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All you need to know about endometriosis

SYMPTOMS, TREATMENT & WHO'S AT RISK

5 MARCH 2020 #426

THE BEAT GOES ON

DRUM



THE MISSING R4 MILLION

Insiders speak out about Soweto's alleged trolley thief

'SHE'S SOMEWHERE ENJOYING THAT MONEY QUIETLY'



SHE'S ON FIRE!

Vacations, bikinis & gigs aplenty

WHY ZINHLE IS DOING JUST FINE WITHOUT AKA

JAMIE BARTLETT

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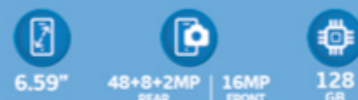
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THAT TIME OF THE MONTH

ANYONE who's ever had really bad period pain can tell you it's no joke. And for some of us it's worse than others. But crippling menstrual cramps could be the sign of something far more serious. Endometriosis is a condition that's being diagnosed more and more often, and it's worth making sure you don't have it. For some it can lead to infertility, which could be devastating if you want to become a mom.

Turn to page 36 for everything you need to know about this condition and when you must seek medical help.

We'd also love to hear from you if you've suffered from it – to share your story, email mystory@drum.co.za

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.

BEWARE, JOBSEEKERS

High unemployment has seen many people dropping off their CVs at shops and firms, hoping they'll be called back for an interview.

I must warn jobseekers not to fall for scammers who promise them jobs in exchange for payment.

The scammers go to shops and petrol stations and ask for the piles of CVs they get, claiming to be labour brokers. Then they call the hopeful jobseekers, take their money and disappear.

At my work I often receive calls from scammers who want to come to collect CVs. I turn them down because if they were legitimate, they would have offices where the jobseekers could drop the CVs.

If you're looking for a job, ensure that whoever calls you for interviews is a genuine company representative, and never pay anyone who promises you a job – it's a scam, guaranteed.

MJ KUBU, EMAIL

LOVE AND BOUNDARIES

Parenting is perhaps the toughest job on Earth as raising a family comes with no shortage of challenges and obstacles.

True parental love means helping children appreciate limits and boundaries.

JOBS TIME BOMB

IF SOUTH Africa doesn't deal with its unemployment crisis, and quickly, we will go nowhere as a country.

Continued and growing unemployment is a recipe for chaos, and among the reasons for xenophobic attacks and other crimes.

There's nothing as painful as studying for years at university with the hope of getting a job, only to find yourself sitting at home, jobless.

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.

Kids don't like boundaries, they love them.

They feel safe and secure when they have them, and they feel loved when they remember these moments shared with parents.

Yes, a child's emotions can get in the way of misunderstanding their parents' boundaries, but they will thrive in a home with loving, defined boundaries.

A parent's love is full of mistakes and mishaps, but it is the essential glue that holds our imperfect, messy families together.

MOTLOKOA PAKANA, HEILBRON

WE HAVE NO CLOSURE

For two families whose sons drowned at a school camp, the recent death of Enock Mphahlele brought back painful memories of tragic deaths.

Enoch Mphahlele, 17, died on Sunday at the same school camp where his brother, Enock Mphahlele, died in 2010. The family is still in shock and grief.

The family is still in shock and grief. The death of Enoch Mphahlele is a tragedy that has left the family in a state of disbelief and sorrow.

The family is still in shock and grief. The death of Enoch Mphahlele is a tragedy that has left the family in a state of disbelief and sorrow.

SHAMEFUL TRAGEDIES

It is nothing less than despicable that so many children have died at school camps. Surely it is the ultimate duty of the school, teachers and principals to ensure the safety of children in their care, on the school grounds or on trips away from schools?

It is maddening that parents must resort to the courts to get answers about the tragic deaths of their children (We have no closure, 20 February).

Even if the learners are in matric, they are still children and can't be expected to take responsibility for their own safety during school trips.

Something needs to be done, and quickly, as we can't allow these prevent-

Unemployment seems mainly to affect those who are already financially oppressed; it has very little impact on those individuals whose families are financially secure and those who are politically connected.

President Cyril Ramaphosa needs a plan for the private and public sectors to create jobs.

MIYELANI HLUNGWANI, MUKHOMI VILLAGE

able tragedies to continue at this horrific rate.

JOHN KHOZA, PARKLANDS

IMPOSSIBLE DEBT

Your parents put your happiness and needs above their own. You should respect them because they have done countless things for you and you will never be able to repay what they have done.

They play the biggest role in our mental, physical, social, financial and career development. Parents are the most precious gifts God has given us. They help us with every step of our lives and they prepare us for future challenges.

Why should you respect your parents? Because they deserve it.

TSHEPISO ANGLINA, EMAIL

DEMOCRACY'S CORNERSTONE

As a democratic nation, we can be proud of our fearless and independent judiciary. This is the cornerstone of a democratic nation.

The judiciary exists to maintain and uphold the dispensation of justice and the rule of law without fear or favour.

Over the past few years the question of the independence of the judiciary has been debated in our country, by scholars, politicians and laymen.

But there can be no doubt that a fearless and impartial judicial system is a must for any civilised nation.

Judges aren't beholden to any government. Our judges have never shown bias against or favoured any party.

FAROUK ARAIE, EMAIL

BULLY BAN

Reports of bullying at schools are devastating and shocking. It is disruptive to an atmosphere of learning, which is



the reason kids are at school in the first place.

Our kids need to know they're not being sent to school to bully other learners.

If bullies don't stop their evil ways, they will destroy their own futures.

Our kids need to be reminded, repeatedly, that bullying is the kind of behaviour they need to get rid of.

They should focus on their education when they're in school.

ANDRIES RORO KABINI, ROCKVILLE



STUDY CHALLENGES

The article "Happy Campers" (13 February) hit the nail on the head about the social challenges in the townships that hinder effective studying by learners on the eve of examinations.

These challenges have prompted schools to organise camps to afford these poor learners better studying conditions.

However, some of the camps degenerate into scenes of ill-discipline and misbehaviour.

It is crucial that schools ensure that the camps are properly supervised around the clock.

It must be ensured that there are no shortages of manpower, and teachers at the camps must be people of integrity who lead by example. Parents can also be asked to assist with supervision.

SYLVAN SENOGÉ, EMAIL

DON'T GIVE UP

It hurts me every time I hear of the dreams of young people being crushed or when they're told they'll never make it.

Well, dear young person, it all starts with that one dream. Your dream is as valid as can be, no matter how long it may take.

Nobody successfully got to where they are by luck or things falling into their paths by chance.

It was a dream, followed by passion and anchored by hard work. Dream, African child.

This world is filled with limitless possibilities.

Trevor Noah did it, Bonang is doing it and Nomzamo Mbatha is a testament to this, along with so many others. You could be next.

THOBILE MOTAUNG, PARKTOWN

HOUSE OF CLOWNS

Our parliament has been turned into a circus. This country has many problems which require intelligent people to solve them.

That's why we vote for politicians to represent us, so that they can discuss how issues can be solved. Instead we're embarrassed to see MPs airing their vendettas in parliament.

Whenever parliament sits, we expect to hear what's being done to tackle the problems of joblessness, crime, and so on – not clowns performing as though they're in a circus.

My plea to MPs is that they must learn to respect the people they represent in parliament.

We expect our leaders to behave professionally and with dignity when debating issues and representing us, the voters.

SP MOFFAT, EMAIL

facebook YOUR OPINIONS



FANI MAHUNTSI

Acclaimed artist Esther Mahlangu (84) is the first South African to have her artwork displayed on a customised R7-million Rolls-Royce Phantom, much to the excitement of DRUM readers.

I am so proud of you, Gogo!

MOKONE MMAKOJT

Bravo to this phenomenal woman, unashamedly authentic to her Ndebele roots. Much love and respect for you, Mam' uMahlangu. Keep flying our flag high.

NOMSA NKANGANA KA-DLADLA

She's doing wonders, and at this age she is doing her best work.

KHOMOTSO MOSEHLA

I'm so proud of Dr Mahlangu's achievements. I'm totally inspired. Thank you for giving us hope. I'm in awe of you.

SESKA MAT

Great job! We are proud of you, Dr Mahlangu. You are an inspiration to all and have shown us that age has no boundaries.

PATRICIA KHOTSO

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. Some meals can also be made in 30 minutes or less. There's also cooking advice as well

as budget tips such as how to best use affordable meat cuts and freezing 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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HER list of talents are about as long as her slender arm: celebrated DJ, author, watch designer, businesswoman and entrepreneur, accomplished traveller and doting mom. Yet it seems every time DJ Zinhle trends online it has more to do with what's happening in her love life instead of being about her considerable achievements.

This was recently the case again when her former flame and father of her child was filmed locking lips with another woman in Cape Town.

AKA and model Nelli Tembe are seen getting cosy in the video that went viral on social media – and it outraged Zinhle's fans.

Was he once again cheating on her as he did with Bonang Matheba, they wanted to know? Or is he just out to humiliate the woman who's remained loyal throughout their tempestuous relationship?

The hot-headed rapper wasted no time in lashing out when asked about it.

"I've been single since 2019," AKA tweeted. "What was I supposed to do? Inform you?"

As for embarrassing the mother of his daughter, he responded: "Humiliated by what? A relationship not working out and someone moving on? Cut the bulls***."

From Zinhle, real name Zinhle Jiyanne, there's not been so much as a peep about their break-up.

Public opinion used to affect their relationship a great deal, she told DRUM last year (It's been a great year! 28 November).

"Before we were too concerned about how people feel about our relationship, how we're seen by the public and what we look like."

She's clearly not letting it affect her anymore because, unlike AKA, she's maintained a dignified silence after their most recent split.

Instead she's been out and about, posting one fabulous picture after the

'We were too concerned about how people feel about our relationship'



IT'S OVER – AGAIN!

DJ Zinhle seems unfazed by her split from rapper AKA and is focusing on her family and her business

BY SIYABONGA DZIMBILI

other to show she's not crying buckets of tears for the man who once broke her heart.

IF HER social-media feeds are anything to go by, Zinhle's doing just fine, thank you very much.

On Valentine's Day she posted a poolside bikini pic on Instagram of her kissing daughter Kairo. The little girl surprised her with a bouquet of roses and a handwritten love letter for the special day, she shared.

Zinhle also posted several sizzling swimsuit shots and showcased her many business deals – and she doesn't seem to be pining for AKA by any measure.

And it's her eat-your-heart-out social-media feed that's sparked a debate that she's the one who dumped him in a bid to regain her power.

It's anyone's guess when exactly it all ended but it's likely to have been in December.

Eagle-eyed social-media users sensed there was trouble in paradise when AKA posted a simple "Happy Birthday" message to Zinhle on her birthday on 30 December, which he later deleted.

In January, the rumour mill went into overdrive when the couple unfollowed each other on social media and took vacations on opposite ends of the globe.

Zinhle was seen in Mauritius with BFF Pearl Thusi, while AKA (real name Kiernan Forbes) was spotted in South Korea.

Although Zinhle stayed mum on their relationship status, the Fela in Versace rapper lifted the lid on their split in a Metro FM interview with SPHEctacula and DJ Naves. "It's been a crazy start to the year, I had to go away," he told the radio jocks in mid-January.

"I went on holiday... As people might have noticed it's my first holiday being a single man for many, many years."

Not that it seemed to bother Zin-



ABOVE: DJ Zinhle has remained quiet about the break-up, preferring to focus on business and family. ABOVE RIGHT: She remains close to AKA's mom, Lynn Forbes, their daughter Kairo's (RIGHT) grandmother.



hle. Days earlier she'd posted a message: "Happiness is the highest level of success", and after the interview she highlighted the importance of family, sharing images of Kairo and of her mom, Jabu Jiyane.

Family remains her highest priority and she's still close to AKA's mom, Lynn Forbes. Her son's split from Zinhle doesn't influence how she feels about the woman who's mom to her only grandchild, Lynn tells DRUM.

"My kid breaking up has got nothing to do with me," Lynn says. "It's none of my business, and it doesn't affect my relationship with Zinhle."

"If Zinhle and Kiernan break up that is absolutely their business and so are their reasons for it."

"My relationship with Zinhle is never going to change and neither will my relationship with Kiernan. I love them both dearly and I support both. They're amazing kids." **DM**

'My relationship with Zinhle is never going to change'

MOVING ON

Did Zinhle dump AKA to get back at him for what he did so many years ago? It's anyone's guess but this is something that commonly happens with on-again, off-again relationships, experts say. "Revenge break-ups are reactive actions based on the hurt, pain and anger that has built up over the years," says relationship expert Paula Quinsee.

It's not easy to walk away from a relationship, particularly one that has so much history. Often, couples make up and break up because they feel they have unfinished business. But you should ask the following questions before deciding to rekindle the flame, Quinsee says:

- * What do you really love about this person?
- * How badly do you want to fix this relationship?
- * What was your role in the relationship breaking down?

WHO'S THAT GIRL?

She's been seen locking lips and getting cosy with AKA but who exactly is she?

In a series of snaps and videos posted to his social-media feed, the pair are seen walking around the V&A Waterfront in Cape Town when his ladylove, who has been identified as Nelli Tembe, puckers up and pecks him on the cheek.

AKA also posted a picture of Nelli holding a teddy bear with the words: "Love you" on it.

It's not the first time she's caused a stir on social media. Nelli – who describes herself as a model and influencer on Instagram – made waves when she posted a picture of herself alongside Drake, sparking rumours she was

dating the American rapper.

Nelli, who is the sister of actress and singer Nondumiso Tembe, declined to talk to DRUM.





THE MISSING MILLIONS

We speak to neighbours of the woman who allegedly stole R4 million while on duty as a cash-in-transit security guard **BY SIYA TSEWU**



SBV employee Bathobile Mlangeni has been missing for many months following the theft. Her family refuse to speak to the media and there is no trace of the security guard.

THERE was no gunfire, no tyres screeching, no blaring of sirens and no panicked shoppers scattering across the aisles.

In fact, this heist at Africa's largest shopping mall, the Mall of Africa in Midrand, was so quiet nobody knew it was happening and the details of the stolen cash emerged only about seven months after it took place.

It was an otherwise ordinary morning in July last year when Bathobile Mlangeni (29), a security guard at one of the biggest cash-in-transit companies in SA, allegedly strolled out of the mall's basement-level cash depot wheeling a shopping trolley filled with refuse bags stuffed with R4 million in cash.

She didn't report for work again and so far, efforts by the police, and her employer SBV Secure Solutions, to trace her have been fruitless.

In fact, she seems to have vanished into thin air.

Bathobile was on duty for SBV – a company who processes, moves and manages cash and high-value assets – on

the day of the robbery.

She allegedly used a pair of scissors to cut open two bulk cash bags, and transferred the R4m into refuse bags, which she put in a trolley and wheeled out of the depot, alone and unnoticed.

Residents of Mtvesi Street in the modest Soweto neighbourhood she's believed to have lived react in one of two ways when her name is mentioned: fear or admiration.

When we visit people are outside, sweeping their *stoeps*, painting their walls and generally getting on with their lives.

They don't seem to be too rattled that one of their neighbours is accused of such a crime. In fact, many of them say they don't know anything about her.

But a few acknowledge that they know exactly who she is – and they're nervous at the mere mention of her name.

At a modest face-brick house, an elderly woman believed to be Bathobile's aunt says she won't talk to any media. All she would tell us is "this has not been Bathobile's home for a long time. She does not live here", before going inside and shutting the door.

THERE was always "something dodgy" about the missing security guard, says Amanda Sibakhulu*, a neighbour who spoke to DRUM on condition of anonymity.

"She has been scarce for a while, since about the middle of last year. It was her cousin's wedding in December, but she did not attend that," Amanda tells us.

She describes Bathobile as being a loner. "She has no children, and she never really had friends, or boyfriends. She just smokes her cigarettes and keeps to herself. She is always wearing pants and *takkies* and caps, like a tomboy, but her makeup was always done," she says.

She was shocked, but not surprised to hear the allegation against the young woman.

"She has always been dodgy. I cannot

LEFT: The Mall of Africa in Gauteng where Bathobile allegedly walked out with millions stuffed in refuse bags. RIGHT: She was employed by SBV, one of the biggest CIT companies in SA.



pinpoint it, but there is something about her. And there is no way her family does not know where she is. They are close and Bathobile is a favourite.

"I do not think she's still in the country. I am sure she left her unemployed mother a bit of money but she is definitely not coming back here.

"She has no reason to return to Soweto. She has no kids or anything that would make her come back. She is somewhere, enjoying that money quietly."

Another resident spoke in more favourable terms about Bathobile. "It's not like she killed someone," the neighbour told TimesLIVE. "She took some money. The person whose money it was had already deposited it, so the banks and CIT [cash-in-transit] companies will have it insured. Everyone wins".

Neighbour Jabu Zondo says the Mlangeni family had lived in their Soweto home since the 1950s, and that Bathobile had moved out of the house some time before the robbery.

A group of young women sitting at a local eatery are friendly when we introduce ourselves. But as soon as we mention Bathobile's name, their smiles disappear.

"*Yhu hayi, sisi* (Oh no, sisi), we do not want to get involved. We do not know anything. I do not even want to point you to that house, ask up the street. *Yhu*, I already have so many of my own problems, do not ask me about that," one of the

three women tells us.

Other neighbours say they have not seen her in nearly two years. "We were all really shocked when we heard that she had [allegedly] stolen that money," one man says. "It seemed so out of character.

"She was always quiet and did not seem like someone who likes things. In fact, I did not even know she worked at SBV."

Thami Mazibuko describes Bathobile as a quiet young woman who minded her own business.

"You would hardly ever see her walking in the streets, and when you did see her, she was very quiet. She was a normal *kasi* girl. There was nothing that stood out about her.

"When we heard about this R4 million thing, we were shocked."

THE missing R4 million has echoes of another brazen Joburg heist that also remains unsolved – the theft of R3m

from the FNB Stadium vault in 2013, after a Justin Bieber concert.

Like the Mall of Africa robbery, not a single shot was fired, no one was hurt, and it was not until the fol-

lowing day that it even was noticed that millions of rands – cash from the concession stands at the stadium – had been looted from the vault.

Dozens of suspects were interviewed, tips were chased and even a psychic offered information, but the money has not been recovered and no one has been brought to justice.

Gauteng police spokesperson Captain Mavela Masondo urged members of the public who know of Bathobile's whereabouts to come forward.

"She is not a criminal mastermind. She just took a chance," a source told TimesLIVE.

Police spokesperson Lieutenant Kay Makhubela says police had only obtained an arrest warrant for Bathobile last December "after investigators exhausted all efforts in tracing her".

SBV didn't want to announce anything because the police had to follow processes. But now, Mark Barrett, SBV group CEO, has appealed for information to help the investigation.

"As a key service provider that ensures that cash is available for the citizens of South Africa, and as a responsible corporate citizen, we do not tolerate any crime and take all internal and external incidents in a serious light." **DM**

*Not her real name

* Anyone with info about Bathobile Mlangeni's whereabouts is asked to contact Detective Oupa Miya on 082-333-0525 or Detective Tumo Mohutsiwa on 082-822-6794.

EXTRA SOURCES: EWN.CO.ZA, SOWETANLIVE.CO.ZA, TIMESLIVE.CO.ZA

She is somewhere, enjoying that money quietly'





I'M FINALLY FREE

As a law graduate, he trusted the justice system – but he ended up spending two years in prison for a rape he didn't commit. Here he tells DRUM about fighting for his freedom **BY SIYA TSEWU**

HE RECALLS walking down the steep flight of stairs as if it was yesterday. The closer he got to the courtroom holding cells, the more he was filled with dread.

Before being sentenced for a crime he knew he didn't commit, then 24-year-old Osiphesona Ngcanga had moments when he felt as if his world was caving in. Up until the magistrate ordered him to be taken to jail, he was certain justice would prevail.

Osiphesona – at the time of his arrest an assistant lecturer at Nelson Mandela University in Port Elizabeth and studying for his master's degree in maritime law – trusted the justice system.

Surely he'd be exonerated, he thought. But the young man ended up spending

two agonising years behind bars before his sentence was overturned on appeal.

He was found guilty of raping a student at a party in February 2017 and sentenced to eight years in jail. But he was determined to clear his name, and eventually his nightmare came to an end.

In January, Osiphesona walked out of St Albans prison in Port Elizabeth in the Eastern Cape a free man.

"Everything you've heard about gangs in prison is true. It's hectic in there," he tells us via telephone from his home in Mdantsane in the Eastern Cape.

"Prison wasn't easy at all. It was by the grace of God the other inmates found out I was a lawyer and they came

to me for legal advice.

"The gangs have rules they abide by and I was fortunate that most of the people who approached me for legal advice were affiliated to the 26 gang, and they don't allow sodomy. It's the 28 gang that rapes. I was protected by the 26 gang members in exchange for legal advice."

HE DIDN'T think going to a party would derail his life. And he never imagined he'd spend 24 months confined to a tiny prison cell.

"I hadn't thought of the possibility of going to prison so I didn't even think what it would be like," he says.

"I relied on the fact that I knew I hadn't raped her, and being a law graduate I knew the facts couldn't lead to a

'The story didn't make sense or add up'

RIGHT: The law graduate with his gogo, Lulama Ngcanga. BELOW RIGHT: Osiphesona spent two years in an orange prison uniform.

'Being a law graduate I knew the facts couldn't lead to a conviction'

LEFT: Osiphesona Ngcanga had a bright future ahead of him when he was sentenced to eight years in prison for rape. His conviction and sentence were recently overturned.



conviction because the story didn't make sense or add up."

Osiphesona remembers going to a 21st birthday party with a friend. At the party he noticed a girl on the other side of the room. Even though he thought she was beautiful, he didn't approach her.

"I'm quite the dancer, so I hit the dance-floor with the other people at the party. Most of us were drinking alcohol. I felt a bit lightheaded and decided to sit down," he says.

"The girl I'd seen earlier came up to me and complimented me on my dancing. That gave me an opportunity to chat with her. We clicked. We were having a nice chat and getting to know each other. We started kissing.

"While we were kissing, a friend of hers pulled her away and left with her. But she came back, and it happened again. Then later she and I went to my friend's car for more privacy. We got into the backseat where we kissed and started having unprotected sex."

She saw someone approaching the car and told him to stop, he says.

"And I did. It turns out it was that friend of hers back again and she came with other people who tried to open the car's doors. She told people I was raping her friend.

"We all went back inside the house and all the friends were questioning her on whether she'd been raped or not, but she just sat there quietly.

"My friend and I left. The following day I heard she and her friends had gone to open a case of rape against me," he says.

Osiphesona was charged and arrested the following day.

While he didn't deny having sex with the woman, he insisted the sex was consensual.

THE Port Elizabeth regional court, however, rejected his version of events and presiding magistrate Nolitha Bara sentenced him to eight years behind bars.

"I prayed. It was weird because my life was seemingly destroyed, yet I had an overwhelming feeling of peace,"

Osiphesona recalls.

"I knew there was a purpose for what had happened."

Before being taken to St Albans Correctional Centre, Osiphesona was transferred to a holding cell with two men who were also sentenced that day.

They told him they'd been convicted of murder. "One was a black guy and the other was a coloured guy with tattoos on his face. The coloured guy walked up to me and said, 'Hosh!' and started searching me," he says.

"I had R50 on me and he took it. I knew then it was going to be a tough eight years trying to survive prison."

Later that day they were all transported to the prison. "On that drive, I started telling them about Paul and all the biblical people who'd been imprisoned."

Spreading the gospel gave him purpose while he tried to prove his innocence.

Osiphesona, who was represented by a Legal Aid lawyer in his first trial, approached one of his former lecturers to help with his appeal case.

Makhanda High Court judges Sunil Rugunanan and Buyiswa Majiki found Magistrate Bara had misdirected herself in the application of the law.

They overturned Osiphesona's conviction and sentence, setting him free.

According to News24, the judges found the evidence of a key state witness, who herself was drunk, to be unreliable and contradictory.

In addition, they said, there was no evidence that the young woman who accused Osiphesona of rape was so drunk that her judgment was affected when she consented to having sex.

According to SA law, consent is absent if a victim is unconscious, asleep or under the influence of alcohol to the extent that the victim's consciousness or judgment is adversely affected.

Osiphesona wants to put the past behind him. He had to put his dreams on hold because of his conviction, but with the help of his legal team he's picking up the pieces of his life.

Now he wants his criminal record expunged so he can go back to studying law. "The future is still uncertain," Osiphesona says.

"But I'm enjoying spending time with my family because it's something I previously took for granted." **DM**



A water truck was abandoned after residents took to the streets to protest about service delivery.

WHEN THE TAPS RUN DRY

Distressed residents of a Free State town tell DRUM how the lack of water is affecting their lives

BY SIYA TSEWU

It's one of the most precious resources on the planet and without water we can't survive. And many people are literally dying of a lack of it in increasingly tragic ways.

In QwaQwa residents are feeling the effects of having no water – three people have already died since the start of the year – two of them young children.

In the most recent tragedy, the crippling water shortages claimed the life of eight-year-old Musa Mbele who drowned while fetching water from a river in January.

Desperate for a drink, Musa and her older sister, Moleboheng, had gone to the muddy stream to fill their buckets and drum bottles with water, according to the children's mother, Phindile Mbele.

When Musa got caught in a strong underwater current, her terrified sister ran home to sound the alarm.

"We rushed down there. She was still under the water. Two boys from the neighbourhood went in, and one carried her out," a heartbroken Phindile told TimesLive.

But it was too late. Musa's death has shattered Phindile and her family. "The house is empty without her," her mom says. "She was such a sweet, quiet child."

Phindile believes if the municipality had delivered on its promises to provide the town with this basic need, her beloved little girl would still be alive.

Water scarcity has plagued QwaQwa since 2015, and the situation has been exacerbated by the drought that has affected many parts of the country.

However, chronic mismanagement compounded the effects of the drought when the Maluti-a-Phofung municipality reached Day Zero last year and the



'It's unhygienic for learners to have to use toilets that do not flush'

taps ran dry.

It has had a devastating effect on the residents of the Free State town and there seems to be no end in sight to the misery.

It has affected every aspect of life in the area with heart-breaking knock-on effects – schools are closed, hospitals are not operating effectively and residents

are up in arms.

Recently things reached boiling point when police fired rubber bullets at protestors who had overturned government vehicles and hurled bricks and bottles at them.

Yet the community feels as if there's no choice but to take to the streets to protest against poor service delivery, says resident Motlogelwa Moema. "We are in a moral dilemma because when we have shutdowns schools are affected, and we do not want to put children's future and education at risk," he tells DRUM.

"But the truth is water is a necessity and even in the schools there is no water.



Lindiwe Sisulu, minister of human settlements, water and sanitation, has asked QwaQwa residents to be patient while her department installs new pipes.



ABOVE: Schoolkids drink water from a stream. LEFT: QwaQwa residents collect water from tanks. The small town has had water shortage issues since 2015 and last year their taps ran dry.



It is unhygienic for learners to have to use toilets that do not flush. They get infections and have to stay home and there is still no water to treat them.”

TO EASE their suffering, officials from the department of human settlements, water and sanitation last month deployed a fleet of trucks to deliver water tanks to residents as part of a multi-million-rand plan to provide the precious liquid to the town.

But in a bizarre twist, The Citizen reports, criminals stole 16 truck batteries, leaving the vehicles and their crucial

cargo stranded at the municipality.

The small town has been left high and dry and angry residents are laying the blame squarely on the shoulders of the Maluti-a-Phofung municipality.

“They say there is a drought and that is why we do not have water, yet it rains here every second day,” says Motlogelwa, who has lived in the area for nine years.

“Just Saturday, the road near the post office was closed because it was flooded. That is not a symptom of a drought.”

Thandiwe Kumalo says residents have become suspicious of the municipality because she claims it does not give them information and regular updates about their dire situation.

“I heard the problem is municipal pipes are rusty and therefore they are unable to bring water to residents,” she tells us.

“I just wish people can pay their rates so the municipality can have money to maintain the infrastructure. The other problem is there is a lot of corruption and it’s the residents who end up suffering.”

At the heart of the crisis is the ageing water infrastructure, reports the Mail & Guardian. According to a 2019 report by then-minister of co-operative governance and traditional affairs Zweli Mkhize, political instability in the mu-

‘There’s a lot of corruption and it’s the residents who end up suffering’

nicipality, maladministration, high levels of corruption and poor financial management are only making matters worse.

IT WILL take a while to address the myriad problems faced by the embattled municipality but in the meantime, human settlements, water and sanitation minister Lindiwe Sisulu has tasked her department to provide them with new pipes.

Recently “a noticeable number” of pipes for the 1,4km pipeline were delivered in Phuthaditjhaba, IOL reports.

The installation of the new pipeline is expected to be completed in six months and Sisulu has asked residents to be patient.

But Thandiwe says living in QwaQwa is enough to test the patience of a saint. “I’ve been living in Phuthaditjhaba since last year.

At first the water was on and off and it wasn’t too bad, but since August it has been completely off,” she says.

“We have all been forced to buy water and we cannot just buy 5L bottles because we need to cook, clean and bath too.”

Things are so bleak Thandiwe has resigned from her job at a retail store to go back to Bloemfontein where she’s originally from.

With water levels in the nearby Fiko Patso Dam – which supplies more than 80% of water to QwaQwa – sitting at a paltry 10% and the struggling municipality still battling to provide it’s 300 000 residents with the valuable resource, she hopes the fevered prayers of her community will be answered.

Because if things don’t improve soon, QwaQwa is under threat of becoming a ghost town. Or even worse, many more lives might be lost. **DM**



Parents need to switch
from infant-speak to
parentese if they want
their tot to learn
language faster

BY LESEGO SEOKWANG

NO MORE BABY TALK!



CAN you smile for
m a m a , n a n a ?
Yes, you c-a-a-a-n.
Yes, you c-a-a-a-n.
What a clever girl
you are! Such a
clever girl!

“Who’s a clever
girl? Yes, you’re a clever girl!”

If that’s the way you speak to your
baby, consider yourself fluent in
parentese and give yourself a pat
on the back.

Parentese is the language of
speaking to babies – a method of
using exaggeration, repetition
and high-pitched delivery to
communicate with your little
ones.

It involves using real words
instead of the goo-goo-ga-ga
version of infant-speak –
and according to a new
scientific study, it’s the best
thing you can do to aid the
development of your baby’s
vocabulary.

The study, conducted by the
Institute for Learning and Brain
Sciences (I-Labs) at the Univer-
sity of Washington in the United
States, examined how coaching
parents in the value of parentese
has a profound effect on chil-
dren’s development.

The researchers involved 71 families,
48 of which were taught how to speak
parentese to their children. By 18
months, the babies who’d listened to
parentese had a 100-word vocabulary. In
comparison the babies who didn’t hear
parentese had an arsenal of 60 words.

“We now think parentese works
because it’s a social hook for the baby
brain – its high pitch and slower tempo
are socially engaging and invite the
baby to respond,” said Patricia Kuhl,
I-Labs’ co-director and professor of
speech and hearing sciences.

Coaching parents gave them a meas-
urement tool, “almost like a Fitbit for
parentese”, said Naja Ferjan Ramirez,
an assistant professor of linguistics at
Washington University.

WHAT EXACTLY IS PARENTESE?

It’s “a near-universal speaking style
distinguished by higher pitch, slower
tempo, and exaggerated intonation”,
the study says.

Professor Sarah Skeen, a speech and
language therapist and associate pro-
fessor in the department of global
health at Stellenbosch University, offers
an example of parentese: “Hellooo, cutie
Busi, are you a cutie baaaby, Busi?”

“Are you wearing a hat today, cutie
baby? Is that a nice hat you have, Busi?
What a niiiice hat you have, Baby Busi.”

Over the years it’s been observed that



Experts say it's important to talk to your baby in a warm and gentle way, using short, repetitive sentences in a slightly higher pitch to catch your tot's attention.

this speaking style is common in varying culture and language groups.

There's nothing wrong with baby talk – the goo-goo-ga-ga variety – but research has shown that parentese helps babies to learn language in the long run, Skeen adds, and also how to take turns in conversation.

Cape Town speech therapist Orla Johnson says while both baby talk and parentese are spoken in high-pitched and sing-song voices, parentese tends to be slower and more repetitive.

"The main difference is baby talk often includes a lot of silly noises, made-up words, and words that are deliberately pronounced incorrectly.

For parentese, real language – words and sentences – are used. However the sentences tend to be shorter and many of them are phrased as questions," Johnson says.

WHEN TO START TALKING TO YOUR TOT

Johnson says babies can benefit from hearing words when they're still in the womb.

A fetus starts to hear from the second trimester and becomes familiar with noises that make it through to the womb,

such as their mother's voice and heart-beat.

"Babies are born being able to recognise the voice of their mother," she explains.

"Parents should continue to talk to their baby from the day they're born, while being held in the early weeks, and then more time face-to-face as their baby becomes more alert."

Skeen says while speaking to babies stimulates their brains and helps them to develop their language skills, hearing their mother's voice also helps them feel calm.

HOW DO YOU SPEAK PARENTESE?

Parentese often happens automatically when adults speak to babies, and would sound a little nuts spoken in any other context.

It's characterised by a high-pitched, sing-song voice which Johnson says catches the attention of the baby.

"The higher pitch is more likely to get and keep a baby's attention than deeper voices and lower-pitched sounds," she tells us.

"Babies also tune in to the rhythm of the speech, and over time this helps

them to learn where each word starts and ends, as well as the intonational patterns of the language they're hearing."

Skeen says it's also important to try to speak to your baby in a warm and gentle way.

"You should look at your baby and smile at them often, especially when they're trying to communicate with you using eye contact, gurgling, babbling, or making other little sounds," she advises.

LONG-TERM BENEFITS

Early language skills are important because they provide building blocks for babies' later ability to read, write and develop friendships and relationships with people, Skeen says.

"This isn't only during childhood, but also throughout their lives. So, while it may seem like you're just speaking to your baby in a funny baby voice, you're actually helping them to lay a foundation for success in school and later life."

Johnson says infants learn a lot about language before they even say their first word.

In their all-important first year, babies will learn to identify facial expressions by making eye contact, and by six months most of them will start recognising another person's emotions from the tone of their voice.

"Babies will start to recognise and attempt to say the consonant and vowel sounds used in the language they hear. They'll start to understand turn-taking in conversations and recognise different voices," Johnson explains.

"Older babies will start to understand simple commands, like 'no'. All of these are the foundation skills of language."

EXTRA SOURCES: SCIENCEDAILY.COM, THEGUARDIAN.COM

LEARN THE LINGO

Here are tips you can use to ensure your child has the upper hand in language development.

- * Use real words and sentences with babies from day one – there's only limited benefit to baby talk. By talking to your baby about the things they see and what's going on around them, they'll start to pick up vocabulary and other components of language.
- * Being spoken to, especially while being held or when baby and parent are looking at each other face-to-face, helps with bonding and develops a baby's pre-verbal language skills.
- * Remember babies aren't adults, so you don't need to speak to them as if they're grown-ups. Talking to

them slowly, with simple words and lots of repetition is very important.

- * One of the most important things you can do is to read to your baby, even from the day they're born.
- * Limit the amount of time you spend on your phone when you're around your baby. When you're on your phone you're less likely to be paying attention to your child, speaking and playing with them and also noticing if something is wrong.
- * Talk about all the things you're doing while you're doing them (for example, your actions when you're changing their nappy, preparing their food, even driving a car).
- * Sing to your baby – a real voice is preferable to a recording.



WHAT A BRIGHT IDEA

He wanted to help learners study at night, so this young man from Khayelitsha invented a lamp with a difference

BY LESEGO MASOGA

MANY hands make light work, the old saying goes – but this simple, innovative creation by a Cape Town inventor shows that sometimes all it takes is one pair of hands to make the light work.

Siphamandla Ntshewula (21) is on a mission to light up township homes with a smart lamp made from recycled two-litre soft drink bottles and fabric off-cuts.

Growing up in a house in Khayelitsha without a ceiling meant when he studied late into the night the light flooded into every room, keeping his family awake when they needed to be up early the next day.

“As a young boy in the township we didn’t study during the day but would do so at night, which was a problem in households like mine,” he tells us.

Siphamandla, who matriculated from Sinako High School in 2017, didn’t have a place or a way to study that wouldn’t keep the household awake.

“The bright light disturbed them. I didn’t make the lamp for myself – I was wondering how difficult it is for people who live in one-room houses.”

LIGHTBULB MOMENT

Siphamandla’s family couldn’t afford to pay for him to study further after



LEFT: Siphamandla Ntshewula with one of his lamps. TOP RIGHT: The fabric-covered end product. RIGHT: It takes Siphamandla about an hour to make one lamp.

matric so he joined a community-based youth programme called Activate! Change Drivers, which works to equip young community leaders with the tools to develop their neighbourhoods and network with one another.

He attended a two-week course where he learnt leadership skills and ways to promote innovative thinking – which led to his study lamp idea.

“At the course I developed my power. At first I felt scared and thought I was too young to make a difference, but I learnt that I could do it and I went for it.”

He and a friend were brainstorming ideas when he came up with the lamp idea and began experimenting.

First he used soft-drink cans but quickly realised they could be dangerous because the device uses electricity, and using metal as a material would cause problems. He then tried two-litre plastic bottles.

‘People always say to me I’m selling them Twizza for R100’

REFINING HIS IDEA

Once he was satisfied his idea would work, Siphamandla started gathering raw materials for the project, even digging through garbage for bottles to recycle for his lamps. He also recruited a friend’s younger brother to collect bottles while playing outside, he tells us.

“I have to buy the bulb, bulb holder, a switch, the plug and the wire, and glue to cover it with fabric,” he says. It costs him around R80 to produce each lamp, which he sells for R100.

Each takes about an hour to make, he says. He works from home. His aunt Zikhona Ntshewula, who works at a textile factory, supplies him with fabric off-cuts for the lamps.

Siphamandla is constantly working to improve his creation, he tells us. He’s experimented with various types of light bulbs to find ones that aren’t too bright or too hot.

However, innovation doesn’t always get the support it deserves. “People always say to me I’m selling them Twizza for R100 when I try to sell them the lamps,” he told News24.

But he refuses to be put down by

BELOW: Siphamandla has donated lamps to the Tembisa Ratanga community centre in Khayelitsha, Cape Town.



'At the course I developed my power. At first I was too scared – I thought I was too young to make a difference, but I learnt that I could do it and I went for it'

negative remarks from community members and even friends.

He was so confident about the lamp that he gave one to a pal to try out. "He showed the lamp to his father, and he really liked it. That's what motivated me to make more." A few more were handed out as gifts to friends and were also met with rave reviews.

Even his family, who at first weren't too interested in his project, now ask him how his budding business is doing.

COMMUNITY SPIRIT

Siphamandla has his heart set on opening a shop where he can sell his lamps. In the meantime he's showing his community spirit by giving away lamps to learners who can use them.

He's also doing it, he tells us, in the hope of inspiring other innovators to pursue their ideas.

"I wanted to give lamps to my high school for Grade 12 learners who find it difficult to study for their exams. I delivered the lamps but the learners didn't collect them as they'd already started writing exams.

"I went back to collect them and

donated them to Tembisa Ratanga (a Khayelitsha community centre) where there's a library for children."

His sister, Mila (12), will also get a lamp of her own soon – she'll need it when she goes to high school, he says.

FUTURE PLANS

The budding entrepreneur is keen to pursue opportunities that can help de-

velop his skills further. That's why he's joined a business learning programme where he's studying things like how to start a business and register a company, the tax requirements for businesses and other information crucial to young entrepreneurs.

"I attend classes at Youth in Business in Khayelitsha once a week."

When he's not at class or collecting bottles and other material for his lamps, he's glued to his phone, researching ways to improve his invention and develop his business. "I plan to look for funding. After I finish my course I want to open my own shop to sell the lamps."

With the high price of electricity and ongoing loadshedding, Siphamandla is also experimenting with ways to power his lamps with batteries.

"I want to change my products so they can use batteries, for those who don't have electricity in their homes or for when there's a blackout."

It looks as if Siphamandla's bright idea will be lighting up a lot of homes while helping to create brighter futures for learners. **DM**



One of Siphamandla's lamps in action, lighting up a learner's study space so they can work late at night without disturbing the rest of their family.

African fusion

Enjoy the spicy flavours of East Africa, where Indian, Arab and Swahili cuisines collide

EDITED BY CARMEN NIEHAUS

IN HER book *The East African Cookbook*, author Shereen Jog – a fifth-generation Tanzanian with forebears from India – shares her creativity in the kitchen.

Here she adds lots of spice and flavour to an abundance of fresh ingredients, and showcases the joys of living in a multicultural environment.

GRILLED CHICKEN THIGHS WITH A CREAMY SPINACH SAUCE

SERVES 2-4

PREPARATION: 15 MIN

MARINATING: 30 MIN

OR UP TO 24 HR

COOKING: 30 MIN

GRILLED CHICKEN THIGHS

- ▶ 6 chicken thighs
- ▶ 10ml (2t) ground cumin
- ▶ 5ml (1t) ground coriander
- ▶ 5ml (1t) dried oregano
- ▶ 15ml (1T) garlic paste
- ▶ 2,5ml (½t) cayenne pepper
- ▶ 1,2ml (¼t) paprika
- ▶ 15ml (1T) lemon or lime juice

- ▶ 2,5ml (½t) salt
- ▶ 45ml (3T) oil

CREAMY SPINACH SAUCE

- ▶ 7,5ml (½T) butter
- ▶ 15ml (1T) garlic, chopped
- ▶ 4 x 250ml (4c) raw baby spinach, roughly chopped
- ▶ 180ml (¾c) cooking cream (such as canned dessert & cooking cream)
- ▶ 125ml (½c) full-cream milk
- ▶ 1,2ml (¼t) salt
- ▶ 1,2ml (¼t) coarsely ground black pepper
- ▶ 125ml (½c) cheddar cheese, grated
- ▶ fresh basil to garnish

1 Grilled chicken thighs

Place the chicken in a mixing bowl with the cumin, coriander, oregano, garlic paste, cayenne pepper, paprika, lemon or lime juice and salt.

2 Rub the ingredients into the chicken and leave to marinate for 30 minutes at room temperature or up to 24 hours in the fridge.

3 Creamy spinach sauce

Melt the butter in a small saucepan over medium heat and sauté the garlic and spinach for about 2 minutes. Add the cream, milk, salt and pepper. Turn up the heat and simmer until the mixture starts to bubble, stirring frequently. Take the saucepan off the heat and add the cheese, mixing until it melts.

4 Heat an outdoor grill to medium hot and grease the grid with some of the oil. Place the chicken on the grid, skin side down, and cook for 12-15 minutes. Flip over, baste with more oil and grill for another 7-8 minutes.

5 Serve the spinach sauce with the chicken thighs. Garnish with fresh basil.

**CHICKPEA AND
ROAST RED BELL
PEPPER SALAD****SERVES 4****PREPARATION: 15 MIN****COOKING: 25 MIN****DRESSING**

- ▶ 45ml (3T) orange juice
- ▶ 15ml (1T) lemon or lime juice
- ▶ 2,5ml (½t) dried red chilli flakes
- ▶ 1,2ml (¼t) cayenne pepper (optional)

SALAD

- ▶ 5ml (1t) olive oil
- ▶ 1 red pepper
- ▶ 50g rocket
- ▶ 250ml (1c) canned chickpeas
- ▶ 1 red onion, thinly sliced
- ▶ 60ml (¼c) fresh coriander, chopped
- ▶ 1,2ml (¼t) salt
- ▶ 50g flaked almonds

Preheat the oven to 220°C.

1 Dressing Combine all the ingredients. Keep aside.

2 Salad Grease an oven-proof dish or baking sheet with the olive oil. Roast the red pepper for 20 minutes or until it starts to char, turning it occasionally. Allow it to cool, then deseed and chop into even cubes.

3 Wash the rocket and pat dry with paper towels. Trim the stems.

4 Drain and rinse the chickpeas to remove excess brine. In a mixing bowl, combine the chickpeas, red onion, chopped red pepper, rocket, coriander and salt.

5 Pour the dressing over the salad and mix well. Transfer to a serving dish.

6 Toast the almonds in a frying pan over medium heat for 1 minute, tossing frequently to avoid burning. Sprinkle the toasted almonds over the salad when ready to serve.

(Turn over)

(From previous page)

GRILLED CHICKEN TIKKA

SERVES 2

PREPARATION: 20-30 MIN

MARINATING: 2 HR

COOKING: 15 MIN

- ▶ 500g deboned chicken breasts
- ▶ 1 large green pepper, deseeded and cut into large cubes
- ▶ 1 large red onion, cut into large cubes
- ▶ 60ml (¼c) oil
- ▶ 15ml (1T) garlic paste
- ▶ 7,5ml (½T) ginger paste
- ▶ 1,2ml (¼t) ground turmeric
- ▶ 2,5ml (½t) red chilli powder or cayenne pepper
- ▶ 30ml (2T) tandoori masala
- ▶ 10ml (2t) ground cumin
- ▶ 5ml (1t) ground coriander
- ▶ 5ml (1t) garam masala
- ▶ 30ml (2T) lemon or lime juice
- ▶ 30ml (2T) Greek yoghurt
- ▶ 15ml (1T) tomato purée or paste

TO SERVE

- ▶ side salad or French fries

- 1** Pat the chicken breasts dry with paper towels and cut into large cubes.
- 2** Put the chicken, green pepper and onion in a mixing bowl with 15ml (2T) of the oil. Add the rest of the ingredients, gently mix to coat, then leave to marinate in the fridge for a minimum of 2 hours.
- 3** Bring the marinated chicken to room temperature before cooking. Thread the chicken, green pepper and onion onto skewers.
- 4** Heat an outdoor grill to medium hot. Brush the grid with some of the remaining oil. This will prevent the chicken from sticking.
- 5** Grill the skewers for 13-15 minutes, turning every 3 minutes and brushing the exposed side with oil.
- 6 To serve** Serve with a side salad or French fries.



GRILLED MEATBALLS IN PITTA POCKETS WITH BEETROOT YOGHURT DIP

SERVES 4

PREPARATION: 20 MIN

COOKING: 20 MIN

MEATBALLS

- ▶ 400g beef mince
- ▶ 15ml (1T) garlic paste
- ▶ 7,5ml (½T) ginger paste
- ▶ 1 red onion, grated
- ▶ 1,2ml (¼t) salt
- ▶ 7,5ml (½T) fresh

- bread crumbs
- ▶ 5ml (1t) ground cumin
- ▶ 2,5ml (½t) ground coriander
- ▶ 125ml (½c) fresh coriander, finely chopped
- ▶ 5ml (1t) finely chopped fresh green chillies or 2,5ml (½t) red chilli powder
- ▶ 30ml (2T) oil

BEETROOT YOGHURT DIP

- ▶ 500g plain full-cream or double-cream yoghurt
- ▶ 45ml (3T) beetroot, finely grated
- ▶ 5ml (1t) lemon or lime juice

- ▶ 1,2ml (¼t) salt
- TO SERVE**
- ▶ 4 pitta breads

- 1 Meatballs** Put the mince in a bowl and combine with the garlic paste, ginger paste, onion, salt, breadcrumbs, cumin, ground coriander, fresh coriander and fresh chillies or chilli powder. Shape the mince into small ovals and flatten slightly with your hand.
- 2** Heat an outdoor grill to

medium hot. Brush the grill grate with the oil to prevent the meat from sticking. Arrange the meatballs 10cm apart so they're easier to turn while grilling. Grill for 4 minutes on each side.

- 3 Beetroot yoghurt dip** Mix all the ingredients in a small bowl.

- 4 To serve** Heat the pittas in a pan or in the oven until warm. Cut a slit in each to make a pocket. Stuff with meatballs and

drizzle the dip over or serve it on the side.

TIP

You can pan-fry the meatballs if you prefer. Heat oil in a deep frying pan over medium to high heat and gently add the meatballs. Fry for about 3 minutes on each side.

(Turn over)

(From previous page)



FISHCAKES

SERVES 2-4

PREPARATION: 30 MIN

COOKING: 40 MIN

- ▶ 250ml (1c) water
- ▶ 1,2-2,5ml (¼-½t) salt
- ▶ 250g fish (use a fillet that doesn't contain too many bones)
- ▶ salt
- ▶ 250g potatoes, peeled and quartered
- ▶ 5ml (1t) garlic paste
- ▶ 1,2ml (¼t) ground turmeric
- ▶ 2,5ml (½t) green chilli paste or 2 fresh green chillies, finely chopped (optional)
- ▶ 60ml (¼c) fresh coriander, chopped
- ▶ 10ml (2t) lemon or lime juice
- ▶ 2 eggs
- ▶ 30ml (2T) fresh breadcrumbs
- ▶ 375ml (1½c) oil

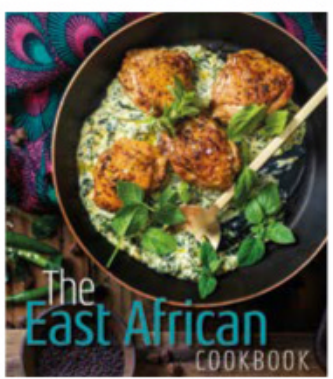
TO SERVE

- ▶ lemon wedges and fresh mint

1 In a saucepan, bring the water and salt to the boil. Add the fish and boil for 6-8 minutes. Drain and flake the fish,

making sure there are no bones.

- 2** In another saucepan, boil the potatoes in salted water until cooked. Drain and mash the potatoes.
- 3** In a bowl, combine the flaked fish and mashed potatoes with the garlic paste, turmeric, chilli paste or fresh chillies (if using), fresh coriander and lemon or lime juice.
- 4** Roll the mixture into balls using your hands and flatten them slightly to make cakes the size of your palm.
- 5** Whisk the eggs with a pinch of salt in a small bowl.
- 6** Sprinkle the breadcrumbs onto a plate.
- 7** Dip the fishcakes in the egg then roll in the breadcrumbs to coat on all sides.
- 8** Heat the oil in a frying pan over medium heat and fry the crumbed fishcakes until golden brown.
- 9 To serve** Serve with lemon wedges and fresh mint. **DM**



THE EAST AFRICAN COOKBOOK, BY SHEREEN JOG. PICTURES: WARREN HEATH (STRIUK LIFESTYLE, AN IMPRINT OF PENGUIN RANDOM HOUSE). R225 AT TAKEALOT.COM.

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2



3



Casual glam

1 Blazer R599, Woolworths.
2 Top R229,95, Edgars.
3 Shorts R299, Woolworths.



> Bag by Witchery R799, Woolworths



v Heels R480, Truworths

1



2



3



Pop of colour

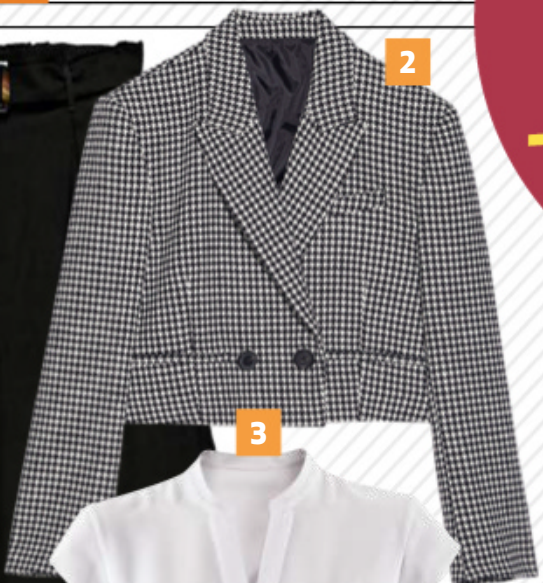
1 Blazer R229,99, MRP.
2 Top R450, Woolworths.
3 Skirt R159,99, MRP.



1



2



3



Black & white

1 Pants R159,99, MRP.
2 Houndstooth-print jacket R899, Zara.
3 Shirt R380, imagemakers.co.za.



< Faux-leather bag by Tessa Bags R499, YDE



< Heels R450, Woolworths

1



2



3



Ruffles

1 Blazer R899, Woolworths.
2 Pants R699, Woolworths.
3 Top R480, Truworths.

BY **WAGHEEBA JANUARY**





Classic cool

1 Blazer from R559, Miladys.
2 Dress R139,99, MRP.



Navy deal

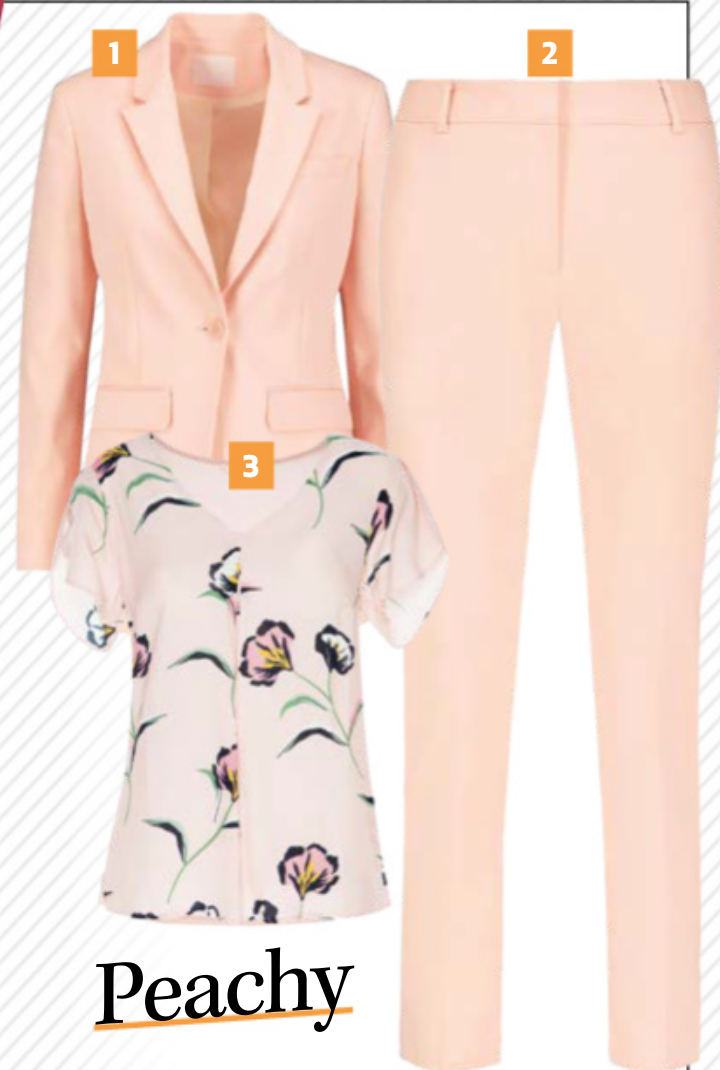
1 Blazer R730, imagemakers.co.za.
2 Top R199,95, Edgars.
3 Skirt R390, imagemakers.co.za.

40s



Mix & match

1 Blazer by Sissy Boy R1 599, Edgars.
2 Pants R499, Woolworths.
3 Shirt R420, imagemakers.co.za.



Peachy

1 Blazer R999, Woolworths.
2 Pants R699, Woolworths.
3 Blouse R399, Poetry.

Perfect match

1 Blazer from R559, Miladys.
2 Dress from R399, Miladys.

50s

Floral fever

1 Blazer R799, Queenspark.
2 Top R399, Woolworths.
3 Skirt R499, Queenspark.

Dotty detail

1 Blazer R599, Truworths.
2 Pants R299,95, Edgars.
3 Top R380, imagemakers.co.za.

Tailored fit

1 Blazer R999, Woolworths.
2 Pants R650, Woolworths.
3 Top R599, Poetry.

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Jogger

The everyday jogger is an essential casual wardrobe item. Choose a plain colour or a palette that can easily be matched with the items in your closet.

By Adidas R749,
superbalist.com



TIP

Create a cool street-style look by pairing your jogger with a sweater and sneakers. These items work well together and with other pieces in your wardrobe.

Sweater

The sweater is generally a colder month staple. Opt for a one-shoulder sweater for that hip-hop edge. It's also perfect for all seasons as it can be worn with a collared shirt or layered with a plain T-shirt.

R129,99, MRP



Plain white sneakers

White sneakers are a must-have because they work with almost any outfit. Choose a textured pair like this one for a little flare.

R399, Zara



Bang for your buck

High-waisted pants

High-waisted paper-bag pants have a relaxed but put-together feel. Opt for something neutral that can be worn with a solid colour. Pair yours with T-shirts, bodysuits or camis, and play with layering in the winter months.

R189,99, MRP



Faux leather jacket

The eco leather jacket can add a bit of edge and sophistication to your outfit. Pair it with a collared shirt and slacks for a dressed up look, or rock it with any casual outfit to give it more edge.

R899, Zara

TIP

Mix a cropped tee or tank top with your paperbag pants and faux leather jacket for a cool everyday look. Finish it off with sneakers or boots for edge.





Shirtdress

A shirtdress is a great piece on its own or to mix and match with tights, leggings or jeans in the colder months. Plus, they're right on trend for 2020.

R229,99, MRP

Denim jacket

No closet is complete without a denim jacket. This item can be thrown over the shoulder for a cool look or can be layered with a vest, shirt and pullover to create depth in the colder months.

R699, Woolworths



Look stylish – and save money – with these versatile pieces you can wear all year round

BY PETA-LEE MATJAOLA



Denim skirt

Denim skirts can be edgy or playful depending on how you wear them. Pair yours with leggings or knee-high boots in winter, or wear with sandals and a cropped top in summer.

From R179,99, MRP

Distressed denim skinny

Distressed skinny jeans are a staple piece for mixing and matching. They can be classy and elegant, or funky and fun depending on your mood. Opt for a subtle ripped look for versatility.

R349,95 Edgars



Plain T-shirt

A plain T-shirt is a must-have in any closet as the possibilities are vast. Mix with your favourite jeans or your go-to skirt and play with layering in colder months.

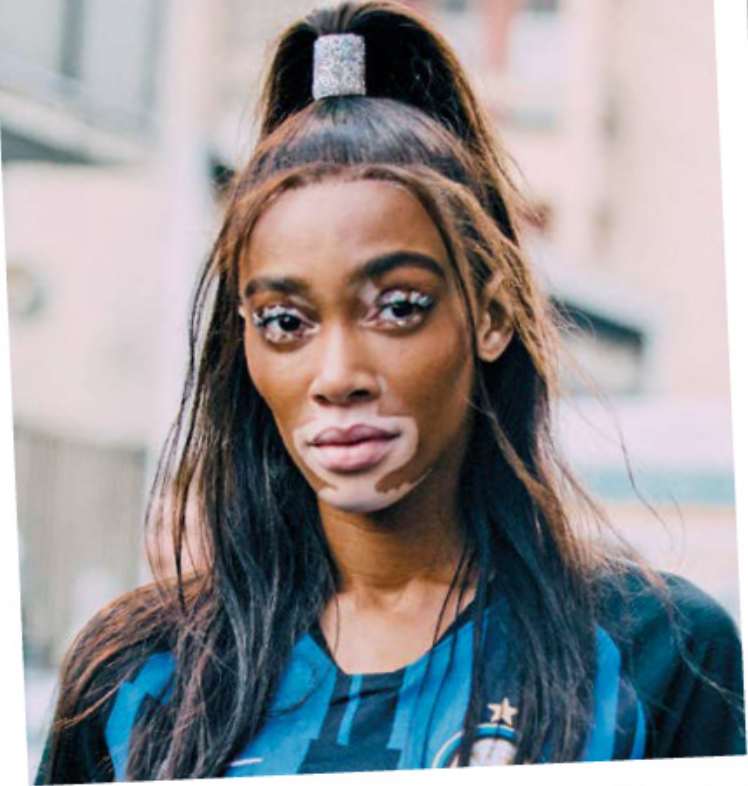
R160, Woolworths



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TIP

Choose a length that suits your build. If you're pear-shaped opt for a high-waisted skirt, if you're slender go for a mini, or pick a mid-calf like this one if you're tall.



1 Super-high pony

Stars such as **Winnie Harlow**, Ciara, Jennifer Lopez and Beyoncé have been rocking this tried-and-tested '90s 'do. The trick is keeping your roots and edges sleek without tugging at your scalp, so don't pull your hair too tight when you tie it up. If you have natural hair, you can make use of gel to help tame those flyaway curls.

2 Clay mask

Carol's Daughter Rhassoul Clay Softening Mask 340g R320

This mask is great for curly hair that's prone to dryness and frizz. It softens the hair, hydrates and restores lustre.

Apply the product on clean, wet hair and leave on for 3-5 minutes, then rinse off with warm water. For a deep treatment, cover the hair with a plastic cap and sit under a dryer for 10-15 minutes.



Cream of the CROP



Here are some of the latest hair trends and product releases

BY NTHABISENG MAKHOKHA

3 Shampoo bar

Zero Shampoo Bar R75

This zero-waste shampoo bar is water-free, plastic-free and cruelty-free. It is a proudly South African product made with locally sourced ingredients that include argan, macadamia, avocado, sunflower and coconut oils. The soap is long-lasting and easy to use.



GETTY/GALLO IMAGES

4+5 Super-short and platinum

We've seen stars such as Amber Rose and Eva Marcille blaze a trail with super-short blonde hair. And now the trend is back – in a variety of colours.

Platinum blonde wigs are also big right now and a great option if you want to sport the look without bleaching your hair. Boity Thulo and Kim Kardashian West love rocking this look.





6 Go organic

S+AVA Organic Skin & Hair Care Chebe Hair Cream 250ml R275

This organic product prevents breakage, keeps hair healthy and retains length. Chebe, an ingredient originating in Chad, moisturises and conditions your hair and also boosts its density.

Apply to damp hair and leave it on for a few days. You may want to make use of a wig or headscarf while it works its magic.

7 Long and lovely



Mizani Miracle Length 90ml R599

The key ingredients here are stemoxydine and castor oil.

A lot of people suffer from hair loss and thinning as a result of overuse of extensions and various methods of styling.

Apply this product to your roots daily, especially to affected areas, to promote growth and boost length.



9 Solid colour

Choosing a permanent hair colour can be tricky. However, many celebrities are switching up their looks, going from brunette to blonde and vice versa. **Zendaya** opted for a plum shade, which works well with her skin tone. If you want to go lighter, see a professional. If it's something darker you're after, store-bought dyes should work fine.



8 Conditioner that colours

Moroccanoil Color Depositing Mask 200ml R620

Are you looking for a product that nourishes and temporarily adds colour to your hair? Well, look no further. This product can be used to transform your hair from one colour to another in between salon visits.

You apply the product as a mask and leave it on while it deposits the colour. If you have a lighter hair colour, you'll get better results.



10 Big bang theory

Bangs are a great way to frame the face or conceal a big forehead. The great thing about them is they suit most face shapes and work well with almost any hairstyle. Avoid applying too much product on your fringe as this may irritate your skin and cause breakouts.

STOCKISTS CAROL'S DAUGHTER (CLICKS) 0860-254-257, MIZANI 0861-113-911, MOROCCANOIL RETAILBOX.CO.ZA, S+AVA SAVAORGANICS.COM, ZERO ZEROBAR.CO.ZA
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Brighten up your life

Good lighting can add a cosy and sophisticated feel to your home

BY SHELLY BERGH PICTURE: MISHA JORDAAN

1 Frame R259,99, MRP Home. **2** Floor lamp R598, Builders. **3** Chair R1800, MRP Home. **4** Side table R1120, **5** Enamel platter R229, **6** Mug R59,95, **7** Aloe in bottle R169,99 and **8** Gold vase R180, Woolworths. **9** Rug R1200, MRP Home.



SAVE

SPEND

SPLURGE

FLOOR



< R699,99,
MRP Home

> R799,99,
MRP Home



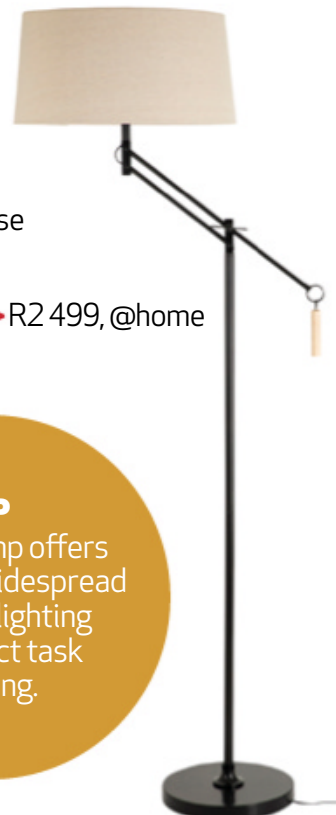
< R1 499,
The Lighting
Warehouse

> R1 800,
MRP Home



< R2 999, The
Lighting Warehouse

> R2 499, @home



TIP

A floor lamp offers grandeur, widespread ambient lighting and direct task lighting.

HANGING



< R299,99,
MRP Home

TIP
Hang these lights so you can walk comfortably underneath them. When over an island or table, they should not block your line of vision.



< R799,
MRP Home



▲ Mingle pendant by Present Time R1199, superbalist.com



▲ R1 960, Esque



> R2 400, Esque

TABLE & DESK



▼ R199,
Woolworths



< R299,99,
Sheet Street



▼ R940, Esque



▼ R799, Woolworths

TIP

These are perfect next to a couch, bed or on a desk, but be careful with scale. They should not be too big for the table they are on.



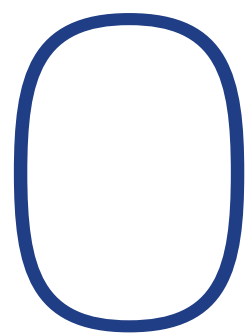
▼ R1 550, Knus



▼ R2 000, MRP Home

STOCKISTS @HOME 0860-666-674; **BUILDERS** 0860-284-533; **ESQUE** 086-103-7783; **KNUS** 087-550 7600; **MRP HOME** 0800-212-535; **SHEET STREET**; 0800-203-681; **SUPERBALIST.COM**; **THE LIGHTING WAREHOUSE** 0861-544-484; **WOOLWORTHS** 0860-022-002

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FTEN there are no symptoms at all – no sign that something is wrong inside the body.

For many women it's only when they struggle to conceive that they discover they have endometriosis.

For others, this reproductive system condition is accompanied by severe abdominal and back pain during menstruation.

This pain can affect every aspect of a woman's life, but often women live with it for years without it being properly diagnosed – and when this condition is left untreated it can affect fertility.

“Most women experience period pain and assume it's normal and they end up suffering in silence,” says Dr Mathobela Matjekane of CliniMed in Cape Town.

“It affects other areas of their lives. They may miss work due to the pain and may battle to conceive, which can be emotionally draining, especially when a woman doesn't know that endometriosis is the cause.

“Due to all these frustrations, they can end up with depression too.”

Diagnosing the condition can be a challenge, as many of the symptoms are similar to other conditions such as irritable bowel syndrome and pelvic inflammatory disease.

This means endometriosis often goes undiagnosed or that it is diagnosed late.

Here's more about this condition that affects around 10% of women worldwide.

WHAT IS IT?

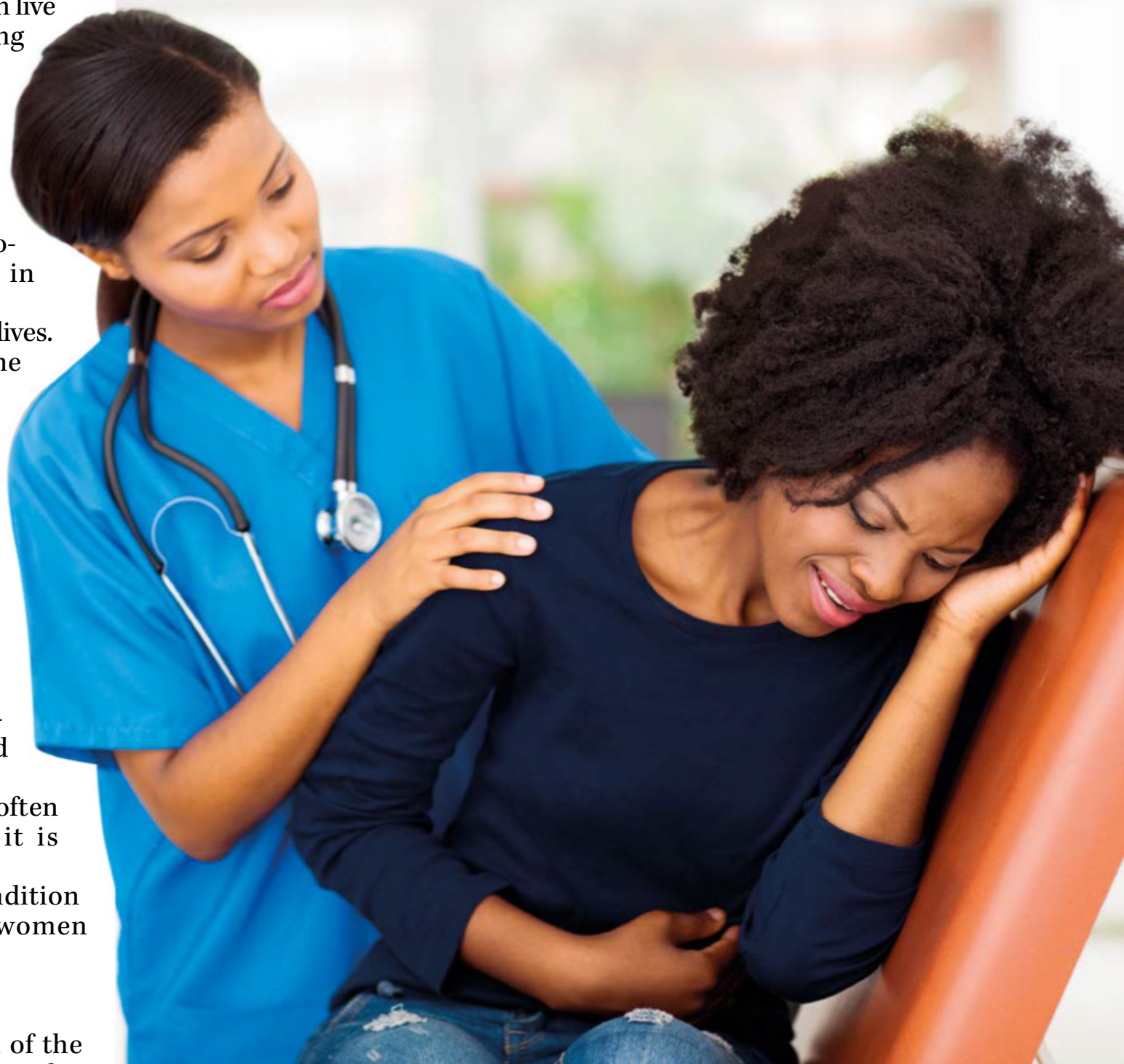
Endometriosis is a condition of the reproductive system where tissue that normally lines the inside of the uterus grows in other parts of the body, such as the ovaries, the outside surface of the uterus, bowel, bladder and rectum.

This tissue continues to respond to changes in your hormones during your menstrual period. Over time, the tissue thickens and becomes trapped, causing extreme pain and scar formation.

When it's not just period pain

It's often dismissed as bad menstrual cramps, but endometriosis is a serious condition that can cause infertility

BY KIM ARENDSE



HOW IT AFFECTS FERTILITY

About 30% of women with infertility problems have endometriosis.

Endometrial tissue in the pelvis can trigger an inflammatory reaction that can affect egg development, ovulation and fertilisation.

The formation of scar tissue (created as endometriosis irritates surrounding

tissue in the pelvic cavity) can also block the Fallopian tubes. Scar tissue can bind pelvic organs to one another or cover them entirely.

SYMPTOMS

Many women have no symptoms but others experience:

* Painful menstruation, including pain

in the lower abdomen, back and legs

- * Pain during intercourse
- * Fatigue
- * Painful bowel movements
- * Urinary urgency and frequency
- * Infertility.

RISK FACTORS

The exact cause is not known but you are most likely to develop endometriosis if you:

- * Are between the ages of 13 and 40
- * Have not had children
- * Are overweight
- * Have heavy or prolonged periods
- * Had your first period at an early age (before 12)
- * Have a family history of endometriosis.

DIAGNOSIS

Many women only discover they have endometriosis after visiting their doctor because they're struggling to become pregnant.

Your doctor or gynaecologist may conduct a physical examination, ultrasound and MRI scan.

The best way to determine if you have endometriosis is a laparoscopy – a thin tube with a camera is inserted into the abdomen allowing close inspection of your organs.

A tissue sample may also be taken for testing.

"There is a lack of guidelines for treatment of the disease, especially in primary healthcare settings, as well as few proper referral systems, especially in rural areas far away from major cities," Dr Matjekane says.

"In cases where a person can't afford private care, they can be referred to a tertiary institution within the public sector for specialist intervention."

TREATMENT AND MANAGEMENT

There's no cure or way to prevent endometriosis, but treatment can help manage the pain and increase the chances of fertility.

Surgical options include the removal of the growths or a hysterectomy (the removal of the uterus and cervix) if you don't plan to have children. Early diagnosis and removal of the growths through surgery can prevent it from worsening.

Medication options include hormone

TIA MOWRY'S 'MIRACLE' BABIES

She's become something of a poster child for conceiving despite living with endometriosis. American actress Tia Mowry (41) kicked off the New Year sharing a photo of herself with her two children – son Cree (8) and daughter Cairo (1) – with the hashtag #My happy place.

In an interview with O Magazine, she spoke about her life with the condition.

"I'd been experiencing extreme pelvic pain for years and went to several doctors.

"Each one would brush me off. 'Those are just really bad cramps, some women get them more severely', one told me. 'Just put heat on it', one suggested. Another doctor simply said, 'Get on the treadmill – working out helps'.

"I ended up needing to have multiple surgeries because my symptoms got so bad.

"I'll never forget sitting in my doctor's office and her telling me, 'Look, if you want to have kids one day, and you don't want to keep having

surgeries, you're gonna have to change your diet'.

"That's really when I took everything to the next level. I started limiting foods like dairy, added sugar and alcohol, and focused instead on healthy choices, such as probiotics, legumes and lower-sugar fruits.

"I gave birth to my son Cree in 2011. After he was born, I thought I was in the clear. I didn't have any more endometriosis symptoms for about five years.

"And then, in my late 30s, when we were trying for another kid, my pelvic pain came back. That brought with it more doctors' visits and paying special attention to what I ate, plus yet another surgery. But finally, at age 39, I gave birth to my second child, my daughter Cairo.

"If I could say anything to the Tia who was in a dark, lonely place, struggling to get pregnant, I would tell her, 'Don't give up. And remember, do not feel alone, because you are not'."



therapy, pain drugs and hormonal contraceptives.

A specific diet can also help lessen the symptoms.

THE EMOTIONAL TOLL

Endometriosis can have a negative impact on you mentally and emotionally.

"Most women seek medical assistance for the pain but they may not be ready to deal with possible fertility issues, which often come as a shock," says counselling psychologist Lauren Moss from Sandton.

"If your doctor doesn't explain it in a way that helps you to make sense of it, seek further support.

"Consider reaching out to other women who are living with it and can offer emotional support and practical advice.

"Once you begin speaking to others, there's a good chance you'll discover that many women indeed have children despite having endometriosis."

Moss also suggests the following to ease your emotional pain:

* Give yourself time to process the emotions – don't sweep them under the carpet.

It can help to write down your thoughts, as this often leads to an expression of emotion.

* Write down all the questions, fears and concerns you have, no matter how big or small, then take these questions to your doctor. It's part of their job to help you understand.

If you find your doctor dismissive about your concerns, take the questions to a counsellor or seek support online.

There are many supportive communities online that can help. But a word of caution – if you turn to the internet too soon, before you have processed your own emotional response and have an understanding of your own concerns, you may end up being distracted from your journey by other people's experiences.

* Support systems are the most influential factor in dealing with difficulties. Find someone who can listen to your concerns and give you the support you need. **DM**

THIS year I'm going to eat better, exercise more and get rid of those extra kilos. Sound familiar? It's a common new year's resolution.

And it's also pretty common that by the time March rolls around, most people's motivation is flagging. You're not seeing the results you want, and juggling work and family is so demanding that you're struggling to find the time and energy to exercise three times a week and avoid convenience food.

You're not alone. A survey done in the USA found more than half the participants said they fail their resolution before the end of January.

But don't throw in the towel just yet. You might be making one of the common mistakes of people who are trying to establish a new healthy lifestyle, say Cape Town-based fitness instructor Aneeka Buys and dietitian Carey Anne Seady.

These mistakes can sink your plans before you've even properly started. We asked these two experts to give tips on how to avoid these obstacles on your path to a healthier new you.

1 You keep procrastinating You'd been planning to start on New Year's Day, but that didn't happen. Now you're planning to start on Monday or maybe on the first of next month. This is a mistake, Seady says. There's no better time than the present.

"The best time to start is immediately," she says. "Monday or the new year or after your birthday is no different to any other day." So just do it.

2 Your budget is tight Not being able to afford healthy food is a challenge for many people, Buys says. "But healthy food choices needn't be pricey."

She suggests storing fruit and vegetables in airtight containers to prolong their shelf life. "Cooking food in bulk to freeze for multiple meals also helps curb expenses."

3 Exercise isn't part of your routine When life gets busy, one of the first things to go is exercise. Make it a goal to set aside time to exercise every day and make it non-negotiable.

"It takes 21 days to change a habit,"



Stick to your resolutions

Don't let your good intentions fall by the wayside – here's what to do about the things that can zap your motivation BY MARELIZE GRBICH

Buys says. "If you can stick to an exercise plan for three weeks it'll become a part of your routine in a jiffy."

4 You can't afford gym membership "Exercise doesn't have to happen in a gym," Seady says. "Go for a walk in your neighbourhood or in a nearby park. There are several free apps with videos of workouts you can do at home."

You can even burn kilojoules by putting on your favourite music and dancing around the house for 45 minutes, she adds – and it won't cost you a cent.

5 You want to do too much too soon Many people start off with intense workouts, Buys says. "But it can be discouraging if your body hurts too much." She recommends starting a new exercise regime slowly and intensifying your workout as you get fitter.

6 You're too tired after work Many people struggle to find the energy for exercise after work. Sometimes you finish work later, or when you get home the kids need your help with homework. Or you could just be worn out after a hard day's work.

sible to know what the best option is for you. Do your homework and don't just take the word of any Instagram "expert" for anything. Rather consult a registered dietitian for useful, sustainable advice.

Seady suggests the Mediterranean diet, saying it's a healthy, balanced option that has been proven effective through more than 60 years of extensive research.

11 You drink too much diet cooldrink There's a wide variety of sugar-free cooldrinks available nowadays. But even though they smell and taste almost like the real thing, Buys cautions against overconsumption.

"Just because a drink doesn't contain sugar doesn't mean the artificial sweeteners are good for you. Try to stay away from artificial flavourings and sweeteners."

She maintains that water is still the best way to quench your thirst. If you need to add taste, flavour it with cucumber slices, fresh mint and lemon.

12 You don't plan Lack of planning is the death knell of any diet plan. You decide to "take it as it comes" and before long you're standing in the queue at the work cafeteria with a portion of hot chips in your hand.

Draw up a meal plan for your week, Seady advises. She suggests cooking in bulk over weekends and prepacking lunch to take to work. This way you're not only saving time and money, you'll also be less likely to succumb to temptation.

13 You're drinking your kilojoules You're eating healthily during the week but over weekends you enjoy a glass of wine or a cocktail or three when you're out with friends.

Be wary of "pretty drinks", Buys warns. "They contain many hidden kilojoules that you probably haven't factored into your daily kilojoule allowance. If at all possible, stick to water." **DM**

That's why it's best to get in your workout in the morning before work, Seady says. "This will also boost your metabolism throughout the day."

7 You're not getting enough sleep If you want to be successful in implementing your new eating and exercise plans, you need enough rest.

It's during sleep that your body recovers and your brain processes things that happened during the day, Buys explains.

"If you're not getting enough good-quality sleep, you'll suffer from exhaustion and start craving food that provides quick-release energy."

But that's the worst thing you can do as the boost of energy from these foods disappears as quickly as it came, leaving you feeling even more tired than before.

8 You're obsessed with the scale When you make lifestyle changes in order to lose weight, it's normal to want to weigh yourself weekly and see the kilos drop off. But it's better not to weigh yourself too often, Buys warns.

"It takes your body three weeks to get

used to a new diet and exercise regime. If you get on the scale too often you'll be discouraged by the lack of instant results. Be good to yourself and trust the process."

9 You want a quick fix Don't we all? But there's no healthy way to lose weight quickly, Buys says. "Once you've lost the weight you can't expect to keep it off if you go back to eating the way you did before. It has to be a lifestyle change – a sustainable way of living."

Seady agrees, saying a healthy weight-loss rate is about 0,5kg to 1kg a week.

"The best way to maintain a healthy body weight in the long run is to make daily healthy food choices and exercise regularly."

10 You're overwhelmed by the choices We're bombarded with so many health options, promises and choices in the media on a daily basis that it becomes nearly impos-



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 KEPT HIS STATUS SECRET

Q I've been dating a guy for seven months and recently found out he's HIV-positive. I went for a test but I'm negative. I really love the guy but I hate that he's been hiding this from me and I fear for my own health.

He's been continuously asking me to have a baby with him, which I'm not prepared to do because of his health issues.

I'm not sure I can trust this guy and I'm too young to have this stress.

What do you suggest?

CONCERNED, SMS

A It's sad your partner didn't see a need to be honest about his status from the get-go. This means your relationship started with a lie. Although he might argue he had his reasons for not telling you, he should have let you know so you could have decided whether to continue with him or not. Knowing his status would have ensured you knew what you were getting yourself into, but he denied you the opportunity to make your own choice when he chose not to tell you.

Now that you've found out about his status, you need to decide whether you want to continue with this relationship or not. If you do decide to stay with him, both of you have to discuss the dynamics of this relationship. HIV can be managed successfully with treatment, so I suggest you learn as much as you can about it so you can make an informed decision.

Note that if you are a serodiscordant couple (where one partner is HIV-positive and the other is not) there are ways you can have a healthy baby – if you are ready for that.

You can also visit your nearest LoveLife office for assistance or call them on 011-523-1000.

Tackling this together and supporting each other will ensure a healthy, happy relationship regardless of his status.

WEEKEND WITH MY EX

Q In 2017 I dated a colleague who was also my mentor at that time. He is married and I broke up with him after I found out he was also seeing my friend at the same time. I have not spoken to him since then.

Recently a friend invited me to go on a hiking getaway for a weekend, which I accepted.

He created a WhatsApp group of everyone going on the hike and I discovered my ex is in the group.

Since then some people cancelled and now it's only me, my friend and my ex going.

I really want to go on this adventure but I think it will be very awkward now there's only three of us.

Should I go?

UNSURE, EMAIL

A You need to make an informed decision. Think about what you will gain from this trip and what you will lose if you don't go along.

For you to make up your mind, think about your feelings towards this man.

It seems you only parted ways with him because he was cheating on you with your friend. That was something you could not accept – even though you were doing the same thing to his wife.

If you're sure you can be around him without it being awkward for either of you, knowing your past, then you can go.

But if you have any doubts about being around him, then you really should think twice about going on this adventure. Would it really be worth it?

If the thought of being around him makes you uncomfortable, then maybe you are not over him.

'You must attend to your business with the vendor in the market, and not to the noise of the market'

– BENIN PROVERB

ADDICTED TO PLEASING MYSELF

Q I've been watching porn and masturbating up to eight times a day for almost five years now. I don't have a romantic relationship or an ordinary friendship with anyone.

Whenever I feel bored, I use my hands. Is this normal? I'm tired of it because I'm starting to feel guilty and alienated every time I do it. What can I do to overcome it?

ANONYMOUS, SMS

masturbation can also be addictive, and your explanation seems to be pointing in the direction of someone who is addicted.

If you are having feelings of being alienated, this might have to do with the fact you're recognising the void of not having a meaningful relationship and also that the cause of this is your obsession with porn and masturbation.

It would be wise if you enlisted the help of a counsellor who can assist you with ways of dealing with your addiction. Coupled with the counselling, you should also open yourself up to the possibility of pursuing a romantic relationship.

Good luck. **DM**

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.

SPOUSAL SUPPORT
DURING SEPARATION

Q This is my second month separated from my wife. She cheated on me. She is working and I am not. She was paying for both our cars' insurance and also supported me. She's now stopped payment since we separated.

How can I get her to continue to support me?

ANONYMOUS, EMAIL

A You need to go to the maintenance court, which can be found at your nearest magistrate's court. There, you can sue for spousal maintenance. You must calculate the amount you need to pay for the car, accommodation, food and other basic needs. As the two of you are still legally married, your wife has a legal obligation to financially support you.

'Your wife has a legal obligation to financially support you'



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.

CAR OWNERSHIP
CHANGE

Q I bought a car in April last year. When I changed ownership, they told me the car was under a certain bank and that the owner must change it himself before it can be sold.

I told the owner but he still has not done it. What can I do? He doesn't answer my calls.

ANONYMOUS, EMAIL

A You need to find out if the car is fully paid or if money is still owed to the bank. There is a possibility that the car has not been fully paid and as a result the seller does not have the right to sell it or change ownership into his name.

If the car is fully paid, you can give the seller an ultimatum to either change the registration of the car or to return your money. If he refuses to return the money, you can take the matter to court.

DO I NEED TO LEGALLY
DIVORCE MY WIFE?

Q I got married to a woman in 2012. I paid lobola and we had a white wedding celebration but we didn't sign anything.

Now I want a divorce. What do I have to do to be legally divorced?

ANONYMOUS, EMAIL

A One of the requirements of a civil marriage (where a marriage officer issues a marriage certificate free of charge at the ceremony) is that the marriage has to be registered.

Customary marriages are the only marriages that are legally recognised without a marriage certificate. Entering a customary marriage has to be done in accordance with tradition. You can approach the courts but note it may be deemed that no valid customary marriage took place.

STILL PAYING FOR
MISSING CAR

Q I lost my car on the company premises while I was on duty. I do truck deliveries and when I got back to the premises after a work trip, my car was gone from the parking lot.

The company isn't helping me and I am still paying instalments on the car to the bank.

What can I do?

ANONYMOUS, EMAIL

A This incident should ideally have been reported to the police so that a case of theft can be opened.

If you have insurance, you need to lodge a claim with your insurance company.

There is nothing much the company you work for can do, as the matter must be handled by the police.

If you are of the view that the company was negligent, you can appoint an attorney and bring a court application against them.

The court application can only be brought if you do not have an insurance policy or your claim is repudiated.

DIVORCING MY LONG
LOST HUSBAND

Q I have been married for 17 years, but I am separated from my husband.

He left me and our children in 2012. Now I want to file for divorce. What can I expect?

ANONYMOUS, SMS

A You need to establish the whereabouts of your husband.

Once located you can either appoint an attorney who will issue divorce summons to your husband or you can do the divorce yourself by getting the divorce documents from your nearest magistrate's court. **DM**

YOUR MONEY SORTED

COHABITATION: WHAT DOES THE LAW SAY?

Protect yourself by knowing your rights

YOU'RE happily living together and don't feel any need to make things official by getting married.

But what does this mean for your joint finances? Do you have the same rights as married couples when it comes to death, taxes and medical aid?

In terms of South African law, couples who aren't married aren't recognised as being in a legal union – even if they've lived together for decades and consider themselves life partners – so their rights aren't really protected.

In contrast, there are specific laws that regulate married couples' unions to ensure both parties are safeguarded.

However, there are a few laws that do cover cohabiting life partners. Let's take a look.

MEDICAL AID

Apart from a spouse or blood relative, anyone who's dependent on a main member of a medical aid can be registered as a dependent.

That means you can be on a life partner's medical aid, even though you're not married or related.

If the main member dies, dependents are allowed to remain on the fund.

The partner doesn't have to give up their membership, even if they're not the main member, as long as the premiums are paid. **To register a partner as a dependent on a medical aid you must:**

- * Obtain a certified statement confirming that the main member is the dependent's life partner.

This needs to be done in front of a commissioner of oaths or a police officer who's legally authorised to administer an oath.

- * Complete and submit the application forms.
- * Submit a certified copy of the dependent's ID.

INCOME AND ESTATE TAX

The Income Tax Act and the Estate Duty Act include anyone in a permanent relationship with the individual taxpayer in the definition of "spouse". The requirements of a permanent relationship aren't defined but both the taxpayer and their life partner must be able to prove that they're in a permanent relationship (see box, right).

The one tax benefit to permanent couples pertains to donation tax, says Suzanne Marais, a chartered accountant from Cape Town. Donations between partners is exempt from donation tax (which is payable on all donations worth more than R100 000 a year at 20%). So if cohabiting couples donate money to each other, there's no donation tax payable.

Another benefit comes into play if one of the partners dies, Marais says. Everything bequeathed to a partner is exempt from estate duty. So, for example, if a cohabiting couple buy a home together and one of them dies but leaves their half (50%) to the surviving partner, there won't be any estate duty payable on the deceased's 50% of the property.

And the ownership of the property can be transferred to the surviving partner without any transfer duty being payable.

PENSION FUND

A life partner can be appointed a beneficiary of a pension fund and stands to inherit either the full pension fund value or a percentage of it if the member dies.

But the beneficiary must truly be dependent on the pension fund member.

The trustees of pension funds are legally obliged to find any and all dependents of the fund member and ensure they receive a payment, even if they aren't named as a beneficiary.

Every pension fund has its own

terms and conditions relating to who's considered a dependent, but the law states that cohabiting partners qualify as factual dependents. A factual dependent must prove that they were financially dependent on the deceased.

To prove dependency, pension funds require at least the following:

- * A certified copy of your ID
- * Certified statements confirming financial dependency and financial circumstances
- * A certified statement by a third party confirming the permanent relationship.

HOW TO PROVE THE RELATIONSHIP

The easiest way to prove you're in a permanent relationship is to draw up a partnership agreement that stipulates each party's rights and responsibilities.

It's best to have it drawn up by a lawyer to prevent disputes over its validity.

In order to protect both parties it must contain the following information:

- * Full names and ID numbers
- * Residential address

- * The belongings, or assets – including investments and property – each party owns at the time of entering into the contract
- * How each party contributes – monetarily or otherwise – to their joint expenses, and how one might support the other financially
- * What happens to your assets if the relationship ends
- * If you have children, you need to stipulate how you'll provide for them if the relationship ends.

TIP

The Compensation for Occupational Injuries and Diseases Act allows for an individual in a long-term partnership to claim benefits if their life partner dies of injuries sustained in the work environment. But one of the conditions is they must provide proof of cohabitation as life partners, even if unwed.

GET HELP HERE

- * For information resources relating to separation, divorce, parental rights, maintenance and child support: divorcelaws.co.za
- * South African department of labour: labour.gov.za

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CHILDREN



ADULTS



WOMEN



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1. Vighi G, et al. Allergy and the gastrointestinal system. Clinical and Experimental Immunology, 153 (Suppl. 1): 3-6.
2. Approved Product Package inserts

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ARIES

21 MAR – 19 APR

It's a week to make work of hidden strengths and weaknesses, so a bit of soul-searching won't be frowned upon. If you're a feisty Aries with a might-makes-right approach, you may want to contemplate the advantages of collaborating with others. It may yield better results. It's also a good time to explore and develop any hidden talents. Whether you have an eye for photography, an aptitude for sport or a feel for the arts, it will be worth a try.

YOUR LUCKY NUMBERS
50, 32, 10, 29, 35, 49

TAURUS

20 APR – 20 MAY

Your planet, Venus, moves into your sign this week, boding positive prospects for all areas of your life. Whether you want to attract money-spinning ventures to build your wealth, capture the heart of the one you love or attract an abundance of pleasurable outings, things may be going your way. However, you should guard against overindulgence, for the health of your waistline as well as the bulge of your wallet or purse.

YOUR LUCKY NUMBERS
34, 40, 52, 3, 16, 31

GEMINI

21 MAY – 20 JUN

Your planet, Mercury, ends its retrograde phase this week and starts moving forward, a move in the right direction. This should be good news for a busy and breezy Gemini in no need of hitches and glitches to slow you down or cramp your style. Chances are you can look forward to a week where plans come together and plots work out. You can also feel comfortable to draw on your gift of the gab to smooth the road.

YOUR LUCKY NUMBERS
2, 26, 52, 29, 8, 42



YOUR LUCKY NUMBERS
22, 43, 37, 27, 4, 13

PISCES

19 FEB – 20 MAR

With both your special and less desirable Pisces characteristics sensitised, it's a week to be aware and awake. Your compassion, imagination and sensitivity make the world a better place. But be on your guard, as you can be easily led astray. You can also be a soft target for those who prey on the kindness of others.

PISCES ON SOCIAL MEDIA

- * Be on the lookout not to fall victim to a cyber scam.
- * Music on your phone transports you to seventh heaven.
- * Scenic pictures and poetry are your favourite posts.
- * Your profile picture reflects your dreamy nature.
- * You join photography, music and art groups.
- * When it comes to internet dating, you're alluring, yet elusive.

CANCER

21 JUN – 21 JUL

It's time to broaden your horizons and expand your world view. So it's a week to venture into the unknown. Travel to new places, mingle with people of foreign cultures, and explore different philosophies. You may want to plan a trip, take up armchair travelling or make use of the internet to meet the need.

YOUR LUCKY NUMBERS
34, 3, 38, 48, 6, 15

LEO

22 JUL – 22 AUG

Communicative Mercury makes a move for the better in your love horoscope this week, paving the way for pleasant conversations with your partner. It's a week to seek him or her out, whether you want to have fun bantering, have something special to share or an inspirational idea to disclose. You can be confident that words won't fail you this week.

YOUR LUCKY NUMBERS
32, 50, 51, 5, 28, 17

VIRGO

23 AUG – 22 SEP

Your planet, Mercury, takes a turn for the better when it starts its forward motion this week. This should improve your overall sense of wellbeing and lessen your worries. With misunderstandings and delays out of the way, you can look forward to a week where your diligence and efficiency should yield the desired results.

YOUR LUCKY NUMBERS
2, 35, 19, 36, 1, 39

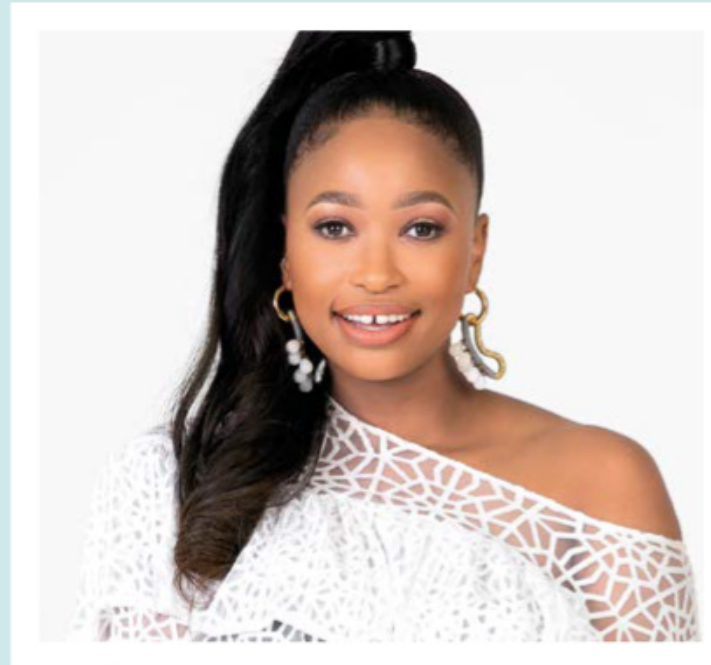
LIBRA

23 SEP – 22 OCT

This is a week to expect the unexpected, for better and for worse. Unexpected news can throw you off balance or sudden changes of plan could upset the applecart. Your partner might also spring an exciting surprise on you or you receive a windfall. Speaking of which, the winds of change may cook up a storm, especially in terms of your joint assets.

YOUR LUCKY NUMBERS
38, 6, 21, 23, 46, 12

FAMOUS PISCES



ZOLA NOMBONA
10 MARCH

SHAQUILLE O'NEAL
6 MARCH

PRETTY YENDE
6 MARCH

WANDA SYKES
7 MARCH

MOSHE NDIKI
9 MARCH

BLACK COFFEE
11 MARCH

SCORPIO

23 OCT – 21 NOV

Venus moves into your love horoscope this week, which is probably as good as it gets for matters of the heart. If someone is secretly pulling at your heartstrings, it's a good week to make your fascination known. Should your soulmate be by your side, it's a week to make the most of your time together.

YOUR LUCKY NUMBERS
46, 28, 44, 9, 14, 30

SAGITTARIUS

22 NOV – 20 DEC

Home is where your heart is this week, unusual as it may sound for a Sagittarius with itchy feet. Chances are you'll enjoy the companionship of your loved ones, have fun playing games with the kids and take great delight in entertaining your friends at your house. You'll also enjoy relaxing with a good book or watching your favourite TV shows.

YOUR LUCKY NUMBERS
48, 1, 24, 45, 20, 13

CAPRICORN

21 DEC – 20 JAN

Venus, planet of attraction, moves into your sign this week. As an ambitious Capricorn, chances are you'd like to focus on your career. However, all work and no play make for dullness, you may want to invite some pleasure into your life too. If you're a lonely Goat, this is a great opportunity to entice a partner.

YOUR LUCKY NUMBERS
45, 21, 4, 33, 7, 47

AQUARIUS

21 JAN – 18 FEB

Mercury, master of the tongue and ruler of the mind, makes a turn for the better in your sign this week. You should be in your element, particularly when debating a viewpoint, researching a concept or writing an article. It's a week to spend time in your head, but equally so to network, whether you want to make friends, exchange ideas or promote a cause.

YOUR LUCKY NUMBERS
51, 10, 18, 25, 41, 11

WHAT DO YOU KNOW? Take our quick quiz



1 Designer Gert-Johan Coetzee is launching his own ...?
A Fragrance
B Energy drink
C Studio
D Agency

2 What genetic disorder impairs the body's ability to make blood clots, a process needed to stop bleeding?

A Canavan disease
B Neurofibromatosis
C Haemophilia
D Anaemia

3 From which prison was Nelson Mandela released in 1990?
A Pollsmoor
B Victor Verster
C Robben Island
D Breakwater

4 Parts of which national park were recently closed due to flooding?

A Kruger
B Isimangaliso
C Addo
D Kgalagadi

5 When were the first ATMs introduced in South Africa?

A 1976
B 1981
C 1989
D 1994

6 Which city will host the Olympic Games

this year?

A Athens
B Rio de Janeiro
C Paris
D Tokyo

7 What type of pasta is commonly known as bow-tie or butterfly pasta?

A Tortellini
B Gnocchi
C Farfalle
D Penne

8 Who is the current chairperson of the African Union?

A President Cyril Ramaphosa
B Abdel Fattah el-Sisi
C Nhlanelhla Nene
D Graça Machel

9 Saturn was named after the Roman god of ...?

A War
B Commerce
C Agriculture
D Fertility

10 Where would you find the Mariana Trench, the deepest trench in the world?

A Indian Ocean
B Pacific Ocean
C Atlantic Ocean
D Arctic Ocean

11 Universal blood donors are those people with an ... blood type?

A A-positive
B AB-negative
C B-positive
D O-negative



12 Musician Tresor was recently ... in Linden, Joburg?
A Shot **B** Hijacked **C** Mugged **D** Arrested

ANSWERS 1A, 2C, 3B, 4A, 5B, 6D, 7C, 8A, 9C, 10B, 11D, 12B

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DRUM SOAP WATCH 5 – 11 MARCH

GENERATIONS: THE LEGACY

Crazy J gets a nasty surprise at work. Mrekza is shocked to hear what his brother-in-law has come to ask. Fikile finally gets the answer she was so desperate to find. Smanga (MOOPI MOTHIBELI) is stunned that Tau deliberately undermined them. Lucy gets a tongue-lashing. Boipelo marks her territory for everyone to see. Gadaffi finds the wrong woman in the right dress . . .



ISIDINGO

Mayekiso's worst nightmare comes true. Cebisa sells her soul to help her son. Kgothalo shows Lefa two can play his game. Lincoln is forced to face some harsh truths about himself. Sibiya makes a grand gesture to Cebisa. Olivia has a surprise suggestion for Claudette. Lungi (JO-ANNE REYNEKE) and Phindile meet Kgothalo's new man. Mayekiso has one more trick up his sleeve.



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

SCANDAL!

Thembeke wins her target's heart. Tebello finds the truth a bitter pill to swallow. Phindile gets some advice. Ndumiso informs his fellow shareholders of a looming threat to their business. Yvonne and Tebello find themselves in compromised circumstances. Mthunzi (BONGILE MANTSAI) is badly stung when his advances are dismissed. Yvonne prepares to say goodbye for good.



MUVHANGO

A shocking truth is revealed to the royal family. Matshidiso stirs up trouble between James (DINGAAN MOKEBE) and Marang. Warona discovers that Mbali has set her up. Shaz stumbles upon disturbing news from Mbali. Vho-Masindi finds solace in an unlikely place. A surprise gesture from KK rocks Matshidiso's boat. Shaz attempts to unmask Mbali but finds tables have turned.



RHYTHM CITY

Khulekani tries to call off his decision about Suffo. Fats gives Rene an ultimatum. Sabelo has a brilliant idea. Khulekani's dark secret comes to haunt him at the Metropol. Rene is petrified when a sangoma threatens to unearth her secret. Rene finally comes clean with Mzi and Kop. Khulekani finds an unlikely ally. Rene reaches out to Blossom. Puleng (TEBOGO KHALO) unwittingly encourages Madikgetla. Fats tries to speak some sense into Mzi.



◻ - 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 5 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: Care Bears Welcome to Care-a-Lot 15:00 Ninjago: Masters of Spinjitsu 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	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Velpi 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 15:30 YoTV 16:30 ◻ Daily Thetha 17:30 ◻ News 18:00 Instapreneurs Docu-reality series. Go behind the scenes with social media stars to find out how they make money. 18:30 Skeem Saam 19:00 ◻ News 19:30 #TBT 20:00 Generations: The Legacy 20:30 Uzalo 21:00 One Day Leaders 22:00 ◻ Mzansi Insider 23:00 ◻ Yilungelo Lakho	09:00 Thabang Thabong 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 Relate 21:00 Muvhango 21:30 Speak Out 22:00 Born to Kill? 23:00 ◻ Red Cake: Not the Cooking Show	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 11:30 ◻ Generations 12:00 Airwolf 13:00 On Point 14:30 ◻ Tyres & Braaiers 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 Reality series. Marcus tries to help the owner of a Chicago lobster shack swimming in debt. 20:30 ◻ Tyres & Braaiers 21:00 News 21:30 ◻ The Docket Local drama series. Ntsiki, Marlon, Funani and the Ravens staff are being held hostage by Peter and his gang. 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 19:00 The Bachelor SA 20:10 Still Breathing 21:10 NCIS Action series. Kasie solves a 30-year-old murder case, but a loophole in the legal system may set the suspect free. 22:10 Close Up with the Hollywood Reporter 23:10 Late Late Show with James Corden 00:10 ◻ The Prodigal Son 01:05 ◻ Jett 02:05 ◻ Close Up with the Hollywood Reporter 03:05 The Wrong Husband 04:35 The Little Mermaid	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: The Legend Drama. A self-proclaimed legendary jazz saxophonist wants to relive his "glory" days and launches a jazz club, but under pretentious circumstances. 15:30 Lokshin Bioskop: Bring Aya Home 17:00 The Talk 18:00 Rich Kids 18:30 Ackermans' Style Squad 19:00 The River 19:30 Isithembiso 20:00 Kwa Mam'Mkhize 20:30 Isibaya 21:00 The Queen 21:30 ◻ Sesosa Le Dilamora 22:30 ◻ The Doctors 23:30 ◻ Jacob's Cross



HIGHLIGHTS OF THE DAY

SKEEM SAAM(SABC1 18:30) Local drama series. Mokgadi's (PEBETSI MATLAILA) confession ends up in the wrong hands. Sthoko's boss puts her in an uncomfortable position.

THE BLACKLIST (E.TV 22:00) Drama series. A mysterious woman accidentally crosses paths with Reddington and enlists his help to fight back against her attackers.

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◻ - 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

6 MARCH **FRIDAY**

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 Surf's Up 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. Severide hits the top of the list as Lindsay starts calling in suspects with the clearest motives to make the guy who kidnapped Katie disappear. 21:30 Imbewu: The Seed 22:00 Best of the Best 00:00 Late Show with Stephen Colbert 00:45 Selma 03:00 Seal Team Eight: Behind Enemy Lines	09:00 ◻ Muvhango 09:30 ◻ Skeem Saam 10:00 ◻ Nomzamo 10:30 ◻ Big Up 11:00 ◻ Throwback Thursday 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 The Iron Bodyguard 23:00 ◻ Mzansi Insider 00:00 Koze Kuse	09:00 Thabang Thabong 09:30 ◻ Fokus 10:00 ◻ Noot vir Noot 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. When a routine arrest goes bad, the team are approached by a group of rogue cops who have their own vigilante justice in mind. 13:00 On Point 14:30 ◻ Tyres & Braaiers 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 ◻ Christina Milian Turned Up 20:00 The Mindy Project 21:00 News 21:30 To be announced 23:30 EFC Premium Fights Magazine 01:30 Koze Kuse	09:30 ◻ 9-1-1 10:30 ◻ 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 ◻ The Goldbergs 17:00 The Kelly Clarkson Show 18:00 MasterChef Australia 19:00 The Voice 21:00 This Is Us 22:00 Divorce Comedy series. Robert admits to pre-wedding jitters as Frances prepares for a weekend getaway with Henry. 22:35 The Detour Comedy series. After a break-through, the Parkers return to Syracuse to find their daughter. 23:05 Late Late Show with James Corden 00:00 ◻ Still Breathing 01:05 ◻ Chicago PD 02:00 ◻ Stumptown 02:50 Reprisal	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: Mama Stole My Hunk 15:30 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. 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 ◻ The Omen 23:00 ◻ The Doctors 00:00 ◻ Jacob's Cross



HIGHLIGHTS OF THE DAY

THE MINDY PROJECT (SABC3 20:00) Comedy series. An item in the newspaper has Mindy (MINDY KALING) thinking she's found the man of her romantic-comedy dreams.

THIS IS US (M-NET 21:00) Drama series. Rebecca visits Randall in Philadelphia, and Beth is troubled by a request from Deja.

7 MARCH **SATURDAY**

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 Surf's Up 15:35 Tomorrowland 18:00 Fear Factor MTV USA 19:00 eNews 19:30 Marlon 20:00 Cinderella Family. After the unexpected death of her father, a girl is subjected to the jealousy and cruelty of her stepmother and her conniving stepsisters. Lily James, Cate Blanchett. 105 min. 2015. PG. 22:10 Salt Action. A CIA agent is accused of being a Russian spy and must go on the run while also trying to prove her innocence. Angelina Jolie, Liev Schreiber. 100 min. 2010. PG13. 00:00 NBA Houston Rockets vs Charlotte Hornets. 02:30 American Pie Presents: Band Camp	08:00 Big Breakfast 09:00 ◻ Imizwilili 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 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 and reviews. 20:30 To be announced 22:30 Who Killed Tupac? Documentary series. Benjamin Crump and his team of experts examine the rumoured Death Row coup that may have led to Tupac's murder. 23:30 ◻ Selimathunzi 00:00 Koze Kuse	08:30 ◻ Muvhango Omnibus. 11:00 ◻ Lithapo Omnibus. 12:30 Disney Cookabout 13:00 ◻ Restyle My Style 13:30 Talk Ability 14:00 ◻ Living Land 14:30 ◻ SA Inc. 15:00 ◻ #Karektas 16:00 To be announced 18:00 Fundis Local game show. Contestants win and lose money in relation to their general or specialised knowledge on certain subjects. 18:30 ◻ News 19:00 The Cube 20:00 ◻ News 20:30 ◻ Skwizas 20:57 Lotto Draw: Live 21:00 Out of Time Thriller. A cop is the main suspect in the case of a double murder and must prove his innocence. Denzel Washington, Eva Mendes. 105 min. 2003. 16VS. 23:00 ◻ Afro Café 00:00 Full View 02:30 Network	05:00 ◻ Unfiltered 05:30 ◻ Special Assignment 06:00 ◻ Psalms 06:30 ◻ An Nur: The Light 07:00 ◻ Sadhana 07:30 ◻ Restyle My Style 08:00 ◻ Fangbone Animation. Fangbone and Bill discover Cid living in Cavebania, but Drool sends his razor worm to devour them all. 08:30 ◻ I Am a Work of Art 09:00 ◻ Talent on Track 09:30 Cricket (build-up) 10:00 Cricket 3rd ODI SA vs Australia. 18:00 ◻ Top Billing 19:00 ◻ World of Dance 20:00 ◻ Tropika Island of Treasure: Curacao 21:00 News 21:30 The Godfather Crime. The epic saga of how a younger son rises to take over the family business – his father's paternalistic but violent and illegal empire. Marlon Brando, Al Pacino. 175 min. 1972. 16VLN. 23:30 Koze Kuse	08:55 ◻ MasterChef Junior USA 09:50 ◻ The Bachelor South Africa 11:00 ◻ NCIS 12:00 ◻ Rooted 13:00 ◻ This Is Us 14:00 ◻ Survivor: Island of the Islands 15:00 Heidi 15:30 Shrek The Third 17:00 American Housewife 17:30 The Unicorn Comedy series. Grace and Natalie take advantage of their dad going on dates by having friends over but it starts to get out of hand. 18:00 Splitting Up Together 18:30 Young Sheldon 19:00 The Voice 20:00 Stumptown 21:00 Nancy Drew Mystery series. Nancy and the Drew Crew desperately search for George's missing sister. 22:00 American Gods 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: Black Tax 19:00 Kwa Mam'mkhize 19:30 The Real Housewives of Johannesburg 20:30 Lokshin Bioskop: Isitha 21:30 WWE SmackDown 22:25 Middle School: The Worst Years of My Life 00:05 ◻ Soul Sessions 00:35 ◻ Homeground 01:00 ◻ Massive Music 01:30 ◻ 1Magic: Hits



HIGHLIGHTS OF THE DAY

MARLON (E.TV 19:30) Comedy series. Yvette (BRESHA WEBB) is shocked to learn that Stevie fits in perfectly among the bourgeois clientele at an exclusive social club.

AMERICAN GODS (M-NET 22:00) Fantasy series. Season 2 ends. Shadow is tormented by recent events and Wednesday has disappeared.

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 8 MARCH

E.TV	SABC1	SABC2	SABC3	M-NET	MZANSI
08:25 Ninjago: Masters of Spinjitzu 09:00 Rhythm City Omnibus. 11:00 Premier League World 11:30 Films and Stars 12:00 Cinderella 14:00 America's Got Talent Reality competition show. 16:00 Impact 18:00 Showtime at the Apollo Variety show. 19:00 eNews 19:30 Black-ish Comedy series. Dre and Bow try to figure out the right balance of discipline and support when Jack and Diane get in trouble at school. 20:00 Fast & Furious 6 Action. When a group of mercenary drivers start to cause havoc and Dom is asked to reassemble his team and take on the new threat. Vin Diesel, Dwayne Johnson. 130 min. 2013. 16VL. 22:40 eKasi: Our Stories 23:40 Tomorrowland 02:00 Judge Judy	07:00 Siyakholwa 07:30 Bonisanani 08:00 Reno Race 08:30 Gospel Avenue Local gospel music show. Celebrities share their journeys in faith through gospel artists and 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 music show catering exclusively for various genres of urban gospel music. From hip-hop to House and R&B. 18:00 Friends Like These 19:00 News 19:30 To be announced 21:30 The Agent 22:30 Zaziwa Local talk show. Viewers get to know their favourite celebrities through the music that has helped shape their lives. 23:00 Friends Like These 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 on 2 15:00 Collector's Candy 16:00 The Man Who Sued God Comedy. When a man's insurance company refuses to pay out on a lightning accident, he decides to sue the insurance company and God. Billy Connolly, Judy Davis. 97 min. 2001. PG13L. 18:00 Fokus Local current affairs show. 18:30 News 19:00 Afro Café 20:00 News 20:30 A Fool's Paradise 21:30 Supernatural Fantasy series. Sam comes up with a way to stop Lucifer's baby, but Castiel has something else in mind for Kelly. 22:30 Red Cake: Not the Cooking Show 23:30 Hosanna 00:00 Full View	09:30 Isidingo Omnibus. 12:00 Top Billing 13:00 Tyres & Braaiers 13:30 Funny You Should Ask 14:30 Dishoom Action. India's best batsman goes missing and it's up to two cops to find him before the cricket final. John Abraham, Varun Dhawan. 124 min. 2016. PG13. 17:00 To be announced 17:30 Mela 18:30 Animals with Cameras Wildlife documentary series. A look into why huge numbers of devil rays gather in the middle of the Atlantic every summer. 19:30 Spirit 20:30 Drive Car show. Drive hosts travel to Japan to explore the Japanese auto industry and sports-car culture and drive an epic mountain road that inspired video games. 21:00 News 21:30 Switch 23:30 Koze Kuse	08:00 9-1-1: Lone Star 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 Documentary series. This episode looks at the Addo Elephant National Park in South Africa 17:00 MasterChef Junior USA 18:00 Survivor: Island of the Idols 19:00 Carte Blanche 20:30 The Equalizer 2 22:30 Still Breathing 23:30 A War Within Drama. After being on the frontlines of war for three years a soldier returns home and discovers another officer is part of his wife and son's life. Tom Wlaschiha, Ulrich Thomsen. 135 min. 2018. PG13. 01:50 Nancy Drew 02:50 Stumptown	09:00 Lokshin Bioskop: Nomthawelanga 10:00 Isibaya Omnibus. 12:30 Lokshin Bioskop: Lefa 13:30 Homeground Local lifestyle show. 14:00 Mzansi Magic Music Special 14:30 Isithembiso Omnibus. 17:00 Old Mutual Amazing Voices 18:00 Date My Family Local dating show. Helping singletons find love by sending them on dates with their potential partner's family. 19:00 Our Perfect Wedding Local reality series. Documenting the preparations of couples as they attempt to pull off the perfect wedding. 20:00 The Omen 21:00 Grassroots 21:30 The Hustle 22:30 Jacob's Cross Omnibus. 03:25 Lokshin Bioskop: Ticket to Happiness



HIGHLIGHTS OF THE DAY

THE EQUALIZER 2 (M-NET 20:30) Action. A former spy is determined to find those responsible for the murder of his best friend. Denzel Washington, Pedro Pascal. 121 min. 2018. 16VL.

THE AGENT (SABC1 21:30) Drama series starts. The series explores the kind of wheeling and dealing that goes on in the modern world of professional football.

MONDAY 9 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 Chatroom 17:00 Breaking the Silence 17:30 News 18:00 Orange Couch 18:30 Skeem Saam Local drama series. John makes a devastating discovery regarding Leeto and his wife. Lehasa's freedom is under serious threat. 19:00 News 19:30 'Sgudi 'Snaysi 20:00 Generations: The Legacy 20:30 Uzalo 21:00 Love Stories 22:00 SoccerZone 23:00 Making Moves 00:00 Koze Kuse	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 Animation. 15:30 YoTV 16:00 Epic Hangout 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 Voetspore 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: The Legacy 12:00 Magnum PI Retro action series. 13:00 On Point 14:30 The Mindy Project 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 Survivor: Game Changer Reality series. The merge brings another twist in the game that leaves two castaways out of the celebratory feast 20:30 Unfiltered 21:00 News 21:30 Billions 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: Island of the Idols 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 20:00 Grey's Anatomy Drama series. Deluca is irritated after Meredith takes over his patient, Suzanne, whose symptoms continue to stump the doctors at Grey Sloan. 21:00 Why Women Kill Comedy series. 22:00 Close Up with the Hollywood Reporter 23:05 Late Late Show with James Corden 00:00 American Gods 01:00 Jett	08:00 Lokshin Bioskop: Call Centre 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 Amazing Voices 16:30 Soul Sessions 17:00 The Talk 18:00 Lokshin Bioskop: Black Tax 19:00 The River Local drama series. 19:30 Isithembiso 20:00 Grassroots 20:30 Isibaya 21:00 The Queen 21:30 Homeground 22:00 A Force for Good 22:30 Coat of Many Colors 23:00 The Doctors 00:30 Jacob's Cross 01:30 The Talk



HIGHLIGHTS OF THE DAY

STATION 19 (M-NET 19:00) Drama series. In an effort to increase morale, Maya (DANIELLE SAVRE) takes the crew on a team-building camping trip that doesn't exactly go according to plan.

QUEEN SUGAR (E.TV 22:00) Drama series. Nova's Zika story causes concern in the community. Elsewhere Charley receives an unexpected visit from her mother.

◻ - 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

10 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 19:30 Scandal! Local drama series. 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 ◻ Daily Thetha 17:28 ◻ Izwi La Bantu 17:30 ◻ News 18:00 Nyan'Nyan 18:30 Skeem Saam Local drama series. Shadi threatens to derail Noah and Kolo's plans. 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 ◻ Chatroom 23:00 ◻ Ispani	09:00 Thabang Thabong 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 Kai: 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	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 11:30 ◻ Generations: The Legacy 12:00 The A-Team Retro action series. Face's plans to leave the team are put on hold when they are asked to rescue a newswoman from a mobster. 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. A man claims his classic car was damaged after a woman crashed into it. 18:00 ◻ Harry 19:00 Isidingo 19:30 Tropika Island of Treasure: Curaçao 20:30 Special Assignment 21:00 News 21:30 Billions 22:30 ◻ High Rollers Double bill.	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. Brett and Foster question the suspicious circumstances surrounding an attack at a juvenile detention centre. 20:00 Chicago Med 21:00 Chicago PD Drama series. New recruit Vanessa Rojas struggles with the transition from undercover to intelligence. 22:00 Absentia 23:00 Late Late Show with James Corden 23:55 ◻ Why Women Kill	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: Zolile Drama. A shy boy resorts to herding cows after dropping out of school due to being teased by other children. Unknown to his peers, his shyness masks an impressive genius level IQ. 15:30 Lokshin Bioskop: Ingadi 17:00 The Talk 18:00 ◻ Date My Family 19:00 The River 19:30 Isithembiso 20:00 Mnakwethu 20:30 Isibaya 21:00 The Queen 21:30 For Better or Worse with Mo and Phindi 22:00 Support the Girls 23:30 ◻ The Doctors 00:45 ◻ Jacob's Cross



HIGHLIGHTS OF THE DAY

CHICAGO MED (M-NET 20:00) Drama series. Dr. Choi (BRIAN TEE) and Dr. Charles treat a dying man who tries to preserve his life with a controversial scientific method.

SUPPORT THE GIRLS (MZANSI 22:00) Comedy. The manager at a sports bar has her optimism tested on one long, strange day. Regina Hall, Haley Lu Richardson. 93 min. 2018. 16L.

11 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 ◻ Velaphi 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 ◻ Daily Thetha 17:28 Listen for a Moment 17:30 ◻ News 18:00 Cooking Show 18:30 Skeem Saam Local drama series. Lehasa has what Phomolo praises as a perfect plan to solve his problems. 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 Dragon Ball Z Kai: The Final Chapters 17:30 ◻ News 18:00 7de Laan 18:30 ◻ News 19:00 ◻ Geure Uit Die Vallei 19:30 ◻ DekatV 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 ◻ Red Cake: Not the Cooking Show	09:00 ◻ Harry 10:00 ◻ Judge Faith Jenkins Court Show 10:30 ◻ 7de Laan 11:00 ◻ Isidingo 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 Courtroom show. An elderly driver claims a woman hit his car and caused existing health issues to worsen. 17:00 Afternoon Express Local magazine talk show. 18:00 ◻ Harry 19:00 Isidingo Local drama series. 19:30 ◻ Married in a Flash 20:30 ◻ @ The Table 21:00 News 21:30 Narcos 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's childhood memories surface as he investigates the murder of a famous social media influencer. 22:00 Jett Action series. Jett tracks down Frank Sweeney, a brutal gangster she and Blair worked for ten years earlier. 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: Confidence 15:30 Lokshin Bioskop: The Spot 17:00 The Talk 18:00 ◻ Our Perfect Wedding 19:00 The River 19:30 Isithembiso Local drama series. 20:00 Being Bonang Local reality series. Businesswoman and media personality Bonang Matheba gives South Africans a captivating glimpse into her life. 21:00 The Queen 21:30 ◻ The Republic 22:30 ◻ The Doctors 23:30 ◻ Jacob's Cross 00:30 ◻ The Talk 01:30 Lokshin Bioskop: Stepfather se Voet



HIGHLIGHTS OF THE DAY

9-1-1 (M-NET 20:00) Drama series. The team responds to a shopper pushed over the edge, a woman who is literally having a "Blue Christmas". Starring Aisha Hinds.

NARCOS (SABC3 21:30) Drama series. Pablo's extreme methods put the narcos on the brink of war with Carillo and the government. Peña tries to protect his witness.

MUSIC

Outside the box

Compton rapper Roddy Ricch has gone viral – but he's no one-hit wonder

NEW
ARTIST

TWENTY-PLenty

The year got off to a good start for Roddy Ricch (21), real name Roderick Wayne Moore Jr. His album, *Please Excuse Me for Being Antisocial*, was the first debut release to top the Billboard 200 charts for four weeks since 50 Cent's *Get Rich or Die Tryin'* in 2003.

Roddy's latest single, *The Box*, has spent nine weeks on the Billboard Hot 100, and he won a Grammy for *Racks in the Middle* featuring his mentor and friend, the late Nipsey Hussle, and Hit-Boy.

TIKTOK

The creation of *The Box* has become the stuff of hip-hop lore. With Cardi B's producer, 30 Roc, Roddy was working on the song at 6am after a long night in the studio when he made a weird squeaking noise into the mic, which became the track's distinctive hook.

Video site TikTok pushed the track to mega-hit status, thanks to fans making more than 1,5 million vids

of themselves dancing to it and miming how the squeak could've been made.

"You ever just make random-ass noises?" Roddy told *Time* magazine. "That's all it was, my imagination ... it's just what I heard. When you make music, it's all art – so it's just the way I stroke my paint, the detail added."

DARK DAYS

By the age of 18 Roddy had committed robbery, crashed a car and was facing a weapons charge. While in custody awaiting a bail hearing he realised he might spend the rest of his teen years in jail.

"It hit me like, 'I'm really going to have to sit down if this s**t goes south' ... I got to do something positive. That's when the rap s**t came about ... I really just sat down and started writing."

The success of *The Box*, he said, is something he hopes to pay forward by helping up-and-coming artists – as Nipsey Hussle did with him.

★ MOVIE

QUEEN & SLIM ★★★★★

DRAMA. 132 MIN 2019. 16.

An African-American couple's first date takes a grim turn when a white cop pulls them over. That's the basic plot, but this is a multi-layered movie with a pumping soundtrack.

British-born JODIE TURNER-SMITH (Queen) carries the film, ably supported by fellow Brit DANIEL KALUUYA as Slim. It's a tragic love story for our time as the two become heroes for Americans fed up with a system that undermines their rights. – PIETER VAN ZYL



★ STREAMING

TERMINATOR: DARK FATE

★★★★

SCI-FI ACTION. 128 MIN. 2019. 16LV.

GOOGLE PLAY/iTUNES

Ignoring the last three Terminator movies, this film picks up after T2. Sarah Connor (Linda Hamilton) is still hunting killer robots from the future when she meets Dani Ramos, a young woman who's being hunted by the deadly shape-shifting Rev-9.

It's like a remix of the first two films but with twists and turns. There's also a great comedic turn by ARNOLD SCHWARZENEGGER.





WATCH
THIS



MOVIE

Not just funny

Issa Rae aims wider with her new film

LOVE & LAUGHTER

In her new movie, *The Photograph*, funny girl Issa Rae's character Mae is on a journey of self-discovery as she tries to find out about her estranged mother, a well-known photographer who's suddenly passed away.

Mae crosses paths with a journalist (Lakeith Stanfield) who's writing a book about the acclaimed photographer. As they try to make sense of mysterious events in her

mother's life, the two fall head over heels in love – but can they make it last?

"I think people expect me to be funny," Issa says.

"My character just lost her mom, so she's going through it. I do lean on humour. It's been a defence mechanism for a lot of my life... so not to be able to lean on that in this film was interesting."

RISING STAR

Issa kick-started her career

on YouTube by producing, directing and starring in her own comedy series, *The Misadventures of Awkward Black Girl*, about a young black woman navigating work and her love life.

The show developed into her TV series *Insecure*, now in its fourth season, which has landed its 35-year-old creator an Emmy and two Golden Globe nominations.

"I want people to talk about how the topics brought up in the show relate to their lives... That's what brings me joy," Issa says.

She's also starred in *The Hate U Give* (2018) and opposite Taraji P Henson in last year's comedy *Little*. Later this year she'll be in the romcom *The Lovebirds*.

GIRL WITH A DREAM

The actress is behind two production companies: Issa Rae Productions, which produces projects she writes or stars in; and ColorCreative, which helps to create opportunities for female and minority-group TV and film writers.

"I love being behind the scenes," Issa says. "I love producing. I love writing. I love business. We have a new record label, and even there, crafting artists in an area where I'm weak – I can't sing, I'm not a rapper – to be able to work with people who have that talent and to help their careers is very exciting."

– COMPILED BY MAXINE PETERS

* *The Photograph* opens in SA cinemas on 6 March.

DOCTOR SLEEP ★★★★★
HORROR. 152 MIN. 2019. 16.
GOOGLE PLAY/iTUNES

In this sequel to director Stanley Kubrick and writer Stephen King's 1980 horror classic *The Shining*, an adult Dan Torrance (Ewan McGregor) is still battling the demons of his childhood when he meets a teenage girl who's being hunted by vampire-like creatures...

Doctor Sleep manages the incredibly difficult task of remaining faithful to its sources while not coming across as a knock-off.



LATE NIGHT ★★★★★
COMEDY. 101 MIN. 2019. 16DL.
GOOGLE PLAY/iTUNES

When legendary late-night talk-show host Katherine Newbury (Emma Thompson) hears her show is to be cancelled, she panics and hires her first female writer, Molly (MINDY KALING). The two soon find they share a love of biting punchlines...

This timely, witty and very funny movie was written by Mindy – her first feature after writing for *The Office*, *The Mindy Project* and *Four Weddings and a Funeral*.



BOOKS

Life-changing reads

Here's our roundup of the latest and best non-fiction releases

BY JANE VORSTER

READ
THESE



THIS BOOK WILL CHANGE YOUR MIND ABOUT MENTAL HEALTH BY NATHAN FILER (FABER & FABER) R195*

This book challenges readers to confront their assumptions about schizophrenia as it debunks many of the myths about the stigmatised illness – the first being that people who suffer from it have multiple personalities.

Having spent years as a psychiatric nurse, Nathan has seen just about everything.

In the early pages of the book he recounts what it felt like the first time he had to forcibly

medicate a person against their will.

Then in heartbreaking detail he reveals the stories of some of the patients he's encountered. You get a real sense of their shame at being isolated in a psych ward but also their terror as they feel compelled to act in response to bewildering hallucinations and paranoid thoughts.

Nathan's job was already the inspiration for his Costa-winning debut novel, *The Shock of the Fall*. And now he is once again using his remarkable insight to draw attention to this misunderstood illness.



HOW TO RAISE A MAN BY MEGAN DE BEYER (PENGUIN BOOKS) R175*

The teen years can leave many parents feeling that their offspring have morphed into aliens. And for mothers of boys it can be even more confusing.

Why is it suddenly so hard to communicate with them? Why are they so rude and stand-offish?

In this handy guide, local parenting expert De Beyer offers some practical advice aimed specifically at helping moms understand what their

sons are going through at this critical phase.

She provides tips on how to kick-start important conversations with boys, the common mistakes parents make and the seven steps you can take to resolve just about any parenting problem.

There are also chapters covering sex, drugs and porn.

In the era of #MeToo, this book offers invaluable advice about how you can navigate hormones and the generational divide to give your son all the help he needs to become a good man.



RODNEY TRUDGEON'S CONCERT NOTES (JONATHAN BALL) R195*

Beethoven's Fifth Symphony, Mozart's Eine Kleine Nachtmusik, Tchaikovsky's Nutcracker Suite – they're some of the best-known classics.

Maybe you can instantly identify them when you hear them but beyond that, how much do you know about them?

This book fills in all the gaps, looking at famous concertos, overtures, symphonies and more from the baroque period to the 20th century, examining what was going on in their

composers' lives at the time of their creations and explaining why they hold special places in the world of classical music.

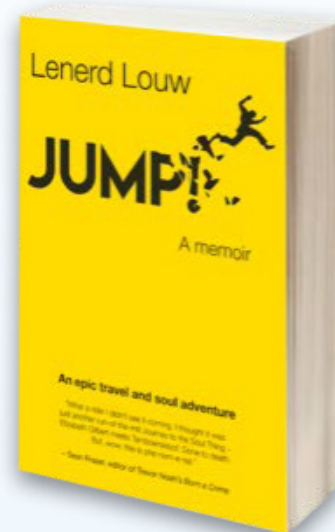
Rodney is the well-loved host of *Classic Breakfast* on Fine Music Radio in Cape Town – and you couldn't ask for a better guide. With his evocative descriptions of nearly 250 regularly performed works, he will help enrich your listening experience.

You can use this book to give yourself a crash course in the classics or keep it on your bookshelf and dip into it to broaden your knowledge.

JUMP! A MEMOIR BY LENERD LOUW (MF BOOKS) R245*

Louw was a successful businessman with a house in Clifton, Cape Town, and an endless supply of drugs and gorgeous

women. But by 2012, his existence felt strangely empty. Convinced there had to be more to life, he took the plunge – selling all his possessions and going on an odyssey across five continents. This book is an account of his five-year journey of discovery.



THE REAL MEAL REVOLUTION 2.0 BY JONNO PROUDFOOT (ROBINSON) R275*

Years down the line, the Banting bandwagon shows no signs of slowing down.

By drawing

on data from 120 000 online users, this book offers some strategies, tips and refinements to help dieters stay on track. There are also hacks that'll allow you to indulge in "supposedly taboo" foods without it totally derailing your healthy lifestyle.

WEANING MADE SIMPLE BY ANNABEL KARMEI (BLUEBIRD) R305*

It can often be daunting for parents when their babies hit this milestone and start eating solids.

With more than 100 nutritious recipes, this beautifully photographed book is packed with inspiration. In fact, some of the dishes such as the frittata muffins, mini cottage pies and bolognese bakes look appetising enough for the whole family to eat!



GOOD CHESS PLAYER

A man visits a friend and is amazed to find him playing chess with his dog.

He watches the game in astonishment for a while.

"I can hardly believe my eyes!" he exclaims. "That's the smartest dog I've ever seen."

"Nah, he's not so smart," the friend replies. "I've beaten him three games out of five."

MICROWAVE TV

An old rural woman comes to the city to visit her daughter.

When she arrives safely the daughter is happy to see her and says, "I'm so glad you're here. You must be starving. I'll quickly microwave us some dinner. Welcome to the city, Mama."

The daughter pops a whole chicken and some vegetables into the microwave, tells her mom to sit down and watch some TV and that she'll be right back after she has arranged her mom's belongings in the guest bedroom.

When the daughter emerges from the bedroom the mother asks with a confused look, "Does your TV only display spinning chicken?"

BLIND

Beggar to a lady: Kind and beautiful angel, please spare some change for this blind beggar.

Wife: Look how he's trying to pretend he is blind just so I'll give him money.

Husband: But he surely is blind!

Wife: How do you know?

Husband: Well, he called you a beautiful angel.

QUIT WHILE YOU'RE AHEAD

Halfway through a romantic dinner at a cosy little restaurant, a husband smiles and says to his wife, "You look so beautiful under these lights."

She starts falling in love with him all over again, until he adds, "We've got to get some of these lights for home."

SIGNS THAT YOU'RE NO LONGER A KID

- * You're asleep, but others worry that you're dead.
- * Your back goes out more than you do.
- * You quit trying to hold your stomach in, no matter who walks into the room.
- * You buy a compass for the dashboard of your car.
- * You are proud of your lawnmower.

GIVE AND TAKE

A father tries to explain the concept of compromise to his son who seems to be a bit of a bully at school.
Father: Son, you must learn to give and take.
Son: But I already do that, Dad! Yesterday I gave my friend a punch and took his lunchbox.

* Your best friend is dating someone half his age and he isn't breaking any laws.

* Your arms are almost too short to read the newspaper.

* You sing along with the lift music.

* You would rather go to work than stay home sick.

* You constantly talk about the price of petrol and food.

* You enjoy hearing about other people's operations.

* You consider coffee and tea one of the most important things in life.

* You make an appointment to see the dentist.

* You no longer think of speed limits as a challenge.

* People call you at 10pm and ask, "Did I wake you?"

* You answer a question with, "Because I said so!"

* The end of your tie doesn't come anywhere near the top of your pants.

* You know what the word "equity" means.

* You can't remember the last time you laid on the floor to watch television.

* Your ears are hairier than your head.

* You get into a heated argument about pension plans.

* You can go bowling without drinking.

* You have a party and the neighbours don't even realise it.

MAN AND WIFE

Husband: Do you know that on average women use between 10 000 to 35 000 words a day?

Wife: Yes, dear, and I'm surprised it's not more than that because we have to repeat everything more than once to men.

Husband: What?

PREGNANCY COMPLICATION

Man I: I am going to be a father.

Man II: Your wife should be happy now, I guess.

Man I: The problem is she doesn't know about it.

THREE'S COMPANY

A smiling wife turns to her husband and says, "I have happy news for you. Soon there will be

three of us in the house instead of two."

"Wow!" exclaims the husband who is excited at the prospect of becoming a father and finds himself at a loss for words.

"Yes," continues his beaming wife, "My mom is coming to live with us."

NEVER TOO OLD TO LEARN

A gogo checks her granddaughter's grasp of colours and tests her regularly. She asks the little girl to name the colour of various objects and the child always gets the answer right.

One day as they are heading to the library and the gogo asks the child to name the colour of a shop's sign, the granddaughter turns to her gogo and says, "Don't you think it's about time you tried to figure some of these out for yourself?"

FAMILY HISTORY

Son: Dad, were you the one who told your father that you got mom pregnant before you both finished high school?

Father: Yes, why?

Son: I think it's hereditary.

AIR HOSTESS BLUES

An air hostess is exasperated with a naughty kid travelling on his own and is left in her care on departure.

The child keeps running back and forth in the airplane, annoying all the passengers.

The hostess whispers to him, "Maybe you're bored! Don't you want to play outside?"

BUSHWACKING HAIR

After eight days of trekking through the valleys on a camping trip, a wife and her husband are looking pretty scruffy.

The wife comes to the breakfast fire in a baseball cap with her hair sticking out at odd angles.

She asks, "Does my hair make me look like a wildebeest?"

The husband thinks for a moment then says, "If I tell you the truth, do you promise not to start a stampede?"

SUNDAY SERVICE SUCCESS

After church one rainy and miserable Sunday morning, a grumpy mother comments, "The choir was awful this morning. They're certainly not up to their usual standard."

The father comments, "They were fine, but the sermon was far too long."

Their six-year-old daughter adds quite innocently, "I guess both of you are right, but you've got to admit it was a pretty good show for the spare change we put in the plate." **DM**

LAZY BONES

"It's the fifth time that you're late for work this week," the boss blasts. "Do you know what that means?"
 The employee responds, "That it's Friday ...?"



Hell's kitchen

Nombu's love for baking puts her future with the famous Chef Cedric in jeopardy

NOMBUYISELO squeezed the icing bag and gently pushed a soft stream of white cream around the edge of the tall carrot cake. She contorted her body to circle the cake, making sure not one drop fell onto the polished marble countertop.

She placed her masterpiece into the display fridge for all to see when they walked into the restaurant.

"Nice work, Nombu. It looks amazing," Sphiso said, eyeing the cake in wonder as he patted Nombu on the back.

"Nombu!" Chef Cedric's voice boomed out. He finished yelling at a couple of new cooks and waiters for messing up an order, then squeezed his big belly between the countertops and stood over her like a mountain.

"I don't remember telling you to bake

cakes! Shouldn't you be with Loyiso preparing sauces?" he asked sternly.

"I prepared the sauces earlier, Chef," she assured him.

"I promised I'd teach her the carrot cake recipe if she managed to finish the sauce two hours before opening time and she did an amazing job with both. She's very talented, Chef," Sphiso said.

"I know you've only been here one month and clearly you have some experience but I need to know what's going on in my kitchen – everything from cleaning the tiles to the basil leaves on the lasagne. Is that clear?"

He turned and screamed at a junior cook about using the wrong herb and then addressed the whole kitchen.

"Well done today, but remember I expect you new trainees to put in 10 times the effort tomorrow because we have a very special guest and you're going to have to prove yourself if you want to stay

in my kitchen," he said sternly, pointedly glaring at Nombu.

She followed him out of the kitchen and into his office and started to remind him that he'd agreed to let her go to a bake sale. Before she could finish her sentence, he cut her off.

"I'm sick of your games. This is the real world, child, so you're going to have to choose between your career at my restaurant and your hobbies. If you're not back here by 4pm, don't bother coming back at all."

She slipped quietly out of his office and cut up the remaining vegetables before catching the last taxi home with Sphiso.

That night, she stayed up late baking multiple batches of rainbow cupcakes and a large selection of glazed mirror cakes. "These galaxy cakes are looking good," she thought, smiling to herself as she sprinkled icing sugar around the plates.

Just before dawn Nombu packed all the cakes into the back of her red car and sped off to the food fair. She turned up the radio as her favourite singer, Travon Samuels successfully hit the high notes of his a capella song Out of This World. It gave her goose bumps – she couldn't get enough of this guy.

THE sun was up and cast a warm yellow glow over the park's grounds as she set up her stall between a samoosa and a Tswana food stand.

She placed the cakes out on silver racks and immediately attracted the attention of everyone there.

"Wow, these cakes are absolutely delicious as well as being very beautiful," one happy customer said.

"I've never seen anything like this before. Did you make these?"

"Thank you. Yes, I made them. I really love baking."

For the next few hours, she was rushed off her feet, as people queued to buy her cakes.

Nombu couldn't believe the interest. Everyone wanted to know more about her galaxy cakes and where they could buy them.

Nearly all her bakes were sold when a tall man in a waistcoat and sunglasses walked over to the stand.

"May I have a slice of the galaxy cake, please?" The man had a particularly smooth voice. "How much?"

"Take it – it's the last slice. It's out of this world, you know," Nombu laughed.

"I bet it is," he replied.

One of the judges approached Nombu's stand and introduced her to a short, bulky businessman dressed in a shiny grey suit with white diamonds on two of his teeth.

"This is Mr Carter. He owns bakeries all over America and Britain, as well as a few select ones here in South Africa. He's really excited about your cakes and would like to have a word with you."

Mr Carter told her he'd never tasted anything as delicious as her galaxy cakes and that he'd love to have someone as talented as her in his business.

Nombu suddenly noticed the time – she was going to be late for work. "That's very kind, Mr Carter. I'm so sorry but I can't talk now. I have to get to work – if I still have a job."

NOMBU threw her things into a crate, rushed over to her car and drove as quickly as she could towards Cedrics.

A large crowd had gathered around two fancy cars and a group of huge men dressed in black suits with beads of sweat streaming down their glistening faces tried to block their way into the restaurant.

"Oh no. They are already here," Nombu muttered to herself, fearing Chef Cedric's wrath.

Sphiso handed her an apron, just as Chef Cedric stormed up behind her.

"You! Do you have any idea what time it is?" he roared.

"I'm sorry but the traffic..."

"I'm not interested in excuses. Only

'You're going to have to choose between your career at my restaurant and your hobbies'

children make excuses. You were supposed to be here this morning. Can't you see all these people?"

"But you said..."

"Don't backchat me, child. You're privileged to work here but you continue to show no respect."

Nombu couldn't hold in her frustration and anger any longer.

"You are a cruel, vindictive man!" she yelled back, and the room fell silent. "You don't appreciate all the back-breaking work that everyone puts in here."

"You yell and swear at us as if we are nothing. You know we have talent but you treat us so poorly. Working here has been such an awful experience and I'm through with you!"

She untied her apron and threw it at him. You could hear a pin drop in the dining area and everyone's eyes tracked her as she headed for the door. She'd almost made it when she bumped into a tall man. She looked up to apologise and into a pair of dreamy eyes she'd seen countless times before.

"I have to say that galaxy cake really was out of this world." It was Travon Samuels. He was the man she'd given her last slice of cake to at the fair.

"Ah, there you are, Travon, man. I've been looking everywhere for you." It was Mr Carter.

"This is the lady I've been telling you about. Man, her cakes are incredible! Just the person we need to run the new bakery."

Cedric was rushing towards them as fast as his bulk would allow. "My apologies for making you wait, Mr Samuels. I've reserved a..."

"Well, how about it?" the singer cut the chef off and turned to face the astonished Nombu. "From what we've just heard, some people don't appreciate your talent. So, will you do us the honour of managing our new bakery?"

Nombu was dumbstruck and searched for a friendly face in the crowd. Her eyes

eventually found Sphiso and Loyiso, who were mouthing the word "Yes" and nodding vigorously at her.

She looked back at Travon and shook his hand.

NOMBU woke up early and drove to Le Boulanger. She found Sphiso and Loyiso furiously kneading bread and a long line of hungry customer's already waiting.

She greeted them all and headed towards the immaculate kitchen.

"Good morning, Ma Booh-lounger. See, I got it this time," Sphiso said with a hopeful grin.

"It's been two months. You're hopeless, Sphiso. How will you ever charm those French babes with such terrible language skills? They'll laugh at you," Loyiso teased, as the pair kicked off their usual playful banter.

Nombu laughed and set about preparing the fruit for her special tarts.

Travon walked into the bakery with a newspaper and sat at his reserved table. Nombu brought him some coffee and a pastry and they chatted for a few minutes.

Life could not be more perfect, she thought, as she returned to her warm and friendly kitchen. **DM**

WRITE FOR US AND EARN R1 000!

We're looking for good short stories of about 1 500 words to use in the magazine and on our digital platforms. Include your contact details and the following signed declaration to the stories you submit: I declare that the attached story is my original work. Send us a copy of the story, not the original. Post your story to DRUM Fiction, PO Box 653284, Benmore, 2010, or email fiction@drum.co.za



Navigation

FAR LEFT: The sextant and compass were developed over the centuries to help seafarers with navigation. **ABOVE:** Today a GPS is a satellite navigation system that helps us find our way.

The methods used to plot a course have changed dramatically over the centuries

THE skill of finding your way from one place to another is called navigation.

Up until the 20th century, navigation mostly referred to the art of determining the position of a ship and plotting a course for it to a specific destination.

The word “navigation” is derived from the Latin words *navis* (ship) and *agere* (to drive). Today the word also refers to plotting a course on land, in the air and even in space. Here’s how navigation developed into the accurate science it is today.



SEAFARING IN HISTORY

In ancient times, seafarers navigated the ocean using **primitive maps** and

determined their direction by **observing the sun, stars and familiar landmarks**. Until the 15th century, ships mostly kept in sight of land to help them navigate. It’s really difficult to work out where you are if you’re surrounded by ocean as far as the eye can see.

So, how do you calculate your position?



MAPS WITH COORDINATES

Ancient Greek mathematician **Eratos-thenes** (276 BC-195 BC) first proposed a system of latitude and longitude. But it was ancient Greek astronomer, mathematician and geographer **Hipparchus** (190 BC-120 BC) who first suggested you could pinpoint your exact location by using longitude and latitude as coordinates (lines that cross at a specific point).

He proposed that a zero or prime meridian (vertical main line) should run through the island of Rhodes where he lived.

He also suggested that latitude could be determined by simultaneously observing a lunar eclipse from various places.

Unfortunately, for this to work you needed an accurate watch – which hadn’t yet been invented.



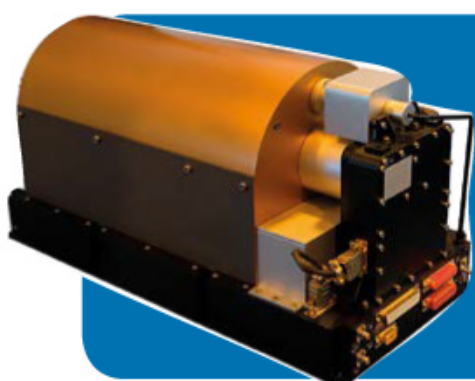
MODERN GLOBES AND MAPS

Hipparchus was far ahead of his time and his idea later became a reality. By using a grid of longitude and latitude lines, we can pinpoint any location on Earth. **Latitude** lines run **east to west (horizontally)** across the globe, and **longitude** lines run **north to south (vertically)** across the globe. Although these lines are only imaginary, you see them drawn on globes and maps as if they were real.

The **equator** divides Earth in half horizontally into the **Northern and Southern Hemisphere** and all other latitude lines run parallel to it, which is why they’re called **parallels**. The equator’s latitude is 0°, and each latitude line horizontally measures north or south of it as far as 90°. This means the north pole (Earth’s northernmost tip) lies at 90°N (north) and the south pole lies at 90°S (south).

The **prime meridian** is the imaginary line that divides Earth into two vertical halves: the **Eastern and Western Hemisphere**. This imaginary line runs through the Royal Observatory in Greenwich, London in the UK, and so it’s also known as the Greenwich Meridian. It was chosen as the international prime meridian at a conference in America in 1884. All the other longitude lines (called **meridians**) are the same length and meet at the north and south poles.

The prime meridian’s longitude is 0°. All other longitude lines vertically measure as far as 180° west and 180° east. New York City in America is situated at 74°W (west), while Durban in KwaZulu-Natal lies at 31°E (east). **Time zones** are also calculated according to where on the planet you



An atomic clock measures time according to the vibration of atoms. Atomic clocks are the most accurate clocks because atoms vibrate at constant speeds. Each GPS satellite has three or four atomic clocks on board to calculate time perfectly. This time measurement as well as the satellite’s position is sent in a signal back to Earth.

◀ Passive Hydrogen Maser clocks are used in the satellites of the European Space Agency’s Galileo satellite global navigation system.



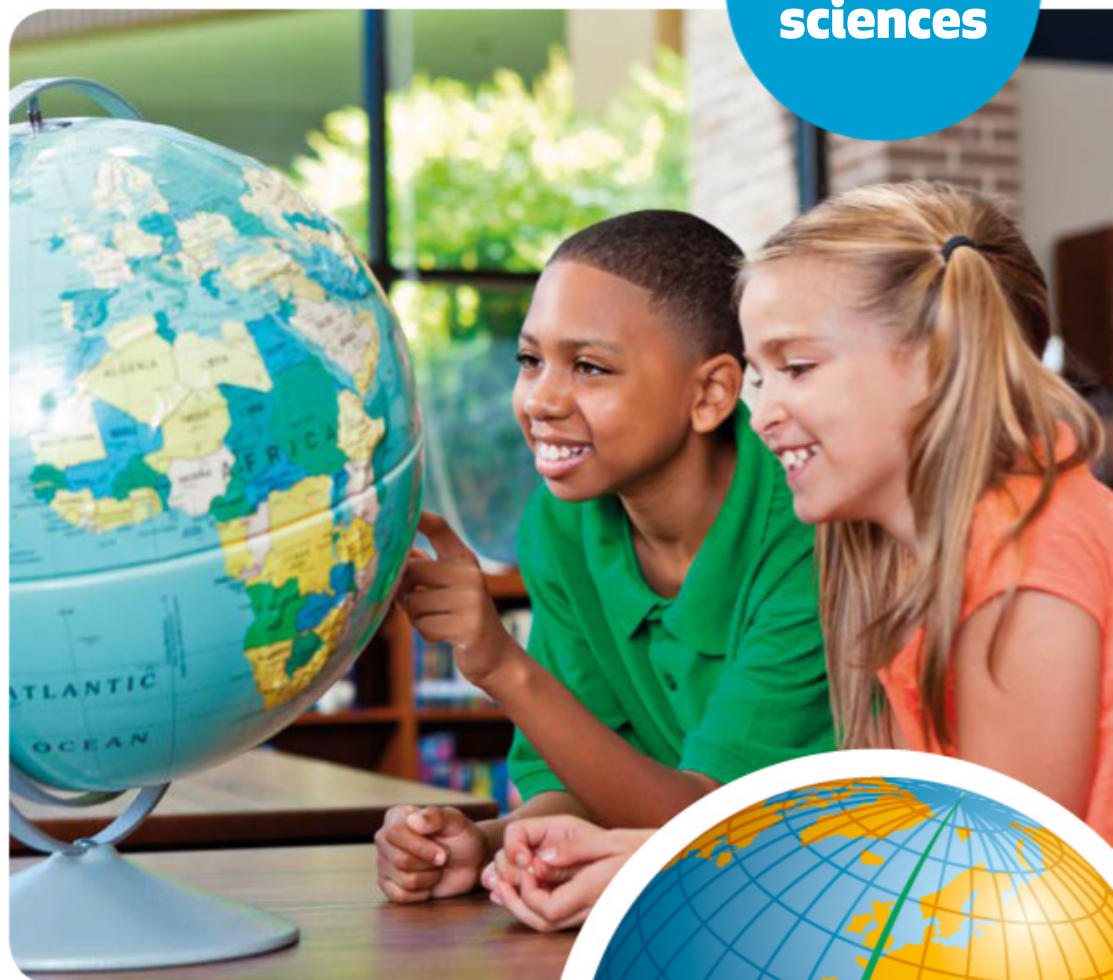
◀ An artist's impression of a GPS satellite orbiting Earth.

HOW GPS WORKS

These days, technology such as GPS (Global Positioning System) makes navigation super easy. GPS is made up of three parts: satellites orbiting the planet, earth-bound stations and receivers. The more than 30 GPS satellites orbiting Earth at a height of about 20 000km form a network. We know where in space they're supposed to be at any given moment. The stations on Earth use radar to ensure those satellites are indeed where we think they're supposed to be.

A receiver – such as the GPS app on your phone or the satellite navigation system in a car – continually “listens” to signals sent from these satellites. The receiver calculates how far it is from the satellite. The moment it has calculated its distance from four or more satellites, it knows exactly where on Earth you are. And just like that, thanks to satellites thousands of kilometres from the planet, you're able to pinpoint your position.

Seafarers from back in the day would be gobsmacked if they were to know how easy it is to navigate these days.



are in relation to the prime meridian.

Degrees of longitude are divided into 60 minutes. For example, the longitude of New York City is 74° 42' W (74 degrees, 42 minutes west). The longitude of Durban, is 31° 01' E (31 degrees, 1 minute east). Each minute of longitude can be further divided into 60 seconds.

Today the coordinates are often converted to

the **decimal system**. So Durban is 31.0218° E. If you combine the latitude and longitude coordinates, you can pinpoint any place on the planet with great accuracy. Durban's precise location is 29.8587°S, 31.0218°E. If you type in those coordinates into your GPS, you'll end up nowhere else on Earth but in Durban.

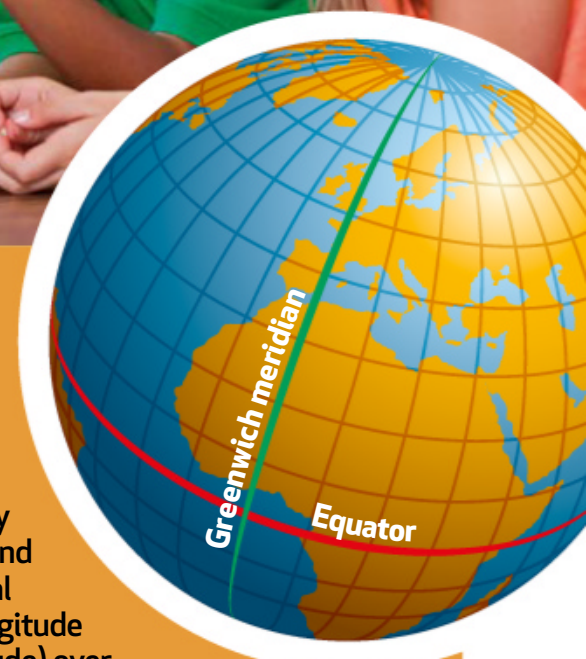
LATITUDE AND THE MARINE CLOCK

Through the ages, seafarers could determine their latitude fairly accurately by using the stars, moon, sun and horizon as reference points to calculate their position.

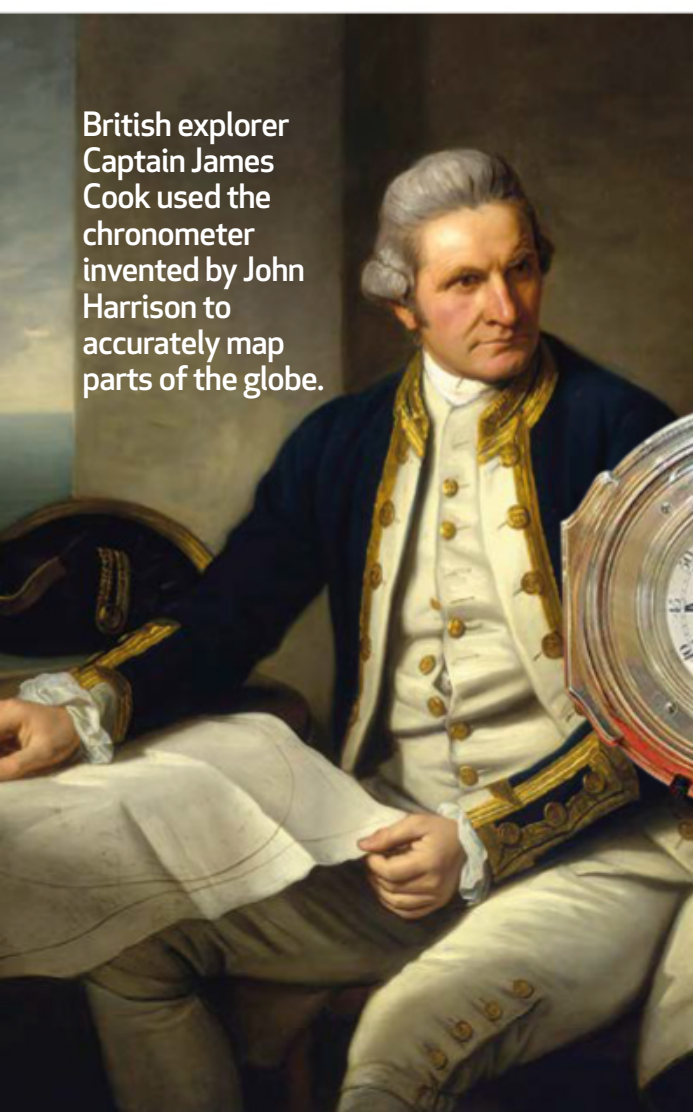
But longitude is harder to determine and was often just a rough estimate. The reason for this is you can determine your latitude coordinate only by calculating the difference between your starting point and your current position using the specific time at each position and the early seafarers had no way of accurately determining what time it was.

By the beginning of the 18th century, even the best clocks available still “lost” up

▶▶ To help us find our way, we've created imaginary vertical and horizontal lines (longitude and latitude) over the globe. They also allow us to pinpoint exact locations.



British explorer Captain James Cook used the chronometer invented by John Harrison to accurately map parts of the globe.



to 10 minutes a day. That comes down to a calculation error of 242km or more.

The problem was finally solved in 1764 when English clockmaker **John Harrison** (1692-1776) invented an extremely accurate marine clock known as a **chronometer**.

British explorer **Captain James Cook** (1728-1779) used Harrison's chronometer during his second voyage (1772-1775) to circumnavigate the globe as far south as possible to see if there were any undiscovered landmasses. After the three-year journey the estimated longitude was off by only 13km. Thanks to this, Cook was able to update many shipping charts to help improve marine navigation. **DM**

FIND OUT MORE

✓ To find out more about how the early sailors navigated go to: tinyurl.com/Ancient-navigation.



Turn to page 58 to learn about the statues on Easter Island.

STARING STATUES

In part 3 of our series on ancient structures, we look at Easter Island's stone men

COMPILED BY BURGERT BEHR INFOGRAPHIC: MICHAEL DE LUCCHI

THE huge stone statues on Easter Island, in the South Pacific Ocean, remain one of humanity's most tantalising mysteries. Many of these *moai*, as they're called, are grouped together on platforms. The Polynesian island with its 5 700 inhabitants has no written history that clearly explains the origins and meaning of these statues.

THE STATUES

It's thought these monolithic (meaning each is made from a single rock) statues were made to honour the local people's forefathers and perhaps represent certain tribal leaders.

DIRECTION

Most of the *moai* were erected on the coast, with their backs to the sea. They look over the villages, seemingly guarding them.

THE LIVING AND THE DEPARTED

The island's earliest inhabitants believed the departed ancestors provided the living with everything they needed – health, fertility, happiness and so forth. And the living, through their offerings, ensured better circumstances for the dead in the afterlife.

MAKING THE SCULPTURES

The statues were chiselled from volcanic rock – or tuff – about **1 000 years ago** by the island's first inhabitants. The tuff came from a quarry dug out of the side of Rano Raraku, the island's inactive volcano.

TRANSPORTING THEM

It's thought the statues were transported from as far as **18km away** from the quarry on wooden platforms or parallel wooden tracks. Recent experiments show the statues may have been "walked" there by pulling them on ropes.

Taller ones

Some statues are taller than others. Their heads measure a third of their bodies.

15

There are 15 restored *moai* on Ahu Tongariki, the largest of Easter Island's platforms (or *ahu*), situated about 1km from the inactive volcano Rano Raraku.

SIZE

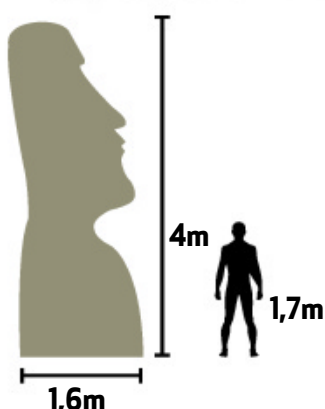
Each statue is about **4m** ($2\frac{1}{3}$ adult humans) tall and **1,6m** wide at its base. Each statue weighs about **14 tons** (heavier than two adult elephants).

WHAT'S IN A NAME?

The island was named Easter Island by Dutch explorer Jacob Roggeveen, who reached the island on Easter Sunday in 1722, the first European to arrive on the island. The inhabitants call the island Rapa Nui.

REMOTE SITE

It's one of the world's remotest places and part of Polynesia, a group of islands situated between the Americas, Asia and Australia. It's a territory of Chile. Most of the island was declared a Unesco World Heritage Site in 1996 and is known as the Rapa Nui National Park.



PART 3 OF 4

DID YOU KNOW?

Only a quarter of the statues were installed in their final locations. The rest were never completed.

HEAD

The heads of virtually all the statues are oversized – a reflection of the Polynesian faith in the sanctity of the face.

HEADRESSES

Later, some statues were given *pukao* – red headdresses representing the hairstyles of the tribal leaders or kings. Red is considered a sacred colour in Polynesia. *Moai* wearing *pukao* indicated a higher status. The *pukao* was made of red scoria, a light volcanic rock.

EYES

The faces were designed to hold eyes made of white coral, with pupils of black obsidian (volcanic glass) or possibly red scoria.



NO LEGS

These statues were sculpted with no legs.

AHU

The platforms on which the statues sit are called *ahu*. Each *ahu* is made of layers of flat stone decorated with round stones and filled up with gravel.

FALLEN STATUES

By 1868 all the statues had fallen over. Some statues fell forward, and others broke at the neck.



RESTORATION

A total of about 50 statues have been restored and replaced after their *ahu* were rebuilt.

BY THE NUMBERS

887

The total number of statues discovered.

86 tons

The weight of the heaviest statue.

9,8m

The height of the tallest statue.

2 075km

The distance from Easter Island to the nearest inhabited area, Pitcairn Islands.

BURIED BODIES

Because only the heads of many of the statues protrude, the statues are called the Easter Island Heads. But all the statues have bodies. Over time, many were covered up to their necks in soil.



Ready for a ballet lesson

Circle all the items Emma **won't** need for her dance class.



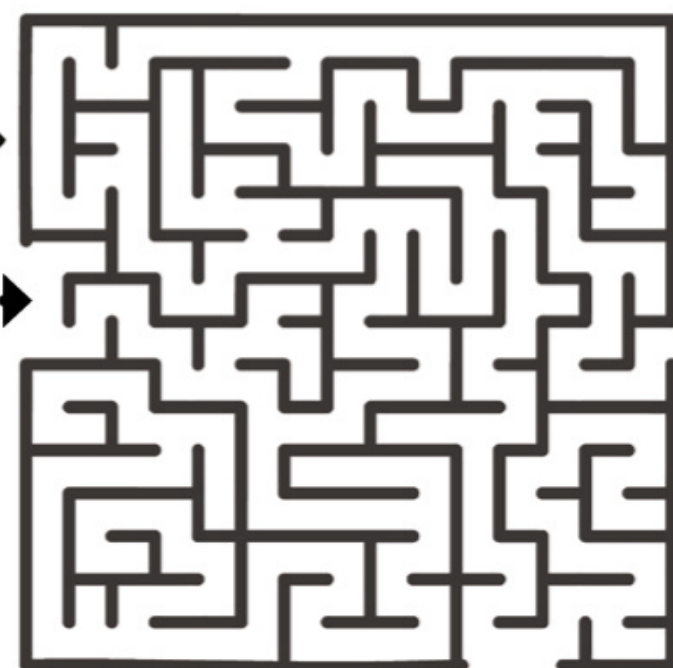
At the post office

The words in the list below are all hidden in the grid – horizontally, vertically, diagonally, backwards or forwards. Find and circle them.

address	s	e	c	i	t	o	n	k	r
collect	s	e	p	o	l	e	v	n	e
envelope	e	s	c	f	l	a	g	i	q
ink	r	e	t	t	e	l	q	d	s
letter	d	n	m	a	b	d	e	x	o
notice	d	e	e	i	m	b	t	c	r
pen	a	b	t	p	z	p	q	g	t
sort									
stamp									



Post a letter



Find 12 differences



Colour by numbers

1 2 3 4



Sudoku

Fill in the blanks so that each column, each row and each quadrant contains the numbers 1, 2, 3 and 4.

		1	2
1	2		
	1	3	4
4	3		

Triangle tangle

Draw a line to match the identical shapes



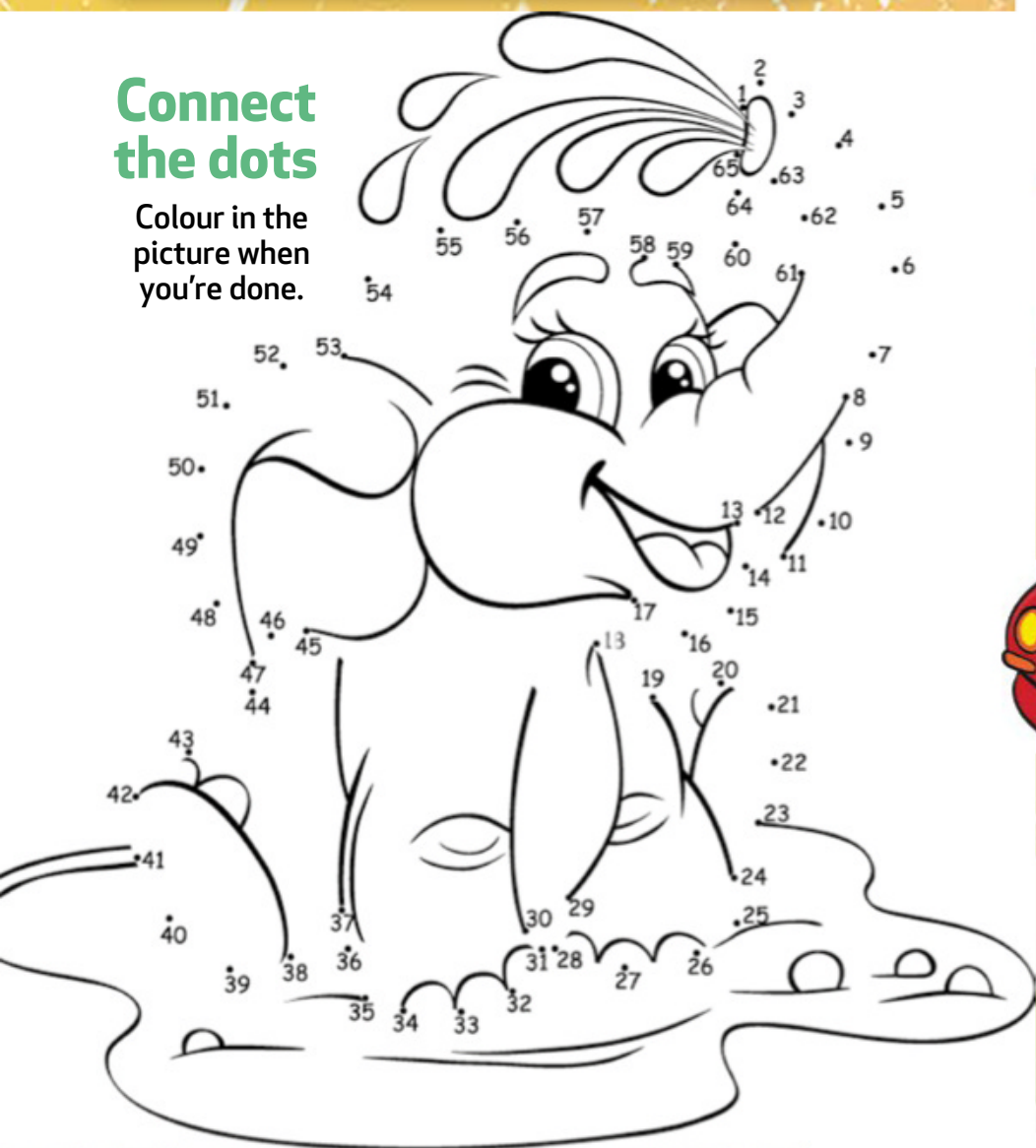
A ● B ● C ● D ●

1 ● 2 ● 3 ● 4 ●



Connect the dots

Colour in the picture when you're done.



Crazy mix-up!

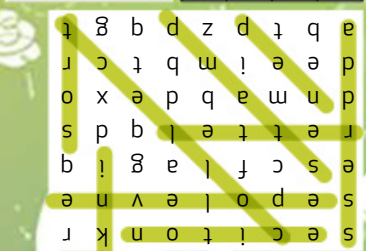
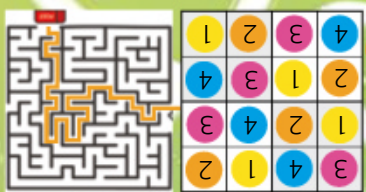
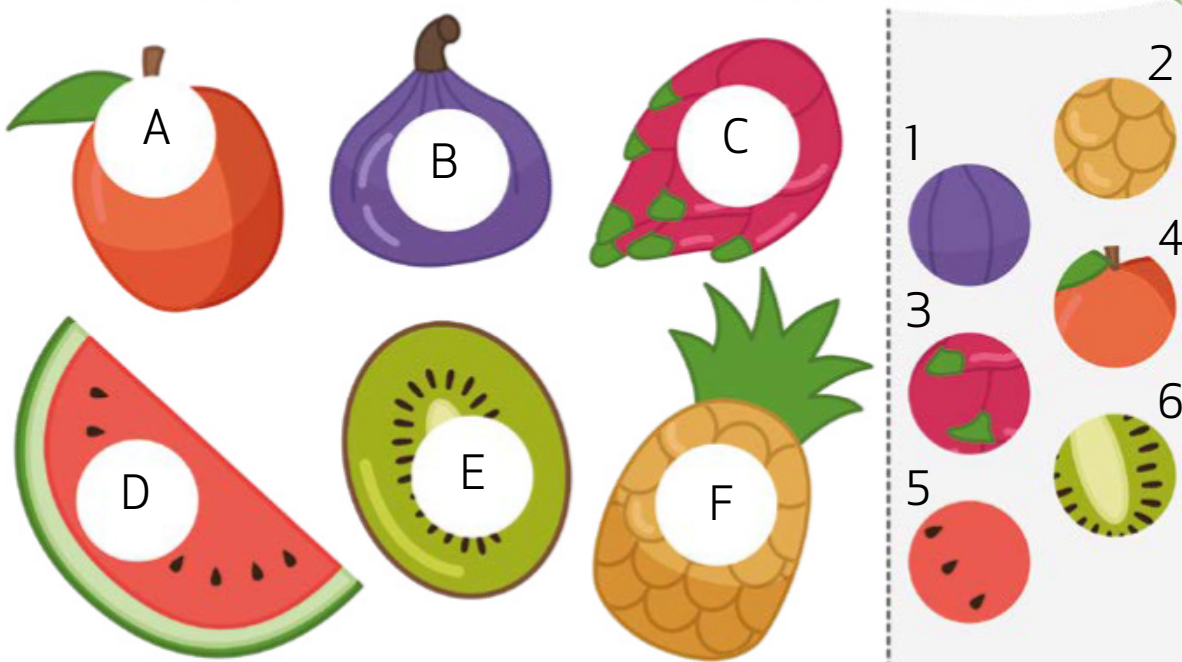
Cut out (ask for permission first) the tops and bottoms of each face. Glue the top of each face onto a sheet of paper, then glue on the matching bottom halves.



Find 7 differences



Match the fruits



ANSWERS Ready for a ballet lesson coat hanger, kite, watering can, axe, pot, compass, saw, eggbeater, Triangle tangle A-4, B-3, C-1, D-2, Crazy mix-up! A-5, B-6, C-4, D-1, E-3, F-2, Match the fruits A-4, B-1, C-3, D-5, E-6, F-2.

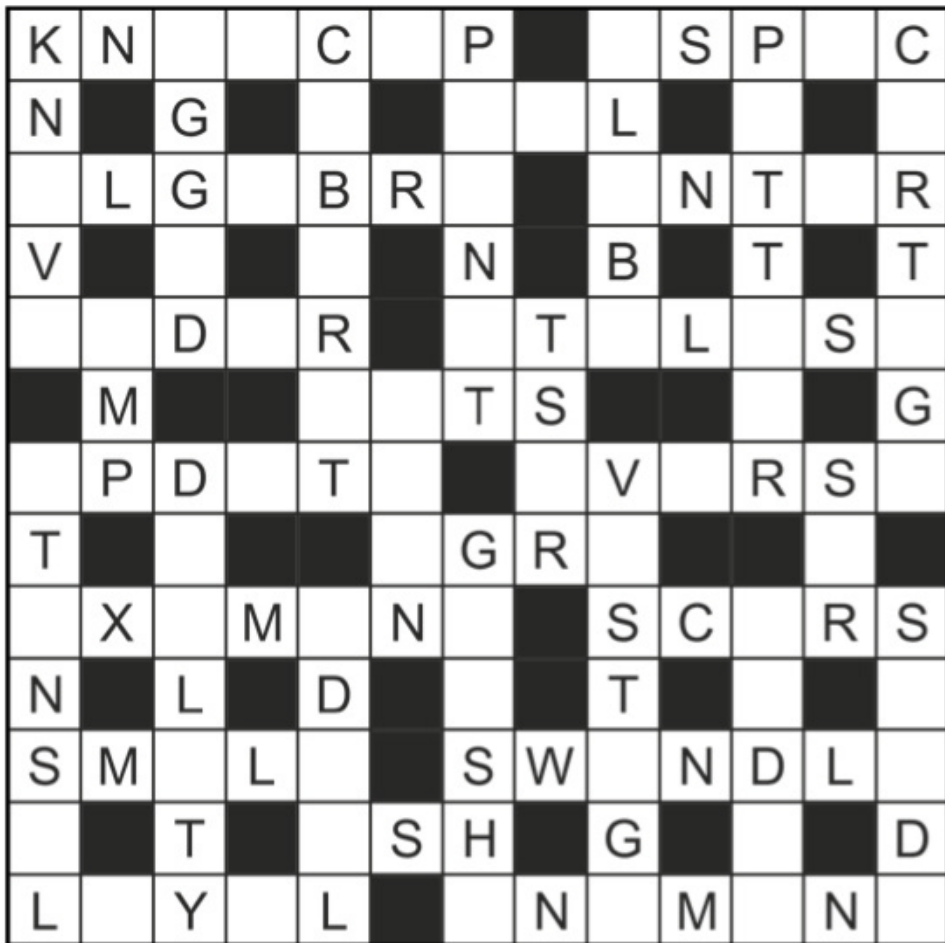
NO. 1278

RUGBY TEAM	SMALL BIT OF BREAD					SUPER-SPORT UNITED PLAYER (7,7)	SHOW		RE-INFORCED		OUR MONEY		GIGGLES		TALL	AND SO FORTH
				BREEZY	OXYGEN SYMBOL								MORE		ROMAN 2	
	STILL				FRAGRANCE				KISS SYMBOL		NOT SUITED					
	TOP MARK		A GRAIN	SILVER SYMBOL												
	CORONET								ACORN TREE		FODDER				SEE-THROUGH	LIVELY
				EGG-SHAPED										CANCER DOCTOR		MAY BIRTH-STONE
				MURDER		MISSION IMPOSSIBLE	ROMAN 50	LAST VOWEL			@	LITTLE BITE	TIDY	JAMES BOND, ..7		
	ROMAN 6	FINE GLASS		RIFLE, ..-47		RUGBY PLAYER (8,2)										
					TYPE OF MUSIC				SHADE PROVIDER	ASIA	ME		FIRST NUMBER			
	CLEVERNESS	UNION		GOLD SYMBOL										SISTER		
					BOOTH						IT'S NO ...	GRAND-FATHER				
			NOT OFF	DISEASE	A DEGREE				FALL IN DROPS		WARNED	SECOND LETTER		ACTOR, .. PACINO		
BALLET SKIRT					CLEAR						FOOLISH					
											MINUTE					
19TH LETTER			TON			SCARE SOUND	BY MOUTH						DEBIT	BULLIES	INDIANS	3-SIDED SHAPES
						JACKET	FIT							BUSY INSECT		
GENTLE		AMERICA	FURY				GAME							STREET		
				E-HAILING TAXI		GRAM	DITTO		NOSY	MOUNTAIN			NORTH	DISTRICT ATTORNEY	FEATHER SCARF	
SIDE		OVUM				LOCAL ACTRESS (6,5)										
					EDITOR				COMPACT DISC				ANONYMOUS			
..... AND CRANNIES						BEER					LUNG DISEASE	THUMBS-UP		DROOP		
UNIT OF SOUND		TWO VOWELS		KING	 AND LEMONS				GET UP					DESKTOP	THE THING	
											OVERDOSE	EAST	6TH LETTER	TART		
	COMICS	DEVIL-LIKE		3RD LETTER	FLIGHT-LESS BIRD			VERANDAH	FLAWS							

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 26 MARCH 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.

COMPILED BY NALEDI GALLO IMAGES/HOWARD CLELAND, GALLO IMAGES/SYDNEY SECHIBEDI, BONGANI MDAMENI

WHAT'S THE VOWEL? NO. 317



HOW TO DO IT

The vowels have been removed from the puzzle (LEFT), while the consonants are left in. Complete the puzzle by filling in the missing vowels – A, E, I, O and U – to work out the words.

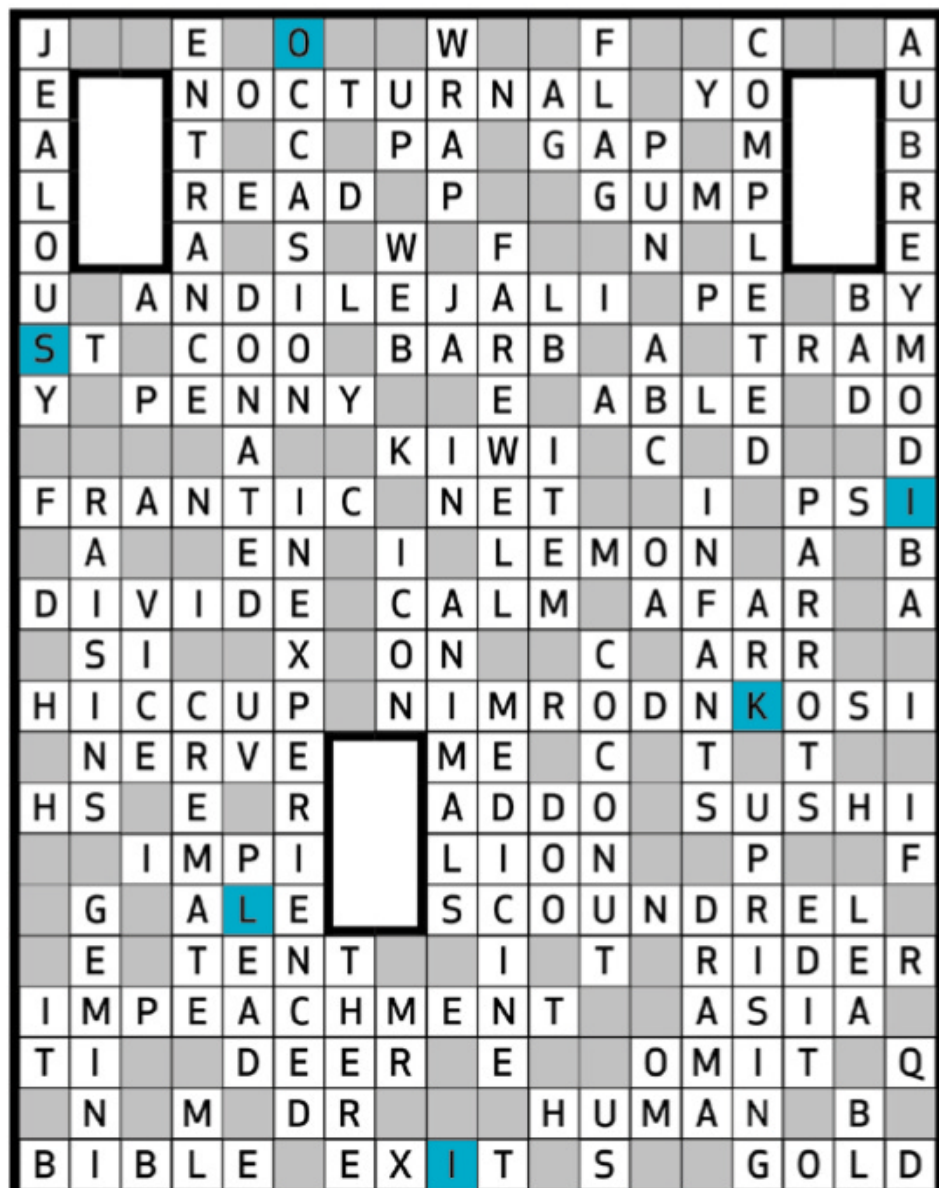
SOLUTION NO. 316



SOLUTION TO NO. 316

Above is the solution to What's the Vowel? no. 316. Have a look and see how you did. Did you manage to complete every row and column with the correct word? Have a go at this week's puzzle (LEFT).

SOLUTION TO PICTURE PUZZLE NO.1272

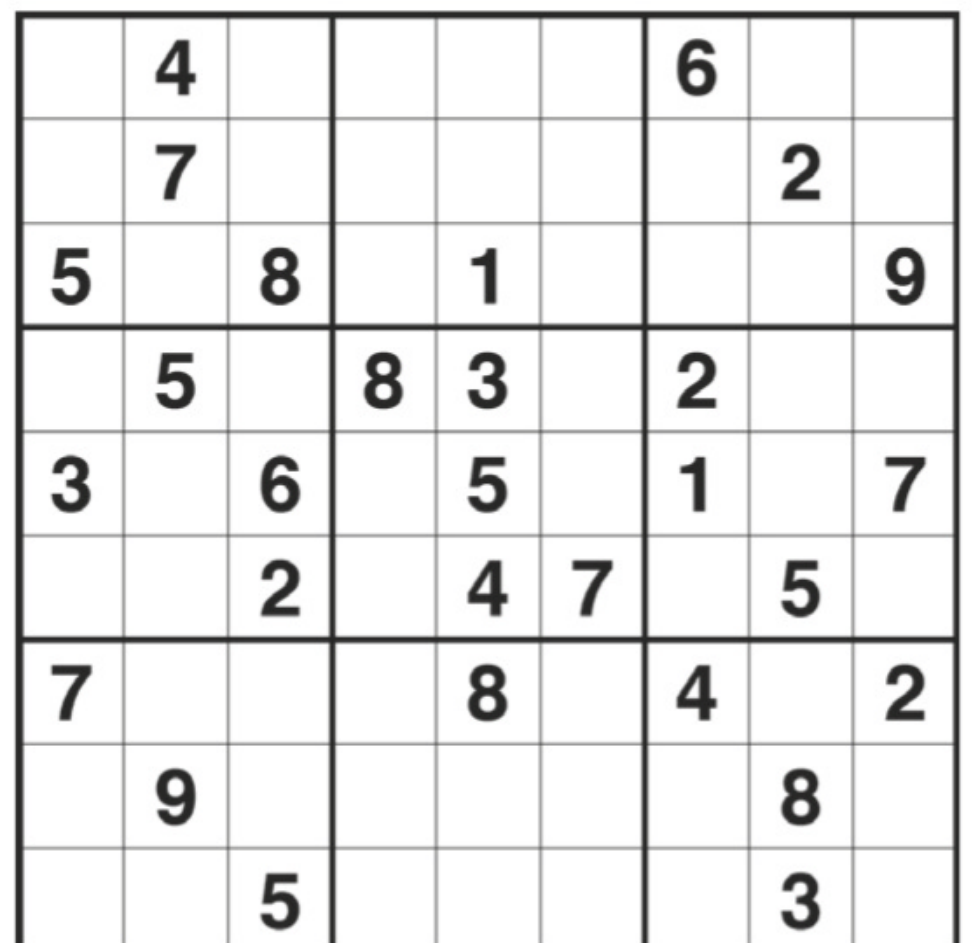


PICTURE PUZZLE NO. 1272 KEYWORD

Question What is the surname of Rugby World-winning Bok captain?
Answer Kolisi.

WINNER This lucky reader has won R500: Refentse Phetla of Witbank.

SUDOKU NO. 122 (MEDIUM)



SOLUTION NO. 121



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.



SAY CHEESE!

Happy, tragic, funny and moving images celebrated at the Wildlife Photographer of the Year contest in London COMPILED BY SAM

IF YOU know where to look, you can find wildlife everywhere – even in the midst of an urban jungle. British photographer Sam Rowley captured this punch-up between two mice on a platform of the London Underground.

Sam's image was recently voted the winner in the Wildlife Photographer of the Year Lumix People's Choice Awards. His pic was chosen from a shortlist of 25 images selected by Britain's Natural History Museum from more than 48 000 entries. Here's a selection of the finalists.

► LOSING THE FIGHT

Orang-utans have been used in degrading performances at Safari World in Bangkok, Thailand, for decades.

The shows were stopped in 2004 due to international pressure, but today they continue, with hundreds paying to watch the primates box, dance, play the drums and more. The UK's Aaron Gekoski took this heartbreaking picture.



► **MATCHING OUTFITS**

Lebanese photographer Michel Zoghoghi was in the Pantanal region of Brazil photographing jaguars. One afternoon on the Três Irmãos River, a mother and her cub crossed right in front of his boat.

He watched, mesmerised, as they left the water holding an anaconda with a similar pattern to their own.

◀ **STATION SQUABBLE**

Sam Rowley discovered that the best way to photograph the mice inhabiting London's Underground was to lie on the platform and wait.

He saw them fight over scraps of food dropped by passengers only a few times, possibly because food is so abundant. This fight lasted a split second before one grabbed a crumb and they went their separate ways.



© MICHEL ZOGHOCHI/WILDLIFE PHOTOGRAPHER OF THE YEAR



© FRANCIS DE ANDRÉS/WILDLIFE PHOTOGRAPHER OF THE YEAR

Images were
apher of the

DY COOK



© MARTIN BUZORA/WILDLIFE PHOTOGRAPHER OF THE YEAR

▲ **SPOT THE REINDEER**

Conditions in the Norwegian archipelago of Svalbard are extreme, but wildlife has adapted to the environment and its freezing temperatures.

Spain's Francis De Andrés found this composition of white Arctic reindeer both curious and charming.

◀ **THE SURROGATE MOTHER**

Elias Mugambi, a ranger at Lewa Wildlife Conservancy in northern Kenya, often spends weeks away from his family caring for orphaned black rhinos such as Kitui.

The young rhinos are in the sanctuary as a result of poaching or because their mothers are blind and can't care for them safely in the wild. Canada's Martin Buzora took the picture.

(Turn over)



▲ BON APPÉTIT

Hiking at night through the Ecuadorian jungle is one of Lucas Bustamante's favourite activities and he was overjoyed to spot one of the labiated rain frogs that are abundant in the region. It had just caught a baby tarantula and its comical expression seemed to say, "Caught in the act!"



▲ HEY, BIG EARS!

Valeriy Maleev of Russia was on a summer expedition to the Mongolian part of the Gobi Desert when he came across a long-eared jerboa. As blood moves through the ears of these usually nocturnal animals, excess heat dissipates across the skin and so the jerboa is able to stay cool.

◀ MOTHER KNOWS BEST

While on a bear-watching trip to the Nakina River in British Columbia, Canada, German photographer Marion Vollborn spotted a grizzly and her young cub approach a tree. The mother started to rub against the trunk and was followed shortly by the cub, copying her. You can almost hear them go, "Aaaah."



◀ CAPTIVE

A giant panda sits in its cage in a breeding centre in Shaanxi, China.

There's a growing wild population and no realistic plan of how to breed and raise pandas for re-release into the wild rather than a life in captivity, so it's unclear how centres such as this one can benefit the species. Swedish photographer Marcus Westberg captured the image.



▲ TRAINING SESSION

When German Stefan Christmann saw these penguins in Atka Bay, Antarctica, seemingly with an egg, he was surprised as it was too early for egg-laying. He then realised it was a snowball and guessed the pair were practising egg transfer to prepare for incubating the real thing. This could be the first time this phenomenon has been seen.



▲ THE UNWELCOME VISITOR

For several months Salvador Colvée Nebot watched various bird species use the dead flower spike of the agave in Valencia, Spain, as a perch. A pair of common kestrels were frequent visitors, although each time magpies would hassle them.



▲ TENDER PLAY

American photographer Steve Levi spotted this mother polar bear and her two cubs after 10 days of searching. They'd recently left their birthing den in Wapusk National Park, Canada, to begin the long journey to the sea ice so the mother could feed. After a nap the cubs were in a playful mood.



▲ BEAK TO BEAK

Ría Lagartos Biosphere Reserve in Yucatán is home to Mexico's largest flock of Caribbean flamingos. This chick is less than five days old – it will stay in its nest less than a week before it joins a crèche of youngsters who wander around the colony searching for food. Claudio Contreras Koob took the snap.

PICTURE this: Michelle Obama as president of the United States and Oprah Winfrey as her deputy, or vice-versa...

Although both women have spelt it out time and again that there's zero chance of this ever happening, many fans can't help but hope.

So when it was announced that the talk-show queen would be criss-crossing America for Oprah's 2020 Vision wellness-promoting tour and that Michelle (56) would be joining her on the New York leg, it sent the rumour mill into overdrive. Would they be using this as an opportunity to make their big announcement?

As Michelle arrived on stage she was greeted with deafening cries of "President!" and "White House!" – but it took less than five minutes for her to shatter the dream. Sitting next to Oprah (66) in an eye-catching blue Elie Saab outfit, she talked about everything under the sun except politics – her daughters, her marriage, how much she enjoys doing yoga and her favourite TV shows.

Despite her more laid-back approach, it's not like she's spent the past three years sitting around twiddling her thumbs. In fact, life after the White House seems to be busier than ever.

She spent most of last year touring the globe to promote her autobiography, *Becoming*, and it's paying huge dividends – with sales of more than 10 million, it's well on track to becoming the top-selling memoir of all time.

In addition to putting her on the map as a best-selling author, the book also earned her a Grammy – she won the award for best spoken-word album at this year's ceremony for the audio adaptation of the book, which she narrated.

And a few weeks later she was making waves in the world of showbiz again when Higher Ground, the production company she and husband Barack set up, won its first Academy Award for *American Factory*, a documentary directed by Steven Bognar and Julia Reichert, which was made for streaming service Netflix.

The doccie, which focuses on the culture clashes that rock a town in Ohio after a

The former first lady spoke to Oprah about her work, her kids and still being in love with Barack

COMPILED BY
JANE VORSTER

MICHELLE THE MAGNIFICENT

Chinese billionaire takes over a shuttered General Motors assembly plant and hires 2 000 Americans to run it, scooped the Oscar for best feature-length documentary – much to Michelle's delight. "Congrats to Julia, Steven, and the whole crew on winning best documentary for #AmericanFactory, Higher Ground's first release," she tweeted.

"So glad to see their heart and honesty recognised."

WHILE many fans are disappointed she isn't running for office, Michelle believes there are other ways to make a difference.

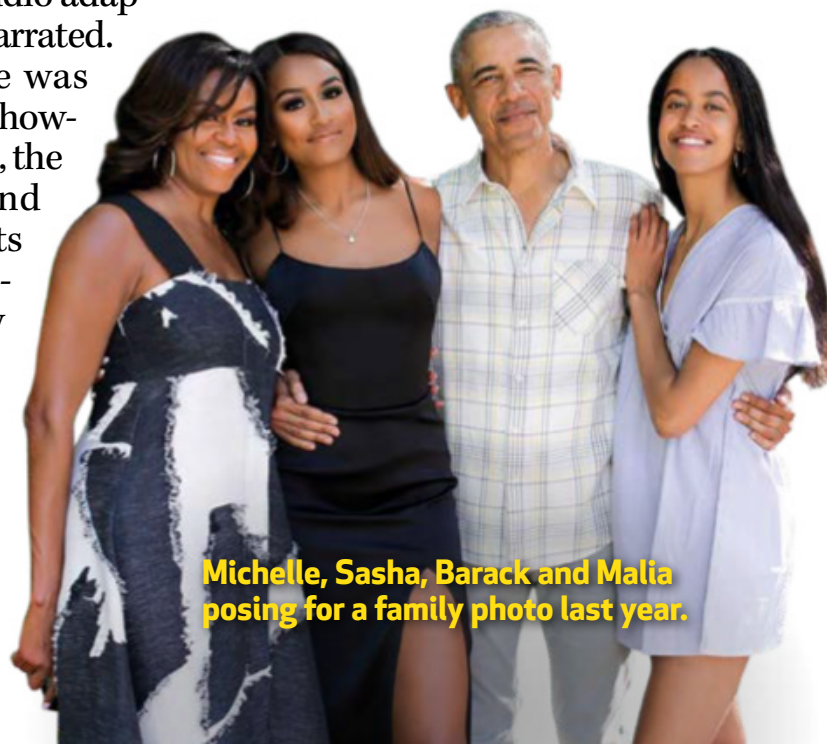
In recent months she's been throwing heart and soul into the Global Girls Alliance, a project she set up via her and Barack's Obama Foundation which aims to uplift girls through education.

"I want to empower young people," she told Oprah of the project, which saw her touring Vietnam in December with actress Julia Roberts and Jenna Bush Hager, the daughter of former president George W Bush, to promote access to learning.

"I want to empower the next generation of politicians, and community activists, and teachers and doctors and lawyers. I want to be a part of laying out a set of values and principles that we can all be proud of, of this country."

Michelle insisted the White House years weren't the be-all and end-all of their lives.

"The house didn't define us," she said.



Michelle, Sasha, Barack and Malia posing for a family photo last year.



Michelle Obama looked sensational when she shared a stage with talk-show host Oprah Winfrey in New York recently.

Now it's just her, Barack (58) and their two beloved dogs, Bo and Sunny, at home.

"We're coming back to that point where we see each other again because some of the hardest times in our lives, we just escaped it. We just survived it.

"Now we're out on the other end and I can look at him and I still recognise my husband. He's still the man I fell in love with. He has been who he promised he'd be to me."

WHEN they're not travelling, the two divide their time between their homes in Chicago, Washington and Cape Cod – and it's a lifestyle that suits Michelle to a tee.

She's looking more toned than ever, something she puts down to all the yoga she's been doing in recent months.

She told Oprah she loves binge-watching series such as *Black-ish*, *Schitt's Creek* and *The Marvelous Mrs Maisel*.

"I love watching TV. I probably watch a little too much," she said.

It all sounds so normal. And yet Michelle insisted her life is anything but.

"I don't live a normal life. I used to," she said in an interview with comedian Conan O'Brien last year.

She still misses the anonymity of the pre-presidency days when she could walk into a grocery store unnoticed.

Still, the pros of being a former first couple far outweigh the cons.

The Obamas are rumoured to have pocketed \$65 million (R983m) from their his-and-her book deal – Barack's memoir is due out this year. He also reportedly charges as much as \$400 000 (R6m) per speaking engagement – that's the equivalent of his annual salary as president.

Given all this, Michelle knows it would be silly to complain.

"We're happy people but why wouldn't we be?" she said. "We have our health. We have each other. We have a sense of purpose."

No wonder she has no desire to run for president. **DM**



TOP: Signing a copy of her memoir, *Becoming*, for a fan at a book event in New York. ABOVE: Touring a girls' school in Vietnam are (from left) Julia Roberts, Ngô Thanh Vân, Lana Condor, Liza Koshy, Michelle and Jenna Bush Hager.

"It's the values that defined us. I'm Michelle from the South Side of Chicago. That didn't change because we moved to a different house."

And now having put in all the hard work in instilling good old-fashioned values into her daughters, the Obamas are having to sit back and watch them make their own way in the world.

Malia (21) is in the second year of her undergraduate degree at Harvard, while Sasha (18), finished high school last year and is now enrolled at the University of Michigan.

Michelle admitted it was hard letting the girls go, but added her husband finds it more of a struggle than she does.

"You know Barack has that ugly, loud cry. He did that at Malia's graduation," she told Oprah.

Although she was sad to leave her daughters, she said it was also a relief.

"Parenting takes up a lot of emotional space," she said. "I put a lot of time and energy into parenting these girls in the White House because we were trying to make their lives normal."



ABOVE: Directors Julia Reichert and Steven Bognar receive their Oscars for *American Factory* (RIGHT). The Obamas' production company, Higher Ground, produced the documentary.



SOURCES: PEOPLE.COM, WASHINGTONPOST.COM, PARADE.COM

A farmer's son tries to chase locusts away from a field of crops in Katitika village in Kenya. BELOW: A car drives through a swarm of locusts in Somalia.

LOCUSTS, LOCUSTS, EVERYWHERE

Swarms of these pests are sweeping East Africa – and it could trigger a food crisis

COMPILED BY JANE VORSTER

IT'S a plague of biblical proportions. Locusts are everywhere – on the ground, in trees, on roofs, crawling on window panes. And when they take off in a ravenous cloud they block out the sun, devouring everything in their path.

Locust swarms aren't an unusual occurrence but the invasion currently raging through East Africa and bringing countries such as Ethiopia, Somalia and Kenya to their knees is the worst to have hit the region in 25 years.

That's because these are

desert locusts – the most destructive of all the locust species – and civil war and freak weather patterns have provided the perfect conditions for the pests to thrive.

A single swarm can stretch for around 1 200km² – roughly three times the size of Cape Town – and contain up to 150 million locusts per square kilometre.

Capable of flying about 150km a day, the insects eat their own weight in food daily so it's easy to see why a plague could quickly spell disaster.

"A locust plague is much like a wild-fire," said Keith Cressman, senior locust forecasting officer with the United Nations' Food and Agriculture Organization.

"If you can find it when it's just a tiny

campfire and put it out, you're good. No problem. If not, the swarm will only stop growing when it runs out of food."

With the African plague already well beyond the point where it's possible to contain, experts are warning it's likely to trigger a food crisis in the region, which is home to some of the poorest nations in the world.

THE current plague is believed to have first reared its ugly head in the arid desert along Saudi Arabia's southern border with Yemen and Oman.

But because this area is so inhospitable it went unnoticed – and when two cyclones hit the area it created unusually rainy conditions which al-



60km

The length of one of the largest swarms in Kenya.

60

The number of countries throughout Africa, Asia, and the Middle East where the desert locust is found.

South Africa has a sub-species that occurs in the arid areas of the Kalahari Desert near Upington but they very seldom form swarms.



LEFT: Men try to fend off an army of locusts flying above grazing land in Lemasulani village in Kenya. ABOVE: Somali farmers use plastic sheeting in a frantic attempt to drive the pests away.

lowed the locusts to multiply.

“They were increasing about 8 000-fold for nine months, with no disturbance and no control,” Cressman said.

In the spring of 2019 the locusts took flight, with one group heading north through Saudi Arabia and Iran, while others zeroed in on the fertile ground of Yemen where the civil war provided opportunity for them to breed unchecked.

The insects then crossed the Red Sea and moved on to the Horn of Africa which had just experienced one of the wettest periods on record. “They found a green, verdant Somalia where they could really just go to town,” said Chris Funk, who researches precipitation in the region at the Climate Hazards Centre at the University of California in the US.

By the end of last year the pests had wiped out more than 700km² of crops and grazing in the country.

At the time of going to print, war-torn Somalia had become the first country to declare the plague a national emergency, saying the infestation “poses a major threat to Somalia’s fragile food security situation”.

Meanwhile in Ethiopia the plague forced aircraft to be diverted.

An Ethiopian Airlines aircraft landed in the capital Addis Ababa with damaged engines and its windscreen splattered after flying through a swarm.

But this is nothing compared to the risk the hungry creatures pose in Ethiopia’s Rift Valley, which is the breadbasket for Africa’s second-most populous country.

THE UN is already warning that eight million people may need food aid as a result of the invasion. In Kenya, where an estimated 70 000 hectares are infested, experts are also lost for answers.

“This is huge,” said Kipkoech Tale, a migratory pest control specialist with the country’s agriculture ministry. “I’m talking about more than 20 swarms that we’ve sprayed. And more are coming.”

At their wits’ end, people in the region have taken to frying locusts and serving them with rice. According to those who’ve eaten them, they’re tastier than fish and can make a delicious dish when cooked with chopped onion and curry powder.

But it’s unlikely eating the locusts will solve the problem. The UN has

stated that aerial spray control is the only effective means to combat the pests. But with \$80 million (R1,16 billion) in emergency aid needed and only \$10m (R145m) forthcoming so far, it’s unlikely the plague will be eradicated any time soon.

In fact, experts predict that with more rains expected to arrive in March, the plague could grow 500 times bigger.

Scientists are pointing the finger of blame at humans, saying our consumption habits have caused the climate change that triggered the conditions allowing the locusts to go forth and multiply. “The larger story here is that this is the new normal,” said Rachel Cleetus, policy director of the Union of Concerned Scientists.

“The same ocean-warming trends in the Indian Ocean that created the hot, dry conditions that fuelled Australia’s bush fires are also bringing rainfall to East Africa. We’re all connected.” **DM**

SOURCES: BBC.CO.UK, BUSINESSINSIDER.COM, BUZZFEED.COM, WIRED.COM

192 MILLION

The number of kilograms of vegetation a swarm can get through in one day. That’s enough to feed 35 000 people.

R36,25 BILLION

The damage caused by locust plagues in Africa from 2003 to 2005.

158

The number of eggs that can be contained in a pod laid by a female locust.

The pests descend on a Kenyan village, covering every piece of greenery.



JUST NOT FOOTBALL

Man City is accused of covering up payments made by its owner and faces a two-year ban from the Champions League COMPILED BY JANE VORSTER

FANS were stunned. A ban for cheating or doping or match-fixing – that they could understand. But a whole team being punished because of their club's dodgy accounting practices? Surely that was a bit extreme.

Yet this is exactly what's happening to reigning English Premier League champs Manchester City.

Blues supporters were shocked when news broke recently that the powerhouse club has been banned from the Uefa Champions League, the most important tournament in professional club football, for two whole seasons – 2020/2021 and 2021/2022.

Uefa found the glamour club guilty of "serious breaches of financial fair play rules" and fined the Blues €30 million (R495m).

City also faces the prospect of being stripped of its titles and docked precious Premier League points too.

Experts are warning that if all of this happens, it could spark a mass exodus of star players and deliver such a devastat-

ing setback to the club it might never recover.

WHY THE RULES EXIST

To ensure a level playing field, Uefa introduced its financial fair play (FFP) rules in 2011 which stipulate that over a three-year period, clubs aren't permitted to lose more than €30m.

At the time, with more than 50% of clubs losing money, it was felt the presence of wealthy owners with bottomless pockets had adversely affected the football market by forcing their rivals to overspend to keep up.

To combat this, the rules were put in place with the stipulation that handouts from owners couldn't be taken into account when calculating a club's income after blowing £200m (then R3,4bn) on transfers and now Man City is in the firing line.

In 2018, Italian giants AC Milan were banned for one season for breaching the rules.

HOW CITY BROKE THE RULES

The club stands accused of covering up payments made by its owner, Sheikh Mansour bin Zayed al Nahyan, who's a member of the Abu Dhabi royal family, and presenting them as legitimate sponsorships.

Uefa started its investigations in 2018 after internal Man City emails, leaked in German magazine Der Spiegel, suggested Mansour and his family had pumped millions in extra funding through Abu Dhabi state airline Etihad Airways, which is City's main sponsor, to circumvent FFP rules.

The emails suggest that since 2008 around £60m (R1,1bn) of the club's £67m (R1,27bn) sponsorship deal with the airline may have actually been paid by Mansour himself.

Manchester City owner Sheikh Mansour bin Zayed al Nahyan allegedly used his own money to fund the club and passed it off as a sponsorship deal.



This isn't the first time Man City has fallen foul of the FFP rules. In 2014 it was slapped with a €60m fine (R870m) after it was found they'd made losses totalling approximately €180m (R1,9bn) in 2012 and 2013 following a player purchasing spree, vastly exceeding the FFP maximum deficit allowed.

But following the Der Spiegel exposé, Uefa have been taking an even closer look at City's finances and have concluded that the information it was previously supplied by the club had a few serious gaps. Now the real issue isn't only the club's overspending but rather the dodgy practices it used to try to cover it up.

"The charge is essentially one of accounting fraud which is a form of theft," soccer commentator Bobby McMahon says.

CONTROVERSIAL OWNER

With a fortune worth an estimated £16,7bn (R325bn), money really is no object for Mansour. And as the deputy prime minister of the United Arab Emirates; half-brother of its president, Khalifa bin Zayed Al Nahyan; and a member of the Abu Dhabi royal family, he also carries plenty of clout.

When he bought City in 2008 for a reported £210m (R2,8bn), he inherited a club in disarray – it had finished ninth in the Premier League the season before and it had been 35 years since it had last won the coveted trophy.

But with Mansour bankrolling them, the club was able to attract star players, one of the world's best managers, Pep Guardiola, and kick off a winning



City have bagged 10 major trophies under Pep Guardiola.



streak that has seen it bag 10 major trophies, including four Premier League titles.

RESPONSE TO THE BAN

In a statement, City said it was “disappointed but not surprised” by Uefa’s decision. The club has painted itself as the victim, insisting it did nothing wrong and that the sports body has a vendetta against it.

It’s now planning to appeal to the Court of Arbitration of Sport in Lausanne, Switzerland – which is often referred to as sport’s supreme court.

WHAT IT MEANS FOR PLAYERS

It seems unlikely footballers at the top of their games would agree to miss out on two years of top-table football. Sadly for City, some of its biggest stars, including Fernandinho, Leroy Sané, Sergio Agüero and Riyad Mahrez, will be out of contract and thus free to walk before the ban ends.

And if Guardiola leaves, as many expect him to do when his contract ends next year, they’ll have even less of a reason to stay. There are already rumours that he’s being courted by Italian outfit Juventus.

CAN CITY SURVIVE THIS?

Experts predict that being out of the Champions League for two seasons could cost the club about £153m (R2,9bn).

With less earnings it’s going to be very hard for the club to regroup and rebuild if players jump ship – and Uefa will be keeping an eye on City to ensure all its sponsorships are legit and aren’t just cleverly disguised handouts from their owner.

The English Premier League has announced it will also

investigate the club. The organisation has similar FFP rules and if City has transgressed them, they could face further fines, a points deduction, be stripped of its titles or even be relegated.

If all this happens it would be hard for the club to claw its way back.

WHAT THE EXPERTS SAY

Former Manchester United defender Gary Neville thinks the FFP rules are pointless and is confident Man City will get its ban overturned.

“If owners sign up to contracts or allow contracts to be signed, they should have money in place to fulfil those contracts

and I think Man City’s owners have got that,” he says.

But other experts are sick of seeing City behaving as if the rules don’t apply to them. If under-handed accounting practices were used to get around the rules, they say, then the club deserves to pay.

“The reason I was pleased is because I want to see football authorities have some

teeth, I want to see the governance of the game mean something,” Crystal Palace owner Simon Jordan says.

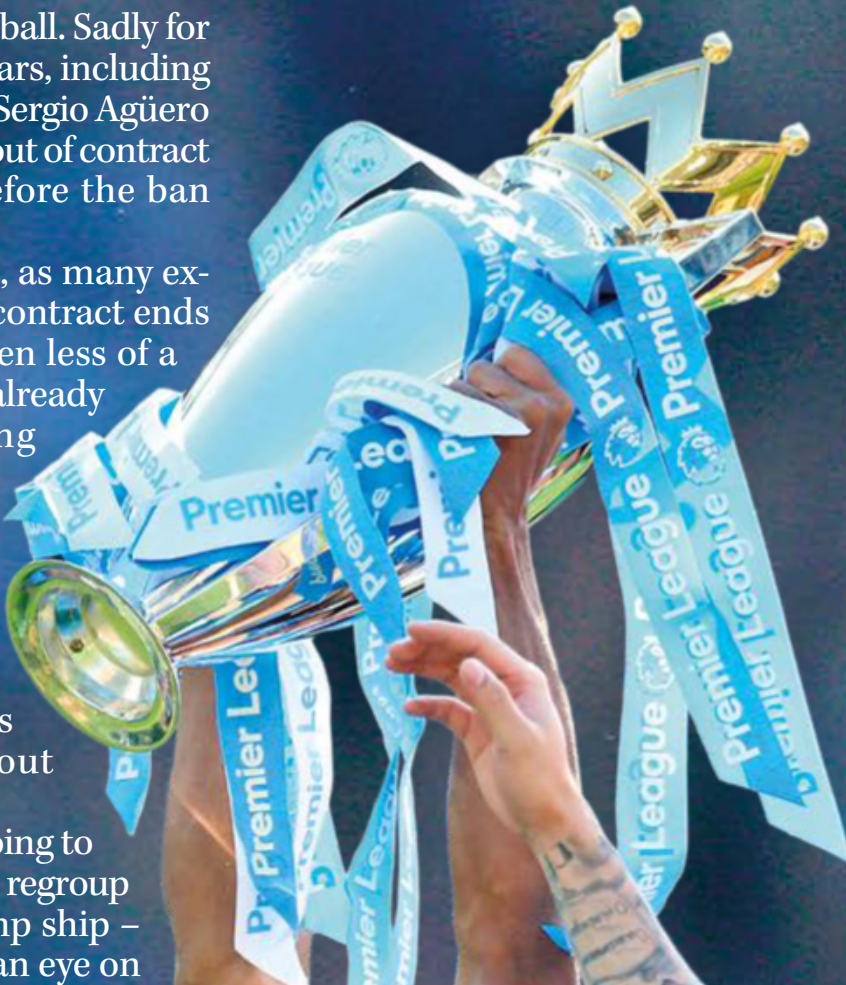
But former Liverpool defender Jamie Carragher questions the timing of Uefa’s decision. It was announced just as City, through to the last 16 of the Champions League, was gearing up for its first clash against Real Madrid.

He says if Uefa weren’t prepared to ban the club from the competition right now they should’ve delayed the announcement until the end of the season.

“What would happen if City wins this season?” he asks. “Can you imagine people from Uefa having to give the cup to a Man City player? It would make a mockery of the competition.” **DM**

SOURCES: BBC.CO.UK, GUARDIAN.CO.UK, THESUN.CO.UK

‘I want to see football authorities have some teeth’



Man City bagged the English Premier League title last season, led by captain Vincent Kompany, but if the ban for financial fair play irregularities is enforced, they could be stripped of the title.

WHEN his son hit his final year at university, he felt a fundamental shift. After working hard for so many years to give his only child a good life, Jamie Bartlett decided the time had come to focus on himself.

Having spent the past 13 years playing David Genaro in *Rhythm City*, he wanted to spread his wings, so he quit the popular soap.

"I've been playing David for a long time – I'm not saying he's easy, but my God, we have explored every part of him," Jamie tells DRUM.

"I know what he smells like, I know how much wax he has in his ears. It had come to an end."

David will go down as one of the meanest men in Mzansi soapies – the guy who relentlessly terrorised his rivals without so much as a thought to the devastation he wrought in the process of getting what he wanted.

But karma has a way of catching up with someone and in the end, the soapie villain died the way he lived.

In a dramatic scene, David is gunned down by Suffocate (Mduduzi Mabaso) and Khulekani (Mncedisi Shabangu), who's hellbent on revenge after David killed his son. *Rhythm City*'s ultimate bad boy has been laid to rest – and this time it's final.

"I thoroughly enjoyed his first death, 10 years ago," Jamie quips.

Back then David died in a hail of bullets after Gina (Dorette Potgieter) took revenge on him for kidnapping and torturing her, but it turned out he had faked his death. But this time round there's no bringing him back from the dead.

"Something happened when my son finished university," Jamie says. "I felt that living in Joburg, I had lived to put him through school, then it was his economics degree. I'm turning 54 this year and I felt like it was just a bracket end."

But leaving the soapie after 13 years wasn't easy. "I needed to sit down and have a look in the mirror," he says. "Do I spend more time with Mom in Cape Town? Do I teach and travel more between here, London [where he's originally from] and Cape Town? Do I open myself up to more acting and how many British movies do I want to do, or do I want to be in Cape Town?"



IT'S TIME TO MOVE ON

His time as *Rhythm City*'s devious David may be over, but Jamie Bartlett isn't done with acting

BY BONOLO SEKUDU PICTURES: LUBABALO LESOLLE



LEFT and RIGHT: In his final scene, Jamie's character, David, is killed by Mduzuzi Mabaso (in blue suit) and Mncedisi Shabangu on a rooftop.

HE HAD plenty to think about, but one thing was clear. "I'm not done with acting – not by a long shot," Jamie says. "I think I'm ready to inherit 25 years of something different."

We're catching up with him at his stylish, three-storey loft apartment in Jozi.

The airy lounge is tastefully decorated with quirky lamps, colourful glass vases and treasured ornaments. Two colourful Basotho blankets are neatly draped over an olive velvet couch.

The talented TV star is wearing a trendy colourful shirt and sporting red sunglasses that are becoming his signature new look.

"You must be an interesting person," Jamie says.

A giant black and white image of two young black men wearing Gucci belts and drinking adorns the wall opposite him. He says he loves that the artwork tells the story of young black men from the townships.

"I am mad about South Africa, worms and trees. Jamie Bartlett is what you see here. A man who reads plays, who reads classical pieces of work and who has a few close friends.

"It takes quite a while to live very comfortably in your own skin, I live more comfortably now than when I was 30, I know what I want," he adds.

"Yes, I've fallen off the horse a few times, but I've had to get back on. I've made mistakes and bad decisions in life ... I think the indelible thing is that I am a dad. I have gone through the pain of parenting like every parent does. It changes you. It makes you grow up. I'm much better off emotionally than I have ever been."

Jamie gets up and offers us imported coffee served in exotic round glasses he says he got while travelling in Eswatini. The open-plan kitchen looks like it belongs to a professional chef.

In the gleaming sink, crabs lie waiting to be prepared for "someone special".

"I'm cooking tonight, I love cooking. She loves crab," Jamie says.

He won't divulge more on his lady-love, but now that he's got more time on his hands, he

hopes to cook up a storm for his special friend.

WITH a wealth of experience under his belt, the award-winning actor believes in sharing his knowledge. That is why Jamie hosts a masterclass at The Finishing College, an accredited private college in Bramley, Joburg.

"I teach other actors and corporates



Jamie's home is filled with quirky art and treasured ornaments, including this piece depicting David Genaro.

confidence – things like being comfortable in your own skin, how to leave an impression on somebody, how to speak with a smile in your voice.

"That's where I want to be right now."

It's a far cry from the long hours working on set. Even so, he'll miss playing diabolical David. Jamie was so immersed in the character he'd sometimes tell the scriptwriters "no, he would never do that".

He knew David inside out.

"As an actor, you need to play for a five-year-old girl and the 85-year-old gogo sitting next to her controlling the TV. They must umbilically be connected to you, hate you, love you. You are palpably having an influence on that gogo and that child, in the same room," he says.

"In order to do that, you need to sound incredibly honest. They must buy what you are doing."

He's going to miss his Rhythm City family and the fans he made on the soapie, which is broadcast across 22 countries in Africa.

Whenever he stepped out in public, Jamie says, people lined up to take selfies with him.

"There would be so many every day. Every traffic light, and even at roadblocks every cop lady would say, 'Hello, David'.

"I think some people think you dial your performance from out of space. Meanwhile, Jamie Bartlett is a normal suburban guy who does what everybody does."

But for fans of the bald TV star, he will always be regarded as devilish David who sizzled up their screens every weekday. **DM**

DEVIOUS DAVID

From kidnapping and torture to faking his death and making enemies with people in high places (and very low places), David Genaro enthralled audiences with his bad-boy behaviour and never-say-die attitude.

Who can forget Diphuka's (played by Tshepiso Mashego) death? She loved David and had taken an overdose of sleeping pills, but he just sat there, watching and waiting for her to die.

He did nothing to help her – he just kept listing the cruel and evil things he'd done because he knew she'd soon be dead and wouldn't be able to tell anyone.

He said what? "Do you know who I am? I am David Genaro. David Genaro cannot die."



IT'S ALL IN THE BAG!



WE SPOTTED a few of our favourite celebs at the fancy Four Seasons Hotel The Westcliff in Johannesburg where **DAVID TLALE** revealed a new partnership.

The fashion designer to the stars is producing a collection of accessories – including scarves, handbags and even his signature bold sunglasses – that will be exclusive to Avon customers.

Celebs including **MELANIE BALA**, **K NAOMI** and **DJ ZINHLE** didn't only come out to support David, some also took part in a fashion show to celebrate his new partnership.

Now that's what friends are for!



TOP RIGHT: Liesl Laurie, Blue Mbombo and Tatum Keshwar modelled David Tlale's new shades at the David Tlale X Avon launch. BELOW: Plenty of famous faces were spotted at the event, including Bridget Masinga, Lisa Madibe, Melanie Bala, K Naomi and Sinazo Masina. Abigail Visagie (LEFT), Tshepi Vundla and Kgosi Modisane (RIGHT) and DJ Zinhle (BELOW RIGHT) also attended.



'No work after 4pm, just spending time with myself'

- LIESL LAURIE

YOU ARE NUMBER ONE!

IT'S not easy being a celeb. Between working hard to keep us entertained, attending exclusive events and living their best lives – when do they actually get the time to reboot?

The glitz and the glam can be dazzling, but when the lights are dimmed and the cameras are off, the day's toil can take its toll.

Presenter **LIESL LAURIE** (29) and singer **ZOLANI MAHOLA** (38) let us in on their most important self-care ritual.

LIESL SAYS ...

"My most important self-care ritual is me-time. I wake up at four every morning, I'm on air by 6am, so I switch off my phone or notifications at about 4pm because it's been 12 hours of being awake

and active – so I take it easy. No work after 4pm, just spending time with myself, meditating, reading and maybe binge-watching series."

ZOLANI SAYS ...

"Meditation is my most important self-care ritual. The more I connect with myself, the more I can connect authentically with the world."

'Meditation is my most important self-care ritual'

- ZOLANI MAHOLA

SHE started out as a singer, but **LUCILLE SLADE** is turning out to be a multi-talented star. Following the release of her latest single, Khuluma Nami, the 26-year-old is becoming a TV star. She made her acting debut in Binne-landers and this year she stars in 7de Laan.

"I don't believe in staying in one discipline, like music. Acting was just an extension of the medium of art. It's also something I took as a subject in high school. It's part of my growth as someone in entertainment," she tells DRUM. Let's get to know the rising star.

My nickname is ... Luce or Lu.

I can't live without ... my mom!
I speak to her everyday.

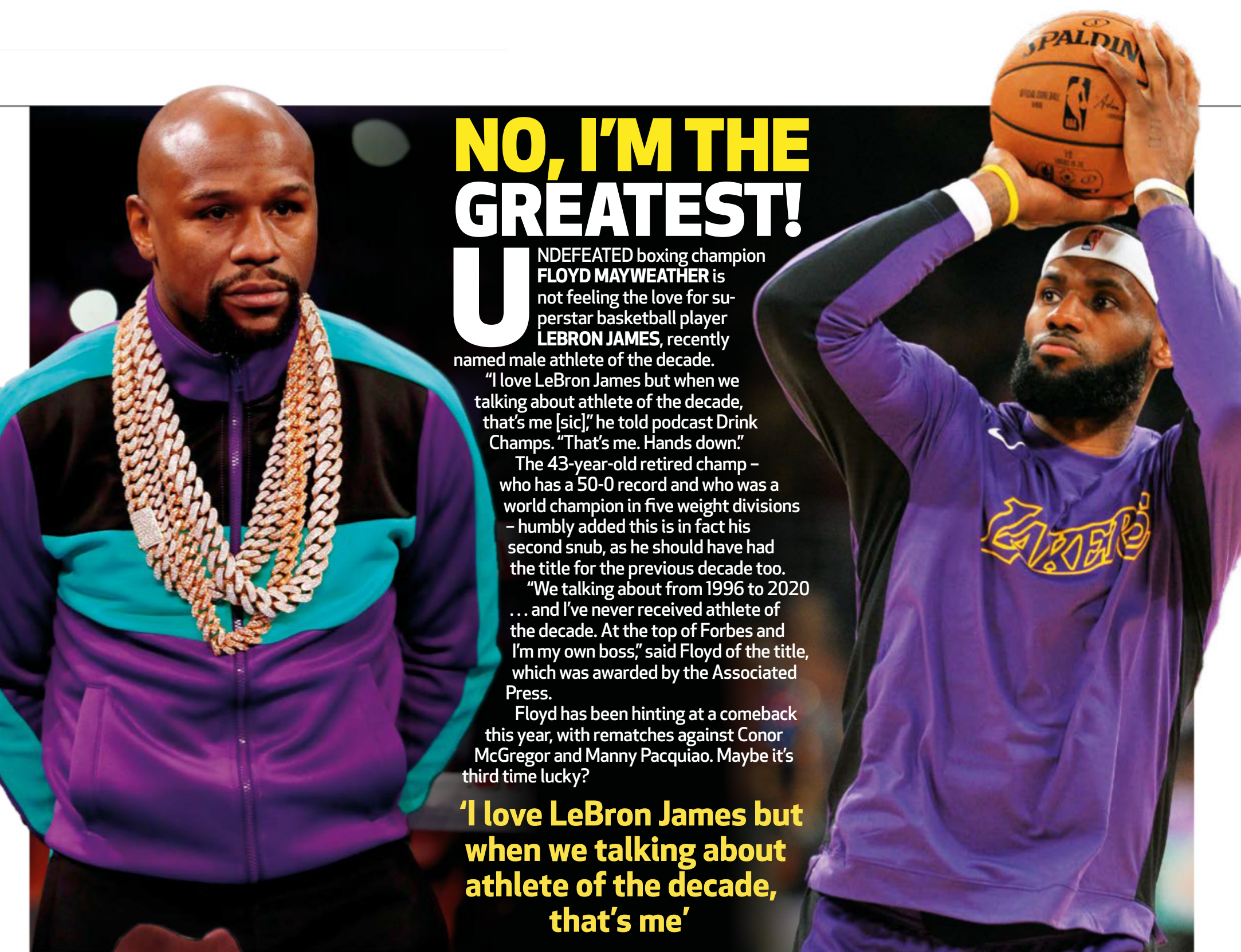
I love ... piercings. I need more, even though my mom will kill me, LOL.

I could eat ... watermelon for breakfast lunch and supper. My love for food is unmatched!

You'd be surprised to know ...
I used to suck my thumb for years!

GETTING TO KNOW LUCILLE SLADE





NO, I'M THE GREATEST!

UNDEFEATED boxing champion **FLOYD MAYWEATHER** is not feeling the love for superstar basketball player **LEBRON JAMES**, recently named male athlete of the decade.

"I love LeBron James but when we talking about athlete of the decade, that's me [sic]," he told podcast Drink Champs. "That's me. Hands down."

The 43-year-old retired champ – who has a 50-0 record and who was a world champion in five weight divisions – humbly added this is in fact his second snub, as he should have had the title for the previous decade too.

"We talking about from 1996 to 2020 ... and I've never received athlete of the decade. At the top of Forbes and I'm my own boss," said Floyd of the title, which was awarded by the Associated Press.

Floyd has been hinting at a comeback this year, with rematches against Conor McGregor and Manny Pacquiao. Maybe it's third time lucky?

'I love LeBron James but when we talking about athlete of the decade, that's me'



DEMONIC UNCOUPLING

ANOTHER celebrity marriage is uncoupling and this time, demons are to blame. Not actual unholy monsters, mind you, the regular kind everyone has.

R&B star **NE-YO** and model **CRYSTAL RENAY** are splitting up after four years of marriage, the singer revealed on the podcast Private Talk with Alexis Texas.

"Long story short," Ne-Yo said, "she's got demons just like

everybody else, just like me. We realise that our demons don't mesh and until both of us get a hold of our personal demons, it's gonna be just difficult for us to stay married [sic]."

The couple has two children, Shaffer Chimere Jr (3) and Roman Alexander-Raj (1).

Yet Crystal, the singer said, "is a fantastic woman ... she is the mother of my kids and I love her to death. We're going to be family forever".

Ne-Yo also has two children from his previous relationship with Monyetta Shaw, Mason Evan (8) and Madilyn Grace (9).

'She's got demons just like everybody else, just like me. We realise that our demons don't mesh'

FINGER LICKING GOOD!

WHEN we first saw these snaps of **KIM KARDASHIAN** and **KANYE WEST** at KFC, we thought, aww, they're just like regular peeps grabbing a bite at the mall.

Actually not, hey.

On we scrolled, and there was Kim, pouting for selfies as Kanye enjoyed his meal from a KFC bucket – while lounging on a settee that probably costs as much as a fried chicken franchise – at the Paris HQ of French fashion house Jean Paul Gaultier.

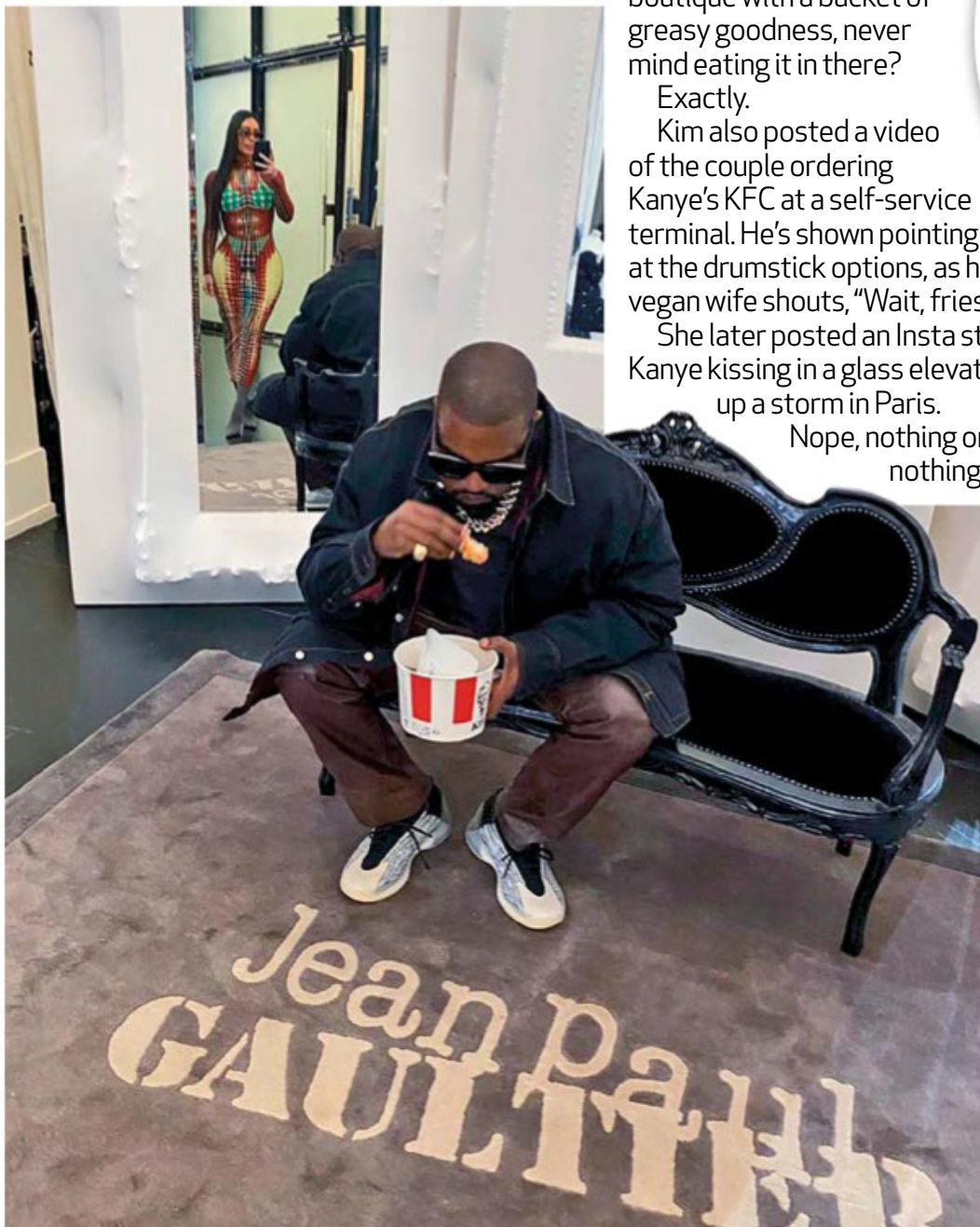
We mean, have you ever tried walking into a fancy boutique with a bucket of greasy goodness, never mind eating it in there?

Exactly.

Kim also posted a video of the couple ordering Kanye's KFC at a self-service terminal. He's shown pointing at the drumstick options, as his vegan wife shouts, "Wait, fries!"

She later posted an Insta story of her and Kanye kissing in a glass elevator while shopping up a storm in Paris.

Nope, nothing ordinary to see here, nothing at all.





THE TRUTH HURTS

WE ALL know life on The Gram isn't real. No one is perfectly pretty, perfectly happy and happily married all the damn time.

Not even one of our favourite powercouples, **GABRIELLE UNION** and **DWYANE WADE**, it turns out.

Recently Dwyane shared that "the hardest thing" he's ever had to do was tell Gabrielle he'd had a baby with another woman, Basketball Wives star **AJA METOYER**.

Dwyane and Gabi were on a relationship break when he and Aja hooked up, in 2013, which led to the birth of their son, **XAVIER**, now six years old. "Hardest thing I've ever had to do is man up and tell Gabrielle Union that I've had a child with somebody else.

"I couldn't sleep. I wasn't eating," he said in the documentary *D. Wade: Life Unexpected*. "When you hold something in that you know is going to come out and you have this information and you know it's gonna f**k somebody's life up, that you care about, that you love, if it don't hurt you, then you're not human [sic]."



Working through her pain



THE daughter of legendary filmmaker Steven Spielberg, **MIKAELA SPIELBERG** (24), has opened up about suffering abuse at the hands of "monsters", who groomed her as a child.

In an interview with The Sun, she also announced she's starting a career as an "adult entertainer doing solo sex work", to capitalise on

her body. The abuse she suffered came from outside her family, and "was not by anybody of notable presence – just from scumbag monsters who were looking at my vulnerability and going: 'That's the one'".

The impact of the abuse, she said, had her questioning herself, asking "What is my body? What is it to have a body and exist in a body safely? Also, what is it to be an emotional human being and not have it taken advantage of?"

Of her move into erotica, she said it was because "I got really tired of not being able to capitalise on my body. Frankly, I got really tired of being told to hate my body. I feel like doing this kind of work, I'm able to 'satisfy' other people, but that feels good because it's not in a way that makes me feel violated."

Her parents, Steven and actress Kate Capshaw, were supportive and "intrigued" by her decision she said.

The pair adopted Mikaela in 1996. "I have amazing parents that had their struggles with me," Mikaela added. "They are some of the least spiteful people I know. I love them so deeply."



Hope springs eternal

WILL they? Won't they? Uh, should they? For everyone who has been clinging to that last vestige of hope that **KYLIE JENNER** and her baby daddy, **TRAVIS SCOTT**, will get back together... maybe they will!

That's what the former couple's friends told the Hot Hollywood podcast recently, explaining that, "They still spend a lot of time together as a family and," – here it comes – "have romantic feelings towards each other."

"Her family loves Travis and respect him as part of the family, but thinks it's best for them to have some time apart as a couple and grow up a bit as adults and parents."

The unnamed friends said things are "great" between the parents of **STORMI** (2), who have been co-

parenting since their split in October last year. "Travis and I are on great terms and our main focus right now is Stormi!! [sic]" the reality TV star tweeted at the time. "Our friendship and our daughter is priority."



MAKING IT RAIN

SOMEONE Kylie's very unlikely to be getting back together with is her other ex, **TYGA**.

We've all had cash-flow issues, but Tyga has next-level problems – he owes the US taxman tens of thousands of dollars, has had at least three cars repossessed and has been sued several times for unpaid debts – but he's still throwing around cash at strip clubs like it's confetti.

After performing with Post Malone in New Jersey recently, Page Six reported that the rapper and pals were showering strippers with "tens of thousands of dollar bills" at FlashDancers Downtown.

"They were there for a few hours, showering what appeared to be tens of thousands of singles at nearly 75 dancers," an insider said.

The rapper was joined by Swae Lee, Tyla Yaweh, Dominic Fike and Posty's manager Dre London.

"They arranged for the cash before they arrived, and then the cash was presented to them on platters, like bottle service," the source said. "They had sparklers and everything. It was a big show in front of everybody."

We're not your mom, Tyga, but, c'mon, really?

SOURCES: DAILYMAIL.CO.UK, ESSENCE.COM, INDEPENDENT.CO.UK, INSTAGRAM.COM, PAGESIX.COM, PEOPLE.COM

GO ON, BELIEVE YOU CAN FLY

IF YOU feel a twinge of guilt – or a sick feeling in the pit of your stomach – when you catch yourself singing along to an **R KELLY** tune, don't feel guilty, says **SYLEENA JOHNSON**, the singer-songwriter who has collaborated with the disgraced singer.

Syleena, who worked with Kelly early in his career, was promoting her new album when she said his music has nothing to do with the many charges he is facing, including sexual abuse, sex-trafficking, bribery and racketeering.

"I don't think people should find themselves responsible for his actions because they love his music," she said.

"During that time when you heard that music, you were in a pure place where you received something lyrically that inspired and motivated you. Hold on to that. That's not your fault that he created this... So if

we can't listen to his music, [then] we can't watch another Harvey Weinstein movie. We can't watch none of Bill Cosby's shows."

Um... we think that's the point, Syleena.



CYNTHIA ERIVO
in a minty Prabal Gurung creation.

STORM REID
in a Thom Browne corset dress.

YARA SHAHIDI
in a Gucci minidress.

CHLOE BAILEY
in a Sally LaPointe blazer and pants ensemble.

ANGELA BASSETT
in a gorgeous green Azzi & Osta dress.

MARSAI MARTIN
in an Ermanno Scervino feathered frock.

STAR LOOK

LOGAN BROWNING
in a Prabal Gurung dress with Tasaki jewels.

LOOKS WE LOVE

These are our fave looks from the 51st NAACP Image Awards in California

BY NADIA SWARTBOOI

GETTY IMAGES/GALLO IMAGES



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