashes at a time in place 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 move it from root to tip. This ensures the product gets deposited fully onto the lashes.



- 1 Essence Lash Princess False Lash Effect Mascara in Black **R69,95** 2 Michelle Ori Curling Mascara in Black **R125**
3 L'Oréal False Lash Sculpt Mascara in Black **R199**
4 Bionike Defence Colour Volume Mascara in Noir **R155**
5 L'Oréal Mega Volume Miss Manga Mascara in Black **R149**

Jumbo wand

* This 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 the average mascara wand, be careful not to get any product on your eyelids.



- 1 Rimmel Scandaleyes Reloaded Mascara in Extreme Black **R159,95**
2 Palladio Twisted in Love Intensifying Mascara in Maslo Black **R125**
3 Gosh Boom Boombastic Volume Mascara in Black **R160**
4 Wet n Wild Megalimpact Mascara in Blackest Black **R79,95**
5 Revlon Ultra Volume Mascara in Blackest Black **R165**

STOCKISTS AVON 0860-102-345, BIONIKE (CLICKS) 0860-254-257, BLACKUP (EDGARS) 0800-203-925, ELIZABETH ARDEN 021-597-1700, ESSENCE (CLICKS) 0860-254-257, GOSH (EDGARS) 0800-203-925, HEY GORGEOUS HEY-GORGEOUS.CO.ZA, L.A. GIRL (DIS-CHEM) 0800-201-170, L'OREAL 0860-102-491, MICHELLE ORI (DIS-CHEM) 0800-201-170, PALLADIO (DIS-CHEM) 0800-201-170, REVLOON 011-971-0812, RIMMEL 0800-463-446, RVB LAB 021-785-2650, WET N WILD (CLICKS) 0860-254-257, YARDLEY 0800-463-446
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Go for gold!

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

BY MEGAN MILLER PICTURE: MISHA JORDAAN

1 Scatter cushion (60x60cm) R399,99, MRP Home. 2 Kara headboard (queen) R699, Decofurn. 3 Oblong scatter cushion (40x60cm) R249 and 4 Mug R79, @home. 5 Vase R180, Woolworths. 6 Bedside lamp set R359,99, MRP Home. 7 Clock R120, Woolworths. 8 Duvet cover set (queen) R449, Volpes. 9 Pedestal R1 399 and 10 Bowl R79, @home. 11 A6 notebook R25,99, MRP Home. 12 Throw R499, Woolworths.



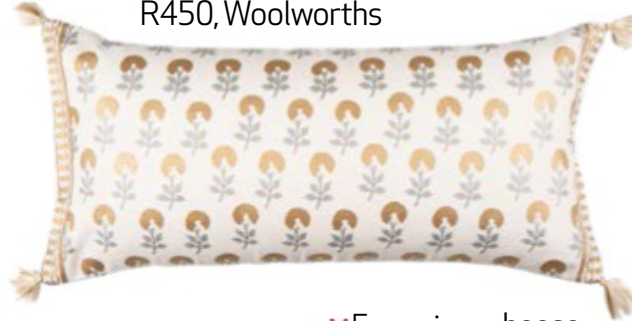


▲ Scatter cushion (60x60cm) R429, @home

▼ Mirror (19,5x27cm) R249, @home



▼ Scatter cushion (30x70cm) R450, Woolworths



▼ Four-piece cheese knife set R349, @home



▲ Candle lantern R249, superbalist.com



▲ Frame (30x40cm) R199,99, MRP Home



> Wall hanging R399,99, MRP Home

> Table lamp set R599,99, MRP Home



▲ Hooks R259,99, MRP Home

> Coat hanger R499, superbalist.com



< Table light R269, @home



> Hanging pendant light R2 000, MRP Home



< Wine glass R89, @home



▼ 16-piece cutlery set R799, @home



▲ Bar-stool R1 500, MRP Home



▲ Mug R250, Woolworths



▲ Planter with stand R349, @home



< Plate R79,99, H&M



▲ Drinks cooler R1 499, Woolworths



▲ Table runner R129,99, Sheet Street



▲ Cloche R299, H&M



▲ Storage shelf R2 299, @home



▲ Wall mirror (37x36cm) R395, Biggie Best



▲ Occasional chair R7 995, Block & Chisel



▲ 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

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Fill up on fibre

Boost your overall wellbeing by making sure you get enough of this game-changer in your diet

COMPILED BY
WENDY STELZMANN



IT HELPS keep your cholesterol levels down. It lowers your blood pressure. It makes it easier for you to lose weight. And it reduces your risk of developing type 2 diabetes and of having a heart attack or a stroke. The best news of all? It's cheap!

But chances are you aren't getting enough of this superfood. Let's be honest, fibre just doesn't have the appeal of superfoods such as blueberries, salmon or avocado. It's just a bit too, well, brown and boring for that. Think fibre, and bran or oats probably come to mind.

Whether it's appealing or not, research

at the University of Otago in New Zealand and the University of Dundee in Scotland has shown that fibre is a game-changer when it comes to health.

"The evidence is now overwhelming; people have to start doing something about it," said one of the researchers, Professor John Cummings of the University of Dundee.

The study, published in medical journal *The Lancet*, found that increasing dietary fibre helped people lose weight and lower their blood pres-

sure and cholesterol levels – reducing the risk of heart disease, stroke, diabetes and bowel cancer.

"Our research indicates we should have at least 25-29g of fibre from food daily, although most of us consume less than 20g daily," said Dr Andrew Reynolds, of the University of Otago's department of medicine.

HOW MUCH IS IN ...

Half a cup of rolled oats

9g

Two Weet-Bix

3g

Medium apple

4g

Thick slice of brown bread

2g

Half a cup of kidney beans

4,5g



HOW MUCH FIBRE DO WE NEED?

25-29g

The minimum amount of fibre we should eat daily, according to the latest research.

> 30g

daily is even better.

< 20g

is what most people get.

The latest research available shows the average South African consumes around 18g of fibre a day.

MORE FIBRE = MORE CARBS

Low-carb diets have grown in popularity in recent years, but if you want to increase your dietary fibre you'll have to eat more "good" carbs. That means more whole-grains, veggies, pulses and whole fruits.



Two carrots

6g

Cup of cooked lentils

4g

Medium potato with skin

2g



Half a cup of green peas

5g

"We have very strong evidence that a high-fibre diet, which for the majority of people is at least high-ish in carbohydrates, has an enormous protective effect," said research leader Professor Jim Mann of Otago.

The researchers realise that getting more of the right kind of high-fibre carbs in our diet isn't easy. "It's a big change for people," Cummings said. "It's quite a challenge."

The way to do it is to start slowly and introduce a new fibre-containing food each week, Cape Town dietician Dianne Iverson says.

Eating fruit and vegetables where the skin is also consumed is not only a good way to get more fibre, it will increase your vitamin intake – also something South Africans don't get enough of.

WHY FIBRE IS SO IMPORTANT

Fibre's benefits go way beyond moving things along your digestive tract and keeping you regular. "It's important physiologically, metabolically and even to the gut microbiome," Reynolds said.

Not only does it make us feel full (and therefore likely to eat less), it affects the way fat is absorbed in the small intestine. And it's particularly important in the large intestine, which is where your gut bacteria reside – it turns out that fibre is their food.

Quick and easy ways to up your fibre intake

- * Eat oats for breakfast, or choose another high-fibre food such as bran flakes or muesli.
- * Eat at least five portions of vegetables a day.
- * Cook and eat potatoes with the skin on.
- * Swop white bread, pasta and rice for whole-grain/wholemeal/wholewheat versions.
- * Add beans, chickpeas or lentils to meals.
- * Have a handful of nuts as a snack.

The billions of bacteria that make up your gut microbiome ferment dietary fibre to make a whole range of chemicals your body needs, including short-chain fatty acids. "We have this organ set up to digest fibre," Cummings said.

When we don't consume enough fibre we essentially starve our gut microbiome, according to a study at Georgia State University in the USA on the benefits of fibre.

The researchers found that mice on a low-fibre diet had a marked reduction in the total number of bacteria in their gut and a less diverse microbiome compared with the mice on a high-fibre diet.

Another study, also on mice, showed that when digestive tract bacteria don't get fibre they start eating away at the mucus layer, bringing them into closer contact with the intestinal tissue.

The mucus layer is what keeps pathogens (germs) out, and the researchers found if they introduced a pathogen in the context of a low-fibre diet the germ more easily entered the intestine and caused an infection. **DM**

EXTRA SOURCES: GUARDIAN.CO.UK, HEALTH.HARVARD.EDU, VOX.COM, OTAGO.AC.NZ, WEDMD.COM

HOW TO GET EVEN MORE THAN 30G

Dietician Dianne Iverson shows us how to get even more than the recommended amount in a day.

WITH BREAKFAST

1 cup bran flakes	11g
1 medium banana	2g

SNACK

1 pear	4,5g
--------	-------------

WITH LUNCH

2 slices wholewheat bread	5g
½ avocado	6g

SNACK

handful of mixed nuts	3g
-----------------------	-----------

WITH DINNER

2 cups mixed green salad	2g
medium sweet potato baked in skin	4g

TOTAL = 37,5G



Switch off, bliss out

Forget Fomo – more people are now opting for Jomo (joy of missing out) by choosing to take time out from a busy world **BY SARA BUNNY**

WHETHER it's that twinge of regret when you see a picture on Instagram of your friends having a blast at that dinner you ditched, or a niggling suspicion that not going to a workmate's house-warming means you've lost out on valuable bonding time with your colleagues, we all know about the infamous Fomo (fear of missing out).

But these days there's another player in the game, and it's not just the opposite of its better-known four-letter counterpart – it's also being hailed as the answer to managing stress and easing anxiety.

Joy of missing out (Jomo) is all about savouring solitude without caring what

everyone else is doing. It's turning down invitations and avoiding get-togethers without worrying about social demerit points.

It's about switching off from social media, unplugging from the world and learning to be at peace with your own company. And more and more of us want in.

A SHIFT IN THINKING

It's easy to see the appeal – our search for ways to reduce the pressure in increasingly stressful times means Jomo is the ideal catchphrase for our modern era. But why has it become such a big thing?

With social media giving us a bigger window into the lives of others than ever before, the fear of missing out has reached new heights.

Some believe our Fomo was first trig-

gered by the tendency for westernised culture to favour extroverts, with socialising and being busy with activities generally held up as markers of success.

When you add the voyeuristic aspect and popularity currency of social media, it's not only the perfect storm for Fomo to reach fever pitch, it also implies that solitude is decidedly uncool.

But New Zealand psychologist Sara Chatwin says the growing interest in Jomo as a backlash against Fomo signals a shift in thinking.

"I see Jomo as a 'coming of age'," she says. "More people are realising it's not essential to know what everyone else is doing all the time, or to compare yourself constantly with others."

"It's coincided with a time when we're starting to wake up to the impact of social media. Until now, we've let social

SWITCHING OFF

The dangers of overexposure to technology are becoming increasingly documented and in the USA there's even an organisation dedicated to making changes in the media and tech industries.

Carrying a smartphone around is like having a slot machine in your pocket – everything about it is programmed to get you addicted, according to the Centre for Humane Technology, which seeks to reverse what it calls “human downgrading”.

It's ironic then that Google CEO Sundar Pichai is said to be a fan of Jomo. A few months ago the company introduced a range of “digital wellbeing tools” to help promote healthier tech use.

Other than Digital Wellbeing, which gives you a complete picture of your daily digital habits, the following apps are now also available at the Google Play Store:

***Unlock Clock** shows you a counter of the number of times you've unlocked your phone.

***Post Box** stops your phone bothering you incessantly – the app bundles messages and delivers them at regular intervals, with a maximum of four deliveries a day.

***Morph** helps you customise your phone by setting up modes that give you access only to specific groupings of apps. When it's active you receive notifications only for apps that are part of that mode.

***Desert Island** asks you to choose the seven

apps you'd take with you to a desert island and you get a daily summary of how well you managed to stick to your choice of apps, as well as how much time you spent on other apps.

***We Flip** aims to get people off their phone during social gatherings and encourages switching off as a group. The idea is that

everyone in the group flips their phones face down at the same time with the app running. The first person to flip their phone back ends the session – and you can decide if that comes with some sort of “fine”. If

you're in a restaurant with a group of friends perhaps the person who flips their phone first must pay for the next round of drinks.

Apple has enhanced its Do Not Disturb functions on iPhones and the Screen Time app offers users a dashboard highlighting how much time they've spent using which apps, how many notifications they receive, how often they pick up their device and how their usage patterns compare with the average.

It also allows users to set daily time limits for individual apps, and a notification is shown when the time limit is about to expire.

Getting into the Jomo zone means thinking more about your tech use and monitoring the way it makes you feel.

We can't rid ourselves of tech altogether, but we can keep tabs on it the same way we'd watch what we eat. So take note of what energises and nourishes you and what makes you feel unhappy, anxious or lethargic.

'It's not essential to know what everyone else is doing'



media plonk itself into an important position in our lives, and it's gone relatively unchecked.

“Jomo is about giving yourself the freedom to opt out.”

TAKING CHARGE

It might sound simple, but a key concept underpinning Jomo is empowerment.

When we consume social media, we're passive – we're scrolling mindlessly and putting ourselves at the mercy of whatever happens to pop up as we flick through our feeds.

But when we embrace Jomo, we're making a conscious decision to take back control, which can create a positive ripple effect in many areas of our lives.

“Social media has taken over people's lives,” Chatwin says.

“It hurts people; it promotes anxiety and self-loathing. I've seen a big increase in the negative aspects of it on teens.

“Whereas I've heard people say that making more of a conscious effort to opt out of social media more often is liberating and it makes them feel good.”

Chatwin says getting more in tune with Jomo is an important stage of our

overall self-awareness and personal development.

“There's something to be said about getting to a point where you can sit by yourself and be completely comfortable,” she says.

“That's when you've landed. It's understanding your needs, learning to say no, and being empowered in your life.” **DM**

ASK SIS DOLLY



Need advice? E-mail sisdolly@drum.co.za or SMS the keywords SIS DOLLY followed by your question and name to 36489*.
*Each SMS (160 characters) costs R1.

HE'S SEEING HIS EX

Q I'm 31 and I've been in a relationship with a 37-year-old man for six years. He has three kids with the same lady who he said he'd broken up with when we started dating.

Sometimes I get the feeling he's sleeping with someone else – I think I've seen semen on the bed. He takes calls and ends them by saying, "I love you too."

When I ask about this, he says I'm imagining things. He says there's no relationship between him and his baby mama – only their kids.

Recently I found pictures of her on social media in Tswana traditional wedding attire. He said he's not married and told me the ceremony was only meant for his kids.

I love him dearly – he's intelligent, ambitious and very loving most of the time, and he's made me realise I can be a better person. But I'm feeling overwhelmed by this suspicion I have that all is not well. Do I leave him?

CONFUSED, EMAIL

A There are a lot of things happening that you just can't ignore – things that are flashing a red light. Talk to him about these issues in a serious manner. He shouldn't dismiss what you're hearing and observing as if you're just being paranoid. You should stand your ground and insist that he gives you answers.

Six years is a long time for you not to know where you stand in a relationship. Think about everything that has happened since you've been with him. Ask yourself if it's worth your time and energy to still be with this man. Or are you wasting your time?

I suggest you think hard about all this. Trust your instincts and make an informed decision about what you want for yourself. Only you can do that.

I LIED AND I'M SCARED

I'm HIV-positive and I slept with my ex-boyfriend without using a condom. I told him to use one but he said he trusted me. He said if he found out he was sick, he would kill me. So now I don't know what I should I do. Should I tell him or not?

I love him and he loves me and sometimes I feel like killing myself before he knows the truth. I want to tell him but I don't know how.

FEARFUL, SMS

A You both have been irresponsible with your lives. Using a condom is not an issue of trust, it is about safeguarding yourselves.

If he trusts you, then what about the fact that he might also be

HIV-positive but doesn't know it yet? And by not using a condom you opened yourself to be being re-infected with a different strain of HIV. The fact that you know your status means you should have insisted you use a condom.

Why would he kill you if he finds out he is sick? How would he know you are the one who infected him? You have no idea if he's already infected or not.

Besides all of this, you shouldn't have had any sexual engagement with him – he is your ex for a reason. What's even more confusing is how you refer to loving him and him loving you back when he's supposed to be your ex.

Make up your mind about where you stand with this man, then maybe you'll be able to decide how to tackle this matter.

'Birds sing not because they have answers, but because they have songs'

– AFRICAN PROVERB

HER BROTHER IS TOO INVOLVED

I'm worried about my wife-to-be. She involves her brother in our decisions too much. Most of the time when we make decisions about her or about us, she confirms them with her brother, which I find insulting. It's like she doesn't trust me. It also makes me feel like she doesn't have a backbone. How can we make decisions without involving her brother?

FRUSTRATED, SMS

A It's always good to remember that family members are there to give support to couples but they shouldn't be too involved in their lives. Your fiancée needs to

understand that this is your life and whatever decisions you make have to suit you as a couple – they are about the kind of life you want to live together.

Whatever you agree on, if you see it as good for you but her brother doesn't, then he must let it go. She also must learn that you are her husband-to-be and if she doesn't have faith in your abilities as a man, it's going to cause chaos in your marriage.

If she continues to act as if she doesn't believe in your ability to make good decisions, I suggest you go to a marriage counsellor to resolve this issue. Pre-marriage counselling is often a good idea for couples and it sounds like it will benefit you. **DM**

RAISING THE CULINARY STEAKS

Get a taste of The Grill Jichana in Durban and Rosebank for a world of flavours and local delights



ABOVE: Guests unwind in the stylish interior of the grill house while enjoying a feast of flavours.
LEFT: Grill Jichana Duo of Chops made with the famous free-range lamb farmed in the heart of the Karoo.

EXPLORE The Grill Jichana's exquisite culinary journey, boasting tastes of the African East Coast spice route and complemented with succulent cuts of meat, chicken and fish – creating the essence of "jichana", "eating good" in Swahili slang.

Located at Durban's iconic Southern Sun Elangeni & Maharani Hotel as well as at Johannesburg's newly revamped Southern Sun Rosebank, this modern and stylish grill house offers a sizzling menu.

Enjoy the flame-grilled premium cuts created with flair, flavoured with aromatic house spices and prepared using the freshest produce. Steaks are specially selected Karan Beef from Heidelberg which are matured in the butcher's special ageing process – featuring premium cuts such as rump, fillet and T-bone, accompanied with Jichana's signature Café de Paris butter.

This delectable 20-ingredient accompaniment was first seen in the 1940s in the Café de Paris

restaurant in Geneva, which was then owned by Arthur-François Dumont and remains a speciality of Café de Paris.

You'll find free-range chicken from the Dargle Valley in the KwaZulu-Natal Midlands, flame-grilled with a choice of spicy pili-pili basting or aromatic lemon and herb on offer for poultry-lovers and served as a quarter, half or boneless premium chicken breast.

Fresh line fish is flavoured with an east coast spice rub and lemon butter. Alternatively, Norwegian salmon or grilled LM tiger king prawns are also available.

Side orders are plentiful and include the never-to-be-missed homemade bafana potato chips – a firm favourite that undergoes an extensive cooking process to create the perfect chip, as well as creamy potato mash, battered onion rings or fresh steamed market vegetables.

The dessert menu is a simple but glorious affair boasting the famed 5 chocolate Valrhona chocolate ball, baked lemon tart, white

chocolate lemon curd lava cake and cardamom and rose water panna cotta.

Be sure to pair your meal with a glass of exclusive collector's wine. To book your ultimate Grill Jichana dining experience, contact:

THE GRILL JICHANA AT SOUTHERN SUN ELANGENI & MAHARANI HOTEL DURBAN
Open for dinner from 6pm to 10.30pm. Call 031-362-1300 or email grilljichana.reservations@tsogosun.com to make a reservation.

THE GRILL JICHANA AT SOUTHERN SUN ROSEBANK
Open for dinner from 6pm to 10.30pm. Call 011-448-3600 or email ssrosebank.reservations@tsogosun.com to make a reservation.


TSOGO SUN
HOTELS
tsogosun.com

ASK NTHABI



Nthabiseng Monareng holds LLB and LLM degrees from the University of the Witwatersrand, Johannesburg. Nthabi has more than 10 years' experience in the legal field, specialising in family law. She's written books on family law and is a family law mediator.

SHE WON'T SEND HER CHILD TO SCHOOL

Q Are there any legal consequences for not sending one's child to school? My sister has a 10-year-old child who doesn't attend school because the mother says it is a waste of time. Is there anything we can do about this?

ANONYMOUS, EMAIL

A It is compulsory for children to attend school from the age of seven, and it is compulsory for children to attend Grade 1 up until Grade 9.

If your sister refuses to send her child to school, you can bring this to the attention of the department of social development at www.dsd.gov.za or call them on 0860-142-142 and they will launch an investigation.

'It is compulsory for children to attend school from the age of seven'



Do you have a legal problem but can't afford a lawyer?

Nthabi can help you. Write a letter to DRUM, PO Box 653284, Benmore 2016. If you have email, send your questions to lawyer@drum.co.za, or SMS your question to Ausi Nthabi on 36489*. You don't have to use your real name. *Each SMS costs R1,50.

MY HOUSE IS NOT IN MY NAME

Q In November 2017, I bought an RDP house. I borrowed money from the bank and bought the house cash.

When the owner of the house was supposed to give me the title deed, he told me that he was married before and the house is in both his and his ex-wife's names.

He showed me a divorce settlement letter from the court which said he had a right to sell the house since his ex could not be found, and he had already waited for almost 10 years while trying to locate her.

We then went to an estate agent to help us put the house on my name.

The municipality demanded a copy of the ex-wife's ID, which the previous owner does not have. He got the divorce without her being present.

The divorce settlement says anything that is supposed to be signed by the ex-wife must be signed by the sheriff of the court.

But now the municipality says it can't help us without the copy of the ex-wife's ID. So since November 2017, I am stuck with a house that is not in my name. What can I do?

ANONYMOUS, EMAIL

A The mistake that was made here was to enter into a sale agreement of a house without an attorney who specialises in properties. These attorneys are called conveyancers.

I suggest that you get hold of a conveyancer who will assist you with transferring the house into your name and also assist in making sure that the sheriff or a liquidator is appointed to sign the court documents as

per the previous owner's divorce order.

HOW DO I CLAIM FROM MY FORMER EMPLOYER?

Q I worked at a traffic department from 1994 to 2019, when I was medically boarded by a doctor.

But now the people at the office refuse to give me my contract so I can claim my money.

ANONYMOUS, SMS

A You need to lodge a formal grievance with the human resources department where you worked.

If they do not assist you, then you can involve the unions, if you are a member.

If you still get nowhere, the matter must be referred to your bargaining council or you can bring a court application to the labour court.

CAN I SUE MY LIVE-IN BOYFRIEND WHO GOT MARRIED?

Q In December 2019 I found out that my boyfriend of seven years and the father of my two children got married to another woman.

We were living together but despite this he went and married her. Can I sue him for breach of promise because he wasted my time?

ANONYMOUS, EMAIL

A No, unfortunately you cannot sue him. The only thing you can do is sue him for child maintenance.

As the two of you were living together, I suggest you talk to your ex-partner and discuss how to end things amicably and share the household assets you have together. You also need to talk about the children's futures. **DM**



UNEMPLOYMENT INSURANCE BENEFITS

UNEMPLOYMENT INSURANCE AMENDMENT ACT 2016



UNEMPLOYMENT BENEFITS

- Application to be submitted within 12 months of termination of service.
- Benefits payable up to 365 days provided you have sufficient credits.
- Payable to workers who lose income due to reduced working time.
- Not payable in case of resignation.



MATERNITY BENEFITS

- Application can be made 8 weeks prior to the birth of a child, or within 12 months of birth of the child.
- Benefits are payable at a flat rate of 66%.
- Maternity benefit will be paid for a maximum 121 days, provided you have sufficient credits.
- A claimant must have been employed for at least 13 weeks prior to the date of application.



ILLNESS BENEFITS

- Application to be made within 6 months that the applicant ceases to work due to illness.
- A medical certificate must be submitted to confirm the period of illness lasting longer than 7 days.
- Benefits can be paid to a maximum of 365 days provided you have sufficient credited.



ADOPTION BENEFITS

- Application to be made within 12 months after issuing of the adoption order by the court.
- The adopted child must be younger than 2 years.
- Benefits are payable from the date on which court grants an order of adoption.



DEPENDANTS BENEFITS

- Surviving spouse/life partner/dependent child must apply within 18 months from the death of the contributor.
- Contributors can nominate their own beneficiaries provided there is no surviving spouse/life partner/dependent child.
- Benefits can be payable up to 365 days subject to sufficient credits.

MORE INFORMATION

Applications can be made at the nearest
Labour Centre, or via www.ufling.co.za

UIF Call Centre (012) 337 1680, or
Toll Free number 0800 843 843
Visit: www.labour.gov.za



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Department:
Employment and Labour
REPUBLIC OF SOUTH AFRICA



YOUR MONEY SORTED

DIVORCING?

Then you might need to know if your soon-to-be ex is hiding assets

THERE'S nothing like a divorce to bring out the worst in people. 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 sofa and the dog – no wonder it often ends in tears.

Whether a couple is married in community of property or not, or with or without accrual of capital, inevitably 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 cash away for a rainy day.

BANK ACCOUNTS

A sign that someone's hiding money is when they use bank accounts the other party doesn't have access to, like an account in a relative or friend's name.

This isn't easily uncovered but clues include requests for money to be deposited into an unknown account or ATM slips for a different account.

The other party tries to control all your banking matters so you don't have access to any information. They may have changed the login password and not shared it with you.

If large amounts are withdrawn from a shared account, insist that you are told where the money has gone.

YOUR BUDGET

Check your household budget to see if the 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 programme 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 the other party 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. 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 some shared possessions but the other party 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 spouse. The ex could be planning to buy the items back cheaply after the divorce is finalised.

Another trick is when the other

party 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. One of the parties 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 have been married less 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 like short- and long-term insurance, the home loan or car payments, cleaning and/or garden services, school fees, medical expenses, and household expenses like 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 pick it up quickly 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 the 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
- Find a divorce professional in South Africa: divorce-directory.co.za or legal-aid.co.za



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ARIES

21 MAR – 19 APR

Your personal year is coming to an end and a new beginning is around the corner, right up the street of an Aries who thrives on fresh starts. It's an opportune time to 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 you and your partner. Before you jump feet first into a new year, shake off tendencies that could get you into hot water and say goodbye to unfulfilling habits.

YOUR LUCKY NUMBERS
50, 38, 27, 10, 49, 8

TAURUS

20 APR – 20 MAY

It's a week where who you know might be more valuable than what you know. Don't shy away from parties, meetings and gatherings as one of your friends, acquaintances or colleagues may hold the key to your next success. Whether you want to establish a business, build a career or promote a cause, your source of help and support may lie in others. It's also a week where you could be someone else's shoulder to lean on.

YOUR LUCKY NUMBERS
39, 52, 3, 13, 42, 23

GEMINI

21 MAY – 20 JUN

Your planet and the cosmic networker, Mercury, enters your professional horoscope this week. So, it's an opportune time to use your communication skills, meet people and make contacts to promote this area of life. Whether you would like to advance a career goal, want to champion a special cause or have a business to market, it's the right time to be seen and heard. Do the rounds, socially as well as professionally.

YOUR LUCKY NUMBERS
39, 50, 51, 4, 28, 44



YOUR LUCKY NUMBERS
30, 17, 26, 5, 48, 14

PISCES

19 FEB – 20 MAR

Mercury moves into your sign, making this a good week to verbally express your feelings, whether you want to show your compassion or share your concerns. If you're a Pisces with a creative bent, it's time to express yourself through the arts, whether you want to write poetry or lyrics, or sing on stage.

PISCES GIFTS

- * Pisces will love a dream journal.
- * Don't bother giving Pisces an alarm clock.
- * A new pair of shoes is the Fish's wish.
- * A diary/day-planner may be forgotten in a drawer.
- * Make Pisces' day with tickets to a concert.
- * A year's subscription for a DIY magazine is a waste.
- * Pisces longs for a foot massage gift voucher.

CANCER

21 JUN – 21 JUL

The week has an intellectual tone, which makes for a time befitting brain gymnastics. You should feel quite at home putting on your scholarly cap. Whether you want to broaden your general knowledge, explore a topic of personal interest or enrol in a course to further your career, it's a great time to apply your mind.

YOUR LUCKY NUMBERS
13, 42, 32, 7, 18, 36

LEO

22 JUL – 22 AUG

Venus, planet of attraction, is currently residing in your professional horoscope and should be the bearer of valuable gifts. You may find you draw the crowds to your performances and exhibitions, are a magnet for money-spinning prospects or attract individuals beneficial to your career. Your work life can also be the source of fun this week.

YOUR LUCKY NUMBERS
3, 49, 31, 19, 1, 25

VIRGO

23 AUG – 22 SEP

Your planet, Mercury, moves into your love horoscope this week, which makes it a time to spare a thought for this aspect of your life. It's a week to make quality time with your partner your highest priority. The two of you might want to take leisurely strolls in nature or go on a romantic weekend trip for two.

YOUR LUCKY NUMBERS
51, 19, 21, 47, 2, 29

LIBRA

23 SEP – 22 OCT

The spotlight falls on your general wellbeing, which makes it a week to tweak your lifestyle to restore the balance of body, mind and soul. Try to incorporate an exercise routine for toning your figure and take up meditation to lower your stress levels. Remember, don't only put on your thinking cap, but also get the ball rolling towards a better tomorrow.

YOUR LUCKY NUMBERS
47, 7, 14, 45, 34, 16

FAMOUS PISCES



KHANYA MKANGISA
13 MARCH

SIMONE BILES
14 MARCH

MAPS MAPONYANE
16 MARCH

CEDRIC FOURIE
17 MARCH

SIYABONGA THWALA
17 MARCH

QUEEN LATIFAH
18 MARCH

SCORPIO

23 OCT – 21 NOV

Mercury, master of the tongue, moves into your sign this week. Even if you're a quiet Scorpio, you should be comfortable making your voice heard. It's a great time to promote a cause you feel passionate about, argue a viewpoint or sweet-talk a lover. Love is in the air, so take the opportunity to improve your love life.

YOUR LUCKY NUMBERS
45, 52, 12, 41, 6, 37

SAGITTARIUS

22 NOV – 20 DEC

It's a week to spare a thought for family members, take their interests to heart and go to great lengths to make them feel special. Whether you want to dedicate quality time to listen to the concerns of elderly parents, attend extramural activities of the children or take your siblings on an outing, it's a week to put family first.

YOUR LUCKY NUMBERS
12, 8, 40, 20, 43, 22

CAPRICORN

21 DEC – 20 JAN

It's a great week to explore the neighbourhood and make use of all that's on offer. So, you may want to look at opportunities to develop your skills. It's also time to let your hair down a bit and enjoy a meal with family or friends at an upmarket restaurant, go to the theatre or enjoy the natural beauty of a local park or nature reserve.

YOUR LUCKY NUMBERS
15, 25, 6, 35, 48, 24

AQUARIUS

21 JAN – 18 FEB

The spotlight falls on financial matters, signifying a week to 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. Try to make work of marketing an innovative concept or finding sponsors for your scheme.

YOUR LUCKY NUMBERS
4, 34, 46, 33, 11, 9

WHAT DO YOU KNOW?

Take our quick quiz



1 Ndebele superstar artist Esther Mahlangu recently collaborated with which luxury car brand?

A Rolls-Royce **B** Jaguar **C** Lamborghini **D** Aston Martin

2 Which family member is rumoured to soon be leaving the reality TV show Keeping Up with the Kardashians?

A Kim
B Khloé
C Kourtney
D Kris

3 Which garden is one of the Seven Wonders of the Ancient World?

A Gardens of Versailles
B Keukenhof
C Butchart Gardens
D Hanging Gardens of Babylon

4 What is your body's largest organ?

A Skin
B Spleen
C Heart
D Colon

5 In which country can passengers be fined if a car's driver is drunk?

A Cambodia
B Germany
C Japan
D New Zealand

6 Which animal has been identified as a possible source of the coronavirus outbreak in China?

A Monkey
B Pangolin
C Frog
D Badger

7 What is the name of the popular Cuban cocktail made with rum, sugar, lime juice, soda water and mint?

A Mojito

B Caipirinha
C Piña colada
D Margarita

8 Which actress has been cast as Michelle Obama in the new TV series First Ladies?

A Regina King
B Octavia Spencer
C Viola Davis
D Jennifer Hudson

9 Which major football club faces a two-year ban from the Champions League?

A Manchester United
B Manchester City
C Liverpool
D Chelsea

10 Which billionaire recently pledged a R151-billion donation towards fighting climate change?

A Jeff Bezos
B Elon Musk
C Warren Buffett
D Bill Gates

11 How much does a typical cloud weigh?

A 500g
B 10kg
C 100kg
D 500 000kg

12 Blue Ivy Carter, daughter of Beyoncé and Jay-Z, became the youngest artist in history to win a major award when she recently bagged an... for her collab on Brown Skin Girl?

A NAACP Image award
B AMA
C Emmy
D Oscar

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DRUM SOAP WATCH 12 – 18 MARCH

SCANDAL!

A falsely accused man issues Boniswa with a serious threat. Sheila lies to Neo and finds a surprise when she gets home. Yvonne decides that the truth is best kept from the social worker. Ndumiso takes drastic steps to restore Chillax to its glory days. A kind gesture lands Lerumo (TSHEPO MOSESE) in hot water. Thembeke finds herself in the wrong place at the wrong time. Gloria feels utterly hopeless and despondent. Phindile drops a bombshell on the Ngemas when it's far too late to do anything about it. Yvonne is forced to relive a nightmare.



MUVHANGO

Battle lines are drawn in the war for the throne and Phusuphusu wins a small victory against Azwindini. Vho-Makhadzi (CANDY MOLOI) makes a decision about the chieftaincy. Kgosi is suspicious of Matshidiso's intentions of marrying his father. KK has a life-threatening seizure. Marang is devastated to find out what Warona has been through. Azwindini receives news that shakes his world. Matshidiso has a tender moment with KK, she can't let him die. Marang is shocked when Warona reveals her plan to go away.



Programme information is supplied by the broadcasters. Schedules may be subject to changes at short notice.

GENERATIONS: THE LEGACY

The Morokas are floored by a damaging newspaper article. Ayanda bears the brunt of her lover's anger. Gog' Flo makes a shocking discovery and decides to report it. Lucy begs her friend to back down before she gets hurt. Instead of doing the right thing, Nkaba turns nasty. Boipelo's good mood sours after her brother's revelation. Panicked Palesa receives a ray of hope. Cosmo finally gets his groove on. Mrekza is called out on being a hypocrite. Gog' Flo refuses to take her "punishment" lying down. Smanga can't bring himself to be happy about Bulelwa's good news. Tau (RAPULANA SEIPHEMO) stumbles onto a juicy scandal and is determined to benefit from it. Ayanda sees a new side to her man. The Diales are summoned to an urgent family meeting.



RHYTHM CITY

Suffo gathers dirt on Khulekani. Sabelo faces the music for all his lying. Rene (AMO CHIDI) gets devastating news. Sabelo comes clean. Fats' date goes far too well. Suffocate comes clean to Madikgetla. Rene spooks Dikeledi. Madikgetla decides on Suffo's fate. Rene gets closer to having a baby.

◻ - Repeat ◻ - Afrikaans ◻ - Multilingual ◻ - Nguni ◻ - Sesotho/Setswana/Sepedi ◻ - isiXhosa ◻ - isiZulu A - Suitable for all ages L - Language N - Nudity PG - Parental guidance S - Sex V - Violence

THURSDAY 12 MARCH

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:30 Days of Our Lives 10:30 ◻ Gebroke Harte 11:30 ◻ Rhythm City 12:00 ◻ Scandal! 12:30 ◻ Imbewu: The Seed 13:00 eNews 13:30 ◻ The Wild 14:00 ◻ Paternity Court 14:30 Peppa Pig 14:35 Care Bears: Welcome to Care-a-Lot 15:00 Ninjago: Masters of Spinjitzu 15:30 Spirit Riding Free 15:55 Trolls: The Beat Goes On 16:20 Judge Judy 16:45 Days of Our Lives 17:30 ◻ Bittersoet 18:30 Couples Court with the Cutlers 19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago Fire 21:30 Imbewu: The Seed 22:00 The Blacklist 23:00 Late Show with Stephen Colbert 23:45 Best of the Best	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 ◻ Daily Thetha 11:30 ◻ Lip Sync Battle 12:00 ◻ Sport 13:00 Lunchtime News 13:30 Mam' Sakhile's Story House 14:00 ◻ Selimathunzi 14:30 Teenagers on a Mission 15:00 ◻ Dynamite Diepkloof Dudes 15:30 YoTV 16:30 ◻ Daily Thetha 17:28 Journey of Inspiration 17:30 ◻ News 18:00 Instapreneurs 18:30 Skeem Saam 19:00 ◻ News 19:30 #TBT 20:00 Generations: The Legacy 20:30 Uzalo 21:00 One Day Leader 22:00 ◻ Mzansi Insider 23:00 ◻ Yilungelo Lakho 00:00 Koze Kuse	09:30 Stories Untold 10:00 Ke Zaka 10:30 ◻ It's for Life 11:00 Inside the Baobab Tree 11:30 Baby TV 12:00 ◻ Sid the Science Kid 12:30 ◻ 7de Laan 13:00 ◻ Lithapo 13:30 ◻ Uzalo 14:00 ◻ Skeem Saam 14:30 ◻ Muvhango 15:00 Akili and Me 15:30 YoTV 16:00 Words and Numbers 16:30 Hectic Nine-9 17:00 Dragon Ball Z Kai: The Final Chapters 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 ◻ Beter Assie Bure 20:00 ◻ News 20:30 Triple Threat 21:00 Muvhango 21:30 Speak Out 22:00 Born to Kill? 23:00 Supernatural 00:00 ◻ Dragon Ball Z Kai: The Final Chapters	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 11:30 ◻ Generations: The Legacy 12:00 Airwolf Retro action series. 13:00 On Point 14:30 ◻ @ The Table 15:00 To be announced 16:00 Hectic on 3 16:30 Judge Faith Jenkins Court Show 17:00 Afternoon Express 18:00 ◻ Harry 19:00 Isidingo 19:30 The Profit 20:30 @ The Table 21:00 News 21:30 ◻ The Docket Drama series. Season ends. The Ravens are presented with a challenge to save Ntsiki who's chained to a chair and sitting atop a bomb planted there by Endless. 22:00 ◻ High Rollers Double bill. 23:30 Koze Kuse	09:30 ◻ Chicago Med 10:30 ◻ Finding the One 11:30 ◻ The Kelly Clarkson Show 12:30 ◻ MasterChef Australia 13:30 ◻ Station 19 14:30 ◻ Grey's Anatomy 15:30 ◻ SWAT 16:30 ◻ Modern Family 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia Reality cooking show. The bottom three contestants must recreate champion chocolatier Kirsten Tibbal's apple pie. 19:00 The Bachelor SA 20:10 Still Breathing 21:10 NCIS Action series. After the team find a secret government bank account that's funding a nationwide network of vigilante justice, they must determine who is acting as judge and jury. 22:05 Noughts and Crosses 23:05 Late Late Show with James Corden 00:10 ◻ The Prodigal Son	09:30 ◻ Isibaya 10:00 ◻ The Queen 10:30 ◻ Isithembiso 11:00 ◻ The Doctors 12:00 ◻ The River 12:30 ◻ Isibaya 13:00 ◻ The Queen 13:30 ◻ Isithembiso 14:00 Lokshin Bioskop: 10 Steps to Make Him Propose 15:30 Lokshin Bioskop: Van Toeka Love 17:00 The Talk 18:00 Rich Kids 18:30 Ackermans Style Squad 19:00 The River 19:30 Isithembiso Local drama series. Kero refuses to accept Banzi's victory. Vivian has no sympathy for Diamond. 20:00 Kwa Mam'Mkhize 20:30 Isibaya 21:00 The Queen Local drama series. 21:30 ◻ Tholaborethe 22:45 ◻ The Doctors 23:45 ◻ Jacob's Cross 00:50 ◻ The Talk



HIGHLIGHTS OF THE DAY

ISIDINGO (SAB3 19:00) Local drama series. Series finale. One man avenges himself and kills the enemy. A couple finally confronts their past and all hell breaks loose.

STILL BREATHING (M-NET 20:10) Drama series. A group of old friends who have drifted apart as they've grown older are brought together when tragedy strikes.

◻ - Repeat ◻ - Afrikaans ◻ - Multilingual ◻ - Nguni ◻ - Sesotho/Setswana/Sepedi ◻ - isiXhosa ◻ - isiZulu A - Suitable for all ages L - Language N - Nudity PG - Parental guidance S - Sex V - Violence

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:30 ◻ Days of Our Lives 10:30 ◻ Gebroke Harte 11:30 ◻ Rhythm City 12:00 ◻ Scandal! 12:30 ◻ Imbewu: The Seed 13:00 eNews 13:30 ◻ The Wild 14:00 ◻ Couples Court with the Cutlers 14:30 The Ant Bully 16:20 Judge Judy 16:45 Days of Our Lives 17:30 ◻ Bittersoet 18:30 The Culture 19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago Fire 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. 21:30 Imbewu: The Seed 22:00 Best of the Best II 00:05 Late Show with Stephen Colbert 00:50 The Purge 02:25 Red Dragon	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 ◻ Big Up 11:00 ◻ #TBT 11:30 ◻ Live Amp 12:00 ◻ Imizwilili 13:00 Lunchtime News 13:30 Mam' Sakhile's Story House 14:00 ◻ The Chatroom 14:30 Teenagers on a Mission 15:00 Sportsbuzz 15:30 YoTV 16:30 ◻ Restyle My Style 17:00 ◻ My Night 17:28 Reflections of Faith 17:30 ◻ News 18:00 Lip Sync Battle 18:30 Skeem Saam 19:00 ◻ News 19:30 Live Amp 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Kid with the Golden Arm 23:00 ◻ Mzansi Insider 00:00 Koze Kuse	09:00 Thabang Thabong 09:30 ◻ Fokus 10:00 ◻ Musiek Roulette 11:00 ◻ Inside the Baobab Tree 11:30 ◻ Baby TV 12:00 ◻ Sid the Science Kid 12:30 ◻ 7de Laan 13:00 ◻ Lithapo 13:30 ◻ Uzalo 14:00 ◻ Skeem Saam 14:30 ◻ Muvhango 15:00 Akili and Me 15:30 YoTV 16:00 Behind the Rainbow 16:30 Hectic Nine-9 17:00 Dragon Ball Z Kai: The Final Chapters 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 To be announced 19:30 ◻ #Karektas 20:00 ◻ News 20:30 Visionaries 21:00 Muvhango 21:30 ◻ Mopheme 22:00 ◻ Mmampodi 22:30 TKO Boxing Magazine	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 11:30 ◻ Generations: The Legacy 12:00 Miami Vice Retro action series. 13:00 On Point 14:30 ◻ @ The Table 16:00 Hectic on 3 16:30 Judge Faith Jenkins Court Show Reality courtroom series. 17:00 Afternoon Express 18:00 ◻ Harry 19:00 To be announced 19:30 ◻ Christina Milian Turned Up Reality series. Christina organises a family camping trip but her plan backfires when tensions build before the group even leaves home. 20:00 Truth Be Told 21:00 News 21:30 Kathmandu Lullaby 23:30 EFC Premium Fight 01:30 Koze Kuse	09:00 ◻ 9-1-1 10:00 ◻ Carte Blanche 11:30 ◻ The Kelly Clarkson Show 12:30 ◻ MasterChef Australia 13:30 ◻ Chicago Fire 14:30 ◻ Chicago Med 15:30 ◻ SWAT 16:30 ◻ Modern Family 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia 19:00 The Voice 21:00 This is Us Drama series. The Pearson family gathers for their first Thanksgiving at Randall's Philadelphia townhouse. 22:00 Divorce 22:35 The Detour Comedy series. Nate and Robin head to Ithaca expecting to find their daughter but find a new family member instead. 23:05 Late Late Show with James Corden 00:00 ◻ Still Breathing 01:00 ◻ Noughts and Crosses	09:30 ◻ Isibaya 10:00 ◻ The Queen 10:30 ◻ Isithembiso 11:00 ◻ The Doctors 12:00 ◻ The River 12:30 ◻ Isibaya 13:00 ◻ The Queen 13:30 ◻ Isithembiso 14:00 Lokshin Bioskop: A Family Affair Drama. A young couple decide to take their parents on holiday so they may get to know one another. Things start getting tricky when the subject of marriage is brought up. 15:30 Lokshin Bioskop: Mr. Lava-Lava 17:00 The Talk 18:00 WWE Raw 19:00 The River 19:30 Isithembiso 20:00 ◻ Bounce 20:30 Isibaya 21:00 The Queen 21:30 Massive Music 22:00 ◻ Laugh Out Loud: The Comedy Show 23:00 ◻ The Doctors 00:00 ◻ Jacob's Cross 01:00 ◻ The Talk

13 MARCH **FRIDAY**



HIGHLIGHTS OF THE DAY

TRUTH BE TOLD (SABC3 20:00) Comedy series. Season 1 starts. Angie's (BRESHA WEBB) ex gives her tickets to a concert. Her husband is wary, but her friends are thrilled to have a fun night out.

THE QUEEN (MZANSI 21:00) Local drama series. Skhumbuzo and Gracious duck and dive to save themselves from getting caught by the police. Nomzamo has a bone to pick with her husband.

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
08:30 ◻ Scandal! Omnibus. 10:20 ◻ Imbewu: The Seed Omnibus. 12:30 ◻ CheckPoint 13:00 Xplosion 14:00 Diary of a Wimpy Kid 15:55 The Croods Animation. A caveman family go on a house-hunting adventure when their cave is destroyed. Voices of Nicolas Cage, Ryan Reynolds. 98 min. 2013. PG. 18:00 Fear Factor USA 19:00 eNews 19:30 Marlon Comedy series. The first wedding anniversary since their divorce leads Marlon and Ashley to rehash the details of their first date. 20:00 Black Knight 21:55 The Tourist Adventure. A US tourist in Italy unwittingly gets involved with a mysterious woman who's trying to evade law enforcement. Johnny Depp, Angelina Jolie. 103 min. 2010. PG13. 00:00 NBA Phoenix Suns vs Dallas Mavericks.	08:00 Big Breakfast 09:00 ◻ Imizwilili Local choral music show. 10:00 Mzansi Insider 11:00 ◻ Generations: The Legacy Omnibus. 13:30 Sport Magazine 14:00 Soccer (build-up) 14:30 Laduma 17:00 ◻ Roots Local music show that caters for indigenous music genres. 18:00 ◻ Friends Like These Local game show. An all-male team of friends competes against an all-female group of friends to win a dream holiday. 19:30 ◻ News 20:00 Real Goboza Local magazine show featuring celebrity and entertainment news updates, exclusive interviews, red carpet coverage, reviews, fashion and talk. 20:30 To be announced 22:30 ◻ Who Killed Tupac? 23:30 ◻ Selimathunzi Local variety show. 00:00 ◻ Koze Kuse	07:00 Morning Live 08:30 ◻ Muvhango Omnibus. 11:00 ◻ Lithapo Omnibus. 12:30 Roughing It Out 13:00 ◻ Restyle My Style 13:30 TalkAbility 14:00 ◻ Living Land 14:30 ◻ SA Inc 15:00 ◻ #Karektas 16:00 Difret Drama. A young lawyer travels to an Ethiopian village to represent Hirut, a 14-year-old girl who shot her would-be husband as he and others were practising one of the nation's oldest traditions: abduction into marriage. Meron Getnet, Tizita Hagere, 99 min. 2014. 13V. 18:00 Fundis 18:30 ◻ News 19:00 The Cube 20:00 ◻ News 20:30 ◻ Skwizas 20:57 Lotto Draw: Live 21:00 Desert Flower 23:00 ◻ Afro Café 00:00 Full View	09:00 ◻ Talent on Track 09:30 ◻ Judge Faith Jenkins Court Show Omnibus. 11:00 The Grand Pavilion Cricket magazine show. 12:00 ◻ Survivor: Game Changers 13:00 ◻ Married in a Flash 14:00 ◻ The Profit 15:00 ◻ Mela 16:00 Pharrell Williams at Glastonbury Music special. 17:00 ◻ Christina Milian Turned Up Double bill. 18:00 ◻ Top Billing 19:00 ◻ World of Dance Dance competition series. 20:00 Tropika Island of Treasure: Curaçao 21:00 News 21:30 The Godfather: Part II Drama. Michael Corleone extends the family empire into Nevada while contending with a failing marriage. Al Pacino, Robert Duvall. 202 min. 1974. 16VL. 00:30 Koze Kuse	08:55 ◻ MasterChef Junior USA 09:50 ◻ The Bachelor South Africa 11:00 ◻ NCIS 12:00 ◻ Great Parks of Africa 13:00 ◻ This is Us 14:00 ◻ Survivor: Island of the Idols 15:00 Heidi 15:30 Shrek Forever After 17:00 American Housewife 17:30 The Unicorn 18:00 Splitting Up Together 18:30 Young Sheldon 19:00 The Voice 20:00 Stumptown 21:00 Nancy Drew Mystery series. Nancy and her friends risk their lives to bring a serial killer to justice after they discover a connection between the poison that killed Tiffany Hudson and a Horseshoe Bay cold case. 22:00 American Horror Story: 1984 23:00 ◻ Divorce 23:35 ◻ The Detour 00:05 ◻ Why Women Kill	09:30 Mzansi Magic Music Special 10:00 ◻ For Better or Worse with Mo and Phindi 10:30 ◻ Ackermans Style Squad 11:00 ◻ The Queen Omnibus. 13:30 ◻ The River Omnibus. 16:00 Mzansi Magic Music Special 16:30 ◻ Our Perfect Wedding 17:30 ◻ Mnakwethu 18:00 Lokshin Bioskop: One Coffin 19:00 Kwa Mam'Mkhize 19:30 The Real Housewives of Johannesburg 20:30 Lokshin Bioskop: Isifungo 21:30 WWE SmackDown Professional wrestling show featuring World Wrestling Entertainment superstars. 22:30 Support the Girls 00:00 ◻ Soul Sessions 00:30 ◻ Homeground 01:00 ◻ Massive Music

14 MARCH **SATURDAY**



HIGHLIGHTS OF THE DAY

BLACK KNIGHT (E.TV 20:00) Comedy. An amusement park worker gets a knock on the head and wakes up in medieval England. Martin Lawrence, Marsha Thomason. 95 min. 2001. PG13.

AMERICAN HORROR STORY: 1984 (M-NET 22:00) Horror series. Season 9 starts. In the summer of 1984, five friends work as counselors at Camp Redwood where their past comes to haunt them.

DRUM TV GUIDE

◻ - Repeat ◻ - Afrikaans ◻ - Multilingual ◻ - Nguni ◻ - Sesotho/Setswana/Sepedi ◻ - isiXhosa ◻ - isiZulu A - Suitable for all ages L - Language N - Nudity PG - Parental guidance S - Sex V - Violence

SUNDAY 15 MARCH

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:00 ◻ Rhythm City Omnibus. 11:00 Premier League World 11:30 Films and Stars 12:05 Legally Blonde Comedy. The most popular blonde in school goes to study law to show her ex-boyfriend that she isn't an airhead. Reese Witherspoon, Luke Wilson. 96 min. 2001. PG13. 14:00 America's Got Talent Reality competition series. 16:00 Impact Wrestling show. 18:00 Showtime at the Apollo 19:00 eNews 19:30 Black-ish Comedy series. Dre and Bow face their own gender biases upon learning that Junior and Zoey have both become sexually active. 20:00 Ride Along 2 22:05 eKasi: Our Stories 23:05 Black Knight 00:50 ◻ Judge Judy Omnibus. 02:55 Ride Along 2	08:30 ◻ Gospel Avenue Local music show. Celebrities share their journeys in faith through the music they've selected. 09:30 ◻ Skeem Saam Omnibus. 12:00 ◻ Uzalo Omnibus. 14:30 Soccer (build-up) 15:00 Laduma 17:30 ◻ Gospel Unplugged Local contemporary gospel music show exclusively showcases urban gospel music genres. 18:00 ◻ Friends Like These 19:00 ◻ News 19:30 To be announced 21:30 The Agent Drama series. Blaze is forced into keeping his high-profile client Lesego's high-maintenance Ivorian girlfriend company while he's out cheating on her. Blaze's rival agent, Jean-Pierre, closes in on Blaze's most prized asset, Herve Toure. 22:30 ◻ Zaziwa 23:00 ◻ Friends Like These Local game show. 00:00 Koze Kuse	08:30 ◻ 7de Laan Omnibus. 11:00 Life 24/7 11:30 Issues of Faith 12:30 ◻ It's Gospel Time 13:30 Sport 15:00 ◻ Collector's Candy Reality series. Showcasing the life of collectable pickers Ivan Bruwer and Georgia Zucca and their business partner Waldo Tait. 16:00 The Open Door Adventure. A young boy with special needs changes the lives of his family, friends and the community he lives in. David Ruprecht, Michael Jeske. 110 min. 2017. PG. 18:00 ◻ Fokus 18:30 ◻ News 19:00 To be announced 20:00 ◻ News 20:30 A Fool's Paradise 21:30 ◻ Supernatural 22:30 ◻ Red Cake: Not the Cooking Show 23:30 To be announced 00:00 Full View 02:30 Unfiltered 03:00 The Globe	08:30 Nowhere Boys Teen adventure series. 09:00 To be announced 09:30 ◻ Isidingo Omnibus. 11:30 To be announced 12:00 ◻ Top Billing Local magazine show. 13:00 ◻ @ The Table 13:30 Funny You Should Ask 14:30 Vikram Vedha Action. A police officer goes after a mysterious gangster. Vijay Sethupathi, Madhavan. 147 min. 2017. PG. 17:30 Mela 18:30 Earth's Great Seasons Documentary series exploring wildlife and plants throughout the year. This episode focuses on spring, when hibernating animals wake and many species search for mates. 19:30 Spirit 20:30 Drive Motor show. 21:00 News 21:30 Breaking Up 23:30 Koze Kuse	09:00 ◻ 9-1-1 10:00 ◻ The Voice Double bill. 13:00 ◻ Finding the One 13:55 ◻ This is Us 15:00 ◻ Splitting Up Together 14:50 ◻ The Bachelor SA 16:00 Green Parks of Africa 17:00 MasterChef Junior USA Reality cooking competition series. The top 10 cooks are put into teams to roll out the longest pasta sheet they can make in as short a time as possible. 18:00 Survivor: Island of the Idols 19:00 Carte Blanche 20:05 Drunk Parents 21:45 Last Week Tonight with John Oliver 22:20 ◻ Still Breathing 23:20 Second Life Drama. In a plot to exact revenge, a high school girl tells a lie that gets her best friend killed, causing her life to spin out of control. Jung Da-Eun, Guk-Hyang Jeon. 70 min. 2018. PG13.	08:30 ◻ A Force for Good 09:00 Lokshin Bioskop: Amagugu 10:00 ◻ Isibaya Omnibus. 12:30 Lokshin Bioskop: Kumnyama 13:30 ◻ Homeground Local lifestyle entertainment show. Hosts interview celebrity guests live in studio and relive some of the week's hottest sports highlights. 14:00 ◻ Mzansi Magic Music Special 14:30 ◻ Isithembiso Omnibus. 17:00 Old Mutual's Amazing Voices 18:00 Date My Family Local dating show. 19:00 Our Perfect Wedding 19:45 Laugh Out Loud: The Comedy Show 21:00 ◻ Grassroots 21:30 Tholaborethe 22:40 ◻ Jacob's Cross Omnibus. 03:25 Lokshin Bioskop: Trouble with My Father



HIGHLIGHTS OF THE DAY

RIDE ALONG 2 (E.TV 20:00) Comedy. New cop Ben and his soon-to-be brother-in-law go to Miami to stop a druglord. Ice Cube, Kevin Hart. 102 min. 2016. PG13.

DRUNK PARENTS (M-NET 20:05) Comedy. Two drunk parents attempt to hide their financial difficulties from their daughter and friends. Alec Baldwin, Salma Hayek. 97 min. 2019. 16.

MONDAY 16 MARCH

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:30 ◻ Days of Our Lives 10:30 ◻ Gebroke Harte 11:30 ◻ Rhythm City 12:00 ◻ Scandal 12:30 ◻ Imbewu: The Seed 13:00 eNews 13:30 ◻ The Wild 14:00 ◻ Premier League World 14:30 Peppa Pig 14:35 Care Bears Welcome to Care-a-Lot 15:00 PJ Masks 15:15 Wissper 15:30 Turbo Fast 15:55 GGO Football 2: International Tournament 16:20 Judge Judy 16:45 Days of Our Lives 17:30 ◻ Bittersoet 18:30 Paternity Court 19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago Fire 21:30 Imbewu: The Seed 22:00 Queen Sugar 23:00 Late Show with Stephen Colbert	09:00 ◻ Uzalo 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 Daily Thetha 11:30 ◻ Real Goboza 12:00 ◻ Yilungelo Lakho 13:00 Lunchtime News 13:30 Mam' Sakhile's Story House 14:00 ◻ Friends Like These 15:00 ◻ Soul Buddyz 15:30 YoTV 16:30 ◻ The Chatroom 17:00 Breaking the Silence 17:30 ◻ News 18:00 Orange Couch 18:30 Skeem Saam Local drama series. Rachel realises having a job and running a household isn't easy. Lehasa makes a shocking discovery. 19:00 ◻ News 19:30 ◻ 'Sgudi 'Snaysi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 ◻ Freedom is Not Free 22:00 SoccerZone 23:00 ◻ Making Moves	09:00 Thabang Thabong 09:30 ◻ Vetkoekpaleis 10:00 ◻ Shoreline 11:00 Inside the Baobab Tree 11:30 ◻ Baby TV 12:00 Numtums 12:30 ◻ 7de Laan 13:00 Jikulumessu 13:30 ◻ Uzalo 14:00 ◻ Skeem Saam 14:30 ◻ Muvhango 15:00 Dinopaws 15:30 YoTV 16:00 Epic Hangout Kids' educational series. 16:30 Hectic Nine-9 17:00 Dragon Ball Z Kai: The Final Chapters 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 ◻ Voetspoore 20:00 ◻ News 20:30 Leihlo La Sechaba 21:00 Muvhango 21:30 Lithapo 22:00 Each One Teach One 22:30 ◻ Issues of Faith 23:30 ◻ Jikulumessu	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 11:30 ◻ Generations 12:00 Magnum PI Retro action series. World-famous French detective Jean Claude Forner arrives in Hawaii and asks Magnum to help him find a missing heir. 13:00 On Point 14:30 ◻ Truth Be Told 15:00 To be announced 16:00 Hectic on 3 16:30 Judge Faith Jenkins Court Show 17:00 Afternoon Express 18:00 ◻ Harry 19:00 To be announced 19:30 Survivor: Game Changer 20:30 Unfiltered 21:00 News 21:30 Billions Drama series. 22:30 ◻ High Rollers Double bill. 23:30 Koze Kuse	09:30 ◻ MasterChef Junior USA 10:20 ◻ The Bachelor SA 11:30 ◻ The Kelly Clarkson Show 12:30 ◻ MasterChef Australia 13:30 ◻ Survivor South Africa: Island of Secrets 14:30 ◻ Carte Blanche 15:30 ◻ SWAT 16:30 ◻ Modern Family 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia 19:00 Station 19 Drama series. When a blizzard hits Seattle, Travis must take a difficult call and members of the crew are forced to face their truths. 20:00 Grey's Anatomy Drama series. Bailey tries to help Joey with his future. Richard trains a new intern at the hospital. 21:00 Why Women Kill 22:00 Westworld Sci-fi series. Season 3 starts. 23:05 Late Late Show with James Corden	09:30 ◻ Isibaya 10:00 ◻ The Queen 10:30 ◻ Isithembiso 11:00 ◻ The Doctors 12:00 ◻ The River 12:30 ◻ Isibaya 13:00 ◻ The Queen 13:30 ◻ Isithembiso 14:00 Lokshin Bioskop: Luthando 15:30 ◻ Old Mutual's Amazing Voices 16:30 ◻ Soul Sessions 17:00 The Talk 18:00 Lokshin Bioskop: Imoto Yokufa 19:00 The River 19:30 Isithembiso 20:00 Grassroots 20:30 Isibaya 21:00 The Queen Local drama series. Georgina comes face to face with her father. Schumacher discovers yet another complication to his relationship with Skhumbuzo. 21:30 Homeground 22:00 A Force for Good 22:30 Fake Call 2 23:45 ◻ The Doctors



HIGHLIGHTS OF THE DAY

CHICAGO FIRE (E.TV 20:30) Drama series. Season 2 ends. Severide (TAYLOR KINNEY) is shaken by a fire at a boarding school. Casey tries to help Dawson.

WHY WOMEN KILL (M-NET 21:00) Dramedy 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.

◻ - Repeat ◻ - Afrikaans ◻ - Multilingual ◻ - Nguni ◻ - Sesotho/Setswana/Sepedi ◻ - isiXhosa ◻ - isiZulu A - Suitable for all ages L - Language N - Nudity PG - Parental guidance S - Sex V - Violence

17 MARCH **TUESDAY**

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:30 ◻ Days of Our Lives 10:30 ◻ Gebroke Harte 11:30 ◻ Rhythm City 12:00 ◻ Scandal! 12:30 ◻ Imbewu: The Seed 13:00 eNews 13:30 ◻ The Wild 14:00 ◻ Paternity Court 14:30 Peppa Pig 14:35 Care Bears Welcome to Care-a-Lot 15:00 Elena of Avalor 15:30 Dragons: Riders of Berk 15:55 Pokemon the Series: Sun and Moon - Ultra Legends 16:20 Judge Judy 16:45 Days of Our Lives 17:30 ◻ Bittersoet 18:30 Couples Court with the Cutlers 19:00 Rhythm City Local drama series. 19:30 Scandal! 20:00 eNews 20:30 Chicago Fire 21:30 Imbewu: The Seed 22:00 CheckPoint 22:30 Forensic Files	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 Daily Thetha 11:00 ◻ Instapreneurs 12:00 ◻ SoccerZone 13:00 Lunchtime News 13:30 Mam' Sakhile's Story House 14:00 ◻ Friends Like these 15:00 ◻ Soul Buddyz 15:30 YoTV 16:30 ◻ Yilungelo Lakho 17:30 ◻ News 18:00 Nyan'Nyan Docu-reality show. Young couples are given the opportunity to tell each other a secret. 18:30 Skeem Saam 19:00 ◻ News 19:30 ◻ Selimathunzi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Expressions 21:30 Cutting Edge 22:00 ◻ Nyan'Nyan 22:30 ◻ The Chatroom 23:00 ◻ Ispani 00:00 ◻ Koze Kuse	09:30 The Golden Years 10:00 ◻ Pasella 10:30 ◻ The Ladies Club 11:00 ◻ Inside the Baobab Tree 11:30 ◻ Baby TV 12:00 ◻ Numtums 12:30 ◻ 7de Laan 13:00 Jikulumessu 13:30 ◻ Uzalo 14:00 ◻ Skeem Saam 14:30 ◻ Muvhango 15:00 Dinopaws 15:30 YoTV 17:00 Dragon Ball Z: The Final Chapters 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 ◻ Meeulanders 20:00 ◻ News 20:30 Nhlalala Ya Rixaka 21:00 Muvhango 21:30 Lithapo 22:00 ◻ It's Gospel Time 23:00 ◻ Jikulumessu 23:30 ◻ Dragon Ball Z Kai: The Final Chapters 00:00 Full View 03:00 The Globe	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 To be announced 11:30 ◻ Generations 12:00 The A-Team Retro action series. 13:00 On Point 14:30 Unfiltered 15:00 To be announced 16:00 Hectic on 3 16:30 Judge Faith Jenkins Court Show Courtroom series. 17:00 Afternoon Express 18:00 ◻ Harry 19:00 To be announced 19:30 Tropika Island of Treasure: Curacao 20:30 Special Assignment 21:00 News 21:30 Billions Drama series. Axe seeks counsel on how best to recoup his losses following a disastrous setback at Axe Capital. 22:30 ◻ High Rollers Double bill. 23:30 Koze Kuse	09:30 ◻ NCIS 10:30 ◻ Splitting Up Together 11:00 ◻ Young Sheldon 11:30 ◻ The Kelly Clarkson Show 12:30 ◻ MasterChef Australia 13:30 ◻ The Voice 15:30 ◻ SWAT 16:30 ◻ Modern Family 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia 19:00 Chicago Fire Drama series. A deadly bacteria takes its toll on numerous victims around the city. 20:00 Chicago Med Drama series. April and Noah disagree over a patient who is injured following a beating. 21:00 Chicago PD Drama series. After zeroing in on a suspect responsible for bioterrorism, the police prepare for their biggest manhunt yet. 22:00 Shameless 23:00 Late Late Show with James Corden	09:30 ◻ Isibaya 10:00 ◻ The Queen 10:30 ◻ Isithembiso 11:00 ◻ The Doctors 12:00 ◻ The River 12:30 ◻ Isibaya 13:00 ◻ The Queen 13:30 ◻ Isithembiso 14:00 Lokshin Bioskop: Urisho 15:30 Lokshin Bioskop: 10 Steps to Make Him Propose 17:00 The Talk 18:00 ◻ Date My Family 19:00 The River 19:30 Isithembiso Local drama series. Zamani and Indy take their property back. 20:00 Mnakwethu 20:30 Isibaya 21:00 The Queen 21:30 For Better or Worse with Mo and Phindi 22:00 Breaking Brooklyn 23:45 ◻ The Doctors 01:00 ◻ Jacob's Cross 02:00 ◻ The Talk 03:05 Lokshin Bioskop: Urisho



HIGHLIGHTS OF THE DAY

SKEEM SAAM (SABC1 18:30) Local drama series. Rachel's (LESEGO MARAKALLA) medical career is threatened. A renowned poet questions Noah about an original piece.

SHAMELESS (M-NET 22:00) Comedy series. Season 10 starts. Debbie, now the self-elected leader of the Gallagher family, cooks up a scam. Lip and Tammy get a surprise.

18 MARCH **WEDNESDAY**

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
09:30 ◻ Days of Our Lives 10:30 ◻ Gebroke Harte 11:30 ◻ Rhythm City 12:00 ◻ Scandal! 12:30 ◻ Imbewu: The Seed 13:00 eNews 13:30 ◻ The Wild 14:00 ◻ Couples Court with the Cutlers 14:30 Peppa Pig 14:35 Care Bears Welcome to Care-a-Lot 15:00 Barbie Dreamtopia 15:15 Littlest Pet Shop: A World of Our Own 15:30 Supa Strikas 15:55 Power Rangers: Ninja Steel 16:20 Judge Judy 16:45 Days of Our Lives 17:30 ◻ Bittersoet 18:30 Paternity Court 19:00 Rhythm City 19:30 Scandal! 20:00 eNews 20:30 Chicago Fire 21:30 Imbewu: The Seed 22:00 Power 23:10 Late Show with Stephen Colbert	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 Daily Thetha 11:30 ◻ Gospel Unplugged 12:00 ◻ The Chatroom 12:30 Identity 13:00 Lunchtime News 13:30 Mam' Sakhile's Story House 14:00 ◻ Khumbul'ekhaya 15:00 ◻ Soul Buddyz 15:30 YoTV 16:30 ◻ Ispani 17:30 ◻ News 18:00 ◻ Emasisweni 18:30 Skeem Saam Local drama series. Lelo has a ridiculous demand for Lehasa regarding the nut factory. Sihoko stands up for herself at work. 19:00 ◻ News 19:30 ◻ Mina Nawe 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Khumbul'ekhaya 22:00 Sport 23:00 Soccer (delayed) 01:00 Soccer (delayed)	09:30 ◻ Koskaskenades 10:00 ◻ Health Talk 11:00 Inside the Boabab Tree 11:30 Baby TV 12:00 ◻ Sid the Science Kid 12:30 ◻ 7de Laan 13:00 ◻ Lithapo 13:30 ◻ Uzalo 14:00 ◻ Skeem Saam 14:30 ◻ Muvhango 15:00 Akili and Me 16:00 ◻ Disney Cookabout 16:30 Hectic Nine-9 17:00 Naruto 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 ◻ Geure uit die Vallei 19:30 ◻ DeKatTV 20:00 ◻ News 20:30 Ngula Ya Vutivi/ Zwa Maramani 20:57 Lotto Draw: Live 21:00 Muvhango 21:30 Lithapo 22:00 Our Moments 23:00 ◻ Supernatural 00:00 ◻ Dragon Ball Z: Kai The Final Chapters	06:00 Espresso 09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 To be announced 11:30 ◻ Generations: The Legacy 12:00 Knight Rider 13:00 On Point 14:30 ◻ Special Assignment 15:00 To be announced 16:00 Hectic on 3 16:30 Judge Faith Jenkins Court Show 17:00 Afternoon Express 18:00 ◻ Harry Talk show. Singer and host Harry Connick Jr's show features musical numbers, on-the-street interviews and comedy segments. 19:00 To be announced 19:30 ◻ Married in a Flash 20:30 @ The Table 21:00 News 21:30 Narcos Drama series. 22:30 ◻ High Rollers Double bill. 23:30 Koze Kuse	09:30 ◻ Grey's Anatomy 10:30 ◻ Get a Room with Carson & Thom 11:30 ◻ The Kelly Clarkson Show 12:30 ◻ MasterChef Australia 13:30 ◻ MasterChef Junior USA 14:30 ◻ The Voice 15:30 ◻ SWAT 16:30 ◻ Modern Family 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia 19:00 9-1-1: Lone Star 20:00 9-1-1 21:00 Prodigal Son 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. 22:00 Jett Action series. Bennie sets to work cleaning up a messy situation. 23:00 Late Late Show with James Corden 00:00 ◻ Chicago PD	09:30 ◻ Isibaya 10:00 ◻ The Queen 10:30 ◻ Isithembiso 11:00 ◻ The Doctors 12:00 ◻ The River 12:30 ◻ Isibaya 13:00 ◻ The Queen 13:30 ◻ Isithembiso 14:00 Lokshin Bioskop: Lokshin FM Drama. A struggling community radio station has all the potential to become a success, but it becomes near impossible with a ruthless station owner lurking in the background. 15:30 Lokshin Bioskop: Battle of House 17:00 The Talk 18:00 ◻ Our Perfect Wedding 19:00 The River 19:30 Isithembiso 20:00 Being Bonang 21:00 The Queen Local drama series. 21:30 ◻ The Republic 22:30 ◻ The Doctors 23:30 ◻ Jacob's Cross 00:30 ◻ The Talk



HIGHLIGHTS OF THE DAY

ISITHEMBISO (MZANSI 19:30) Local drama series. Kero (MESHACK MAVUSO) and Banzi have their final showdown. Ayanda tells her mother her secret.

POWER (E.TV 22:00) Drama series. Season 3 ends. Tommy runs a dangerous game against Milan. Ghost faces a brand-new threat to his family.

MOVIE

Curl power

This Oscar-winning short film touches hearts with its portrayal of dad-daughter bonding



WATCH THIS

Catch the Oscar-winning Hair Love on the Sony Pictures Animation channel on YouTube.

Every parent who's had to detangle, clip, pin and style their daughter's curls knows it's a bonding experience – a sometimes thankless chore and an expression of love.

And if that parent is a dad who's new to the intricacy of curls, it can be a pretty daunting task. In just under seven minutes, Hair Love captures the emotion and complexity of that father-daughter bond.

Like Kobe Bryant's Oscar-winning Dear Basketball, this one was also made by a former pro athlete, American footballer

Matthew Cherry (38).

He isn't a dad but "I have a lot of friends who are young fathers", he told the New York Times.

Matthew said he was concerned about the lack of representation in animation, which is why "I wanted to see a young black family in the animated world".

BREAKING STEREOTYPES

In Hair Love, a young girl wants her dad to put her hair in a complex arrangement of braids, puffs and twists, with a YouTube video as his guide.

"Black fathers get one of the worst raps in terms of stereotypes – we're dead-beats, we're not around," Matthew said. "The people I know are extremely involved in their kids' lives."

TEAM EFFORT

The 2020 Oscar-winning animated short was financed by a Kickstarter campaign that raised more than R4,5 million.

It got the attention of a host of A-listers, including Jordan Peele and Gabrielle Union, who is a co-producer. Issa Rae is the narrator.

SEQUEL IN THE MAKING

At the heart of the film is family. "I'm a dad," co-director Everett Downing Jr said. "We're black dads bringing that experience onto the screen. The character's... sharing a moment with his family."

The film has been adapted into an illustrated children's book and Matthew hopes to continue the story.

"Right now we're enjoying the response to [the film]," he said. "When things settle down, we'll start thinking about how we can continue the story."

★ STREAMING

SPENSER CONFIDENTIAL
ACTION COMEDY. 101 MIN. 2020.
16. NOW ON NETFLIX

Based on one of Robert B Parker's Spenser crime novels, Wonderland.

Ex-cop Spenser (Mark Wahlberg), fresh out of prison, gets roped in to help his old boxing coach and mentor Henry with promising amateur MMA fighter Hawk (**WINSTON DUKE**).

When two of Spenser's former colleagues turn up murdered, he recruits Hawk to help him investigate.



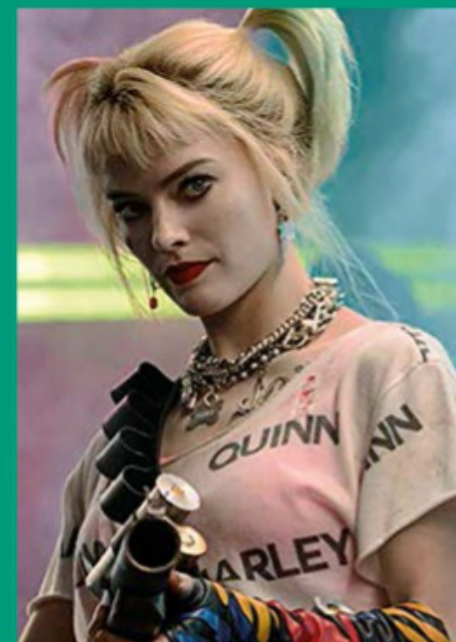
★ BIG SCREEN

HARLEY QUINN: BIRDS OF PREY
★★
ACTION COMEDY. 109 MINUTES.
2020. 16DLV.

The Joker's ex, Harley Quinn (**MARGOT ROBBIE**), has become a target for all the people she's wronged now that she's no longer under the supervillain's protection.

The zany visual style, filled with voiceovers, cartoon flashbacks and scrawled on-screen captions, tries to dress up the fairly simple plot which lacks surprises or twists.

– SANDRA VISSER



MUSIC

Meet Dave

The British rapper is making waves with his insightful, socially conscious lyrics

CAUSING A STIR

Dave – full name David Orobosa Omoregie – has made headlines not just by winning awards and nominations, but by calling out British prime minister Boris Johnson as a racist.

And at this year's Brit Awards, where he performed his hit single Black, he held the media to account for their treatment of Meghan Markle, Duchess of Sussex.

The 21-year-old took home album of the year for his debut record, Psychodrama. He also won the Mercury Prize in the same category, making him only the second artist after English rock band Arctic Monkeys to win both awards.

REAL-LIFE DRAMA

Psychodrama examines the experiences of black people in Britain, as well as Dave's brother's imprisonment. Christopher was jailed at 18 for his part in the fatal stabbing of a schoolboy in 2010.

"The concept of Psycho-

drama actually came from the type of therapy Chris has been having in prison," Dave told the Observer.

"Everything's based on him and that song [Black] is a conversation between me and him."

MUSICAL ROOTS

Dave is a classically trained pianist. He fell in love with the instrument at age 14 when his mom bought him a digital piano.

This, and his love of movie soundtracks, inspired him to teach himself to play.

"It's an instrument I've always loved. I used to spend four or five hours a day practising."

Dave told The Guardian he and a friend would spur each other on by picking a piece of music and practising it.

"I've always listened to different styles of music to make sure I'm balanced. I feel like if you listen to only your type of music, you can never go outside of it," Dave told I-D.

NEW
ARTIST

Dave's award-winning track Black is both controversial and personal. It's based on a conversation with his imprisoned brother.

★ DVDS

ANGEL HAS FALLEN ★★
ACTION. 116 MIN. 2019. 16LV.

Gerard Butler returns as worn-out secret service agent Mike Banning, guardian angel of President Allan Trumbull (MORGAN FREEMAN).

After a drone attack which only Banning and Trumbull survive, Banning is fingered as a traitor and has to uncover the real assassins. 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



47 METERS DOWN: UNCAGED ★★
DRAMA/THRILLER. 90 MIN. 2019. PG13.

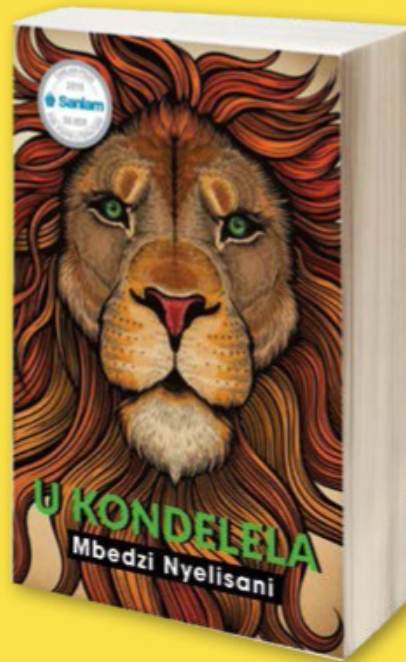
Stepsisters Sasha (CORINNE FOXX) and Mia and friends go diving in the ruins of an underwater city. They quickly discover they're not alone in the submerged caves and must make their way out of the claustrophobic maze before they become shark bait.

There are a few sudden shark attacks, a glimmer excitement, but that's about all that prevents it from being a total bust. - ILLANA FRANTZ





TATA SIKUXOLELE
BY THEMBISILE KUNDLWANA
(TAFELBERG)
R169*



U KONDELELA
BY NYELISANI MBEDZI
(TAFELBERG)
R169*



BOOKS

Two authors, two great reads

We chat to writers Thembisile Kundlwana and Nyelisani Mbedzi

READ
THESE

NOT everyone dreams of winning awards and getting accolades for their writing. They just want to tell stories and hope someone hears them.

This is the case with Sebokeng-based Thembisile Kundlwana (34) and Limpopo-born Nyelisani Mbedzi (24), who won awards at the 2019 Sanlam Prizes for Youth Literature.

They walked away with a lot more confidence – and a bit of money. We get to know the authors.

WHY THEY WROTE THEIR STORIES

Thembisile says his isiXhosa-titled novel, *Tata Sikuxolele* (Dad We Have Forgiven You), was inspired

by seeing the lack of support some kids get from their parents.

"The reason I wrote this book is because there was a father who didn't care about his kids after their mother had passed on," he says. "It was only after the kids had succeeded that he apologised and humbled himself."

The kids were staying at their uncle's house and weren't being taken care of properly. Thembisile says he sees a lot of this, including kids begging in the street – not because they want to, but because they're desperate. "It forces them to leave and find a means to survive," he explains.

Nyelisani says some of his stories are inspired by the experiences he and other people go through. However, his Tshivenda-titled novel, *U Kondelela* (Patience) – which scooped him a silver prize – is different.

It's about Lion, the ruler of the

jungle, who's dying. He's succeeded not by his own offspring, but by an animal with no royal bloodline.

Maemu, a human, takes up the throne and does a good job. He gains the trust of the other animals, which helps him when Lion's son, Nemashango, makes a sudden return hoping to claim the throne.

"I usually see pictures and immediately have a full story in my head," Nyelisani says. "I saw a picture of a lion and I knew that was the story."

He experienced many challenges while growing up, a lack of tuition fees being one. He says his book aims not only to encourage readers but also to keep them motivated.

READING TO WRITE

Thembisile says although it wasn't part of his daily routine while growing up, he always had time to read other people's books.

Among the ones he loved most was *Akusekho Konwaba* (No Longer At Ease) by DM Jiyane, C Achebe and H Mothlabane. He says it taught him that if a place doesn't feel the same after leaving, "when you go back you probably won't be at ease".

Nyelisani says he looks up to media personality Bonang

Matheba. "She had an interview on SABC3's Real Talk where she spoke about a lot of things she does, like being a businesswoman, an author and a TV personality. It encouraged me to do anything if I put my mind to it."

ROAD TO PUBLISHING

It wasn't easy getting their books published and both Nyelisani and Thembisile faced challenges.

"When I was preparing for my exams I was under pressure to finish writing the book. I had to do both at the same time," Nyelisani says. He's studying computer science at the University of Limpopo, Turfloop campus.

He says being an author is challenging in itself – just to be able to reach 20 pages is hard.

Thembisile says he didn't know how to write a story that would be relatable. "Do I write it like this or like that?" he says, adding that he's always loved literature.

Both authors hope readers will get something special from their books. "Kids may be kids now but they'll be parents one day, so they must learn how to take care of their children," Thembisile says.

Nyelisani says people must learn to wait for God to fight for them. "That's what my book is trying to teach." **DM**

A SORE HEAD

A man recovering from a very complicated bowel operation keeps complaining about a bump on his head and a terrible headache. Since his operation had been an abdominal one, there is no earthly reason why he should be complaining of a headache.

Finally his worried nurse, fearing that the man might be suffering from some post-operative shock, speaks to the surgeon about it.

The surgeon assures the nurse, "Don't worry about a thing. He really does have a bump on his head. About halfway through the operation we ran out of anaesthetic."

COMPULSION

A man walks into a bar and orders a glass of white wine. He takes a sip, then tosses the remainder in the bartender's face.

Before the bartender can recover from the surprise, the man begins weeping.

"I'm really sorry. I keep doing that to bartenders. I can't tell you how embarrassing it is to have a compulsion like this. I feel really awful."

Far from being angry, the bartender is sympathetic.

"I happen to have the name of a psychoanalyst," the bartender says. "My brother and my wife have both been treated by him, and they say he's as good as they come."

The man writes down the name of the doctor, thanks the bartender, and leaves. The bartender smiles, knowing he has done a good deed for a fellow human being.

Six months later, the man is back. "Did you do what I suggested?" the bartender asks, serving a glass of white wine.

"I certainly did," the man says. "I've been seeing the psychoanalyst twice a week." He takes a sip of the wine, then throws the remainder in the bartender's face.

The flustered bartender wipes his face with a towel. "The doctor doesn't seem to be doing you any good," he splutters.

"On the contrary," the man says, "he has done me a world of good."

"But you just threw the wine in my face again!" the bartender exclaims.

"Yes," the man says. "But it doesn't embarrass me anymore!"

A VAMPIRE BAT

A vampire bat comes flapping in from the night covered in fresh blood and parks himself on the roof of the cave to get some sleep.

Pretty soon all the other bats smell the blood and begin to hassle him about where he got it from. He tells them to knock it off and let him get some sleep but they persist in hassling him until finally he gives in.

"Okay!" he says in exasperation. "Follow me," he grumbles and flies out of the cave with hundreds of bats following closely behind him.

Down through the valley they go, across the river and into the deep forest. Finally, just

before sunrise he slows down and all the other bats gather excitedly around him.

"Do you see that tree over there?" he asks.

"Yes, yes, yes!" all the bats scream in a frenzy.

"Good," he says, "because I didn't!"

THE CITY THAT NEVER SLEEPS

A South African family is dazzled by the sights and the bustling crowds during a visit to New York City in the US.

"This is the city that never sleeps," the father tells his 11-year-old daughter.

"That's probably because there's a Starbucks coffee shop on every corner," she cleverly observes.

A GLASS OF WATER

A father stays home one night to take care of his naughty son while his wife goes to meet his teacher at the school to discuss the little boy's errant ways.

The father settles down to watch TV but his son keeps interrupting him by asking for a glass of water. At first the father doesn't mind getting up and pouring it for him. In fact, the father is pleased that his son is asking for water instead of his favourite cooldrink.

However, after the fifth glass, the dad loses his patience and yells, "That's enough water – I'm trying to watch the TV. Go to bed!"

"But, Dad", the boy whines, "my room is still on fire!"

HAM DINNER

A man and wife are dining out at a nice restaurant. They overhear the couple at the next table discussing their bill.

"Well, my dear," the man says, "as far as I can tell, based on the price of the ham dinner you just ate, we have a pig back on the homestead that's worth at least R10 700."

LITTLE SIPHO

Little Siphos new baby brother is screaming up a storm.

He asks his mom, "Where did we get him?"

His mother replies, "He came from heaven, Siphos."

Siphos says, "Wow! I can see why they threw him out!"

DOG TALKS IN SLEEP

A young man has inherited a special dog from his wealthy old mentor.

One evening the young man is astonished to hear the dog bellow in its sleep, "My name is Christopher Columbus! I am seven-hundred years old! I own America! I married Marilyn Monroe!"

Concerned, he takes it to a veterinarian to

have it diagnosed.

When the young man asks how he should treat the problem, the veterinarian replies, "Don't worry about it. It's better to just let sleeping dogs lie."

EARLY MORNINGS

Two mothers are having a conversation about their children one day.

"How do you get your son up so early on school mornings?" the first woman asks.

"Oh, that's easy," the second replies.

"I just throw the cat on his bed."

"What! Why does that wake him up?"

"The dog sleeps in the bed too!"

A DOCTOR'S NURSERY RHYME

A doctor's wife is off on a girls' night out with her friends. She leaves instructions for her husband to sing their daughter nursery rhymes to help her fall asleep but writes only the names of the rhymes on the page.

"Ah, I know this one," the doctor says before turning to his daughter.

"A research team proceeded towards the apex of a natural geologic protuberance, the purpose of their expedition being the procurement of a sample of fluid hydride of oxygen in a large vessel, the exact size of which was unspecified."

"One member of the team precipitously descended, sustaining severe damage to the upper cranial portion of his anatomical structure – subsequently the second member of the team performed a self-rotational translation oriented in the same direction taken by the first team member."

TRANSLATION Jack and Jill went up the hill to fetch a pail of water. Jack fell down and broke his crown and Jill came tumbling after.

TEEN TATTOO

Being a teenager and getting a tattoo seems to go hand in hand these days.

The mother of a teen girl isn't surprised when one of her daughter's friends shows her a delicate little Japanese symbol on her hip.

"Please don't tell my parents," she begs.

"I won't," the mother promises. "By the way, what does that stand for?"

And without a hint of irony she replies, "Honesty".

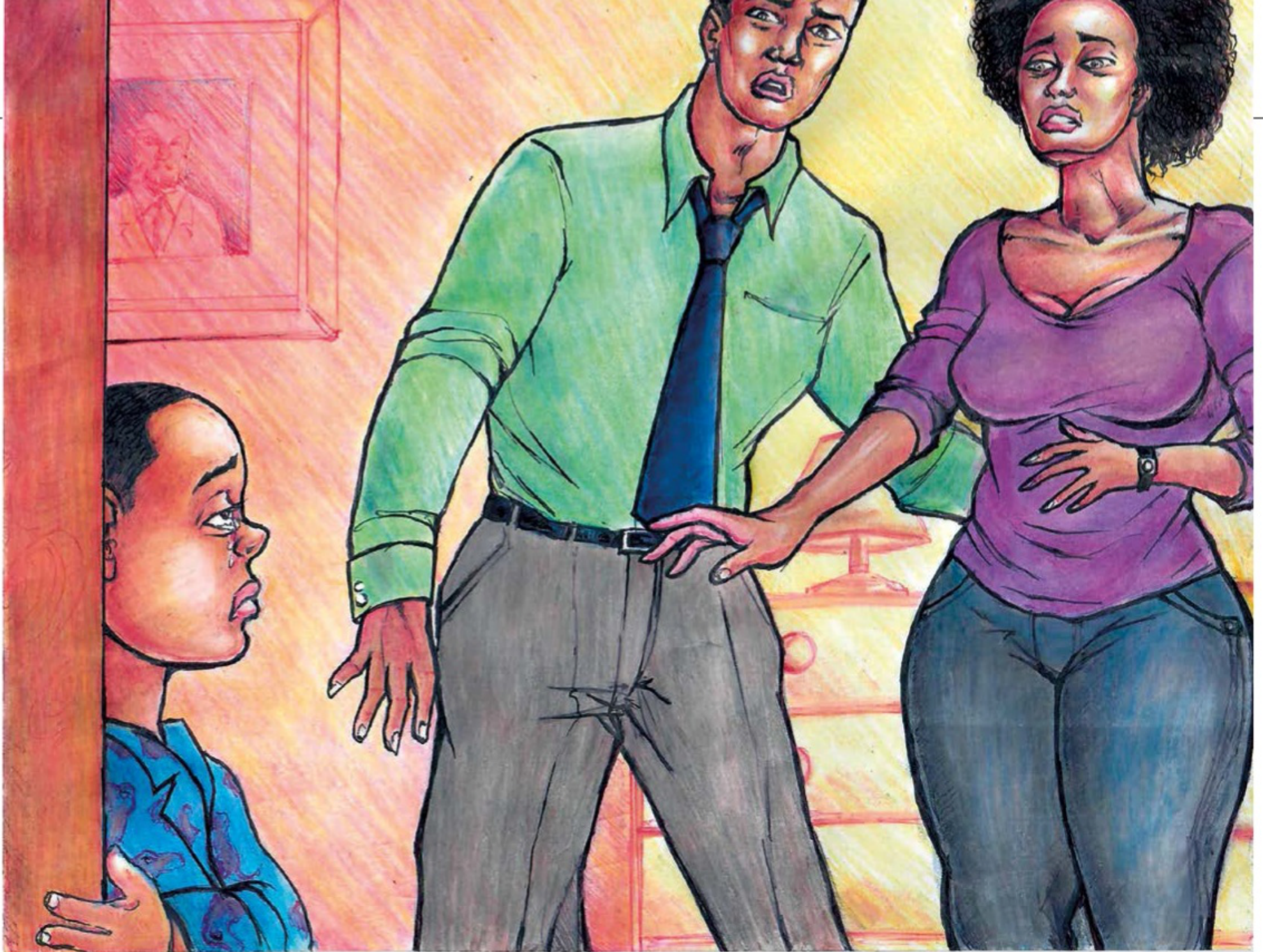
BUDGET AIRLINE

It's mealtime on a small airline and the flight attendant asks the passenger if he would like dinner.

"What are my choices?" he chuckles, "Chicken or beef?"

"It's yes or no," she replies. **DM**

HEAVY READING
I'm reading an incredibly interesting book about anti-gravity. I just can't put it down.



Practise what you preach

Naledi learns a hard lesson when she realises her little boys are not the only ones who don't know how to fight fair

SMILED as I looked through the kitchen window. My two sons were playing happily together in the sand-pit, making roads for their toy cars. Six-year-old Boleng was showing four-year-old Kutlo how to build a stick bridge.

Hopefully the peace would last. Hopefully I would be able to get supper cooked. The chicken was already roasting in the oven so I peeled the carrots and then started to chop some cabbage. My husband thinks daily vegetables are very important, especially for growing boys.

But the peace did not last; it never does.

"That's my car! The red one is mine."

"No, it's not. I got it first."

"Give it to me. Right now!" little Kutlo screeched.

"I'll smash up your bridges," Boleng yelled back.

"If you smash my bridges, I'll smash your face!"

"Then I'll tell Mommy and you'll be in big trouble."

Here we go again! Why? Please tell me why my little boys are always fighting. I try so hard to treat them equally. I try to

make sure one never feels jealous of the other. I tell them all the time how lucky they are to have each other.

Boleng and Kutlo came into the kitchen, both of them crying now.

"He hit me, Mommy. He hit me on my ear. And now I can't hear out of it."

"You hit me first, so it serves you right."

"But you broke my car. You broke it into pieces and it can never be fixed."

I wanted to cry along with them. Why was my husband never home when I needed him?

Sibling rivalry – that's what my sister called it. She was studying psychology.

"Don't let it upset you so, Naledi. Siblings fight. It's part of growing up."

"So, what am I supposed to do?" I asked my sister. "It drives me crazy when they start fighting."

But my sister didn't have any answers.

"So much for your psychology!" I grumbled at her. "It's all about finding problems and giving them fancy names. But never giving us ways to fix them."

My sister shook her head at me. It drives me crazy when she does that. I suppose there's still a bit of sibling rivalry between the two of us as well.

MOM!" Boleng and Kutlo were on either side of me now, both tugging at my jeans while the carrots boiled away on the stove. And that's when I had

an idea. The parenting books say you should talk to your children, right? They say that children understand more than you realise.

I switched off the carrots and I turned the oven low so the chicken wouldn't burn. Then I took the boys to the lounge and sat them down on the sofa. They looked at me with those big, beautiful brown eyes of theirs. Eyes just like their daddy's. No doubt they were wondering what I was up to.

"Boleng, Kutlo, you know that Mommy loves you very, very much. I love you, Boleng. And I love you, Kutlo."

They both nodded solemnly. Kutlo wiped at his cheek where his tears had mixed with some sand.

"Boleng, Kutlo, you are my little boys and you are here, deep in my heart. I keep you both there, together. Side by side." I patted my left-side shirt pocket.

Again, they nodded. They seemed to understand what I was saying so I knelt down in front of them to make sure I had their full attention.

"Now, I want you to think carefully. What happens when you two are fighting, when you two are shouting at each other or hurting each other? What do you think it feels like inside my heart?"

They were both staring at my left shirt pocket. Then Boleng put his hand up, as if he was at crèche with his teacher.

"I know, Mommy. It's like your heart is coming apart. In broken pieces."

Copying his big brother, Kutlo put his little hand up too. "I know, Mommy. It gets broken in pieces, like my car."

I hugged the pair of them. "That's it. Off

you go and play outside. Build some more bridges. And don't fight, okay?"

Boleng took his little brother by the hand and off they went, back to their sand and their cars and bridges.

"We won't fight, we promise. We won't break your heart in pieces," he assured her.

The tears were spilling down my cheeks now. But they were tears of happiness and relief. I went back to the kitchen to finish cooking supper.

Boleng and Kutlo kept their promise – all the way through supper until they were tucked up in their beds. Like two little angels in their matching blue dinosaur pyjamas.

"Sleep tight. Happy dreams," I whispered as I switched off the light. "And thank you for not fighting. Thank you for not breaking my heart in pieces."

'We won't fight, we promise. We won't break your heart in pieces'

"Love you, Mommy," Boleng said. "And I love Daddy too. Please tell him when he gets home."

"Love you, Mommy," Kutlo echoed.

I ALWAYS seem to be putting them to bed on my own these days. My husband Kenneth is never home in time. No matter how much he promises.

It was after 8pm when he finally got home. "Sorry, Naledi. I promised the boss I would get the schedule finished."

He tried to kiss me, but I turned away. I was sick of his excuses. There always seemed to be something he had to finish at work, or some Skype call to make to the parent company in the US.

"Supper," I said, dumping his plate in front of him so hard that some of the carrots bounced off onto the table. "We need to have a talk," I told him while he ate. "We need a serious talk, Kenneth."

"Can't it wait? I'm tired, Naledi. It's been a rough day."

"Well, it's been a rough day for me too. Boleng and Kutlo were fighting again. I can't bear it. And it's your fault! They need a father who is here for them. They need a man in their lives to play with them. To pay attention to them. But you are never here. Never!"

"But my love, I work hard for all of us. I work so we can have the house and the car. And that nice holiday. It all costs money, you know," he explained.

"Money isn't everything, Kenneth! Children don't only need houses and holidays. They need time, effort and attention too. They get that from me every day but they need it from you as well."

"It's easy for you. You have your stress-free morning job at the tourist shop and by 1pm you're home. You have plenty of time and energy left over to give to the boys. You don't know how it feels to be under pressure."

"If I don't work late, I won't get a promotion. There's more talk of retrenchments coming. What do you think will happen to our sons if I get retrenched? No more fancy playschool for Kutlo. No more football clinic for Boleng. No more holidays. No more comfortable house!"

Kenneth shoved his plate away. He was getting angry too. But I wasn't going to stop. He needed to hear a few home truths.

"Oh, and what about weekends? You have your weekends free from work but all you do is sit around watching TV. Why can't you take the boys out for a walk? Or down to the beach? Or just play with them outside? You just don't give a damn! About me or them!"

I was yelling now. And Kenneth yelled back. "That's the trouble with you, Naledi. All you see are my faults. Do I ever get any gratitude? Do you ever think to thank me for what I do for this family?"

And that was the moment I saw a figure in the doorway. A little figure in blue dinosaur pyjamas. Boleng with wide eyes and tears spilling down his cheeks. He looked at me, then at his father, then back at me.

"Please stop fighting," he said. "You are making my heart break in pieces."

As I scooped him up in my arms, I took Kenneth's hand and drew the three of us together in a hug. I felt ashamed of my anger.

"You are right, Boleng. Mommy needs to practise what she preaches," I said, kissing both my boys on their cheeks. **DM**

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Save our environment

By doing something small each day, we can all contribute to conserving our planet

HUMANS 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 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).

Although 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 **sea-water** and although 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, especially of **drinking water** and for the **irrigation of crops.**

WHAT YOU CAN DO

South Africa is a water-scarce country so it's important that we each do our bit to save water. It's not that hard either. Here are some handy tips to help you use less water on a daily basis.

1 Close taps tightly – make sure they aren't dripping. A tap that drips 10 drops a minute can waste up to three litres of water a day.



Don't leave the tap running while you brush your teeth. Use a cup to rinse your mouth instead.

SAVE WATER ...



Turn off taps tightly – dripping taps waste water.



Collect rainwater for watering the garden.



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, 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 they need a wash.

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 (CO₂) 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 (Afrikaans for "bacon tree"). It's a plant indigenous to South Africa 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 naturally found in **semi-arid areas**. It needs only about 250ml or one glass of water 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 (*P. armiana*); and the dwarf spekboom



As part of the #Spekboom-Challenge, Afrikaans soapie actress Pascal Pienaar has planted more than 900 of the succulents.

(*P. 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 salad** and 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 (CO₂) and releasing oxygen. It does this more effectively than most other plants.

One mature spekboom can absorb up to 8,5kg of CO₂ 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 CO₂ in Earth's atmosphere has been rising significantly, which contributes to global warming. We need plants to absorb this CO₂ and convert it into oxygen.

Spekboom are 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 completed, the labyrinth will consist of 90 000 spekboom and cover an area of 230m².



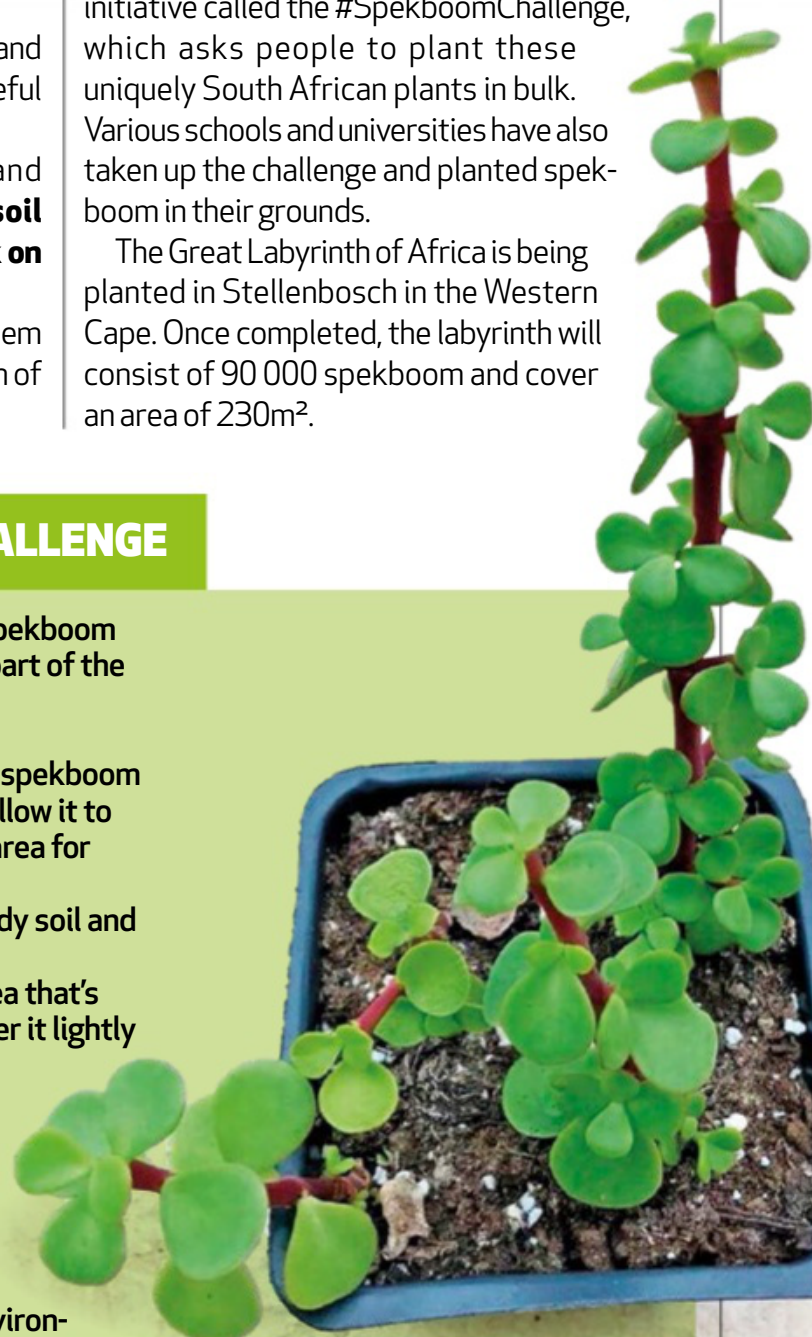
The entrepreneurs who grew the spekboom for the Great Labyrinth of Africa are (from left) Derek Zingela, Loyiso Rosha, Peter Shrimpton, Rekai Mapenda and Valentine Kangura.

#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 with environmental conservation.



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



Turn over

to learn about the Forbidden City in central Beijing, China.

FORBIDDEN CITY

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

THE Forbidden City in Beijing, China, was built in 1406 by the Yongle Emperor (personal name 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 Palace Museum. The complex covers 72ha (about 100 soccer fields) and houses 1 862 690 artefacts and works of art.

We take a look at the Hall of Supreme Harmony, the largest building in the complex, used through the ages for coronations, imperial weddings and other ceremonies.

THE NAME

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 could 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, and yellow was the emperor's colour.

THE PALACE COMPLEX IN NUMBERS

24

Chinese emperors called it home.

980

buildings make up the complex.

8 000+

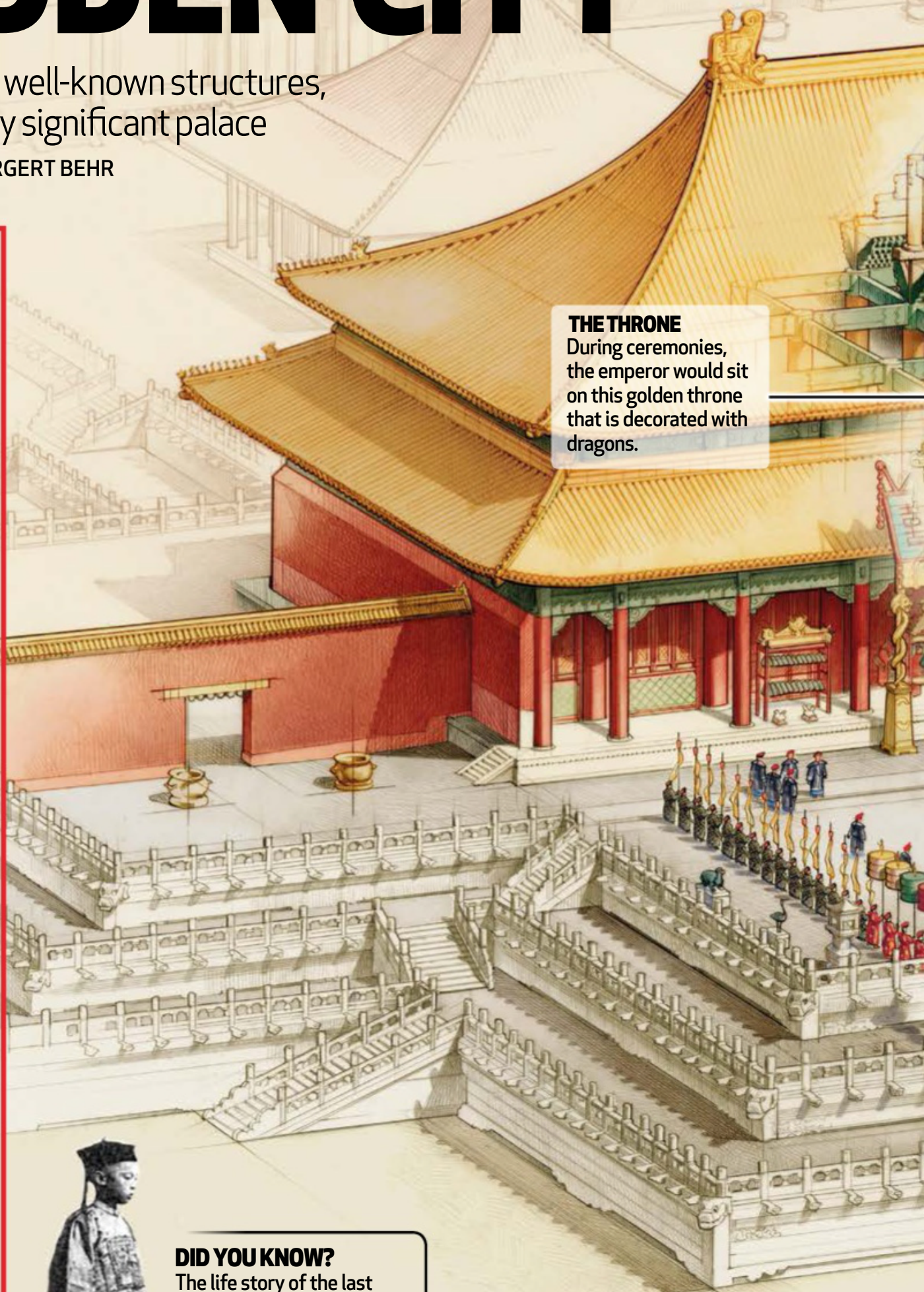
rooms have been preserved.

15 million+

tourists, both domestic and international, visit the palace annually.

THE THRONE

During ceremonies, the emperor would sit on this golden throne that is decorated with dragons.



DID YOU KNOW?

The life story of the last Chinese emperor, Puyi – who became emperor when he was just over 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.

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.

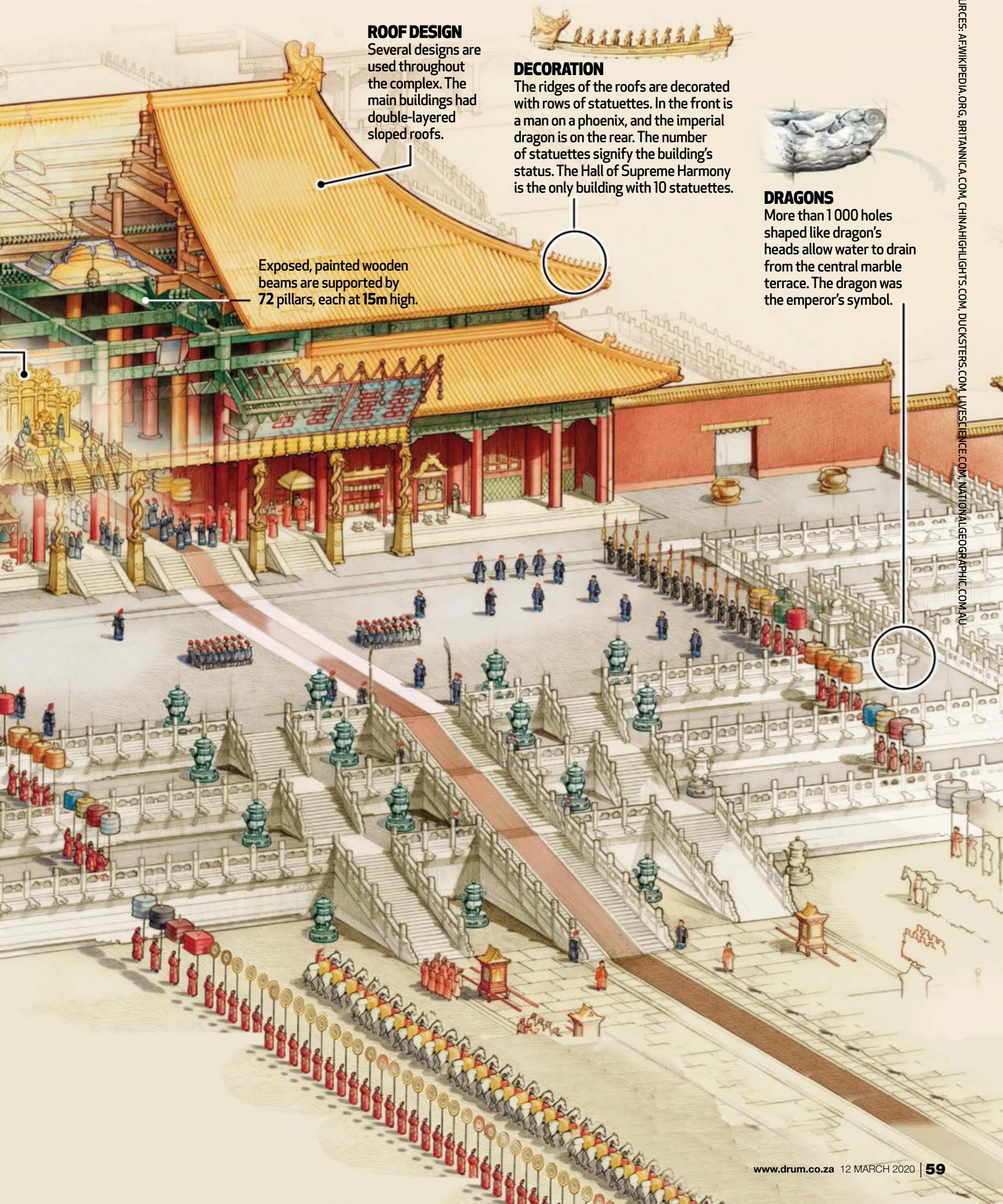
DECORATION

The ridges of the roofs are decorated with rows of statuettes. In the front is a man on a phoenix, and the imperial dragon is on 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

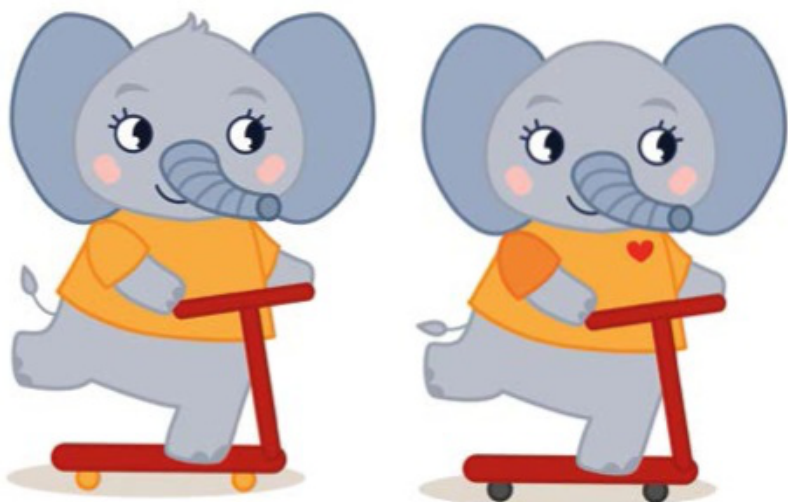
More than 1 000 holes shaped like dragon's heads allow water to drain from the central marble terrace. The dragon was the emperor's symbol.



Circle the odd one out



Find 5 differences

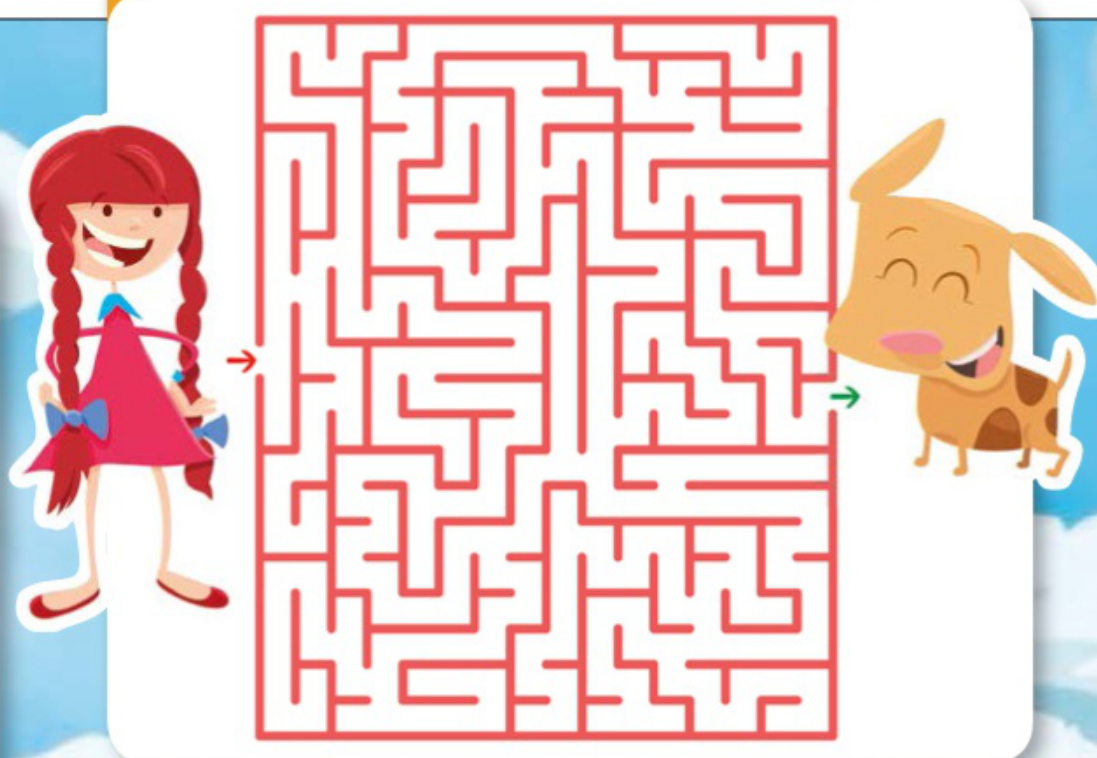


Animal kingdom

1 The words in the list below are all hidden in the grid – horizontally, vertically, diagonally, 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									

Help Penny reach her pup



Favourite foods

Draw a line to connect each animal to the food they love to eat.



Match the colours



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?

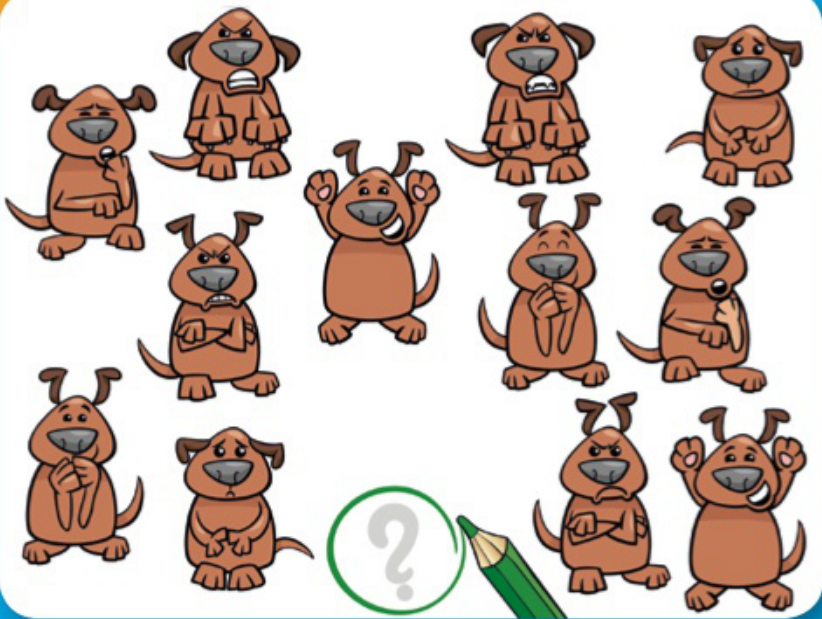
Which lion's path leads to the tiger?



Find 15 differences



Find two identical pictures

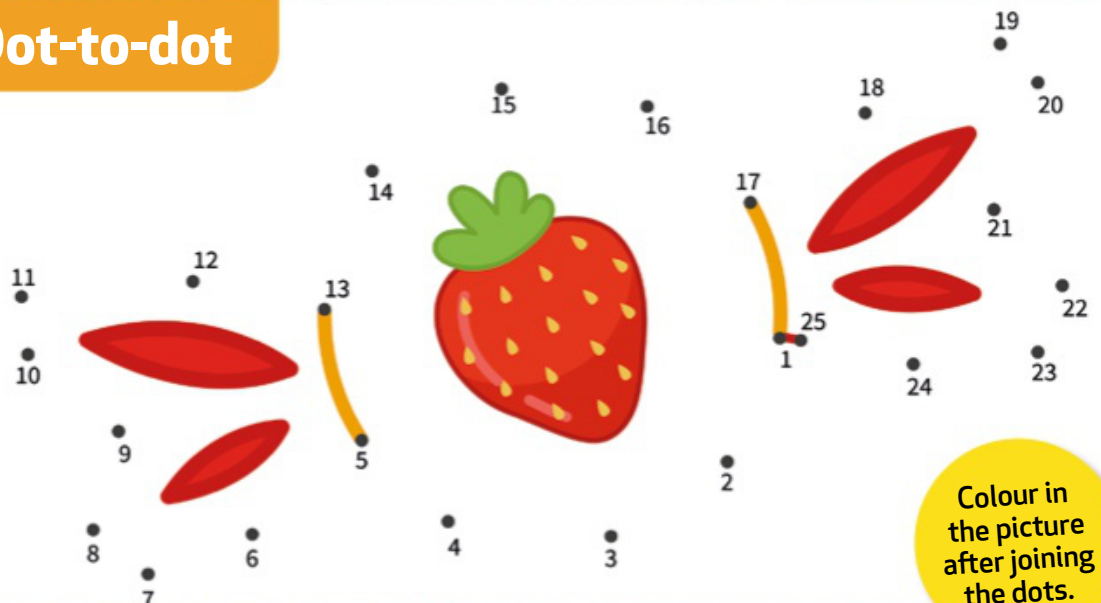


Match the object to the season

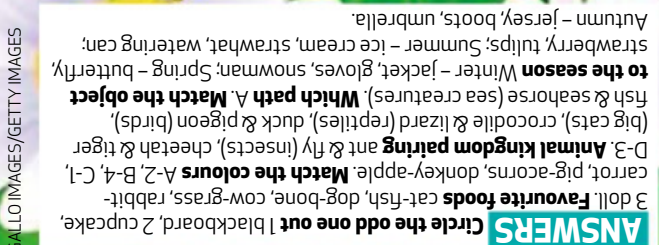
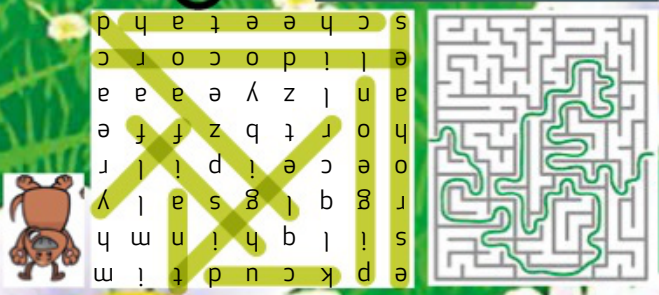
Cut out (ask for permission first) the images in the squares on the right side and glue them next to the correct season on the left.



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-carrot, pig-acorns, donkey-apple, Match the colours: A-2, B-4, C-1, D-3, Animal kingdom pairing: ant & fly (insects), cheetah & tiger (big cats), crocodile & lizard (reptiles), duck & pigeon (birds), fish & seahorse (sea creatures), Which path A: Match the object to the season: Winter - jacket, gloves, snowman, Spring - butterfly, strawberry, tulips, Summer - ice cream, straw hat, watering can, Autumn - jersey, boots, umbrella.

FORMER AMAKHOSI PLAYER (7,10)				ALCOHOLIC DRINK			REPAIR	TAX ON GOODS		END OF JOURNEY	THE QUEEN ACTRESS (6,8)		
	UN-PLEASANT											NOTE WELL	POLICE-MAN
	FRE-QUENTLY						EXTRA SMALL	.. YOU LIKE IT					AT ONCE
				FOOT		COUNTRY HOTEL	ATTENTION						
	FIRST NUMBER	MIDDAY		BOOK OF KNOWLEDGE	SENSE		MAKE SILENT		FOOL				EXIST
RUBBISH													
OVERTIME	JOT		CONSEQUENCE				CASHEW ...	NOAH'S BOAT		POLITICAL PARTY	ROMAN 1000	MANAGER	
			POISONOUS		THRILL								
	CANDLE SUBSTANCE		THUMBS-UP		HAND			GREASE			RUGBY UNION		TAKE A SEAT
SAINT	EDUCATE							MALE CAT			WILDE-BEEST		
				INDIAN	SADNESS			POWDERY DIRT		TALL TREE	FOLLOW ORDERS	CONVENT SISTER	DYING OF HUNGER
	BOOK	A RED FRUIT	AIL					LAST VOWEL	FOUND IN OCEANS	OUTSIZE		19TH LETTER	
						BLIMP	TRACK STAR (5,4)						
GLIDE ON SNOW	TON		MOST RECENT						NOTICED			SHORT SWIM	
					WITH ONE LEG ON EACH SIDE		YOU AND ME	DRAMA				DOCTOR	
... ITS TAIL				NOT TAME		SOUTH	FLY HIGH				VIRUS		
NIGHT-BIRD				VERY COLD			NOT DIFFICULT	JUST			PERSONAL ASSISTANT		
A PLANET	A COUPLE				OUTDOOR ENCLOSURE	AMERICAN FOR STALE					ZULU WARRIOR	FABLE	PARKING
				MOVIE CLIP	EAGER				SNOOKER	ALMOST			
	HALF AN EM		ICE HOUSE	7TH LETTER	TURN SOIL OVER	FOOT DIGIT			VACUUM	BRAVE MAN	YEAR	ACORN TREE	
	... AND TONIC									SCARED	HEAVY WEIGHT		
				HIDEOUS	JAMES BOND, ..7		THE NIGHT BEFORE	STINGY	ONE TIME	DIED	OUR MONEY	WEST	LAUGH SOUND
TRAVEL BY PLANE		USED IN THE GARDEN										KILO	

TO STAND A CHANCE OF WINNING, CORRECTLY COMPLETE THE PICTURE PUZZLE AND UNSCRAMBLE THE LETTERS IN THE BLUE BLOCKS TO SPELL OUT THIS WEEK'S HIDDEN WORD. USE THE CLUE TO HELP YOU. SMS THE WORD DRUM FOLLOWED BY YOUR ANSWER, NAME AND TOWN OR CITY TO 36400 BEFORE 2 APRIL 2020. *SMSSES COST R1,50 EACH. THE COMPETITION IS OPEN TO SOUTH AFRICAN CELLPHONE NUMBERS ONLY. YOU MUST BE THE REGISTERED OWNER OF THE CELLPHONE OR HAVE THE OWNER'S PERMISSION TO USE IT. NO POSTAL ENTRIES WILL BE ACCEPTED. KEEP YOUR COMPLETED PUZZLE IN CASE YOU WIN. WINNERS WILL BE SELECTED BY RANDOM DRAW. THE EDITOR'S DECISION IS FINAL. THE COMPETITION IS CLOSED TO STAFF (AND THEIR IMMEDIATE FAMILIES) OF MEDIA24.

WORDSEARCH NO. 429

HOW TO DO IT

Find a word, circle its letters and cross it off the list. Words might be forwards, backwards, up, down or diagonal but are in a straight line, never skipping letters. Some letters are used more than once.

Tick the small box next to a word as you find it in the jumble. A diagonal line between words indicates they can be found separately in the grid.

A	P	P	E	T	E	N	C	Y	N	I	K	D	O	B
P	C	K	C	A	N	N	O	N	A	D	E	T	H	E
E	O	C	W	M	L	E	U	G	A	A	U	G	H	T
O	B	S	O	B	I	E	M	Q	N	C	L	D	N	I
G	V	L	Y	U	E	E	A	I	O	G	R	E	M	M
L	J	K	A	S	C	F	K	N	L	A	C	M	E	E
M	Y	R	A	C	E	H	T	O	P	A	A	C	T	S
C	W	B	W	A	K	U	E	O	J	D	D	B	N	H
F	C	F	R	D	M	G	L	M	L	F	U	I	O	I
O	B	E	X	E	D	E	U	E	E	R	C	J	C	N
O	D	R	L	F	M	C	B	A	G	N	I	O	F	P
H	C	Y	U	A	R	A	N	E	R	T	T	U	O	W
E	N	A	C	I	H	C	S	G	W	D	Y	X	P	Z
B	P	W	C	Q	T	S	Z	P	K	E	L	E	W	C
U	A	C	I	H	Z	Y	T	M	J	F	G	S	Z	U

☒ BEHOOF

- ☐ ACCOUCHEMENT
- ☐ AFEARED
- ☐ AGUE
- ☐ ALIMENT
- ☐ AMBUSCADE
- ☐ APOTHECARY
- ☐ APPETENCY
- ☐ AUGHT
- ☐ BELDAM
- ☐ BETIMES
- ☐ BIJOUX
- ☐ BLACKGUARD
- ☐ BODKIN
- ☐ BRUIT
- ☐ BURGESS
- ☐ CADUCITY
- ☐ CAMELOPARD
- ☐ CANNONADE
- ☐ CEIL
- ☐ CHICANE
- ☐ CIRCUMJACENT
- ☐ CONTEMN
- ☐ CONTUMELY

A	P	P	E	T	E	N	C	Y	N	I	K	D	O	B
P	C	K	C	A	N	N	O	N	A	D	E	T	H	E
E	O	C	W	M	L	E	U	G	A	A	U	G	H	T
O	B	S	O	B	I	E	M	Q	N	C	L	D	N	I
G	V	L	Y	U	E	E	A	I	O	G	R	E	M	M
L	J	K	A	S	C	F	K	N	L	A	C	M	E	E
M	Y	R	A	C	E	H	T	O	P	A	A	C	T	S
C	W	B	W	A	K	U	E	O	J	D	D	B	N	H
F	C	F	R	D	M	G	L	M	L	F	U	I	O	I
O	B	E	X	E	D	E	U	E	E	R	C	J	C	N
O	D	R	L	F	M	C	B	A	G	N	I	O	F	P
H	C	Y	U	A	R	A	N	E	R	T	T	U	O	W
E	N	A	C	I	H	C	S	G	W	D	Y	X	P	Z
B	P	W	C	Q	T	S	Z	P	K	E	L	E	W	C
U	A	C	I	H	Z	Y	T	M	J	F	G	S	Z	U

SOLUTION TO PICTURE PUZZLE NO.1273

		D	R	A	G	O	N		A	D	M	I	S	S	I	O	N
F			E	X			U		T		A	C	E				
O			A	E	R	A	T	E			D	E	L	I	G	H	T
R			L			C			S	U	E	D	E		E	R	A
E			L			A	I	D	S					C	A	N	D
I		A	Y	A	N	D	A	T	H	A	B	E	T	H	E		P
G	O				S		M	R		R		M			R		O
N		C	L	A	W		P	A	L	M	S			T	A	L	L
E		O		N	E	W		W		S	I	T	E		T	I	E
R		M	O	N	R	O	E			R	A	B	B	I	T	S	
S	K	I		I		M				M		N	O		O		
	A	C		V	I	B	E			A	I		N		N	U	N
	L			E		A	L			P		Y		S	P	A	
D	E	C	O	R	A	T	I	O	N	S						O	P
A		R		S			T			M	I	S	S	I	O	N	
C		A	C	A	P	P	E	L	L	A		M	E	N	D		Z
H	A	Z	A	R	D			O		P		A	R	C			O
S	E	E	D	Y				H	O	B	O		R	I	O		L
H					O			M	O	N	I	T	O	R			A
U	P		F	A	R	M			D	Y	E		U	R			N
N		J	A	M	B	A	L	A	Y	A			S	E	I	Z	E
D	I	E	T			N		F		N		H		C			N
S		T	E	D	D	Y			D	E	T	E	C	T	I	V	E

PICTURE PUZZLE NO. 1273 KEYWORD
Question What is the name a type of pie eaten at Christmas?
Answer Mince.

WINNER This lucky reader has won R500: Melanie Human of Port Elizabeth.

SUDOKU NO. 123 (MEDIUM)

9				3			6	2
				9				8
	3	4			7			
				1			7	
8		1	5	6	9	2		3
	4				8			
				8			9	2
1					5			
3	9			2				5

SOLUTION NO. 122

2	4	3	7	9	5	6	1	8
1	7	9	3	6	8	5	2	4
5	6	8	2	1	4	3	7	9
4	5	7	8	3	1	2	9	6
3	8	6	9	5	2	1	4	7
9	1	2	6	4	7	8	5	3
7	3	1	5	8	9	4	6	2
6	9	4	1	2	3	7	8	5
8	2	5	4	7	6	9	3	1

HOW TO PLAY

The Sudoku puzzle is a grid, divided into nine columns up and down, nine rows side to side and nine 3x3 square boxes.

You have to place the numbers 1 to 9 in the empty squares so each row, each column and each box contains the same number only once. Use the numbers that are already filled in as clues.

A WINTER WONDERLAND

Jaw-dropping ice and snow structures are on display at this popular Chinese festival

COMPILED BY MAXINE PETERS



IT'S literally the coolest festival on the planet, taking place in temperatures of -30°C and below. You might have to wrap up warmly but the rewards make it all worthwhile.

Every year travellers who brave the cold to visit the Harbin Ice and Snow Sculpture Festival in China near the Russian border have their minds blown by the winter wonderland. Ice creations soar from the frozen ground – everything from castles and skyscrapers to giants and fearsome dragons.

This year's dazzling centrepiece, The Crown of Ice and Snow, reaches a height of 40m – as tall as a 12-storey building – and is made up of two towers lit with swirling neon lights. Engineers in China have developed a special type of neon bulb for these structures that generates a brighter light but gives off less heat to prevent the ice melting.

Lots of snow and about 220 000 cubic metres of ice went into the sculptures. Huge ice blocks were hauled out of the local Songhua River, and at least 10 000 people were involved in transporting, sculpting, cutting and shaving the ice and snow into these marvels in just over two weeks.

Many local soya bean and corn farmers jump in to help and are paid to produce ice for the festival. "There's nothing to do in winter. People play mahjong at home. I don't like gambling, so I work," farmer Liu Yantao (36) said.

Harbin is the capital of China's northernmost province, Heilongjiang, and has been dubbed the Moscow of the Far East. Every year it hosts the festival, which starts in January and runs for up to six weeks, depending on the weather.

Visitors enjoy various activities, installations and games. The magical rainbow world spans an area of up to 700 000m² and not only features high-rise sculptures but offers slides, skiing and ice-skating for families – and swimming in sub-zero water for brave souls.

A mass wedding recently took place at the festival, with about 40 teeth-chattering couples taking their vows.

A snow sculpture constructed in 2007 even made it into the Guinness World Records. Romantic Feelings, an Olympic-themed setup,

boasted a French cathedral, an ice maiden and a Russian church. It measured 35m tall and 200m long, and took 600 workers from 40 countries to chisel away at the ice.

The festival has been held since 1963 but came to a halt during China's Cultural Revolution, then resumed in 1985. It's become known as one of the world's largest ice and snow festivals, along with the Quebec Winter Carnival in Canada, the Holmenkollen Ski Festival in Norway and the Sapporo Snow Festival in Japan.

Seems like a great place to chill. **DM**

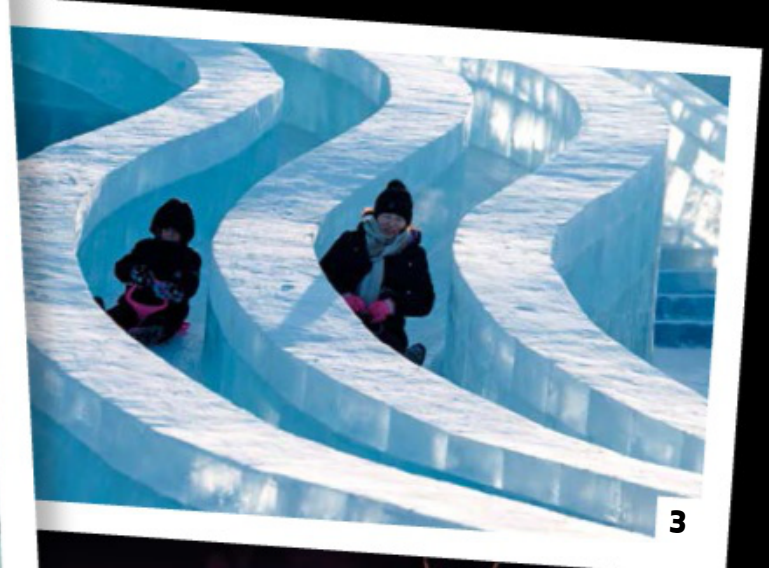
SOURCES: BBC.COM, DAILYMIL.COM, EXPRESSINFORMER.COM, GUINNESSWORLDRECORDS.COM, CBSNEWS.COM

7





2



3



1 The Crown of Ice and Snow – the centrepiece of this year's Harbin Ice and Snow Sculpture Festival – is lit up in rainbow colours. **2** An aerial view of the frozen setup in the city of Harbin in China. **3** Family fun! A mother and daughter enjoy one of the slides at the hugely popular annual event. **4** Visitors enjoy a fireworks display at night and marvel at the detail of the snow sculptures by day (**5**).



4



5



6

6 A man gets a close-up view of an ice train on a track. **7** Locals help to haul huge ice blocks from the frozen Songhua River. **8** One of the majestic sculptures in daylight. **9** Workers add finishing touches to an ice palace.



8



9



SO YOU WANT A BETTER SEX LIFE?

Intimacy shouldn't be a chore!
Experts share tips on how to
reignite your love life

IFE is a non-stop rollercoaster. 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 pile. And really, 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 a set of tips and tricks 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 very 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.”

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 of time, 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 “it’s not just about the hydraulics,” says sexual health expert, Dr David Goldmeier.

“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 to be just 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 mindful-

ness which involves focusing on the present moment, the here and now, and listening to your own 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.



‘Everything we feel in terms of sex is actually perceived in the brain’

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 the 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 the older, perfumed products, 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, 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 to 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 doesn’t only raise your heart rate, it also 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, 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 very 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 erectile dysfunction. Pecans are also a good source of zinc, as are red meat and seafood.



GET BUSY WITH A JIGSAW

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

“Doing a jigsaw with your partner not only de-stresses you both, but it 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.”



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.

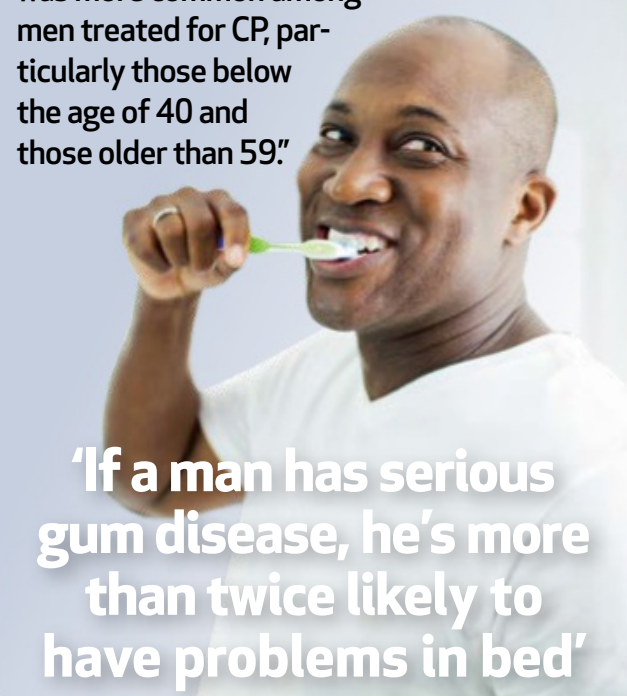
That’s because chronic inflammation caused by gum disease can damage the lining of the blood vessels in the penis, which reduces healthy blood flow into the organ.

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

was more common among men treated for CP, particularly those below the age of 40 and those older than 59.”



‘If a man has serious gum disease, he’s more than twice likely to have problems in bed’

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 one 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 the 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. 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.”

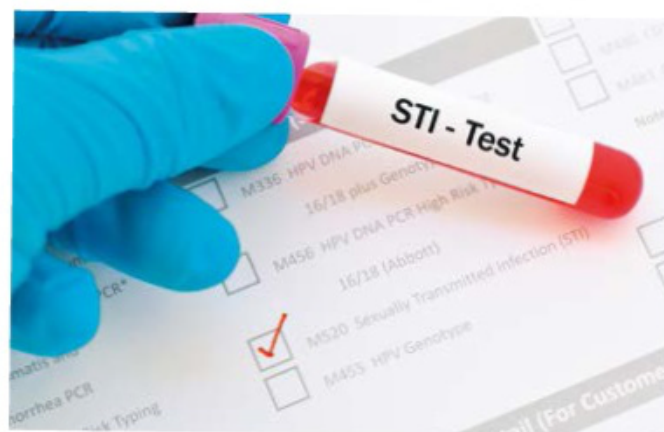
GO FOR AN STI TEST – NO MATTER HOW OLD YOU ARE

Before you embark on a new sexual relationship, whether you’re 20 or 70, you should both go for a sexually transmitted infection 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 the 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 some-

one whether or not they have an STI because they may not have any symptoms.”



WORK THAT PELVIS, BABY!

Good posture is essential if you want to have strong pelvic floor muscles, which both make sex more pleasurable and supports 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.

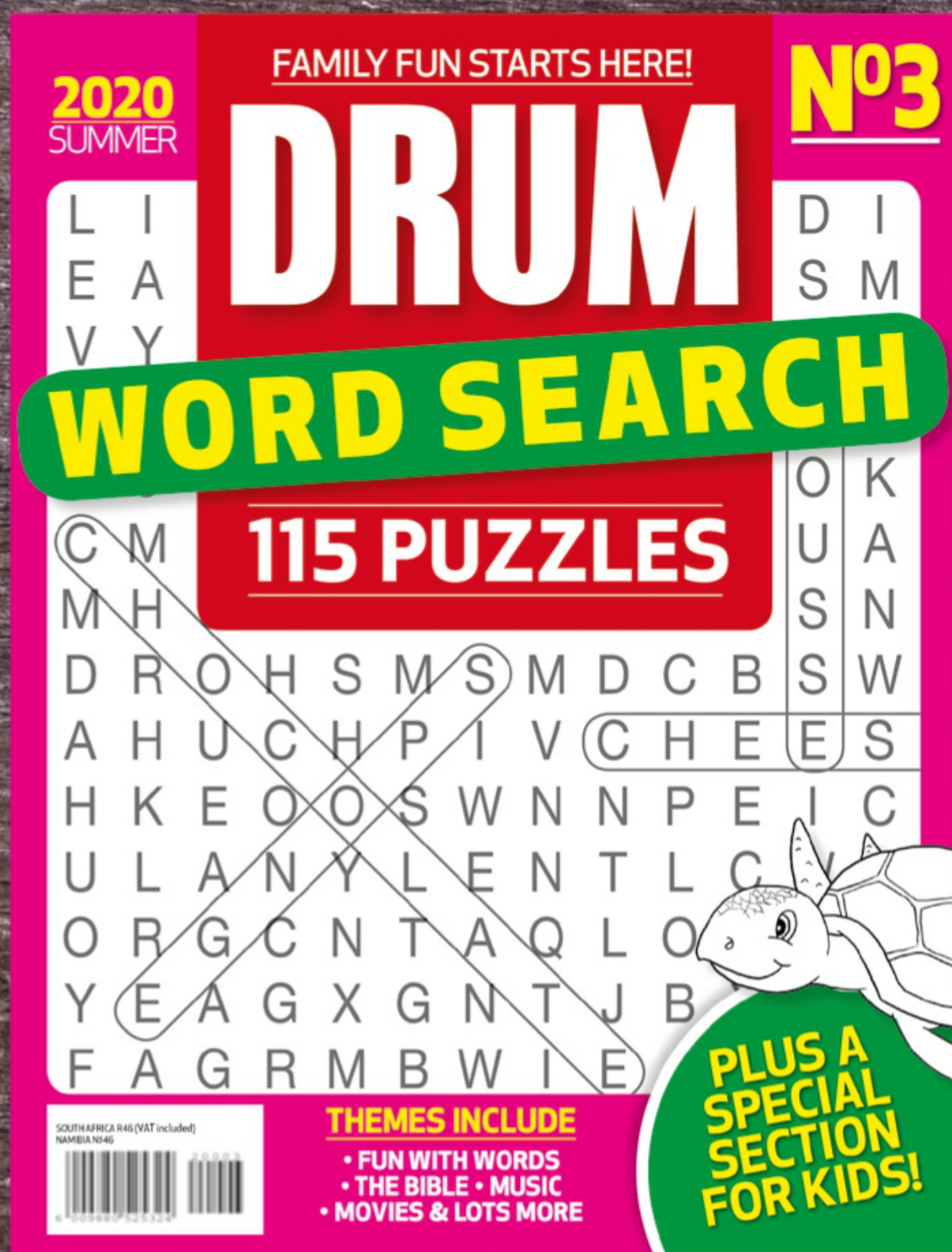
Sitting or standing up straight engages all the core muscles, and you can work out your

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 anywhere, any time.

SO MANY WORDS TO FIND!

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RIGHT: Musa Maluleka designed a soccer shoe tough enough for gravel. FAR RIGHT: The Wits student hands out his Disktjie boots to underprivileged kids.



KICKING IT KASI STYLE

He had enough of gravel damaging his soccer boots, so this student designed trendy togs that can weather any township turf

BY FULUFHELO RAMOTSATSI PICTURES: 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 pitches, he quickly wore down soccer boots designed for playing on grassy turf.

And when he couldn't find boots suitable to play 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 Wits University 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 South Africa.

The name, Disktjie, is a combination of township slang for soccer and the Afrikaans diminutive suffix "-tjie".

"I came up with this name because, growing up, I realised 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 are on the field, all of us are the same.

"I wanted a young kid in the townships of Atteridgeville to believe that we are



LEFT: Musa presents Sundowns' Thapelo Morena with shinguards he designed for him with a "get well soon" message. ABOVE: With his mentor 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 dream of creating these boots goes back to when he was an 11-year-old thinking 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 boots designed to play on gravel.

Luckily his single mom, Sophy Maluleka, 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 pocket money and by Grade 12 he 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.

'My dream is much bigger than this'

STUDS, says Musa, were the key to cracking the design of his Disktjie boots.

"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."

Working with two friends and a graphic designer, they conceptualised the boot, and found a factory in China to manufacture it to his specifications.

He was forced to look overseas, he ex-

plains. "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, which sells for R700 a pair including delivery anywhere in SA, has received orders from as far as the Democratic Republic of Congo.

His business idea landed him a fellowship with the Allan Gray Orbis Foundation. Musa 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 Musa received the Change maker of the year: Innovation and Entrepreneurship Award 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.

MUSA'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 also 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 admits, 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 which 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 is not a quality shoe."

He credits his mom in 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."

His mom is also involved in his business, helping with phone calls and the shipping of boots to customers.

"It's difficult to deal with everything while I'm still in school. But my philosophy is that you must not do what you love, you must love what you do." **DM**

It's the end of an era in local soapies as we say goodbye to Isidingo

BY JODY-LYNN TAYLOR

IT'S been a ritual in countless South African homes for more than two decades: gathering round the TV every evening to watch the endless drama unfolding in Horizon Deep.

Isidingo has been groundbreaking: 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 series, which debuted in 1998, it was greeted with dismay. Fans started online petitions appealing to the broadcaster to rethink – but to no avail. It announced that the last episode would be broadcast on Thursday 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 last 21 years in The Deep.



FINAL CURTAIN CALL FOR HORIZON DEEP

THE RELEVANCE FACTOR

Isidingo's plots never shied away from social, socio-economic 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.”

★ The death of Lee Haines. This followed the real-life death of actress Ashley Callie, who

played Lee, in a 2008 car crash in Johannesburg.

★ Sechaba Moloi-Matabane's (Motlatsi Mafatshe) first wife, Lerato Moloi-Matabane (Tema Sebopedi), was diagnosed with cancer and as a result was unable to have children.

★ The sudden death of the character of Letti Matabane (Lesego Motsepe). “Letti's passing happened soon after Lee and was touching in the most incredible way – our audience really felt the pain of it all,” says Pumla Hopa, the show's executive producer.

★ The mineworkers' strike in August 2018 was deliberate. “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.”

★ Nandipha Sithole (Hlubi Mboya) was HIV-positive and later married Parsons Matabane (Tshepo Maseko).

BY NUMBERS

121Díngo

7 July 1998
The first episode
of Isidingo airs
on SABC3

844 266
Viewership
figures in
April 2019

51

Number of South
African Film and
Television Awards
the soap won

Some of the Isidingo cast members and production team on their last day on set. The soapie was one of the SABC's longest-running local shows – it first aired in July 1998.



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 of the country.

"So we played with words and used both English and [isi]Zulu to bring it together – Isidingo: The Need," explains Pumla Hopa, the soap's executive producer.

REST IN PEACE



ASHLEY CALLIE (1976-2008)

The entire Isidingo family was stunned when Ashley died in a car crash in January 2008.

"Her death affected everybody," says executive producer Pumla Hopa. "We chose not to replace her because Ashley was a phenomenal actress and carried the character of Lee so well. Replacing her wouldn't be right."

THE SERIAL BRIDE

Cherel de Villiers (Michelle Botes) was the soap's serial bride – not because she was a die-hard romantic, but rather to satisfy her burning ambition.

First, she was married to mine manager Pierre de Villiers (Wilson Dunster). After Pierre died, she married notorious Barker Haines (Robert Whitehead). When that ended in divorce, she sank her claws into billionaire businessman Braam le Roux (Anton Dekker), secretly drugging her long-time friend and Braam's wife, Marlien (Elize Cawood), to make her seem insane.

Braam later died in a fire and his son, Benjamin le Roux (Arno Marais), tried to frame Cherel for it.

Cherel's last wedding was in 2014 to cop Eddie Holmes (Paul Buckby). Their glamorous wedding was such a major event it was even broadcast on Top Billing.



LESEGO MOTSEPE (1974-2014)

She officially left Isidingo in 2011 after playing Letti Matabane from 1998 – the year the soap was born – until 2008.

Lelesego revealed she was HIV-positive and spent the years before her death advocating HIV/Aids awareness.

(Turn over)

5 414

Total number of episodes broadcast by 12 March 2020

(From previous page)

MOST-TALKED-ABOUT PLOTS

LOVE ME DO

The interracial relationship and wedding of Philippa 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 mineshaft 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 Afrikaner farmers after he'd visited his dad'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 (Emmanuel Castis) and Luke (Gary D'Alessandro) hooked up then married in 2006. The episode was broadcast in the week that same-sex marriages were legalised in SA.

"To witness Steve being himself encouraged many people to live their truths," Pumla says.



THE ACTORS LOOK BACK



MICHELLE BOTES Cherel de Villiers- Haines-Le Roux- Holmes (1998–2007 and 2010–2013)

"Cherel was a gift – 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. Though 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 the role of HIV-positive Nandipha at a time when HIV/Aids was a hugely relevant issue in SA – although admitting you were HIV-positive was still a big taboo. Hlubi loved her time on Isidingo. "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, it also gave her a platform for her humanitarian work. "The soapie 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.

Though 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

(Anrich Herbst), had been kidnapped.

Meanwhile, she'd had Duncan killed.

"Barker blamed himself and tried to kill himself. He lost one 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 where those where Benjamin and Lincoln Sibeko (Lindani Nkosi) became like father and son.

Arno says it's heart-breaking 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."

Though 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 standard. What an honour it's been for me."



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 and production then moved to Sasani Studios in Highlands North, Johannesburg, where other local 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)



FAR LEFT: Hlomla Dandala and Bianca Amato played the first interracial couple in local soaps. **LEFT:** Motlatsi Mafatshe in a scene where his character was verbally abused, attacked and buried alive by two white Afrikaner farmers.



SOSO RUNGQU
Morongwa Kau
(2016-2020)

"My character was a real *kasi* 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."

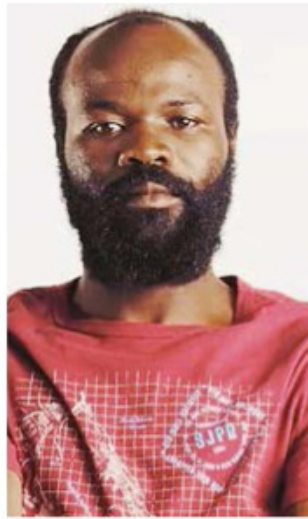
Though she's sad *Isidingo* has ended, life must go on. "If one door closes another opens. I guess we're just all waiting for the other one to open."

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 trouble-maker Sibiya.

"He loved his friends, beer and a Friday payday at the shebeen, but above all else he loved his family – and he would 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 learnt everything I know now as an actress on that show. The soapie is the root of everything I am in Joburg'

- HLUBI MBOYA ARNOLD

EXTRA SOURCES: TIMESLIVE, CHANNEL 24, NEWS24 ARCHIVES, IOL, SOWETANLIVE



LEFT: Prince Kaybee doing his thing on the decks. RIGHT: Bongo Maffin's Speedy was at the party too.



ABOVE: Riky Rick also performed. BELOW: Rapper Emtee onstage. BELOW LEFT: Good for That rapper Cassper Nyovest.

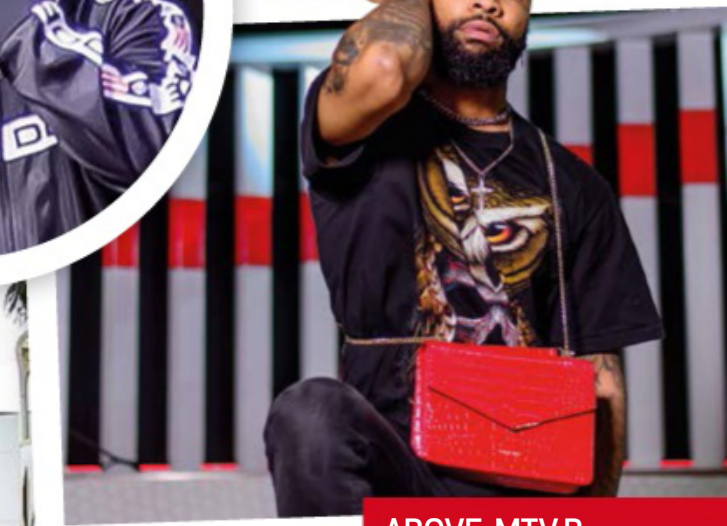
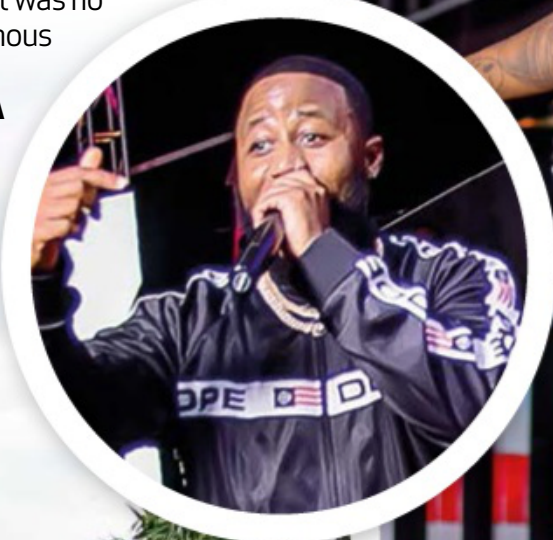


All about the base

MTV Base celebrated 15 years on-air with a bang when the channel hosted their Since Until party at the new Altitude Beach Club in Fourways, Joburg.

The channel is known for playing some of the best music from local stars and others across the continent, so it was no surprise to see a few famous faces.

BOITY THULO, NADIA NAKAI, CASSPER NYOVEST and RIKY RICK all lit up the stage with sizzling performances that had the crowd on their feet.



ABOVE: MTV Base presenter Tshego Koke. BELOW: The picturesque venue, Altitude Beach Club in Fourways, Joburg.

TOP: Bragga rapper Nadia Nakai lit up the stage. ABOVE: Actress, rapper and reality TV star Boity Thulo addresses guests on the day.



ALL HAIL THE QUEEN

IT WAS a celebration fit for royalty when Netflix hosted the launch of Queen Sono.

The action-packed spy show is Netflix's first African original series – and the streaming service certainly went all out to toast it.

Drinks flowed, there was food galore and celebs were all smiles as they came out to support the cast that includes **PEARL THUSI**, **VUYO DABULA** and **ENHLE MBALI**.

Pearl plays Queen, a young woman who gets caught in a web of secrets and lies as she seeks to uncover the truth behind her mother's death.

And the leading lady didn't disappoint at the show's launch – Pearl stunned in a silver floor-length gown with a thigh-high split.

Her co-stars brought their own glitz and glam to the do, which was held at the Joburg Theatre in Braamfontein, Jozi.

We chatted to the stars about working on the show.

PEARL THUSI

"I loved once again working with the genius creator and producer Kagiso Lediga. He tells the African story in a way that touches everyone, and everyone will relate to some part of it. That's really important to me."

ENHLE MBALI

"I'm just so proud of the beautiful women in this production. It challenges the horrible stereotype that beautiful women can't be intelligent and powerful. We can, and we are, and we're all represented in Queen Sono."

KHATHU RAMABULANA

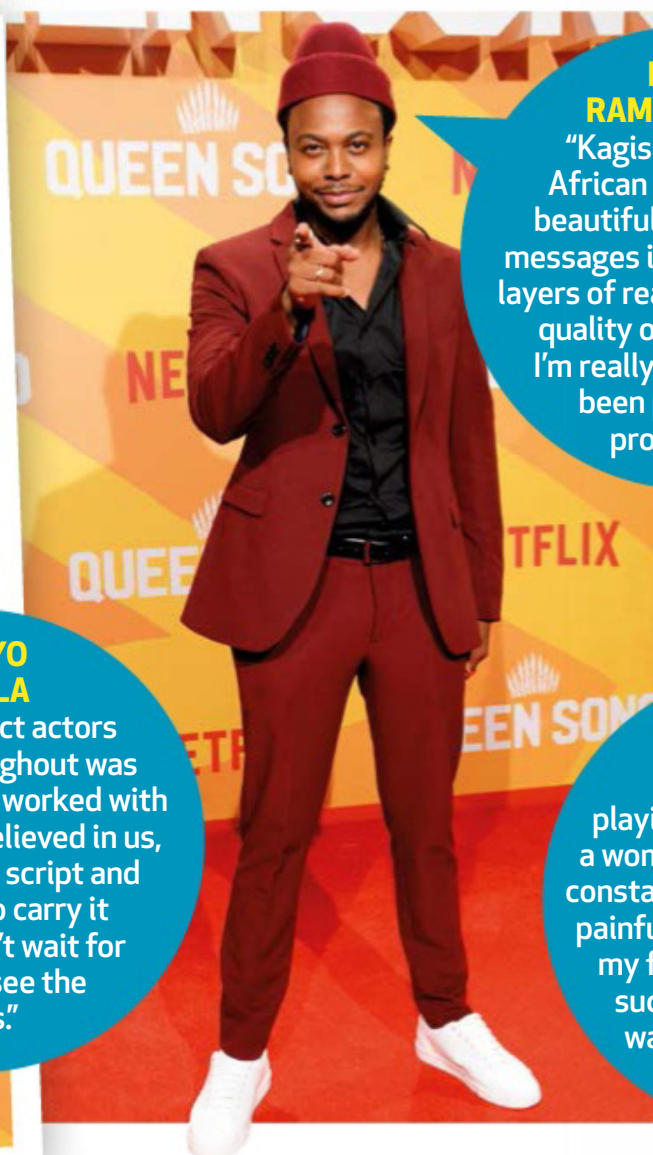
"Kagiso told multiple African stories in one beautiful narrative. The messages in this series, the layers of reality and the high quality of everything – I'm really proud to have been part of this production."

CHI MHENDE

"I just came from playing a man who became a woman and my boobs were constantly strapped and it was painful! Being able to explore my femininity and playing such a powerful woman was one of my favourite things."

VUYO DABULA

"The respect actors received throughout was encouraging. We worked 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 the series."



ROCK ON

IT'S one of the more unlikely musical collabs we've seen in while, but Dwayne "The Rock" Johnson and Taylor Swift make a pretty good team – and the action star says he'd love to "duet" with the singer.

In her new music video, The Man, Taylor is transformed into a boorish, bearded man who is seen urinating on a wall, boozing while surrounded by beautiful women, and man-spreading on a train.

In the video's last scene, on a tennis court, the "man" exits the scene and speaks to the actual Taylor Swift – in The Rock's voice.

"Congrats my friend!" The Rock tweeted Taylor.

"My pleasure to voice THE MAN. What a transformation and more importantly, great message about women's equality and the importance of straight up being kind and good to people. Next we sing our duet. You bring the guitar, I'll bring the tequila."

We can't wait!

'Next we sing our duet. You bring the guitar, I'll bring the tequila'

We also hope this won't be their only team up!

Dwayne Johnson
@TheRock

Congrats my friend! 🎉🎉
My pleasure to voice THE MAN.
What a transformation and more importantly, great message about women's equality and the importance of straight up being kind and good to people.
Next we sing our duet. You bring the guitar, I'll bring the tequila
🎸🍷🎵



LEG UP!

IT DOESN'T matter how famous you are – you're still as vulnerable to injury as the rest of us, and **DIDDY** is no exception. The music mogul was recently admitted to hospital for an emergency op on his leg to repair a quadricep tendon tear, and will be taking a break from producing and performing. "I just found out yesterday, they squeezed me in for today," he said about the last-minute procedure in an Instagram video.

Diddy said the injury was because he's accident-prone. "I'm clumsy. I trip. I fall. I fall in holes.

It's always been like that," he said.

"This is unbelievable... I did it to myself by accident. This is my fourth surgery in two years. I've had two rotator cuffs, a knee replacement, and now it's on a quad.

"At the end of the day, this is God's work to slow me down, take better care of [my] body and eat right – and just stop treating my body like a machine," he said.

'This is God's work to slow me down, take better care of [my] body'



SO CLUMSY!
Diddy just got surgery on his leg and says it's his fourth op in two years.



THE BONELESS THUGS

OG RAPPERS Bone Thugs-N-Harmony are no more, having transformed themselves into – wait for it – Boneless Thugs-N-Harmony.

Yes, it gave us pause too.

After 25 years of hardcore hip-hop the group is going to be – again, wait for it – promoting the sale of chicken wings for a restaurant chain. Yes, really.

There's an ad for the restaurant which features the crew renaming themselves **KRAYZIE BONELESS, FLESH-N-BONELESS**, and **WISH BONELESS**. The only member to disagree was **LAYZIE BONE**.

"I ain't changin' s**t," he says in the ad. "It's preposterous."

There's no word yet when, or if, they're going back to their old name.

"We have a lot of things that we can't discuss at the moment," the group's manager, Steve Lobel, told Rolling Stone.

Boneless Thugs-N-Harmony is still a better option than their original name – the Band Aid Boys.



TOO HOT FOR TV

YOU'D think folks would have been thrilled to watch **SHAKIRA** and **JENNIFER LOPEZ** perform live at a massive event like the Super Bowl, but sensitive Americans were deeply offended by the singers' show.

Around 1 300 people complained to the US Federal Communications Commission, the government agency that regulates TV shows, with some describing it as "soft porn" and "beyond inappropriate".

One complaint read, "We expected to watch football and a quick concert but instead had our eyes molested."

"JLo's movie *Hustlers* was rated R so since when is rated R viewing allowed on network TV at 7/8pm?"

Another 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, with nearly 140 million YouTube views, somebody's been enjoying the show.

'[We] had our eyes molested'
– DISGRUNTLED VIEWER





NO-CHILL NORMANI

CAMILA CABELLO's former Fifth Harmony bandmate **NORMANI** is deeply unhappy with how the Havana singer has dealt with her past racist comments.

Late last year, screenshots resurfaced of old posts by a pre-fame Camila, then 14, showing her using racial slurs. The singer apologised, saying she was ashamed and embarrassed at having used "horrible and hurtful language".

But Normani wasn't satisfied, saying Camila's comments hurt because it took years, and public attention, for her to apologise.

It was especially hurtful, she said, because during their Fifth Harmony days Normani had been subjected to racist trolling after she described Camila as "quirky" in an interview.

"It took days for her to acknowledge what I was dealing with online and then years for her to take responsibility for the offensive tweets that recently resurfaced," Normani told Rolling Stone.

"This made me feel like I was second to the relationship that she had with fans."



TYLER PERRY'S TRAGEDY



Tyler's nephew Gavin took his own life while in prison

'Answers... give room for grieving to take its course'

TYLER PERRY's nephew died in prison and his family weren't convinced there was no foul play involved.

GAVIN PORTER (26), the son of Tyler's sister, was found dead in his cell in a Louisiana prison. Officials said he hanged himself with a sheet while in solitary confinement. He was serving a 20-year sentence for murdering his father.

Tyler thanked fans and friends for their "thoughts and prayers".

"It was my hope that after serving his time, really reflecting, showing much remorse, and asking God for forgiveness that he would have been able to come work for me," the film mogul said. "But that day will never come."

He said the family had ordered a second autopsy, "Because, unfortunately, our criminal justice system and prisons have been notorious for cover ups and/or getting it wrong."

But Tyler later posted an update, saying the second autopsy revealed no foul play. "I spoke with Dr. Michael Baden today after he finished the autopsy on my nephew. I was relieved to hear that he is 98% sure that there was no foul play in his death, just as Sheriff Gates stated."

"Answers don't take away grief, but they surely give room for grieving to take its course."



Gayle King was threatened by Snoop Dogg after she mentioned the late Kobe Bryant's rape case on air.

'I was frustrated on top of just venting and doing it the wrong way'

SAD SNOOP

SNOOP DOGG has explained his shameful behaviour toward journalist – and Oprah's BFF – **GAYLE KING** after she mentioned the late Kobe Bryant's rape case in an interview.

He accused her of attempting to smear the basketball star's reputation and told her to "back off, b**ch". He later apologised.

Appearing on **JADA PINKETT SMITH's** Red Table Talk show on Facebook, the rapper said he'd responded angrily to Gayle because he was dealing with the loss of people very close to him, including his grandson Kai, who died last October when he was just ten days old.

"It was a matter of me losing control because we still haven't swallowed [Nipsey Huddle]. We're still engulfed in that... And then, Kobe and his daughter," Snoop said.

He acknowledged the death of his grandson, saying, "I got to be strong in front of everybody. Remember that part. You got to turn it on. It's time to be Snoop again."

"But what about when I want to cry? What about when I'm hurt and I'm feeling bad and I feel disgusted and I want to be angry and I want to just blurt out?"

"I let my emotions get the best of me, I was frustrated on top of just venting and doing it the wrong way."



OLD TOWN WEDDING

DISNEY World is truly where the magic happens. Grammy winner **LIL NAS X** was visiting the magic kingdom when he decided to gatecrash a wedding reception, much to the delight of the bride.

The Old Town Road superstar shared a Twitter video of himself making a surprise appearance at a fan's wedding.

He captioned the 12-second video, "Just crashed a wedding at disney world [sic]."

He walked hand in hand with a young bride as they entered the reception hall to applause.

Naturally the DJ played Old Town Road, and Lil Nas X began dancing with guests.

One guest, clearly overwhelmed, looked at the camera and asked, "What the f**k is happening right now?"

'What the fk is happening right now?'**

– OVERWHELMED GUEST



SOURCES: DAILYMAIL.CO.UK, ESSENCE.COM, EW.COM, FACEBOOK.COM, INDEPENDENT.CO.UK, INSTAGRAM.COM, PAGESIX.COM, ROLLINGSTONE.COM, TMZ.COM, TWITTER.COM, USMAGAZINE.COM, VARIETY.COM

KIM KARDASHIAN WEST

in Balmain at the designer's Paris Fashion Week show.

LOOKS WE LOVE

From Fashion Week to premieres and galas, these are the celebs who stood out

BY NADIA SWARTBOOI & SHOUNEES MOOLA

SOLANGE KNOWLES

in David Koma at the Lena Horne Prize event in New York City.

CARA SANTANA

in Solace London at the Women's Cancer Research Fund gala in Beverly Hills.

CINDY BRUNA

in Balmain at the designer's Paris Fashion Week show.

AMANDLA STENBERG

in Gucci at the Berlin premiere of The Eddy.

STAR LOOK

JANELLE MONÁE
in Balmain at the designer's Paris Fashion Week show.

AMERICA FERRERA
in Maria Lucia Hohan at the NHMC Impact Awards gala in Beverly Hills.

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