

If it matters to you, it matters to us!

people

MORE SURGERY FOR RODDY
PEOPLE EXCLUSIVE PICS!

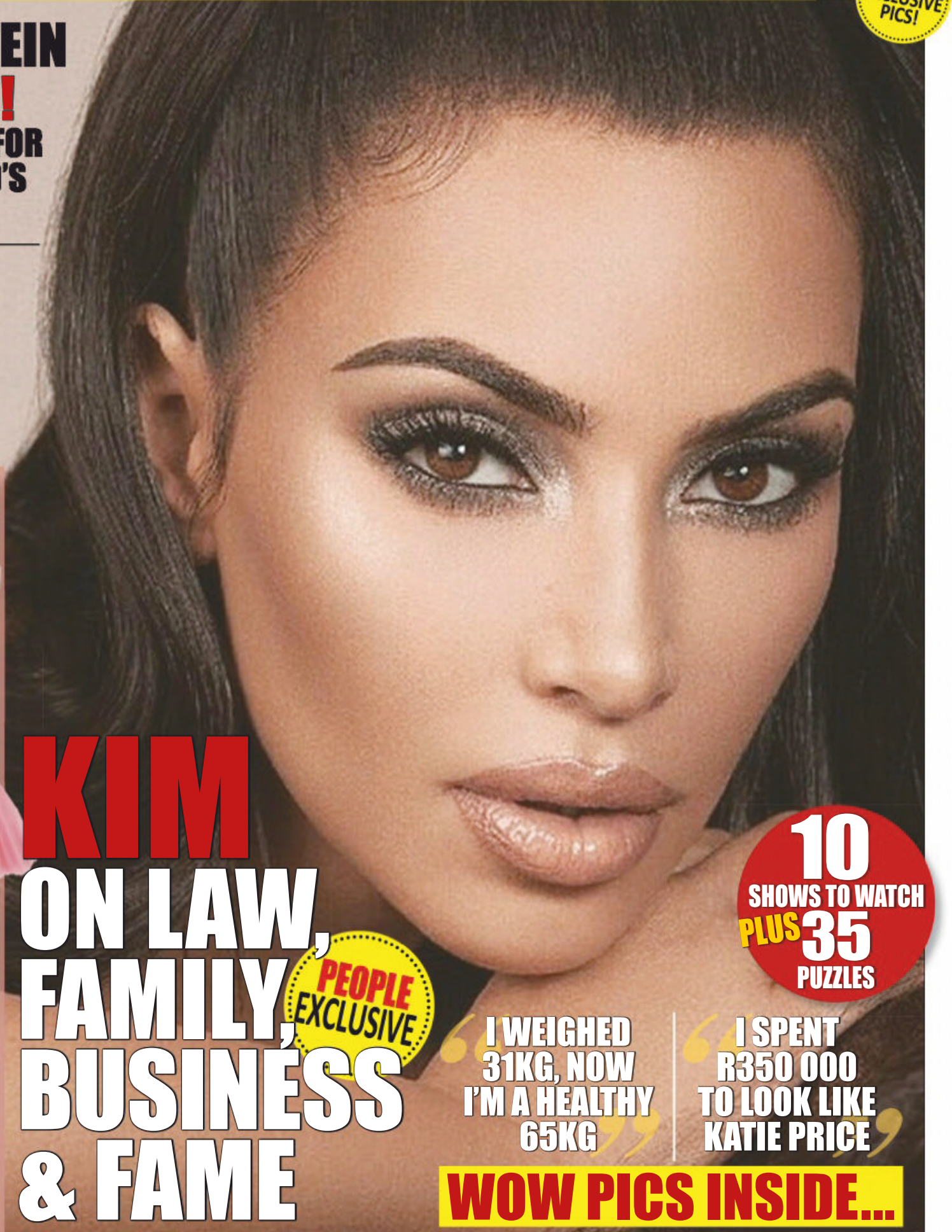
**WEINSTEIN BUSTED!**
HARD TIME FOR HOLLYWOOD'S MR HYDE

**INSIDE RENÉE'S LONELY WORLD**

LIFESTYLE

**FUN EASTER KIDDIES FASHION**

**RECIPES LAMB CHOPS**

**KIM ON LAW, FAMILY, BUSINESS & FAME**
PEOPLE EXCLUSIVE

10 SHOWS TO WATCH PLUS 35 PUZZLES

I WEIGHED 31KG, NOW I'M A HEALTHY 65KG

I SPENT R350 000 TO LOOK LIKE KATIE PRICE

WOW PICS INSIDE...

Long Live The Queen *Of The Jungle*

A TIGRESS strolls down a dusty track with her four cubs walking in a line alongside her – an image that gives hope to conservationists that the population of wild tigers is once again on the rise.

Deep in the heart of the Indian jungle, 100km from the nearest village, the family are safe from human interference.

Normally, tigers only give birth to between two to three young at one time, so the unusually large litter is evidence that their once diminished numbers are now increasing.



05

THE CATCH-UP

2-3 Long live the queen of the jungle

4-10 Celeb bites **PLUS** This month in history

PLUS A R160K revenge body

PLUS Barking baker **PLUS**

Spotted: **Amanda, Presley, Brad, Adam, Justin B, Justin T, Roddy, Rosie and Jason**

12 J.Lo: 'Meghan, will you be my bridesmaid?'

13 Inside **Renée's** lonely world

14-17 Dying for fame and fortune

18-19 **Kim K West**: 'I wish my father were here to see this'

50-51 Hollywood's Jekyll and Hyde

78 Spotted: **Harry and Bon Jovi**

PLUS Classifieds

20

LIFESTYLE

20-21 Get the look

22 Décor

23 Beauty

24 What's in her bag?

25 'What I eat in a day'

26 Health

27 What the tarot holds

28-29 Money talks **PLUS** Small business corner

34-35 In the kitchen

30

REAL LIFE

30-33 Global warming: the world counts

36-37 Sea for your selfie

38-39 Dangerously scrawny, now impressively brawny **PLUS** 'I wanted to smother her...'

42-43 Surgeries for a Price...

44-45 New tummy = yummy mummy

PLUS Teen's titanic transformation

46-47 More than face value

48 Verdict **PLUS** Have you seen them?

49 **people** has heart

54 Mnandi news **PLUS** People, pets and memes of the week

40 SPOTLIGHT

40-41 Poster: Lady Gaga
52-53 Inside *Moffie* bootcamp
55-57 10 things you should be watching right now
58-59 Extras
60 Interview
61 Reviews
62-63 Comics

65 PUZZLES

FORTNIGHTLY THOUGHT

Hello, **people** readers!

WARNING! Global Warming Is No Joke



HAIR: MARVIN LOPES FROM JEAUVAL, NICOLWAY (011) 706-9131

THE Dalai Lama says climate change 'is not the concern of just one or two nations.

It is an issue that affects the whole of humanity and every living being on this Earth', and this cannot be overstated. So from page 30, in the first of a five-part series, we look at what exactly global warming and climate change are, and why you should start taking them seriously (if you haven't already). It starts with every one of us, and what you do makes a difference.

Speaking of making a difference, this issue also has us chatting to **Kim K**, who has definitely proved she's no bimbo. She's taking after her dad, Robert Kardashian, and, as well as juggling the roles of a mother-of-four, a wife and an amazing businesswoman (even if you do hate her, you cannot deny she has made a success of herself), she's now studying to be a lawyer, of all things! Don't miss this exclusive interview with her, where she talks about her new passion for prison reform – and how she's keeping up with everything – on pages 18 and 19. You go, **Kimmy** girl!

Until next time, **people** peeps!

Andrea

andreac@caxton.co.za

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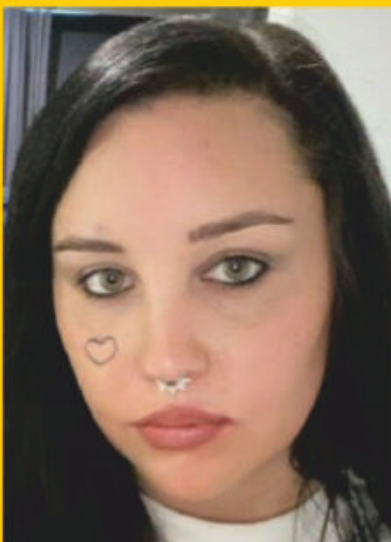
Continues on pages 4-5



BY GABRIELLE OZYNSKI

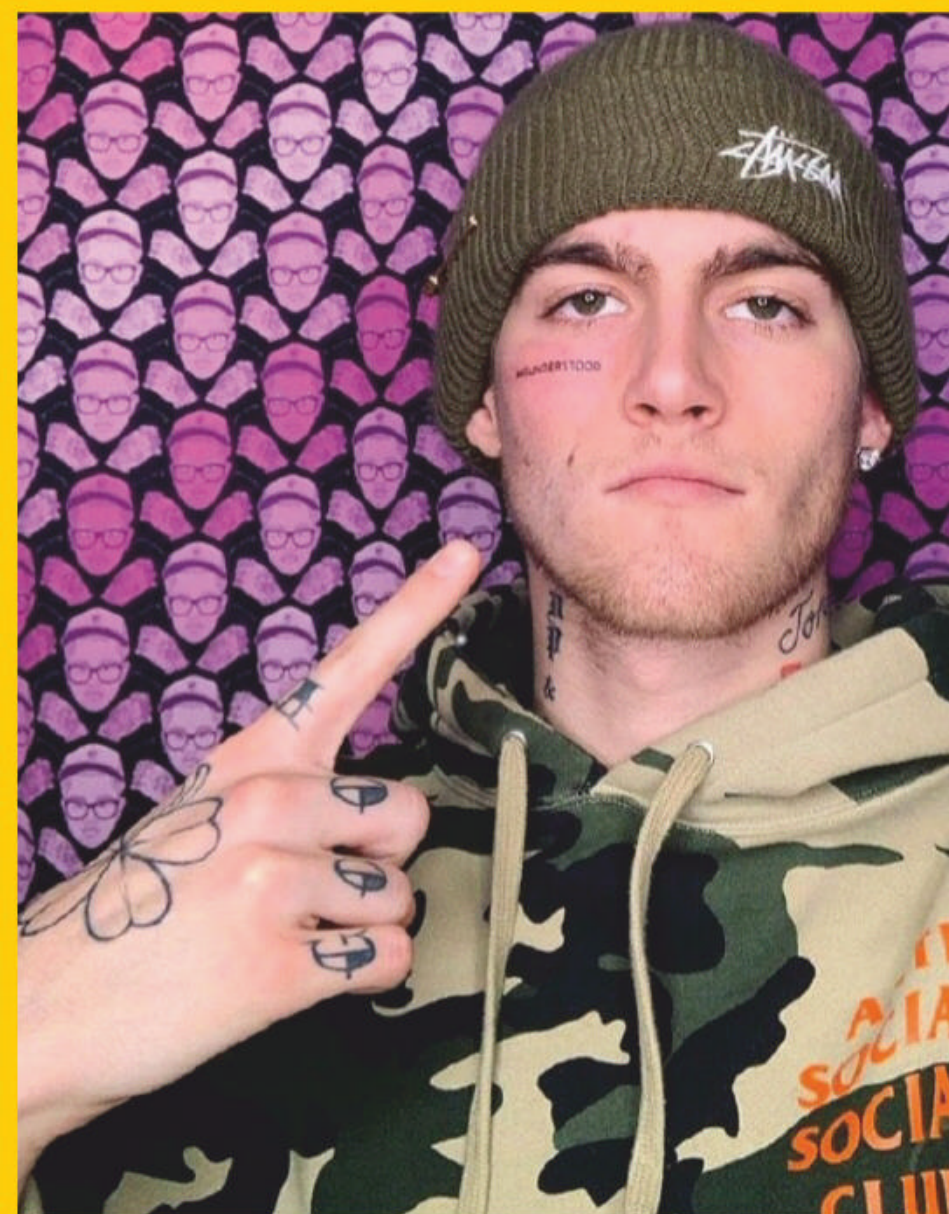
Tattoo You

FACIAL tattoos, so beloved by rappers, are gaining popularity with other young celebrities. The latest to sport them are once-troubled child star **Amanda Bynes** and **Cindy Crawford**'s misunderstood son, **Presley**. **Bynes** has two face tattoos, which she showed off in a video where she apologised for her past behaviour and infamous Twitter rant of 2013 alongside her fiancé, Paul Michael. A small outline of a heart and an indistinguishable blob above her one eyebrow, are her inks of choice. **Bynes**, now 33 and who has been dealing with



addiction and serious mental health issues over the years, claims she is now one year sober. The actress has been studying since 2014, and received her Associate's of Art degree in Merchandise Product Development and a Bachelor's degree. Assistant Dean of Admissions Kathi Gilbert says, "She's smart, she participates in class — she's an amazing student."

Meanwhile, poor little rich kid **Presley Gerber**, son of the more famous **Cindy Crawford** and brother of model **Kaia**, got the word 'misunderstood' tattooed under his eye, as he expressed to the world how no one understands him: "What's the meaning of the 'misunderstood' tattoo? ... I don't feel very understood, I guess." (Duh!) He then got defensive about the tattoo, saying, "If anyone has s*** to say to me about this, or anything else, or my family, or how I grew up or anything, I will give you my address, I promise, and you can come say it to my face," he said. Assuming that face isn't undergoing further angsty tatting, of course. Which reminds us — what's actually going to happen to his modelling now with the facial ink and all?



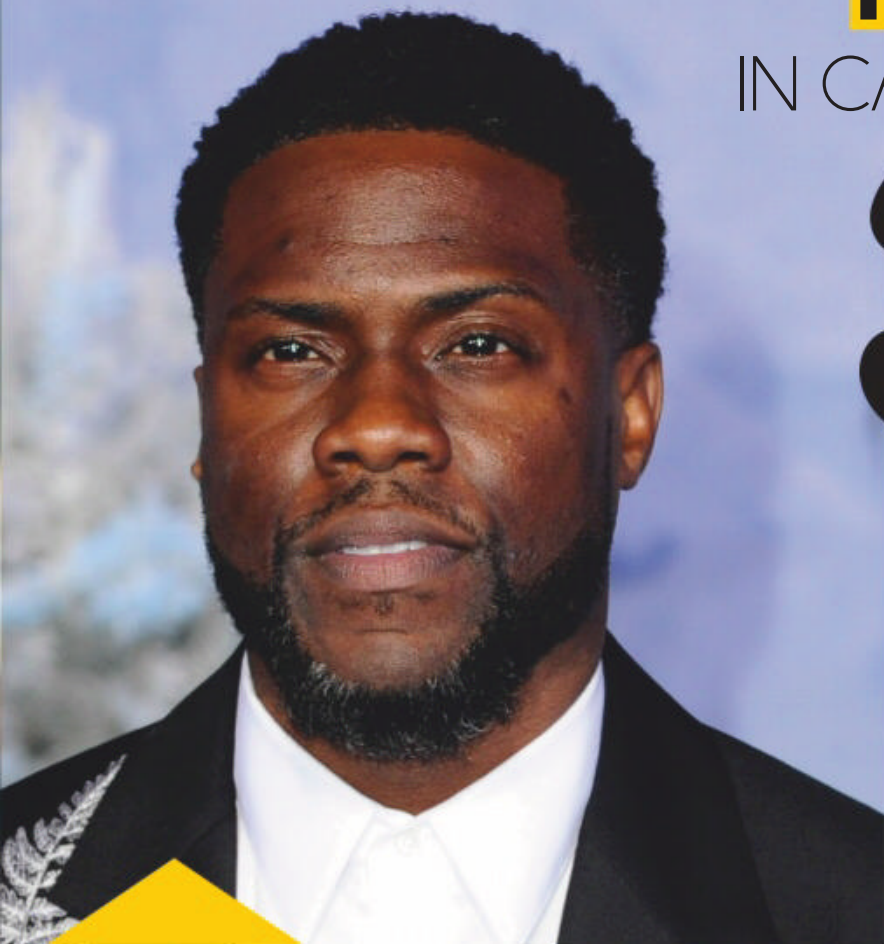
PICS: MAGAZINE FEATURES

1

BEN AFFLECK has praised 'wonderful' **Bradley Cooper** and **Robert Downey Jr** for supporting him in his struggle with sobriety. The *Justice League* star has undergone rehabilitation treatment three times in the last two years in a bid to conquer his alcohol issues once and for all, and he reveals a few famous friends, who have previously overcome similar troubles, have stepped up to offer their help as he continues his sober journey. In a candid interview on breakfast show *Good Morning America*, **Affleck** shared, "Guys I

found, like **Bradley** and **Robert**, have been really helpful to me, and really supportive. They're wonderful men." **Cooper** has been clean since the age of 29, after battling dependencies on alcohol and drugs, while **Downey Jr** managed to beat his addiction demons in 2003, after years of setbacks that led to a number of drug convictions and even jail time. **Affleck** isn't the only famous face **Cooper** has offered sobriety guidance to — **Brad Pitt** recently credited the *A Star Is Born* actor/director with helping him clean up his act too.

IN CASE YOU MISSED IT!



2 COMEDIAN **Kevin Hart** is demanding the dismissal of a lawsuit filed against him by his sex tape partner. Montia Sabbag filed a \$60-million (over R800-million) suit against the *Jumanji: Welcome To The Jungle* star last year, claiming he and a friend, **JT Jackson**, teamed up to record the liaison in a suite at the Cosmopolitan Hotel in Las Vegas in 2017 without her knowledge – allegations **Hart** has repeatedly denied. Now the actor is calling on the judge overseeing the case to throw the dispute out of court due to a legal technicality, because he wasn't properly served with the legal notice. **Hart** argues the process server 'simply threw a set of papers out of a car window in view of a security guard', who was located outside the gate to his house. A court filing obtained by *TMZ* includes photos of the discarded documents, and **Hart** explains the suit should be dismissed because the guard doesn't live at his property and isn't authorised to accept legal notices on the funnyman's behalf. A ruling had yet to be made at the time of going to print. **Hart** has always denied setting up the sex tape scenario, which rocked his marriage to a then-pregnant Eniko Hart, insisting he was also a victim of Jackson's attempts at extortion. Sabbag is seeking damages for intentional infliction of emotional distress and invasion of privacy.

5 **GEORGE** and **Amal Clooney**'s UK property flooded following heavy storms. A representative for **Clooney** has assured fans 'all is fine' after his country estate in Berkshire, England suffered floodwater damage following heavy storms in the UK. As Brits continued to recover from Storm Clara, they were forced to take cover from Storm Dennis, which battered several regions with excessive rain and high winds. Among the affected areas was Berkshire, where the movie star lives with his wife **Amal** and their twins. In new pictures obtained by Britain's *Daily Mail*, the grounds of the **Clooney**'s mansion are seen almost completely submerged, after the River Thames spilled over its banks, leaving the couple's tennis court, basketball court, and much of the lawn severely damaged. It also affected the veranda of the couple's summer house,

although the actor's spokesman has informed the *New York Post's Page Six*, "All is fine." The *Ocean's Eleven* star and human rights lawyer **Amal** purchased the 17th century home – a Grade II-listed house located on an island in the river – shortly after their 2014 wedding, and moved in after an intensive 18-month long refurbishment. The property's garden previously flooded in 2016.



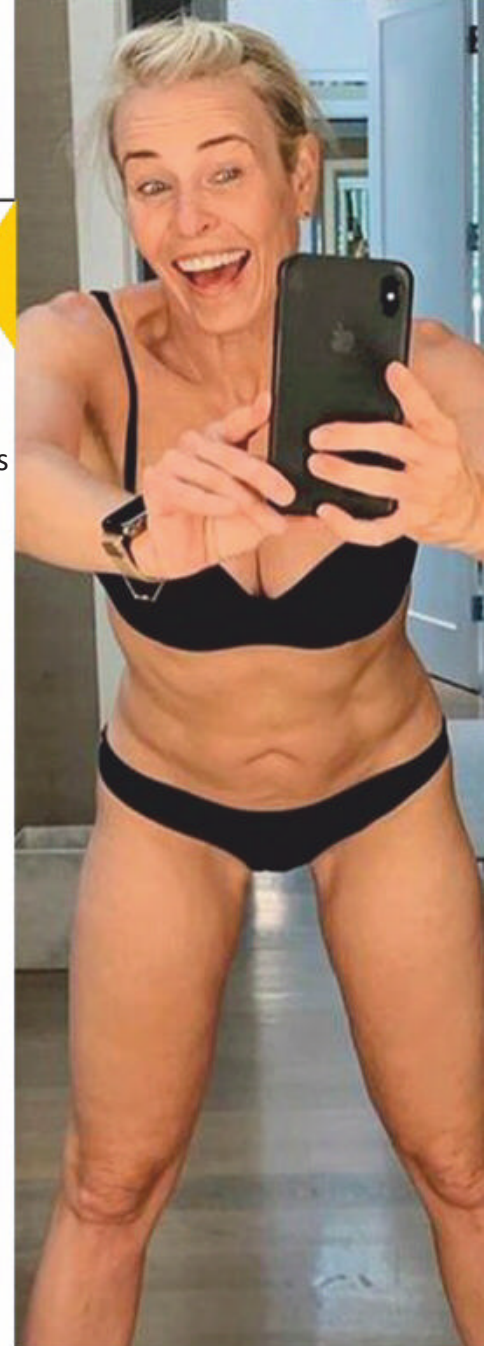
3 **CHELSEA HANDLER** says she uses cannabis capsules to boost her mood during workouts. The 44-year-old discussed her health and wellbeing in an interview with *Health* magazine, and during the chat, revealed that she takes an ingestible pill that contains a combination of cannabinoids to help calm her mind ahead of a gym session.

"Sometimes when I work out, I take a THC capsule to get in the zone. I also meditate every day," she explained, adding that she works out 'pretty much every day' to feel strong. **Handler** went on to explain that using cannabis has transformed her life following her decision to cut back on alcohol. She also claims to have educated herself on how to use the drug in microdoses. "Weed has had such a positive impact on me. Therapy, meditation and weed – those are the three things that really changed me," the comedy star shared. "Microdosing is taking minimal amounts so you're not overdosing on that THC feeling. Everybody's coming out with different versions to treat people. I take a gummy every night to sleep." Elsewhere in the interview, the star spoke about the ways she's overhauled her lifestyle to try and keep ageing at bay. "I'm doing everything I can in my power just to remain youthful. I want to be strong and vibrant. I want to be a force of nature. Vanity has a lot to do with it. I mean, let's be honest," she laughed. "But when you get past that part, there are so many benefits that come your way from living a healthier lifestyle."

4 **HARRY STYLES** has reportedly increased his security after he was robbed at knifepoint in London recently. The former One Direction star is still recovering from a scary encounter with a man who pulled a knife on him in Hampstead on Valentine's Day. The thug demanded cash from the singer and **Styles** quickly handed over what he had in his pockets. Police officials have now confirmed an investigation is underway. A source told Britain's *The Sun* newspaper the *Adore You* star has taken matters into his own

hands, hiring **Mick Jagger**'s former bodyguard to keep him safe while he's out in public. "**Harry** was on great form at the BRIT Awards, chatting to everyone and having a great time," the insider said following his performance at the annual ceremony. "But we did notice his bodyguard was with him that evening. That's understandable given that he was mugged so recently and has been the victim of a stalker in the past." They added, "Like **Mick**, he has to take security very seriously. And as **Mick** is such an idol of his, it makes sense that he would look to him to inspire his choice of staff – as well as his choices of fashion and hairstyles."

Last year it was reported that **Styles** splashed out on neighbouring properties surrounding his London home to create a 'fortress' after homeless man Pablo Tarazaga-Orero, 26, was found guilty of stalking the star after the singer attempted to help him with money and food. He was later handed a restraining order and ordered to compensate the star, and faces jail time if he breaks the conditions of the agreement.



IGGY AZALEA is taking a hiatus from music following a turbulent few months. The *Fancy* hitmaker recently told fans that 'time away is needed' so she could work on new musical concepts, insisting she 'hasn't forgotten' them. Iggy added, "When I'm back: you'll know. And I will be back." The 29-year-old's career appeared to stall when her sophomore album, *In My Defense*,

only debuted at No. 50 on the Billboard 200 when it was released back in July 2019 – five years after her debut release topped the same chart. Iggy's follow-up, the *Wicked Lips* EP, was plagued by a series of delays, and failed to chart upon release in December last year. Meanwhile, the rapper was the victim of a \$350 000 (R5-million) home burglary in November, and later separated from her boyfriend, rapper **Playboi Carti**. However, it appears that the couple has reconciled amid a string of Instagram posts recently.

7 MEGHAN TRAINOR'S dad is recovering after being struck by a car while crossing a busy street in the San Fernando Valley, California recently.

Gary, 71, was taken to a nearby emergency room and is now in a stable condition, representatives for the *Dear Future Husband* hitmaker stated. According to *Entertainment Tonight*, the incident occurred at 20h15, and the vehicle and driver remained at the scene. Officials at the Los Angeles Police Department have confirmed it was not a hit-and-run incident.

The *All About That Bass* star is famously close to her dad, and he helped her write some songs on her 2011 album, *Only 17*. He also accompanied her to several awards shows, including the 2016 Grammys, when she won the Best New Artist prize. In January Gary made a surprise appearance on *The Voice UK*, when his daughter, who is a coach on the show, invited him up on stage to play *Shake, Rattle 'N Roll* on the keyboards, while her fellow judge **Tom Jones** sang. Trainor updated her fans on Instagram, writing, "I'm with my dad now. Thank you for all your sweet messages. It was all very scary but he is the strongest man I know."



9 March 1562:
KISSING IN PUBLIC
is banned in
NAPLES
(punishable by death!).

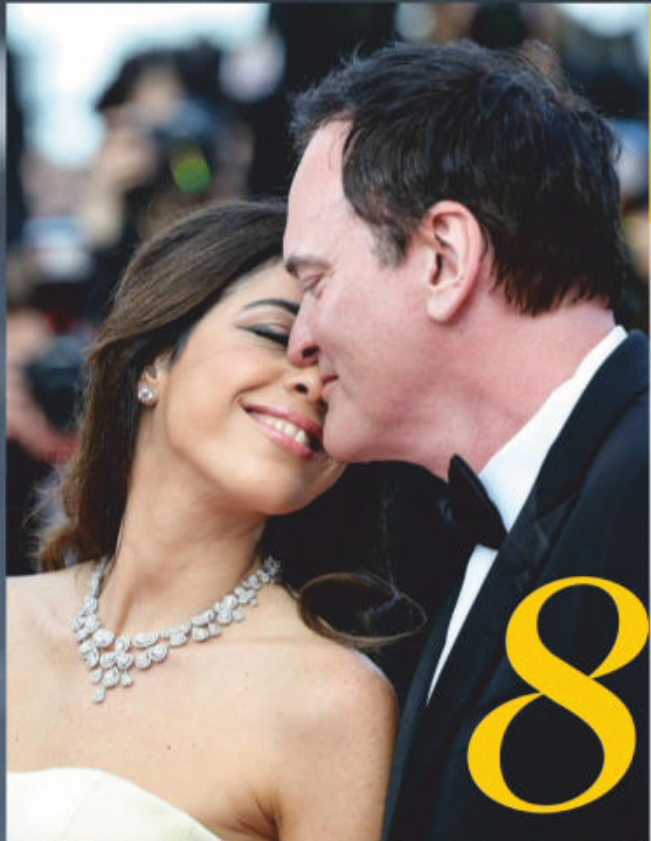
11 March 1997:
BEATLES Paul McCartney is
knighted by
QUEEN ELIZABETH II.

12 1974:
TED BUNDY
VICTIM
Donna Manson disappears from
Evergreen state college in Olympia,
Washington.
**HER
BODY WAS
NEVER
FOUND.**

1894:
COCA-COLA
is sold in
BOTTLES
FOR THE
FIRST TIME
in a candy store in
Vicksburg, Mississippi.



10 MARCH, 1975:
THE ROCKY
HORROR
SHOW
opens at Belasco Theatre
New York City for 45
performances.



8

QUENTIN TARANTINO and his wife Daniella Pick have welcomed their first child together. Representatives for the filmmaker, 56, revealed the happy news in a statement, confirming, “Daniella and **Quentin Tarantino** are happy to announce the birth of their first child. A baby boy born Feb. 22.” The baby was born at Tel Aviv’s Ichilov hospital, according to the Jerusalem Post. The couple has yet to reveal any further information. Back in August it was announced the director was to be a dad – less than a year after the couple married in an intimate, star-studded ceremony in November, 2018, with guests including **Harvey Keitel**, **Tim Roth** and **Eli Roth**. “Daniella and **Quentin Tarantino** are very delighted to announce that they are expecting a baby,” a rep for the Oscar-winning filmmaker said at the time. The pair reportedly met when **Tarantino** was promoting his 2009 film, *Inglourious Basterds*, in Israel. They got engaged in 2017.



OLIVIA CULPO and **Jada Pinkett Smith** honoured **Kobe Bryant** during Philipp Plein’s runway show at Milan Fashion Week in Italy recently.

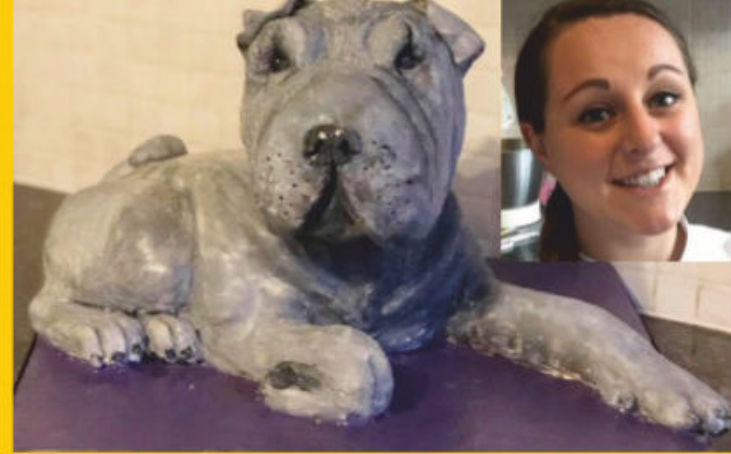
9

A day before the basketball legend and his teenage daughter, Gianna, were memorialised at Staples Center in Los Angeles, the two

stars wore Plein-designed outfits featuring **Kobe’s** number and the purple and gold of his team, the Los Angeles Lakers, on the catwalk. Beauty queen **Culpo** wore booty shorts, purple thigh-high boots and a sequined jersey on the catwalk, while **Jada** opted for a purple hoodie look.

“HEROES COME AND GO... LEGENDS LIVE FOREVER,” Plein captioned a group shot of his star models, while **Jada** teased her **Kobe**-inspired look in a shot she posted on her Instagram Story. “I got to [honour] an icon tonight with @philipppleinofficial,” she wrote.

All the proceeds linked to Plein’s latest runway show will benefit the Mamba and Mambacita Sports Foundation – the organisation launched by **Kobe Bryant** before his helicopter crash death in January this year, and since renamed by his widow, **Vanessa**, to honour their daughter.



BARKING BAKER

MEET the mom-of-two who can turn your adorable pet into a life-like cake. **Lara Mason**, 33, began making cakes in 2011 and has gone on to create a whole range of incredible bakes including live-size figures and your favourite film characters. **Lara** has baked an array of dogs, from German Shepard’s to Shar Pei’s – and each cake can cost up to £1 000 (over R19 000!)



and takes two days to complete. The cakes have been so popular that **Lara** has had to hold a class to teach fellow bakers how to make one of her most lucrative bakes, which involves creating a dog that is mid-jump. **Lara**, who is also a customer service adviser, says, “I’ve always baked on the side of my full-time job because I love it so much and I have such a passion for it that I don’t want to lose it by turning my hobby into a job. I start by making a lot of cake batter, it all starts with simple round cakes and then I stack them on top of each other. Then, I carve out the shape of the dog and finish it off by adding icing and sometimes I use modelling chocolate.” She adds, “People are always amazed when they see them – no one believes that they are made out of cakes! I love doing something that makes my family so proud of me and I find it so relaxing and a nice escape from my busy life as a mom-of-two. The price can range from £200 (R4 000) to £1 000 (R19 500) for the dog cakes, depending on how big it is, what pose they want it to be in etc. The only problem is that people never want to cut into them!”

14 March 1971:
THE ROLLING STONES



leave England for France to
ESCAPE TAXES.

15 MARCH 1961:
SOUTH AFRICA

withdraws from British Commonwealth.

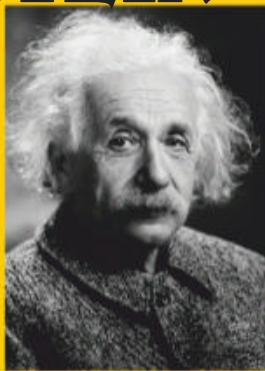
16 March, 2019:

BEACHED dead whale is found to have just under **40KG OF PLASTIC INSIDE IT,**

(including 18kg of plastic bags) in Mabini, Phillippines.

17 ALBERT EINSTEIN

finishes his scientific paper detailing his **QUANTUM THEORY OF LIGHT,** one of the foundations of **MODERN PHYSICS.**



#PEOPLESPOTTED

BY GABRIELLE OZYNSKI

LEAN, MEAN LEVINE MACHINE

NOW *that* would get us running to the gym! Maroon's 5 hottie frontman **Adam Levine** got pulses racing and heads turning as he worked out at the DogPound Gym in Hollywood. We're sure the membership and gym attendance there has since shot up. We're volunteering to be his personal trainer if he needs one.

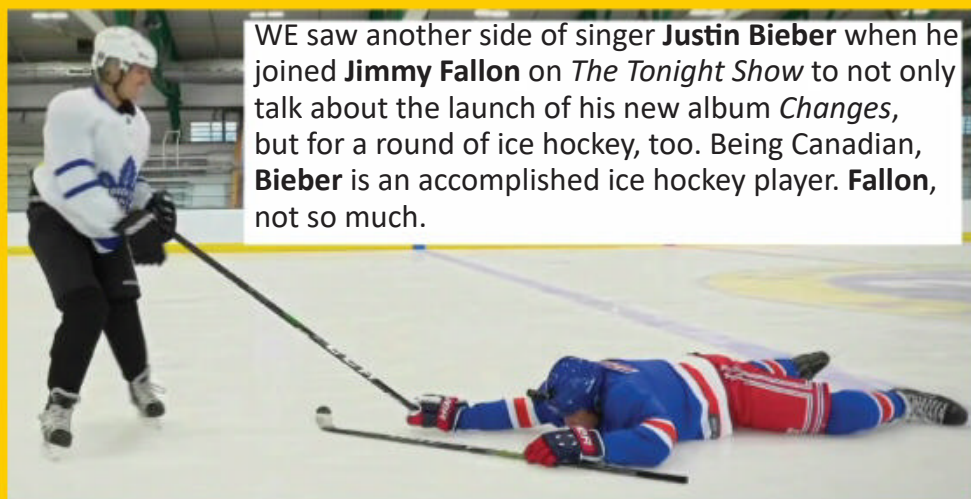
TRUMPED BY PITT

BRAD PITT looked to be in good spirits after being dissed by President Trump (who *wouldn't* be feeling great after that!). This was after a rally at which Trump said, "I was never a big fan of his. He got up, said a little wise guy thing. He's a little wise guy." This was presumably in response to **Brad's** quip: "They told me I only had 45 seconds up here, which is 45 seconds more than the Senate gave John Bolton this week," [referring to the former United States National Security Advisor's testimony at Trump's impeachment trial] on receiving his Oscar award for Best Supporting Actor. And while it may look like the hot star was wearing a jersey from a '70s secondhand shop, he was actually sporting a The Elder Statesman brand jersey, which costs a whopping \$2 150 (R32 000)!



HE KEPT FALLON DOWN!

WE saw another side of singer **Justin Bieber** when he joined **Jimmy Fallon** on *The Tonight Show* to not only talk about the launch of his new album *Changes*, but for a round of ice hockey, too. Being Canadian, **Bieber** is an accomplished ice hockey player. **Fallon**, not so much.



As the **Biebs** tried to teach **Jimmy** some basic moves, the talk show host spent time scrabbling to keep his balance and toppling over on the ice. Eventually, crawling on his belly, he asked the pop star to 'just pull him' with the help of his hockey stick! After a goal shootout (which **Justin** won, of course) he hopped on an ice-resurfacer, singing *O Canada*, while **Fallon** hung on gamely behind him.



A R160K *Revenge* Body

REALTOR Jo Ann Munz, 54, from Las Vegas, was in a happy, healthy relationship and for 18 months had no reason to believe that anything was awry – that was until Jo Ann discovered that her partner was engaged to someone else.

After confronting her partner and his fiancée, Jo Ann was labelled an 'old hag', and 'grandma loser'. Soon after, she spiralled into a depressive episode and lost 13.6 kilos – only leaving the house to go to work. Jo Ann knew things needed to change. She subsequently spent over R160 000 on cosmetic surgery in a complete overhaul of her look. This included replaced breast implants, a plasma fibroblast, Botox, micro-needling, and a chemical peel.

In the future, Jo Ann hopes to have her upper and lower eyes done in addition to maintaining her Botox and fillers. Alongside this, Jo Ann also adopted a strict workout regimen and incorporated Pilates, kettlebell, and boot camp workouts into her routine five to seven times a week. She credits drinking water and protein shakes as key components in maintaining her impressive muscular physique. With her new look came a fresh outlook on life, and Jo Ann decided not to hold back. After turning 50, she took part in a liberating naked photo shoot in the desert and hasn't looked back since. She now regularly models – posting the seductive images to her Instagram page – and hopes to show older women that there's no expiry date on beauty or having fun.

"Revenge was the impetus originally for my first photo shoot, but once I started getting positive responses from women, I realised that I was inspiring some of them to step out of their comfort zones," Jo Ann said.

"With age comes a sense of, 'Cool, if you don't like me or my style, okay.' I feel much more attractive now because I have confidence. I'm not trying to turn every head in the room – just enjoy the moment. I've learned how to hide my flaws for the days when I'm just not feeling it."

Not everyone has responded to Jo Ann's look positively. Some people have branded her a Barbie – something Jo Ann takes as a compliment. "There's lots of 'colourful' comments from men – that's inevitable," she said. "People immediately either love me or hate me – there's no middle ground." She adds, "Confidence is the sexiest accessory a woman can wear. Fake it until you don't need to anymore."



BY GABRIELLE OZYNSKI



ALL'S FORGIVEN

AFTER his overseas travels for the movie *Trolls* world tour, singer and actor **Justin Timberlake** took some time out to go on stroll with actress wife **Jessica Biel** and their four-year-old son Silas in New York. The celebrity couple looked happy and relaxed, after what seemed to be a tense period when **Justin** was pictured holding hands with co-star **Alisha Wainwright** during their filming of the movie, *Palmer*. He apologised to **Jessica** for his 'lapse in judgement' and said it was 'not the example he wanted to set for his son'. So all's well in the land of **Timberlake** again.



MODEL TRANSFORMED

MODEL **Rosie Huntington-Whiteley** and her hunky action star fiancé **Jason Statham** took their gorgeous selves and their cute little almost-three-year-old son Jack to the park in Beverly Hills recently. Little Jack was stylishly attired in a hoodie, combat pants and a baseball cap, while mom and dad both wore all-black sporty outfits. **Rosie** spoke out recently about her year-long struggle to lose her baby

weight on plus size model **Ashley Graham's** YouTube show. "It just took so long to see that weight shift... I've had girlfriends who've lost it in two or three months, there was that bounce back. For me, I breastfed for six months, I didn't lose a pound. I breastfed and ate so much because you're starving and I would just eat, eat eat." Well, no trace of that baby weight any longer, **Rosie**!

Continues on page 10

THE CATCH-UP

#PEOPLESPOTTED

BY MATTHEW HOLLAND

HELLO DOLLY

A WOMAN'S work is never done – especially if that woman is one Roddy Alves and the work in question is cosmetic surgery. Roddy, who was Rodrigo, the human Ken doll, but is now more like the human Barbie, was spotted at the surgeon's yet again (having just recently undergone a gender reassignment op) – at the 2pass clinic in Antwerp, Belgium – this time having undergone an apparently painful face feminisation procedure to, well, make her face more feminine, obvs. The gruelling near-R500 000 surgery included type III brow bone reduction (with a brow lift and hairline lowering), temporal PEEK implants, chin and jaw recontouring and a tracheal shave. Ouch! Will this finally mark the end to the 36-year-old's days under the knife? Somehow we doubt it...



Roddy before and after her quest to become Ken



Roddy now, with her surgeon

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EXAMPLE: Spar, Woodmead,
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Roodepoort.

**

6581

SLIP /	TILL /	CASHIER /	DATE /	TIME
6581	003	117	04.02.20	07:01
CASHIER NAME: LINDA				

Terms and conditions apply. Entries close at midnight on Friday 20 March 2020. Winners will be notified telephonically. SMSs cost R1.50 each. Errors will be billed. Free and bundle SMSs do not apply. By entering you accept the competition terms and conditions and competition rules as published on www.citizen.co.za/competitions

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The Citizen

Saturday Citizen

BY EL BROIDE

J.Lo:

'MEGHAN, WILL YOU BE MY BRIDESMAID?'

HOW the diva and the duchess' friendship has deepened over the past few weeks.

JENNIFER LOPEZ is on top of her game. Her hit film *Hustlers* has been getting many nods and wins at award shows this season, she is filming the fourth season of her massive reality show *World Of Dance* and she just wrapped up one of the most iconic Superbowl Half-Time Show performances the world has seen in a while. But it's not just the professional side of things that are on fire; her personal life is also pretty great. Last year, she got engaged to former professional baseball player and businessman Alex Rodriguez and is now planning the wedding of her dreams – and those dreams include having a very famous face as one of her bridesmaids: Duchess of Sussex Meghan Markle.

Insiders reveal that Jen and Meghan became friends fairly quickly after meeting at the recent JP Morgan summit in Miami. Following the event, Jennifer, Meghan, Alex and Prince Harry dined at Habitat in South Beach. The pair got on like a house on fire and Jennifer even invited Meghan and baby Archie over for a playdate.

"They just clicked instantly – bonding over parenting, being working moms and Los Angeles," a source shares. "They chatted for about three hours until closing time ... about all the major events going on in their lives and most of it was about their children."

The insider shares that when the two embraced to say goodbye Jennifer asked Meghan if she'd like to be in her wedding party. "Meghan was stunned but said that she'd be honoured," say the

source.

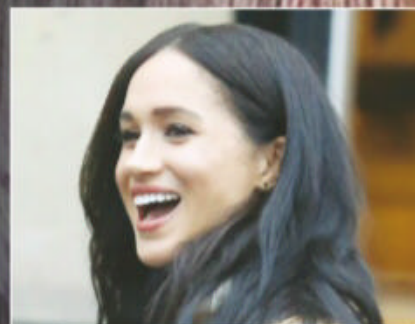
Jennifer and Alex have been keeping all the details on their upcoming nuptials under wraps but insiders suggest that the couple is planning to tie the knot in the Dominican Republic. The Caribbean nation is where Alex spent many years growing up before he moved to America to further his career. "They want to hire out a private island for the nuptials," says the insider, adding that, meanwhile, Jennifer is using Meghan's wedding gown as a source of inspiration for hers.

"Jen would love to replicate Meghan's dress too – she's going for something simple, elegant and sophisticated," the source shares. Apparently Meghan is excited about being by Jennifer's side on her big day, but she's insisted J.Lo and all guests would have to sign a non-disclosure agreement.

"It would also mean strict photo rules at the bash. But J.Lo said as long as she had Meghan there, she'd be happy to adhere to any requests."

The duo has also bonded over the entertainment industry – something Meghan is desperate to get back into. After reportedly signing a voiceover deal with Disney, Meghan has been looking for the perfect project to mark her return and Jennifer has offered to help the *Suits* star return to Hollywood 'the right way', telling Meghan about an upcoming movie project that she wants her to be a part of.

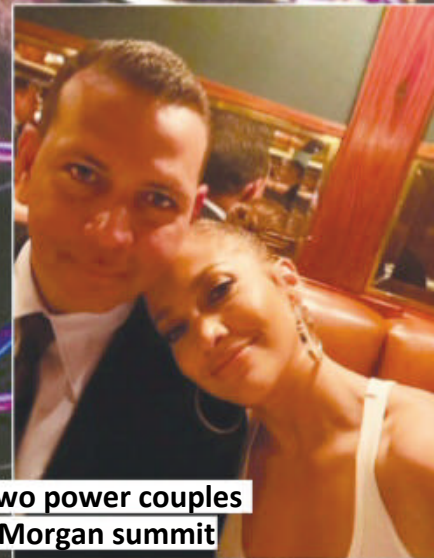
We love seeing women supporting each other and we can't wait to see what the two look like on the big day.



Meghan has been looking for a way back into the entertainment industry



J.Lo in *Hustlers*



Awesome foursome: the two power couples bonded at the recent JP Morgan summit

BY EL BROIDE

Inside Renée's LONELY WORLD

HAUNTED by fame, the star has slipped off the grid yet again – and it's taking a massive toll on her personal life.



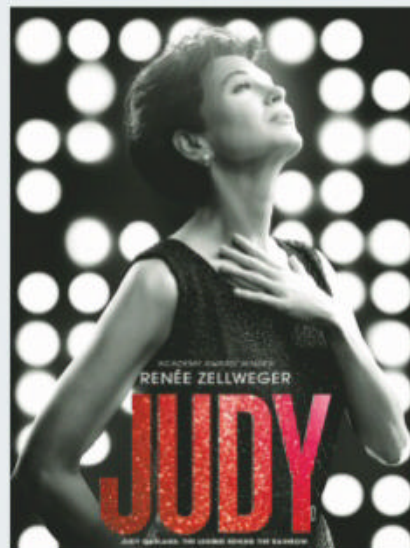
ON paper, the last few months have proven to be very successful for Renée Zellweger. She starred as Judy Garland in the critically-acclaimed film *Judy*, which saw her win the Golden Globe Award, SAG Award, BAFTA Award and the Academy Award for Best Actress. But while she's thriving professionally, on the personal front Renée's life is still riddled with anxiety and loneliness. "Renée is an anxious soul and always has been," a source close to the star says. "She worries a lot about odd things, and is still consumed with her appearance and what people are saying about her online."

In September last year the 50-year-old actress opened up about how she dealt with depression after cruel plastic surgery speculation started in 2014. The star admitted that a few wrong decisions led to some box office bombs, which left her feeling like a failure. So she took some time off, taking a six-year hiatus during which she worked on herself.

"There's nothing like international humiliation to set your perspective right," Renée said. "I got the hardest kick."

During this hiatus Renée isolated herself from her friends, family and peers, moving to a big property in Topanga Canyon, Los Angeles.

"She's been living in virtual solitude in the mountains – she's cut off from



Renée and now-ex-boyfriend Doyle Bramhall



Renée and Tom Cruise in *Jerry Maguire*

everyone," says an insider. Unfortunately, this behaviour has affected her relationship, with the actress officially splitting from **Doyle Bramhall II** in 2019. Insiders reveal that the star would go weeks without seeing anyone, and on the weekends she would turn her phone off and 'sit outside all day meditating'. Naturally, the split from **Doyle** has only made matters even worse for the star.

Renée, like her Bridget Jones character, has always been unlucky in love.

"Her first love died by suicide after their split in the early '90s and she annulled her four-month marriage to country singer **Kenny Chesney** on the grounds of 'fraud' in 2005," the source explains. "She'd love to settle down but can also be quite demanding."

Now, those close to her are hoping friend **Tom Cruise** can help her out of this dry spell. Renée famously gave **Tom** a shout-out during her SAG Awards speech, with the two having remained relatively close since filming *Jerry Maguire* together.

But Renée is famous for shutting those close to her out, so **Tom** may have a hard time getting through. "She'll go totally cold on friends or other people in

her life for no apparent reason," the source shares. "She talks to herself a lot, and can be extremely absent-minded and forgetful at times."

Here's hoping Renée realises that she doesn't have to worry what people think or say about her online. She is an incredibly talented actress who should focus on the huge number of people she impacts positively through her work and celebrate that.

DYING FOR

Fame and Fo

REALITY TV gives everyday people a shot at instant celebrity status but not every new star is able to cope with the fame or notoriety it brings.

WHETHER it's an X-rated threesome, a violent fight, a racist-fuelled meltdown or even faking the death of a loved one to get ahead in the show, humiliation and conflict is what gives reality shows their teeth. After all, ratings skyrocket when lives are shattered. What most don't realise is that when the camera stops rolling a staggering number of reality stars don't survive the onslaught. At least 38

celebrities around the world have died by suicide following links to reality TV shows. "These figures are horrendous. I have seen people broken after reality TV," says *Big Brother* psychologist Emma Kenny. "People are going on these shows who aren't strong enough to cope. They come out to millions of social media followers, trolls and hangers-on. Some are national hate figures. For a young person with a mental health condition, it's a lethal combination."

Kimberly Rydzewski

America's Next Top Model

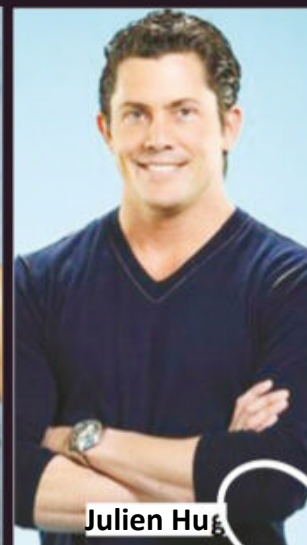
DESPITE being show that promises you a career on the international catwalk, not all young women find the lives they hoped for after appearing on *America's Next Top Model*. Former contestant **Mirjana Puhar** was killed in a triple homicide, **Renee Alway** was sentenced to 12 years in prison for a robbery spree, served five years and then was re-arrested for breaking her parole and multiple other crimes; **Angelea Preston** was kicked off the show after it was revealed she had been working as an escort, **Jael Strauss** became homeless and struggled with drug addiction and died in December of 2018 from breast cancer, **Lisa D'Amato** fell into a cycle of alcoholism and drug addiction, too (but recovered and is now a wife, mom and entrepreneur) and **Kimberly Rydzewski** committed suicide. The third contestant to have quit the show, **Kimberly** had a history of depression and drug abuse at the time of her death at age 29.



Gia Allemand



Lex McAllister



Julien Hug

The Bachelor

GIA ALLEMAND stole viewers' hearts the moment she walked onto the *The Bachelor*. Witty and charming, she had millions glued to their screens. Three years later, the 29-year-old took her own life. Fans learnt she had been suffering from PMDD, a severe and disabling form of premenstrual syndrome, and depression. Two and a half years later, **Gia's** co-star **Lex McAllister** did the same. She was 31 years old when she overdosed on prescription medication in an apparent suicide. Other *Bachelor* stars who have committed suicide include 35-year-old **Julien Hug**, who shot himself in the head. "I've suffered from severe depression for years," the restaurateur wrote in a suicide note to his parents. "I feel awful and don't know how to cope. If life's not enjoyable, why stick around?"

The Real Housewives Of Beverly Hills

THE pressure of stardom spilt over to reality TV star **Taylor Armstrong**'s estranged husband. Russell was found dead on August 15, 2011. His family blamed *The Real Housewives Of Beverly Hills* for damaging the couple's marriage beyond repair. "I went to go meet him one day, and his office was dark and he wasn't there and he was a workaholic, so it was completely unusual for that to be the case," said **Taylor**. "And I just had this sinking feeling that something terrible had happened. And it had never crossed my mind in the past. He was very narcissistic and not someone you would ever think would take their life. But ultimately, I had found him hanging in the house that he had moved into." In the weeks running up to his death, Russell spoke of how the show tripled the tension between himself and **Taylor**: "It just takes the pressure to a whole new level; we were pushed to extremes."



Russell and Taylor Armstrong

fortune The Voice



Anthony Riley

ANTHONY RILEY, 28, rose to fame after being on *The Voice*.

Little did the judges (and viewers) know at the time that he was battling substance abuse. **Anthony** became the fastest contestant to earn four turned chairs from the celebrity judges but left midway through the competition 'for personal reasons'. Rumours began spreading like wildfire with speculation as to what drove **Anthony** to leave the show. He finally put an end to the talk by admitting he had entered a rehab facility. Not long after, his body was found in the basement of an apartment building. He had taken his own life. "**Anthony's** final few months were a torturous, delusional and at times erratic sprint," said a source close to the musician. "For the past several months we had worried that **Anthony** was exhibiting the symptoms of schizophrenia. He sounded hopeless and paranoid, saying stalkers were spying on him."

The Weakest Link

SOUTH AFRICA'S *Weakest Link* quizmaster **Fiona Coyne**, 45, hanged herself at her Fish Hoek home in Cape Town. Two suicide notes were found at the scene – one **Fiona** had written to her mother and the other to her domestic worker. "Theoretically, whatever the cause was of her anguish – she removed herself from experiencing it anymore," playwright and writer **Ian Fraser** wrote this on his Facebook page. "What remains is the selfishness of those who'd want her to have stuck around – even though they clearly weren't able to help her, or improve her life in the end."



Fiona Coyne

Britain's Got Talent

JACK SAUNDERS, 25, was part of five-man dance troupe on *Britain's Got Talent* and also performed on *X Factor* and *Got To Dance*. In March 2019 he committed suicide. "We don't know why he did it, he didn't leave a note. He did not have depression," said **Jack's** mom, Sandra. While **Jack** was popular on the show, *Britain's Got Talent* has come under fire in the past by viewers who have said the judges are 'too hard' on the contestants. Mental health charities called on **Simon Cowell** and the show's producers to re-examine how they select contestants after a 60-year-old man with a history of severe mental health problems claimed he was selected by the producers specifically because they expected he would be mocked and ridiculed. Alyn James said that on seven occasions he had been judged a serious risk of suicide, but producers still chose to put him through to the televised auditions in front of **Simon Cowell**, **Piers Morgan** and **Amanda Holden**. A representative for Talkback Thames – the company that produces *Britain's Got Talent* – defended the way the show selects contestants, stating 'everyone has the right to enter a talent competition and the show aims to reflect the broad range of people who put themselves forward'. **Simon** has also been blamed for 'ruining' the life of *X Factor* contestant **Ryan Ruckledge**, who claimed producers encouraged him to get drunk on the show to 'liven things up'. "I was made to look like a complete idiot and my own mom is ashamed of me and is throwing me out. I've been getting death threats on Twitter and I am genuinely concerned for my safety," said **Ryan** at the time.



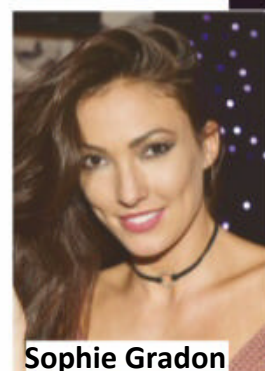
Jack Saunders



Ryan Ruckledge

Love Island

THREE people associated with steamy reality show *Love Island* – which puts couples on an island to complete tasks in a bid to find true love – have taken their own life. Contestants **Sophie Gradon**, 32, and **Mike Thalassitis**, 26, as well as host **Caroline Flack**, 40, committed suicide. **Caroline** was no stranger to the small screen – she won the 12th season of *Strictly Come Dancing* in 2014. Shortly after the show, she admitted she suffered from depression. "I just couldn't pick myself up at all. I felt ridiculous, being so sad when I had just won the biggest show on television. I felt like I was being held together by a piece of string which could snap at any time," she said. Despite her known troubles, **Simon Cowell** asked her to present *The X Factor* with **Olly Murs** in 2015. **Simon** later learnt how **Caroline** had cried after the first live Sunday night when trolls criticised her look, legs and laugh. She had a panic attack in her dressing room and was put on anti-depressants, ditching them later as they made her feel 'numb'. Battling with her mental health, **Caroline** still went on to be offered the position as presenter on *Love Island*. After an alleged assault on her boyfriend **Lewis Burton**, however, her life took a downward turn. On February 15, 2020, she hanged herself in her flat. "**Caroline** and I were together from the very start of *Love Island* and her passion, warmth and infectious enthusiasm were a crucial part of what made this show connect with millions of viewers," said the show's narrator, **Iain Stirling**. "Like many of you, right now we're all just trying to come to terms with what has happened. My only hope is that we can all try and be kinder, always show love and listen to one another."



Sophie Gradon



Mike Thalassitis



Caroline Flack





Kitchen Nightmares

CHEF JOSEPH CERNIGLIA'S family say he was not emotionally prepared for the scathing comments from **Gordon Ramsay** when he appeared on restaurant reality rehab show *Kitchen Nightmares* in 2007. In a moment viewers will never forget, **Gordon** screamed at **Joseph**, yelling, "Your business is about to f***ing swim down the Hudson." **Gordon** is paid to tell it like it is, but did he perhaps take things a little too far? Three years later, **Joseph** jumped off the George Washington Bridge and was found floating in the Hudson River. A 39-year-old husband and father of three, he was more than R800 000 in debt at the time his restaurant was featured on the show. This was not the first time that a contestant on one of **Ramsay's** shows had taken their own life. Three years ago, **Rachel Brown**, a chef appearing on *Hell's Kitchen*, shot herself in her Dallas home.



Gordon Ramsay with Joseph Cerniglia



Rachel Brown

SOMETHING SINISTER LURKING BENEATH THE SURFACE

DEPRESSION can cause suicidal thoughts, but is there a real link between this and reality shows to explain why so many people who have appeared on them have taken their own lives? Dr Richard Levak, a California-based personality expert who has worked on several reality shows, including *Survivor*, says the spate of suicides among reality TV stars boils down to a chicken-or-the-egg debate. "Does appearing on reality television attract people with a higher rate of instability? Are people who are unstable more interested? Or do the vagaries of reality TV precipitate people

killing themselves?" Richard poses a valid question... It is important to note that the majority of people who appear on reality shows are ordinary individuals who have never been exposed to fame before. Says **Jesse Csincsak**, the fourth season winner of *The Bachelorette*: "The pressures and struggles that come with appearing on reality TV can drive some people over the edge. I think



Jesse Csincsak

people don't realise the repercussions when they sign up. One of the biggest problems is being thrust into the spotlight with minimal preparation for the fanfare, hatred and exposure about to overtake one's life. Over the course of eight episodes, 50-million people saw them. Everywhere they go – walking down the streets, on Facebook – all these people are judging them. They didn't sign up to be portrayed as the bully or the slut or the drunk or whatever, but they were, because that creates ratings, and ratings equal dollars." Phillip Hodson, spokesperson for the British Association Of Counselling and Psychotherapy, added that although vulnerable people might want to appear on reality programmes, there was no 'informed consent'. "Do these people really realise that they are consenting to be laughed at and ridiculed? I doubt it," Phillip said. "Someone has to die before anything is done."



Mama June

From Hot To Not

MAMA JUNE SHANNON'S family said her life was destroyed because of reality television. **Shannon** and her pageant princess daughter, **Alana 'Honey Boo Boo' Thompson**, first debuted on the reality show *Toddlers And Tiaras*. When producers realised the family was a reality show dream, the network gave **Shannon** and her brood their own show in 2012, dubbed *Here Comes Honey Boo Boo*, followed by a spin-off show titled *Mama June: From Not to Hot*. The premise of the show was to film **Shannon's** full-body makeover. She weighed 208kg at her heaviest, but transformed her appearance after undergoing about R1.2-million worth of procedures, including gastric sleeve surgery, a tummy tuck and a breast lift. Today **Shannon** is estranged from her family, including her teenage daughter **Honey Boo Boo**, and was recently arrested for crack cocaine and apparent battle with substance abuse. **June** was with her boyfriend, Geno Doak, who is also facing felony drug charges in connection with the incident. "I just wish we had the old **June** back," said Doe Doe Shannon, **June's** sister.

The Pressure OF RATINGS

WHAT makes reality TV so popular? Research says these shows allow normal people to fantasise about gaining status through automatic fame. We can watch people like ourselves and imagine that we too could become celebrities. It does not matter as much that the contestants often are shown in an unfavourable light; the fact that millions of us are paying attention means that the contestants are important. However, it takes something extra special for us to keep paying attention. Boring reality television equals fewer viewers, and so contestants need to continually keep us enthralled.

"The difficulty is that nobody wants to watch boring people, so you have to find characters," says Gladeana McMahon, one of the first psychologists on *Big Brother*. "There are characters and then there are problems. After a few years at *Big Brother*, I left because I didn't like the way it was going. I have seen production companies whose values I am not happy with. It's important reality shows have dedicated welfare team on hand and once the series is off air but not all shows do."

* **ZARA HOLLAND** had a squeaky-clean rep and countless adoring fans. That all changed when she was stripped of her Miss Great Britain title after having sex on *Love Island* in 2016. "It was the biggest regret of my life – I think about it every day," she said. "I'm still so embarrassed. I went on the show thinking I would never do anything like that, but it all happened so quickly. I remember waking up the next day and just staying in the beach hut for hours wondering what I had done. The worst thing was that I felt I had let my family down. I worked so hard to get my Miss Great Britain title; I was so proud and did a lot of charity work that was then forgotten. I'd love to go back in time and not be known as the girl who lost her Miss Great Britain title for having sex on TV."



Zara Holland



Charlotte Crosby

* AFTER being an A-grade student at St Anthony's Girls' Catholic Academy, **Charlotte Crosby** became the most popular personality on *Geordie Shore*, with millions tuning in to watch her pee herself most nights and have sex on TV. *Love Island*'s **Olivia Buckland** had sex 30 times on the show.

* **KIMBERLY DAVIS**, an entrepreneur from New York, thought going on the UK version of *The Apprentice* would be an asset to her

CV. She was wrong. "Before the show I ran a successful business, but ever since appearing on it, I've had to work much harder for jobs and really persuade people to work with me rather than relying on my credentials alone. I have to say, 'Please don't hold it against me.' I was so proud to be on it, and it turned out to be an embarrassment."



Kimberly Davis

Not All Doom & Gloom

NOT all reality TV stars walk away with their heads hanging low. Twenty-fourteen's *Big Brother* **Mzansi** winner, local legend **Mandla Hlatshwayo** says his life changed for the better.

"I will not deny, after leaving the show my life turned for the best. It changed drastically and I am in a much better place now," he said. "Everyone knows my township background so it was a whole different experience

when I walked into that house which had beautiful stuff. I mean, the food alone was sometimes stuff that I had never eaten before. It was the beginning of great things. Now, after winning, I have had opportunities to travel to the various provinces, a thing I had not done before."

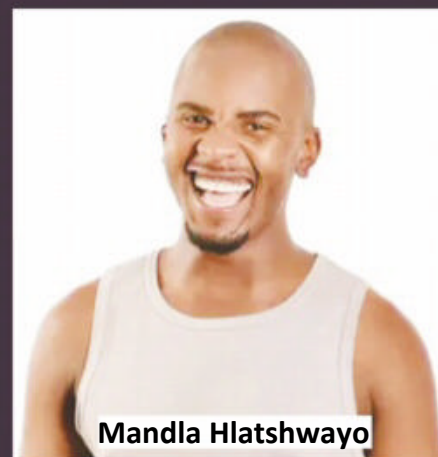
After winning *Survivor*'s second season, **Tina Wesson** says her life went pretty much back to normal. "*Survivor* to me was just another experience, but it was an experience that allowed me to go do a lot of other fun things that I would have never got to do," she said. "My life is basically what you see ... I live here in the woods. I bike, swim, kayak, motorcycle, anything I want to do, just take your pick. And then I play and travel."

Cape Town teenager **Paxton Fielies** from Bishop Lavis – the youngest contestant of *Idols South Africa* – said it's been an incredible experience. "I've learned a lot about me as an artist. Going from a cover artist who gets 200 to 300 views

on YouTube to somebody who is on *Idols SA* with millions of people watching, that is amazing."

Meanwhile, *America's Got Talent* winner **Landau Eugene Murphy Jr** said the show 'literally' saved his life, after he and his music career had hit rock bottom. "Right now, being where I am in life, I'm so grateful," Landau said. "We really can take all of our life experiences and turn them into great things." His newfound

celebrity has allowed him to deliver this positivity to unlikely places, including singing the national anthem at a Lakers game, touring in China and performing his own show at The Colosseum at Caesars Palace.



Mandla Hlatshwayo



Tina Wesson



Paxton Fielies



Landau Eugene
Murphy Jr

* **Suicide Crisis Line: 0800 567 567 / SADAG Mental Health Line: (011) 234-4837**



KIM K WEST

'I Wish My Father Were Here To See This'

IF you thought the law to Kim Kardashian West was all about staying on the right side of the fashion police then think again.





THE 39-year-old reality TV and social media superstar has swapped *Keeping Up With The Kardashians* with catching up with criminals as she embarks on the next chapter of her colourful life. It may not be going down too well with husband Kanye, but Kim is doing it anyway – learning law while juggling her other roles as a mother-of-four, successful businesswoman and international trendsetter.

Kim is a few months into a four-year apprenticeship with a San Francisco law firm and will take the exams needed to qualify as a criminal justice lawyer in 2021. Her critics say she is doing it all for publicity but Kim insists she's doing it partly for herself and her late father, respected attorney Robert Kardashian.

While she studies, Kim is already making a mark in law with a documentary focusing on her fight for prison reform and a review of long-term sentences for nonviolent offenders. Today the superstar admits to being stressed and overwhelmed by her new endeavour but, at the same time, she's loving the challenge. In fact she thinks life in the spotlight and maybe even the pressure to look picture-perfect for all those selfies means she has a head start in the cutthroat world of law and order. Here Kim talks about going all out for justice, how she's having to leave Kanye and the kids to it and how she's proud to be at least catching up with a very special Kardashian – her dad.

Q: What do you say to people who say your law training is all for publicity?

KKW: That I really do care. I spend 20 hours a week away from my family and my kids to do this. I just completed my first year of law school and recently aced a test. There's much behind the scenes that has never been publicised on the cases I work on. I literally do this every single day and spend hours of my time away from my work because once you get so deep into the system you just can't give up. I was not aware of so much that goes on for so long.



Q: How do hope you documentary, *The Justice Project*, will educate and inform audiences?

KKW: I just hope it changes the stigma that motivates people, policy makers and law makers and makes them open their hearts in the way that my heart has been opened. I think this documentary can really help the public to see [former federal prisoner] Alice Johnson made a difference that, I believe, led people to endorse the First Step Act that has released thousands of people who suffered the injustice that goes on in sentencing issues. Alice shouldn't have had the same sentence as Charles Manson for a first-time, low-level drug offence. That just didn't make sense. I didn't understand it. I saw Alice, heard her story and I educated myself. I believe the people featured in this documentary will let people know that, even if there was a violent crime involved, you have no idea what was on the other end and what led them to make those decisions.



Q: How has making this documentary changed you?

KKW: I came to this from a more conservative stance on justice, feeling like, "Okay, Alice, low-level drug offence, I can support that." But then once I started to go into prisons to meet people and they were so generous to open up their stories to me about how they had done awful crimes, my heart was opened. Once you hear the circumstances that led them to make those decisions, your heart will completely open up too.

Q: What was behind your initial decision to study law?

KKW: When I went to the White House I learned so much about what is going on deep into the system and I was honestly so surprised. I really had no idea how broken the system is. So, I just figured that if I know more about the system I can do more for the system. That's just the type of person I am. Law really interests me. It has completely taken over my life.



Q: Do you wish you had studied more earlier in your life?

KKW: Had I done this back in college, I wouldn't have cared at all. I wouldn't have gotten through it. Now I am studying contracts and dealing with actual life things it all makes sense. I own my own home, I am old enough and so I am studying torts, learning about personal injury and everything is so interesting because it actually pertains to my life.

Q: Is Kanye mad with you for committing so much time to this?

KKW: He might be mad actually because on my weekends I just need to study. During the week, at nights mostly, there's a lot of time where I'm just like, "Babe, you have to take the kids..." Honestly, he's really stepped it up and I am so grateful for him for doing that. We made this decision together as a family.

Q: Your father was an attorney. What was it like growing up with him?

KKW: It's interesting that I decided to strike up this apprenticeship with social justice attorneys. I could have gone into the entertainment field. You can do it in any field that you really want to but I chose this because I saw my dad's passion to do the right thing. He would always want to help people. He was just so intrigued and so into it. I wish my dad were here to see this. He would be really rooting me on. It's in me. It's what I love to do. I also love to do make-up. I also love to do fragrance, but I don't want to be put in a box because of what people think of you.

Q: How does your law apprenticeship work as opposed to going law school?

KKW: You have all of the same textbooks that you would have at law school, all of the same assignments but you have more tests. You have a test a month and you don't have a teacher there explaining it to you, so I have to watch lectures online. You have to figure it out yourself with them guiding you to step up and do the work. It is not a shortcut. Anyone who thinks this is a form of privilege because I have money is cray. People assume this is the easy way out but it's actually a system that was provided for the complete opposite, to be accessible to people who don't have the means.

Q: Are you surprised at how much you love studying?

KKW: Yeah, I do love it. But what has really surprised me is when I took a test and my attorneys who are overseeing everything said, "If I wasn't sitting here watching you doing this test, I would have totally thought you had cheated!" I don't know if it's because I'm really good under pressure or I can just logically think about how I would handle something and how the law is. All I know is I love it.

Q: Do you ever get overwhelmed with so much going on in your life?

KKW: There's obviously times where I am overwhelmed, stressed and feel like I have a lot on my plate. Then something will pop up on my social media, a situation with someone who really needs my help, and I know that I can make a difference. It motivates me to continue.

Q: Lastly, where do you see yourself in 10 years' time?

KKW: I just want to live in the moment. I want to nourish each thing that we are doing. I hope that my beauty brand and fragrance brand continue to grow. I hope Skims is an amazing business and I hope that I am a lawyer in 10 years, have an amazing firm, changing the whole prison system.

HIPPITY

Hon!

FUN Easter fashion.

EASTER is a fun time of the year that calls for family gathering, chocolate guzzling and egg decorating! Don't stop at the eggs, though – half the fun of any occasion is dressing up your little princess! Hunting, however, *should* stop with the eggs, which is why we've made dressing up child's play with these gorgeous outfit ideas.

LOOK 1

1



2



3



TIP

A TULLE skirt is a must-have item; your daughter will love wearing (and feeling pretty in) it.

4



5



6



7



LOOK 2

9



8



10



TIP

OPT for light and airy dresses that are easy for little girls to run and play in, like this pink tulle bunny dress.

11



12



13



15



14



LOOK 3

16

17

TIP

WHEN it's time for the Easter egg hunt make sure your little girl is wearing sneakers as it can get messy and sneakers are easy clean.

18

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LOOK 4

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31

TIP

MOM-AND-DAUGHTER dressing is always cute and fun; opt for matching your look to your daughter's.

1. Backpack: R129.99, Mr Price
2. Shirt With Matching Skirt Set: R229, By Utopia, Zando
3. Denim Parker Jacket: R499, Woolworths
4. Hair Bands (Set Of Two): R85, Zara
5. White Bow Headband/Clips: R29.99, Mr Price
6. Silver High Top Sneakers: R559, Zara
7. Sunglasses: R240, By Anjo Couture, Zando
8. Hair Accessories: R198, By Anjo, Couture, Zando
9. Pink Tulle Bunny Dress: R500, By Anjo Couture, Zando
10. Sunglasses: R195, By Anjo Couture, Zando

11. Gold Pumps: R359, Zara
12. Bag: R329, Woolworths
13. White Jersey: R279, Woolworths
14. Flower StudDED Earrings: R169, By Karmiessentials, Zando
15. Necklace: R29.99, Mr Price
16. Jeans: R329, Woolworths
17. Studded Earrings: R15, Mr Price
18. Pink Belt Bag: R220, By Anjo Couture, Zando
19. Cap: R59.99, Mr Price
20. Green Bunny T-Shirt: R299, By Eco Punk, Zando
21. Sneakers: R559, Zara

22. Cream Jacket: R249.95, Ackermans
23. Long Sleeve Top: R169, Zara
24. White Body Warmer: R159.95, Ackermans
25. Skirt: R89.99, Mr Price
26. Pink Bow Shoes: R149.95, Ackermans
27. Alice Band: R89.95, Woolworths
28. Star Hair Clips: R99, Zara
29. Studded Earrings: R20, Mr Price
30. Sling Bag: R199, Woolworths
31. Sunglasses: R240, By Anjo Couture, Zando



LIFESTYLE

DÉCOR

BY CARLI PRINSLOO

THE LIFESTYLE OF A Lord

DISICK'S got an eye for décor.

SCOTT DISICK is a man of many talents: reality TV star plus fashion designer with ventures in the nutrition business – *and he still finds time to be a notorious playboy!* However, what you might not know is that he's also into real estate. He launched a show on E! (*Flip It Like Disick*) in which he renovates houses. And he seems to be pretty good at it too, based on this incredible flip that he just brought to



market. Farmhouse and contemporary styles meet in this amazing mansion with a massive open-concept kitchen, dining room and family room. Combining lighter woods, such as maple and pine, with neutral décor, adds a modern feel to the home. Just fork out R101.7-mil and you can live in a **Lord Disick**-approved mansion! Or you can just buy some of these décor items to channel his style.



“WHAT I'm really passionate about professionally, is flipping real estate and doing crazy and impressive renovations on celebrity homes.”



1. **Glass And Wood Pendant Light:** R569, By Eurolux, Glo Lighting
2. **Chenille Throw:** R259.99, Mr Price Home
3. **Naturals Water Hyacinth Round Coasters (Set Of Four):** R149, By Creative Tops, Yuppiechef
4. **Coarse Linen Cushion Cover:** R439, Zara Home
5. **White Oval Wall Planter:** R349, By Present Time, Superbalist
6. **Cesa Large Tray:** R649, By Country Road, Woolworths
7. **Tile Print Drawers:** R1 085, Next
8. **Wooden Lantern:** R99.99, Sheet Street
9. **Acacia 4-Log Side Table:** R1 899, Basics
10. **Harper Lounge Chair:** R4 695, Block And Chisel

STOCKISTS: BASICS: (031) 203-5100 / BLOCK AND CHISEL: (021) 691-0878 / GLO LIGHTING: WWW.GLOLIGHTING.CO.ZA / MR PRICE HOME: 0800 212 535 / NEXT: WWW.NEXTDIRECT.COM / SHEET STREET: (012) 991-8835 / SUPERBALIST: 087 362 7300 / WOOLWORTHS: 0860 022 002 YUPPIECHEF: 0861 702 4969 / ZARA HOME: WWW.ZARAHOME.COM/ZA

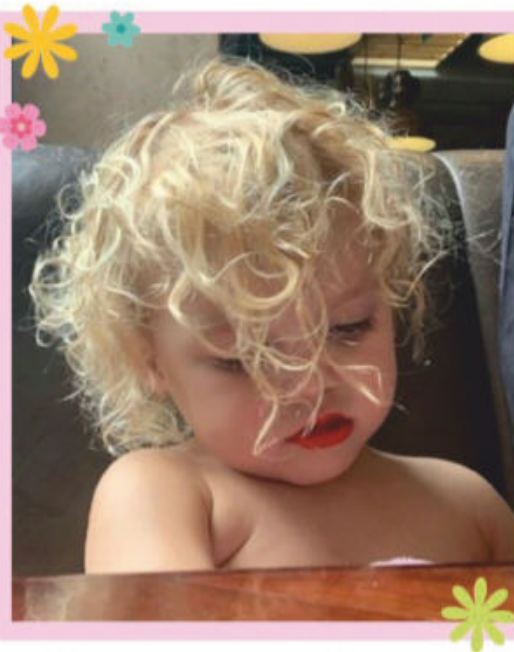
PRETTY 'n Petite

WE guarantee that both mom and daughter will love these!

EVERY little girl wants to be just like her mommy, and that includes putting on make-up and experimenting with different looks. Some celebrity kids have the privilege of rummaging through mom's beauty kits (call us jealous). This can be a

controversial subject for some, but if you do choose to let your child play around with her (or his) make-up and hair, there are safe and healthy ways to do so. Here are just a few ways these cute celebrity kids play, as well as a few beauty products to introduce to your own little one.

ONE thing we can't help but envy of this 11-year-old is her amazing hair. Just like mommy **Pearl Thusi**, Thandolwethu Mokoena's mane is goals! With kid's hair, the most important thing is keeping it nourished and maintaining its health and vitality. Mom **Pearl** knows this, as she created a natural haircare line, **Black Pearl**, made in collaboration with **Afrobotanics**.



WITH a girly girl mom like **Karlien van Jaarsveld**, cutie Elah is obviously no stranger to the occasional dip into mom's beauty bag and definitely not averse to playing around with make-up. If you want to let your little one experiment with a bright lip or bold nail polish, have options available that are made with organic and natural ingredients, including mineral pigments and botanical extracts.

A COUPLE of years ago **Kim Kardashian** got a lot of flak when she posted a photo of little **North West** wearing bright eyeshadow. But we're not here to pass judgement, and **Nori** was totally on trend with her neon orange lids if we're being honest. And can we just take a moment to appreciate her beautiful eyelashes?



1. **Grapefruit And Tea Tree Oil Hair Detangler:** R105, Child's Farm
2. **Beautiful Beginnings Two-In-One Easy Shampoo:** R41.95, Dark And Lovely
3. **Natural Liquid Lipstick In Bloody Berry:** R125, Benecos Natural Beauty
4. **Pretty Stay True Lip Gloss:** R69.95, Pretty By Flomar
5. **Pink Eyelash Curler:** R39.99, By Scarlett Hill, Mr Price
6. **Huda Beauty Neon Obsessions Palette:** R699, Muse Beauty
7. **Printed Panda Sheet Mask:** R59, By SUGU, Superbalist
8. **Piggy Paint Kid's Nail Polish In Berry Go Round:** R120, Faithful To Nature

CHRISTINA MILIAN and her daughter **Violet Madison** make the cutest mom and daughter make-up tutorial videos on YouTube, and Violet is even known for doing a review or two of her fave beauty products. Everything from face masks to nail polish, she's no doubt an up-and-coming beauty influencer in her own right.



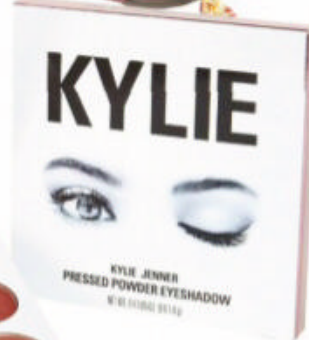
WHAT'S IN HIS BAG?

BY CARLI PRINSLOO

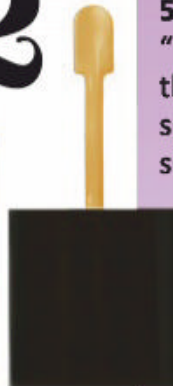
JEFFREE STAR is extremely well known on social media as make-up guru supreme, but what you might not know is that he's also a model (obviously – look how fabulous he is) and had dabbled in the music industry way before finding his niche in the beauty world. Now Jeffree has a lucrative make-up line and is an influencer and brand ambassador with plenty of star-studded references and industry contacts. So who better to ask what's what when it comes to looking fab?

Pink Bright Lady Bag: R569, River Island

1



2



3



4



5



6



7



8



FROM teen MySpace star to make-up mogul, we take a peek inside his bag.

1. SHADOW PLAY

ALTHOUGH Jeffree infamously knocks Kylie Cosmetics from time to time, he still rates her eyeshadows as some of the best in the game. This one is your secret weapon to create the perfect Kylie- and Jeffree-approved eye. **The Burgundy Palette Kyshadow:** R950, By Kylie Cosmetics, Muse Beauty

2. BEST FOR LESS

"IT'S amazing. It does the job. It does exactly what it says it's gonna do. It looks flawless." This is what he had to say when putting the affordable Wet 'n Wild foundation to the test, and it went up against a luxury brand, no less. Call us impressed!

Photofocus Foundation: R109.95, By Wet 'n Wild, Clicks

3 & 4 LOUD LASHES

IN his own words: "Thank God for Red Bull and eyelashes."

Sugar Free Energy Drink (250ml): R15.99, Red Bull

Naturalites Dramatic Eyelashes No. 210: R115, Eylure

5. EYE DEAL EYEWEAR

"WHEN I go outside or whenever I've been in the car, I always wear sunglasses. Everyone squints when they drive, but I've never squinted since I always have huge sunglasses on. There are no crow's-feet or fine lines around these eyes."

Winged Tortoise Shell Sunglasses: R179, Joy Collectables

6. NAIL THE LOOK

OBVIOUSLY, you can't expect Jeffree to stop his self-care routines even if he's travelling. Therefore, he probably has a favourite nail salon (or a professional he brings along!) in every place he frequents. At least, it sure looks that way.

Matte Jade Stick On Nails: R119, By Rubi, Cotton On

7. SKIN DEEP

"IT'S a hardcore regimen, but image and beauty is my entire career – it's how I make my money, so I take good care of my face. I haven't aged in 12 years due to my extreme skin regimen thanks to face creams my La Prairie La Mer & Boscia masks. My fav eye cream is Kiehl's Midnight Recovery."

Midnight Recovery Concentrate: R850, Kiehl's

8. LIVE LOVE LIPSTICK

HE decided to start his own make-up brand by investing his life savings in a line of liquid lipstick. Now, years later, he's still a fan: "Liquid lips are not going anywhere."

Liquid Suede Cream Lipstick In Little Denim Dress: R159.95, NYX

BY ANGELA BEKIARIS

Jennifer Aniston

SHE'S
killing it
on and off
screen.

‘WHAT I EAT IN A DAY’

THE year kicked off just fabulously for Jennifer Aniston, who took home a Screen Actor's Guild Award for her role in new TV show *The Morning Show*. But her career isn't the only thing pumping again – so is her body. The former *Friends* star looks better than ever. Here's why:

Breakfast

“WHEN I wake up I have warm lemon water,” says the actress, who follows that with either a protein shake, avocado and eggs, or gluten-free cereal and a banana. The star likes to mix things up for breakfast, reveals an insider, who adds that she got that tip from ex-husband Justin Theroux.



Snack

APPLES and nuts, or nut butter.



Lunch and Dinner

BOTH meals consist of protein and vegetables, or a salad with protein.



Indulgences

SHE can't resist Mexican food, but says, “Pasta has taken over as my new favourite go-to-town food.”

Fitness

JEN'S HABITS

THERE'S a reason she looks so fab at 51. She swears by:

- * Planking
- * Not taking your fitness too seriously
- * Stretching your core
- * Being flexible with workouts
- * Finding time to sweat
- * Eating nutrient-rich foods
- * Getting enough sleep

The Verdict

JEN starts her day with a mindful approach. She believes in ‘owning your morning’ – the star reveals she has a celery juice and meditates before jumping into a workout, and stays hydrated all day long. Jen's balanced lifestyle, which consists of nutritious food, regular exercise and time to pamper herself, is what keeps her healthy and happy, and able to work those long hours. We can definitely steal some health and fitness tips from our favourite *Friend*.

Working Out ON AN EMPTY STOMACH

IT'S not just about what you do to the outside, but what goes into your body too.

WE are all different and that stays true for when we exercise. While some prefer to train in the morning, and some at night, others prefer to train on an empty stomach instead of after a big breakfast. There is no right and wrong, say experts, but one thing that's for sure is that training on an empty stomach – or what they call 'fasted cardio' – doesn't work for everyone.

When you do fasted cardio your body must rely on stored energy such as glycogen and fat to fuel muscle movement. Fasted cardio also doesn't mean it's done first thing in the morning – it can be done at any time of the day when your body is in a fasted state (around three to six hours after eating).

Fitness experts suggest you don't try a high-intensity (HIIT) workout without having a light snack – by doing this it means you are less likely to overeat after your workout. However, low-intensity cardio such as aerobics might be easier on an empty stomach.

7 Healthy Snacks

NEXT time you're feeling peckish, make sure you have healthy snacks on hand. If not, you'll dig into the pantry – or worse, wind up ordering unhealthy takeout. Here are seven great snacks for any time of the day.

- * Apple slices with peanut butter
- * Sliced veggies with hummus
- * Yoghurt and honey (throw in some fruit, too)
- * Frozen berries
- * Hard-boiled eggs
- * Chickpeas
- * A handful of nuts



Did You Know?

March 4-10:
World Salt Awareness Week takes place
March 12:
World Kidney Day

It's World Glaucoma Week

MARCH 8-14 marks World Glaucoma Week. Glaucoma is a condition that involves damage to your eye's optic nerve, which sends images to your brain. It gets worse over time and is often linked to a buildup of pressure inside your eye. Experts warn that if the damage does worsen, glaucoma can cause permanent vision loss or even total blindness within a few years.

Risk Factors:

- * Being of African, Irish, Russian, Japanese, Hispanic, Inuit or Scandinavian descent
- * Being over 40
- * Having a family history of glaucoma
- * Having diabetes
- * Taking certain steroid medications such as

Prednisone

- * Having had an injury to your eye or eyes
- * Having corneas that are thinner than usual
- * Having high blood pressure, heart disease, diabetes or sickle cell anemia
- * Having high eye pressure

Symptoms To Look Out For:

- * Seeing halos around lights
- * Vision loss
- * Redness in your eye
- * Eyes that look hazy (particularly in infants)
- * Upset stomach or vomiting

WHAT THE TAROT HOLDS

BY MADAME LIRA DE MENTUM

**If you play your cards right,
you'll have a great week!**

Taurus

(April 20 – May 20)

Card Of The Week: Temperance

THIS period balance, harmony and equilibrium should be at the forefront of your goals – especially when it comes to family matters – both involving those currently living under your roof, and those who used to. In modern families, there is often more than one set of parents. There may be stepparents and other guardians helping to raise children; so, work on co-parenting together to strengthen family harmony in everyone's household. It is not easy, but it is worth the effort.

Gemini

(May 21 – June 20)

Card Of The Week: Five Of Cups (reversed)

YOU'VE vented. You've sought revenge. You've held onto the grudge until it's begun to fester. It is now time to let it go. Whether you've endured a bitter divorce, an ugly family dispute or simply had your trust broken by someone you love, this period will hopefully see you realise that forgiving someone who hurt you is a gift you give to yourself. The time you waste thinking about and trying to change situations that are out of your control could be spent on things that you do have control over, which would then allow you to make progress.

Cancer

(June 21 – July 22)

Card Of The Week: Two Of Wands

THIS time sees you at a crossroad in your professional life. Sometimes the universe surprises you and embarking on new, uncharted territory turns out to be worthwhile! If your current job means facing a monetary crisis month in and month out, and your employer won't consider a salary increase despite numerous requests, then perhaps it is the right time to start looking for work elsewhere or seize another opportunity you've been offered.

Leo

(July 23 – August 22)

Card Of The Week: The Emperor

AGE is but a number, so don't be too quick to dismiss a potential romantic relationship just because s/he is older. If you are single, a new romance will soon spark your interest. Catch is, this person is years ahead of you. An older person may be just what you need though. Recent events have made you crave dependability and protection, and this new interest is likely able to provide you with both.

Virgo

(August 23 – September 22)

Card Of The Week: Nine Of Swords

THIS year was supposed to be your chance for a fresh start but things have not been going as planned. Is it fair to say that you have allowed negative emotions to take over your entire existence? Do you feel overwhelmed at home or in work situations? Are your nights riddled with grief and tears? Now is not the time to look backward. Focus on what you envision your life to look like, and start putting active steps in place to achieve that vision. Only you are responsible for your own happiness.

Libra

(September 23 – October 22)

Card Of The Week: Eight Of Pentacles

A BIG round of applause for a job well done. You may have only just recently changed your work, education or financial circumstances, but due to your sheer determination and concentration you have managed to master a new skill in record time. Rest assured that the energy you have invested in your development will be worth your while, the results of which will be seen towards the end of the second quarter of the year.

If you thirst for all things mystical our weekly tarot reading will guide you to a clearer path. One card drawn for each of star signs shows you what to expect and how to improve your week!

Scorpio

(October 23 – November 21)

Card Of The Week: Six Of Wands

HEALTH woes have resulted in a challenging few months. You've endured and fought the good fight, now prepare for the rewards of your conquest. The Six Of Wands Card indicates victory, triumph, recognition and pride. It can also represent miracles, especially health-related ones.

Sagittarius

(November 22 – December 21)

Card Of The Week: The Ten Of Swords

BACKSTABBING, betrayal, badmouthing, bitching behind your back, bitterness and enemies – the Ten Of Swords is not a favourable card. It indicates that someone is against you and hoping you will fail. Not everyone we meet in our lifetime has our best interests at heart. It is important that you stay strong and true to what really matters. Remember that once you have hit rock bottom, the only way left is back up. You have this!

Capricorn

(December 22 – January 19)

Card Of The Week: The Knight Of Cups

THIS is your week for love, passion and romance. Whether you are single or in a relationship, the Knight Of Cups is a great omen to get in a love Tarot spread. Love, however, may not just fall in your lap – you will need to act on it. So make that phone call, set up that date, and take the bull by the horns, so to speak.

Aquarius

(January 20 – February 18)

Card Of The Week: Seven Of Pentacles (Reversed)

THIS week is all about priorities. It is time you look at everything that you are investing your time, money and resources into. Prioritise what matters the most to you and let go of things that aren't delivering results. Someone who will ultimately become an integral part in your journey will be connecting with you in this time. The person is born under the Taurus star sign, could be male or female and will teach you a valuable lesson.

Pisces

(February 19 – March 20)

Card Of The Week: The Devil

THE Devil card in a tarot spread is always a little unsettling, especially the images of doom and gloom. The core of this card is a negative relationship that you have with someone or something. This card's appearance is your wake up call. You are hooked into something and may not even realise it. It could be a mind-set, a substance, a person or even an unrealistic expectation. You need to establish what the addiction is and unchain yourself.

ARIES

(March 21 – April 19)

Card Of The Week: The Ace Of Wands

WHEN you draw the Ace of Wands, it is an indicator that you should just go for it. If you have been thinking of renovating but unsure – go for it. If you have wanted to book a trip around the world – go for it. If you have been tempted to ask someone for his or her hand in marriage – go for it. There is no time quite like the present and this card is the perfect catalyst for something extraordinary.

The Ace Of Wands

THE Ace Of Wands card depicts a hand extending out from a cloud and holding a sprouting wand. In the background is a landscape, and in the far distance is a castle. All these graphics represent the promise of opportunities to come.



ALL ABOUT COMPOUND INTEREST

WHEN saving, let compound interest work for you –
but it needs time to grow.

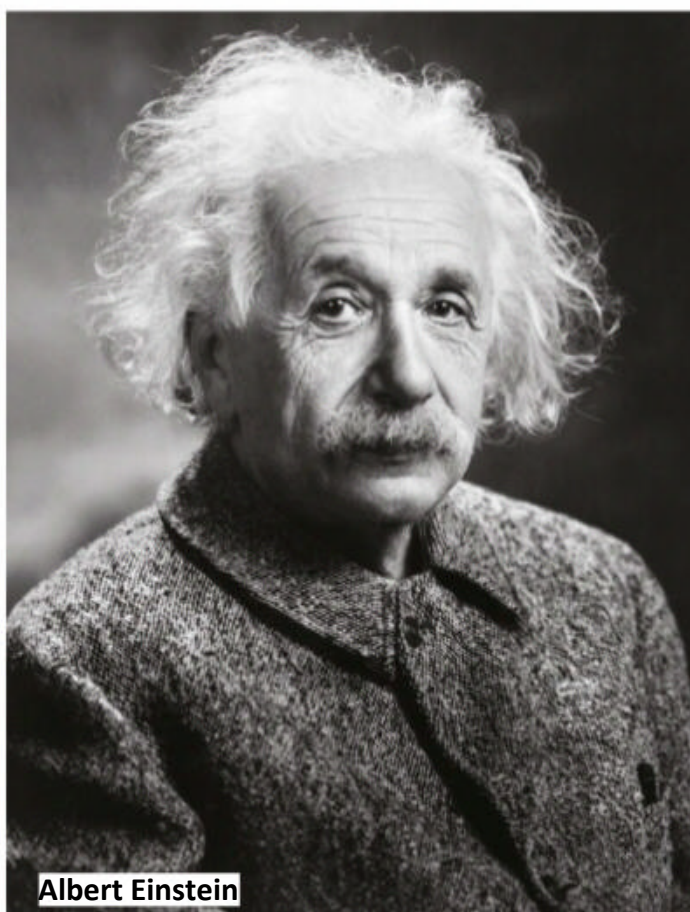


Sebastian Patel

ALBERT EINSTEIN is alleged to have said that compound interest is the eighth wonder of the world. He who understands it, earns it; he who doesn't, pays it. Lucky for us, it isn't nearly as complicated as some of Einstein's theories. Even so, many people don't understand how compound interest works – and they often pay the price. We chat to Sebastian Patel, an investment actuary and COO of Franc – a goals-based investment app making smart investing easy for everyone – for the ins and outs of compound interest.

What Is It?

IN layman's terms, compound interest is interest on interest. As an example, if you invest R100 into an investment account that pays out 10 percent per year, at the end of the first year you will have R110 in that account (your initial R100 plus R10 of interest). If you keep the R110 in



Albert Einstein

the account and the interest rate is the same, at the end of the second year you will have R121 in the account (R110 plus R11 of interest). In the second year your interest earned was higher because you were earning interest off your initial R100 deposit as well as the R10 of interest earned in the first year – so you earned interest on your interest!

Time And Patience Matter

AN extra one rand doesn't sound like something worth crowing about, but it's simply incredible what interest on interest does to investment growth over time. Let's say you invested R100 but at the end of every year you took the interest out of your investment account and put it under your mattress. This means you never earn interest on your interest and at the end of 10 years you have your initial R100 plus 10 R10 notes under your mattress, so R200 in total. If you had kept the R100

plus in the interest in the investment account over the whole 10 years your balance would be just under R260. So effectively the R60 extra was purely interest earned on interest. Over a 20-year period the difference is even more alarming – if you put the interest earned under your mattress after every year you'd have R300 after 20 years, but if you kept it in the account you would have more than R670! This shows that the compounding effect takes time – and therefore, the earlier you start saving, the better. It's also important to try your hardest not to withdraw money from your investments in order to give your money the best chance to grow. But life happens and sometimes you gotta do what you gotta do. In that scenario at least you have savings and don't have to take out a personal loan, which should be avoided as they are often very expensive.

Pay Off Your Debts

COMPOUND interest doesn't only apply to savings, but unfortunately also to when you borrow money. The problem with this is that it means if you don't pay your loan instalment on time, the amount you owe keeps increasing. The bank charges you more interest on the old interest – and often if you don't pay on time, the bank increases the interest rate, which makes it even harder for you to pay them back!

Balloon Payments

BALLOON payments on a car seem like a good idea when buying the car, but what it actually means is that the bank is charging you interest on interest on that amount for the whole loan term. If the interest rate that you are paying on the car loan is 10 percent, a balloon payment of R100 000 in five years' time is effectively the same as paying a deposit now of around R60 000 – so rather pay the deposit if you can; it will also be a

good indicator as to whether you can actually afford the car in the first place.

About Home Loans

IF you have a home loan you should always try to pay more than the required instalment if you can, and/or make ad hoc payments towards your loan if and when you get any extra cash. If you do, it means that the bank will charge you less interest in total and you will repay your loan sooner.



SMALL BUSINESS

BY GABRIELLE OZYNSKI

Encapsulate Consulting (Pty) Ltd

KEEP your eyes on the enterprise.

ENCAPSULATE CONSULTING and its three shareholders, Kirsten Halcrow, Bree Langenhoven and Devin Ashman, have a long history of working together and supplying psychometric and competency-based assessments to a variety of public and private South African entities since 2012.

Encapsulate, which means 'to express the essential features (of something) succinctly', was founded with the vision to partner with businesses to make informed recruitment decisions by knowing the essential features of a job applicant.

What Do They Do?

ENCAPSULATE is an assessment solutions company. They assess potential job applicants to determine job suitability and culture-fit.

- * They construct best-practice assessment batteries with their comprehensive range of assessment tools that are used for selection of new staff, development of existing staff, talent management, succession planning, skills audits and special recruitment projects.
- * They measure individuals in relation to requirements of the position and the company culture.
- * They assess candidates holistically, incorporating cognitive ability, personality attributes, behaviour, integrity, emotional intelligence, abilities and skills, as well as evidence of competence through simulations and interactive exercises.



Kirsten Halcrow, Bree Langenhoven and Devin Ashman

They Also Offer:

- * Role-specific assessment tools: sales, call-centre, security, cleaning staff, drivers
- * Skill/ability tests: Microsoft Word, Excel, Power Point, data-entry, typing
- * High-volume assessment screening

Where Are They Based?

THEIR main assessment is in Honeydew, JHB, but they have a national network of affiliates so they can facilitate assessments nationally.

Who Benefits?

BUSINESS owners, HR managers and talent and recruitment managers.

Contact Details:

Website: www.encapsulate.co.za
Phone: (010) 590-6278
E-mail: kirsten@encapsulate.co.za
Twitter: @Encapsul8C
Facebook: @encapsul8
Instagram: @encapsulate_consulting

HAVE a small business you'd like us to feature?
 Contact Gabrielle Ozynski at gabrielleo@caxton.co.za
 and fill us in on your entrepreneurial venture.

GLOBAL WARMING THE WORLD COUNTS!

“CLIMATE change isn’t binary: it doesn’t just happen or not happen. The crucial question for us all is how much climate change the world will experience.” – BBC

STRANDED polar bears and walruses, melting glaciers, dried-out rivers, droughts, ocean current changes, mass extinction, mudslides, flooding and deforestation – is it really THAT bad, or are these doomsday scenarios all just scare tactics to bump us into action? Is global warming real? Is the Earth that out of sync that we could soon face a climate Armageddon? In our exclusive five-part series, you’ll read some very alarming facts about our current global warming situation. We will put every misconception you’ve ever heard to rest. We will take you through steps and easy lifestyle adjustments you can implement to help catapult eco change. We will rope in experts who will give you sound advice about going green, recycling and reducing plastic consumption. Because unlike a zombie apocalypse, global warming IS REAL, and YOU can make a difference and do your part to help preserve the planet.



TWENTY FIVE years ago people could be excused for not knowing much, or doing much, about climate change.

Today we have no excuse. No more can it be dismissed as science fiction; we are already feeling the effects.

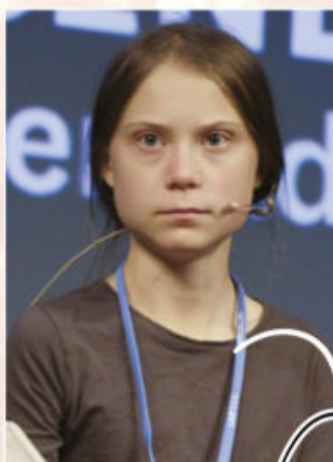
– Desmond Tutu
(theologian & Nobel laureate)

Global Warming For Dummies

GLOBAL warming: two words you've likely been hearing a lot more about in the news but still aren't quite sure what they mean. We forgive you – science can be a little tricky so let's play pretend for a moment. Pretend that you've never heard about the idea of global warming before. Now imagine the Earth. Sunlight shines onto the Earth's surface, where the energy is absorbed and then radiates back into the atmosphere as heat. In the atmosphere, greenhouse gas molecules trap some of the heat, and the rest escapes into space. This natural greenhouse effect is what keeps the Earth's climate liveable. One thousand five hundred years ago, two massive volcanic eruptions – one year after the other – placed so much black dust into the upper atmosphere that little sunlight could penetrate. Temperatures fell. Crops failed, people died of starvation and the Black Death started its march. As the dust slowly fell to Earth, the sun was again able to warm the world and life returned to normal but it was a close call for mankind – too close. Today, we have the opposite problem. Today, the problem is not that too little sun warmth is reaching the earth, but that too much is being trapped in our atmosphere.

That's because the burning of fossil fuels and other man-made activities boost greenhouse gasses. The more greenhouse gasses concentrate in the

atmosphere, the more heat gets locked up in the molecules and the more Earth is warmed. The rapid rise in greenhouse gasses is changing the climate faster than some living things can adapt to.



“AVOIDING climate breakdown will require cathedral thinking. We must lay the foundation while we may not know exactly how to build the ceiling.”

– Greta Thunberg
(climate activist)

What's Climate Change?

CLIMATE change and global warming may be interlinked but they aren't quite the same thing. Climate change refers to the increasing changes in the measures of climate over a long period of time – precipitation, temperature and wind patterns. Climate change is inevitable. Earth's climate changes all on its own and without our help, but global warming is inciting changes along way faster than they should be happening. In fact, the world is on course for a 3.7 to 4.8 degree Celsius temperature increase by 2100 (that's just 80 years from now). What are a few degrees between friends, you ask?

In the grand scheme of things it's huge. We are talking catastrophic tragedy on a massive scale. Meteorologists and climatologists around the world have been watching the effects of global warming on the weather phenomena. And the impact is huge: more droughts and heatwaves and more natural disasters like floods, hurricanes, storms, wildfires etc. All of these have a ripple effect on our ecosystems.



“CLIMATE change is not the concern of just one or two nations. It is an issue that affects the whole of humanity and every living being on this Earth.”

– The Dalai Lama
(Nobel laureate and Buddhist spiritual leader)

Why Should I Care?

THE difficult thing about climate change – and arguably the main reason so many people don't really care that it's happening (even though they'll say they do) – is that the damage is hard to see straight off the bat. It's almost like a disease that has a long incubation period. You know you're a little off-balance and feverish but it's only when symptoms are in full swing that you rush to the hospital. Also, there is a widespread belief that unless things directly impact you in your particular lifetime – and your day-to-day living – they don't really matter. But climate change does affect us. It's not only hitting close to home – it's knocking on our front door and demanding to come in. Here's how:

- * The same dirty fossil fuel emissions that contribute to the greenhouse effect can lead to respiratory diseases – such as asthma – in children and adults.
- * The same CO₂ accumulating in our atmosphere thanks to fossil fuels is actually changing the composition of fruits and vegetables that we eat, making them less nutritious.
- * Disease-carrying insects, previously stopped by cold winters, are moving to higher latitudes, such as from the equator toward North America. Warmer oceans and other surface waters may also mean severe cholera outbreaks and harmful bacteria in certain types of seafood.
- * The effects of global warming could very well destroy half of Ethiopia's coffee crops, as rising temperatures make it easier for fungus to thrive and kill coffee plants.
- * Have to have your morning cuppa? Ethiopia is the birthplace of coffee, and where some of the finest beans in the world come from, and one place climate change is hitting hard. If that's not reason enough...

- * All of the national parks you know and love are affected by these drastic changes in the weather.
- * Look at your gas, your electricity, and your water bills. Pay attention to the cost of meat and produce. All of these things are greatly affected by climate change, and all of these things are getting really expensive as a result.



“I'm often asked whether I believe in global warming. I now just reply with the question: 'Do you believe in gravity?'”

– Neil deGrasse Tyson
(astrophysicist)

Show Me The Big Guns

Let's Go Down Under: If you're wondering what hell looks like, just visit Australia. Australia's fire season normally peaks in late January but since September last year wildfires have already been raging in the country. The devastation is hard to quantify. The fires are so big they are generating their own lightning and they've killed more than a billion creatures, destroyed more than 1 300 homes, burned about 6-million hectares and killed at least 24 people. While climate change is not directly to blame for the bushfires (human error is), weird weather changes have caused a combination of record high temperatures in the area, long-term drought and very low air and soil moisture going into the normal fire season. That means deadly blazes such as the recent bushfires ravaging Australia could be three times as common by the end of the century.



Head On Over To The Cold Side: From the Arctic to Peru, from Switzerland to the equatorial glaciers of Man Jaya in Indonesia, massive ice fields, monstrous glaciers, and sea ice are disappearing, fast. Take a look at the snows of Kilimanjaro – they've melted more than 80 percent since 1912. The Glaciers in the Garhwal Himalaya in India are retreating so fast that researchers believe they could virtually disappear by 2035. NASA's repeated laser altimeter readings show the edges of Greenland's ice sheet shrinking. Spring freshwater ice breakup in the Northern Hemisphere now occurs nine days earlier than it did 150 years ago.



When It Rains, It Pours: While global warming doesn't affect the specific conditions that produce rainfall, it can increase the amount of water in the atmosphere, which can result in violent downpours instead of steady showers when it does rain. Hurricanes and typhoons will increase in power, and flooding will become more common. Hurricane Dorian that struck the Bahamas last year, making landfall on

Scary Facts

- * RESEARCHERS have been using computer models to simulate climate change, specifically to analyse how global warming could impact sea ice. According to a new study, if greenhouse gasses continue to get pumped into the atmosphere at the current rate, the majority of the Arctic basin will be ice-free in September by 2040.
- * Coastal cities are already seeing an increased number of flooding events and by 2050 many such cities may require seawalls to survive.
- * GLOBALLY, about 70 to 110 tropical storms form each year, with about 40 to 60 reaching hurricane strength. Records show large year-to-year changes in the number and intensity of these storms.
- * AS global temperatures increase, millions of people are fleeing their homes to avoid the impacts of droughts and extreme storms. And these numbers are set to rise. The International Organisation on Migration estimates that up to 200-million people could be displaced by climate change by 2050.



WE are the first generation to feel the sting
“of climate change, and we are the last
generation that can do something about it.”
– Jay Inslee (governor of Washington)

GLOBAL WARMING



September 1, is a prime example of how climate change is worsening the impact of storms.
“Storms have become much more likely to stall over land, prolonging the time when a community is subjected to devastating winds and drenching rain,” explains NASA scientist Tim Hall. “Dorian swirling as a Category 5 storm, monstrous and nearly motionless, above the islands of Great Abaco and Grand Bahama. Seeing it just spinning there over the same spot, you can't help but be awestruck to the point of speechlessness.”
The hurricane has matched or broken records for its intensity and for its creeping pace over the Bahamas. But it also fits a trend: Dorian's appearance made 2019 the fourth straight year in which a Category 5 hurricane formed in the Atlantic – the longest such streak on record.

“I'VE
starred in
a lot of
science
fiction
movies
and let me



tell you something, climate
change is not science fiction;
this is a battle in the real
world, it is impacting us
right now.”

– Arnold Schwarzenegger
(actor and former governor
of California)

11 Of The Biggest Climate Conspiracy Theories

Let's set the record straight...

1. Myth: If we lose Earth, we've always got Mars.

Fact: Yes, scientists believe inducing global warming on Mars *might* make it habitable – but would you really want to live there? Um, no.

2. Myth: In 2014, global warming caused more than 100 000 bats to literally drop dead and fall from the sky in Queensland, Australia.

Fact: There was absolutely no scientific evidence that global warming caused the summer heat wave in the notoriously hot desert near the equator. So no, global warming wasn't to blame for this one.



3. Myth: There is no global scientific consensus on climate change.

Fact: If you believe climate change is nonsense, that's saying that more than 97 percent of the world's scientist are wrong, right?

4. Myth: Climate scientists are just in it for the money.

Fact: The reality is that nearly every climate scientist could make at least the same amount of money – and often much more – in a different field.



5. Myth: The tip of Africa is safe (from everything, including global warming).

Fact: Sure, there are lots of pros to living where we live but no one is safe from global warming. At the current rate, with greenhouse gas concentrations continuing to increase in the atmosphere, the southern African region five decades from now will be unrecognisable compared to the region we are living in today.

6. Myth: Increasing the average temperature by a couple of degrees is not harmful.

Fact: Agriculture, flora, oceans, and species of insects and animals whose survival is tightly linked to climatic conditions are already suffering from it.

7. Myth: Volcanoes emit more CO₂ than human activity.

Fact: Yes, volcanoes emit carbon dioxide and naturally contribute to global warming. However, every year they emit less than one percent of the total emissions of CO₂ that pollute the atmosphere.

8. Myth: Animals will adapt to climate change.

Fact: Geologist Charles Darwin got the adaptation part right. Some plants and animals will adapt but the truth is, not all. More than 1-million species have become extinct due to disappearing habitats and acidic oceans – all caused by global warming.

9. Myth: We need greenhouse gasses.

Fact: It's true that without greenhouse gasses, Earth would be an ice planet. However, if levels are too high, Earth would be like Venus. It's all about finding the right balance.

10. Myth: Solar flares are the cause of climate change.

Fact: The activity of the sun has been accurately measured using both ground and space-based systems for decades, and no significant change in solar output has been detected that could be responsible for the dramatic warming now occurring on the Earth.

11. Myth: There's nothing we can do anyway.

Fact: Ah, the age-old 'it's not my problem' motto. If we thought this way, about every pressing challenge that came our way, mankind would have been goners long ago. Research shows that we can in fact quickly transition to 100 percent clean, renewable energy by 2050 making fossil fuels obsolete. When we stop burning fossil fuels the climate will gradually cool off again.

How Can I Make A Difference?

EVER heard of the butterfly effect? It's the idea that small acts can sometimes produce mammoth and unexpected results. The concept is imagined with a butterfly flapping its wings and causing a typhoon. It's also echoed in the words of environmental activist Jane Goodall, who said, "You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of a difference you want to make."



In our next issue we'll give you eco-friendly tips you can implement at home, eco-friendly recipes for detergents, beauty products, and more, and transform you into a mean, green, Earth-saving machine.

LIFESTYLE IN THE KITCHEN



RECIPES
COURTESY OF
FOOD & HOME

COOK'S TIP

THE chops can also be done on the braai for a bit of an alfresco twist. To turn the gremolata into a herb sauce, simply blend it with extra olive oil and a pinch salt and pepper until smooth.

Lamb Chops With Creamy Leek & Cauliflower Purée, & Mint Gremolata

SERVES: 4 TIME: 1 HR 10 MINS

INGREDIENTS

THE LAMB

160ml Red wine
80ml Olive oil
10ml Dried mixed herbs
10ml Garlic, finely chopped
8 Lamb rib chops

THE PURÉE

500g Cauliflower florets
15ml Butter
5ml Olive oil
3 Large leeks, finely chopped
15ml Garlic, finely chopped
125ml Fresh cream
30ml Wholegrain mustard
60ml Parmesan, finely grated
Salt and freshly ground black pepper, to taste

THE GREMOLATA

45ml Fresh mint
45ml Fresh parsley
45ml Chives
15ml Lemon zest
1 Garlic clove, peeled
A handful fresh mint or microherbs, to garnish

METHOD

FOR the chops, whisk the red wine, 80ml olive oil, mixed herbs and garlic together. Pour it over the lamb chops, cover and refrigerate to marinate (at least 20 minutes or overnight).

Preheat the oven to its grill setting. For the purée, place the cauliflower florets in a steamer basket set over a pot filled with a little simmering water. Cover and steam for five to six minutes, until fork-tender.

Heat the butter and 5ml olive oil in a pot over medium heat. Add the leeks and the garlic and sauté for around five minutes. Stir in the fresh cream, mustard and Parmesan, and simmer for a further two minutes. Combine the mixture with the steamed cauliflower and blitz to a smooth purée. Season to taste.

Remove the lamb chops from the marinade and place on a roasting tray. Grill, about 10 – 12 minutes, until browned and lightly charred.

For the gremolata, place all of the ingredients in a food processor and blitz until fine. Serve the chops atop the purée and scatter the gremolata over. Garnish with a handful fresh mint or microherbs.

Potatoes With Herb Vinaigrette

SERVES: 4 – 6 TIME: 40 MINS

INGREDIENTS

THE POTATOES

800g Potatoes, scrubbed and halved
5ml Coarse salt
Salt and freshly ground black pepper, to taste
60ml Dry vermouth

THE VINAIGRETTE

Juice of 1 large lemon
2 Spring onions, finely chopped
30ml Fresh thyme, finely chopped
15ml Fresh basil leaves, finely chopped
5ml Fresh oregano, finely chopped
15ml Dijon mustard
A pinch of sugar

Maldon salt and freshly ground black pepper, to taste
80ml Extra virgin olive oil

METHOD

PLACE the potatoes in a pot and cover with cold water and bring to the boil. Add the salt and simmer until the potatoes are cooked (about eight minutes). Drain.

For the vinaigrette, whisk together all of the vinaigrette ingredients. Spoon the potatoes into a serving bowl and season with the salt and pepper. Drizzle with the vermouth and toss to coat. Leave to rest for a few seconds so that the vermouth can be soaked up by the potatoes. Add the vinaigrette and gently toss until the potatoes are coated with the liquid. Allow to sit for a few minutes before serving. Serve slightly warm or at room temperature.



By LYN WOODWARD Photographs by GRAEME WYLLIE

Sea For Your *Selfie*

A
FEARLESS
diver takes
selfies
with sea
creatures.

SOURCE: MAGAZINE FEATURES

GRANT THOMAS, 27, from Glasgow, Scotland, snapped these images whilst running expeditions and photography workshops in Cuba, Papua New Guinea and Tonga.

The amazing pictures have been taken over the last two years and include him taking selfies inches away from turtles, saltwater crocodiles, and even a shark.

"The reason I started taking 'selfies' was because I had no one else to photograph at the time and I guess I was the next best thing," says Grant. "The most important thing for me when photographing anything underwater is not disturbing the animal or its environment as this can cause unnecessary stress. I would only ever decide to shoot this style of image when either the animal is approaching me, or I can clearly see it is not bothered by my presence."



‘I WANTED TO Smother Her...’

A MOTHER of two opens up about postnatal depression’.

JUST three months after giving birth to her daughter, Nicci Holcroft, 39, was left feeling ‘low’ but dismissed it as having a lack of sleep due to little Emily’s restless nights. But when her daughter was five months Nicci’s moods became intolerable and she was unable to explain why she felt so down and resentful towards Emily. Then, eight months in, Nicci claims that she truly had enough and snapped one day when her daughter was crying – to the point where she wanted to smother her child to stop the noise.

Finally, after being diagnosed with postnatal depression, Nicci was given the answers as to why she had felt so angry towards her daughter and is now sharing her story in order to defeat the stigma behind the mental illness and show others how extreme it can get. Nicci, a full-time carer, says, “I felt angry and resentful towards my daughter and I didn’t know why – especially seeing as she was a planned pregnancy. It started by not wanting to hold her or interact with her, but I thought it was because I was awake with her all night when she was being restless and I thought I was just moody from being tired. However, as the months went on it got worse and worse, even though she got easier to look after.

Five months in I started to not wash, I wouldn’t brush my teeth and I lost interest in everything – and I blamed Emily for that. But it started getting really bad around eight months in, when one day she wouldn’t stop crying. I kept on asking her to be quiet but she just wouldn’t stop – I locked myself in different rooms but I was still able to hear her. I was crying, swearing, shouting and it all got too much – I thought to myself, ‘I wonder if I go up and put my hand over her mouth, would she just shut up’ so I went upstairs. As I got to the top of the stairs I walked in and she had stopped crying and was just looking at me, so I didn’t do it. But I honestly believe that if she hadn’t stopped crying, I would have smothered my baby.”

Nicci claims that this moment was her ‘wake up’ moment to go and ask for help.

“It took a while, but after this happened I decided to go to the doctors and they gave me some pills and told me it was normal to feel low after a child. I had heard so many times that postnatal depression didn’t exist, so that put me off going to see the doctor – as I thought I was making things up. But the medication didn’t help me as I took it for a while, then stopped ‘cause I sometimes had a good day and thought I didn’t need it. Time helped, but I believe this was because she was becoming her own little person and it was easier.

Thankfully when I gave birth to my second child, I did not experience such severe PND and was able to form a closer bond with my son, than I did my daughter.”

Nicci is now sharing her story to help others who may be suffering with PND to encourage them to go to the doctor’s without feeling ashamed.

“If you are feeling like this please seek help and don’t leave

the doctor’s office until they understand exactly what you’re saying. I know it’s scary and you may think you’ll be fine, but it doesn’t get better overnight. It is also important that, once you have received help, to not to carry the guilt – PND is not who you are, it’s your brain. It doesn’t mean you don’t love your child, it just means you need some help in showing it and that’s nothing to be ashamed of.”

For more info contact South African Depression and Anxiety Group using the Liz Mills PND Helpline on 082 882 0072.



Nicci and her daughter Emily

Dangerously Scrawny,

NOW Impressively Brawny

AN anorexic woman who weighed less than 31kg now looks unrecognisable.

AT just 16 years old Chloe White said her heart ‘broke into a million pieces’ after doctors revealed the horrific news to her parents that their daughter could die due to being severely underweight and malnourished. The now 23-year-old from Perth, Western Australia, explained that she had battled in secret with an insidious eating disorder that saw her weight plummet to a tiny 31kg, while she wore a child’s age 10 clothing. Chloe would go to extreme lengths to hide her unhealthy eating habits and shrinking frame from her parents – and at one point even stopped using toothpaste because she was afraid it contained too many calories.

After going four days without eating, Chloe said she collapsed in her home and was admitted into hospital with anorexia – where she spent six weeks being tube-fed to help her gain weight. This life-saving stint in hospital saw Chloe’s weight get up to 48kg and she was then discharged, but had to make regular outpatient visits to her doctor for the next two years.

At 18, Chloe began weight training and has not looked back since – with the inspirational young woman now looking unrecognisable with her incredibly fit and strong 65kg muscular physique.

Chloe, who is currently taking a break from being in the navy, says, “I started feeling unhappy with my body just after puberty when I was 14.

I was playing lots of sport and had a muscular build. I felt bigger than the other girls and so I started cutting out any junk food in order to slim down a bit. In my head, I just wanted to get down to 55kg which I did. But then after that I thought ‘What if I could get to 50kg?’

Losing weight became addictive. I began calorie counting and would only eat protein, cutting out all carbs and fats. Eventually, I just started eating a tiny bit of food one day and then fasted the next day. I would fill up on sugar-free soft drink and chewing gum. I would go for 5km runs in the morning, then do sit-ups and push-ups at home. Without food, I had no energy but the voice in my head was telling me to keep going.

My family all worked and were hardly at home during the day, so it was easy for me to pretend I’d been eating. I’d put some cereal and milk in a bowl and leave it in the sink, to make it look like I’d eaten breakfast. If we ate dinner together, I’d only eat a quarter of what was on my plate and just say I wasn’t that hungry. I wouldn’t even use toothpaste because I thought it would somehow seep into my body and cause me to gain weight. My dental health suffered due to having little enamel on my teeth.”

Chloe’s destructive eating habits wreaked havoc on her body, with the young woman revealing that she went four years without menstruating and only got her period again at the age of 18. Chloe ate so little that she had

no energy and would often fall asleep in her classes at school, which she said caused her to fail most of year 10 – while she also isolated herself from friends.

She adds that she was ‘obsessed’ with

food, and would constantly look at photos of meals, research recipes, wander up the aisles of the supermarket and would even open jars of peanut butter just for the smell – but never allowed herself a taste. “I failed most of year 10 because I just had no brain power to focus on anything,” Chloe admits. “I

never wanted to hang out with my friends, because social gatherings always revolved around eating food. I used to open up jars of food like peanut butter and jam just to have a smell. I was obsessed with food.” Chloe’s eating disorder reached breaking point at 16, when she collapsed at home after going four days without eating. After being rushed to hospital by her parents, the young woman was admitted for anorexia and spent six weeks being fed through a tube and eating high-calorie foods to help her gain weight. Chloe says the hardest part of this experience was watching her mother break down in tears after doctors warned that she was on the brink of death.

“I’d gone four days without eating. I was on the couch, and when I got up, I just collapsed and passed out,” she recalls. “The turning point for me was when doctors told me if I hadn’t come into hospital when I did, I would have died. Seeing my mother break down in tears just broke my heart.”

Chloe’s health was closely monitored through regular outpatient appointments for the next two years. The young woman worked hard to turn her life around and at 18 began getting into weight training at

her local gym to help build up her strength. But Chloe was hit with another blow at 19 after she was diagnosed with bulimia and spent the next three years going through a few destructive phases of bingeing and

purging. But now at 23, inspirational Chloe says she is mentally and physically healthier than she ever has been – with her incredibly fit and muscular 65kg physique a stark contrast to her former skeletal 31kg frame.

And although she does have ‘hard days’, Chloe says she is looking forward to a healthy and positive future.

“I feel stronger, both

mentally and physically, than

I ever have before,” she

says. “I love weight

training. Being able

to build muscle

the way I have

has given me

back so much

power. I’m

eating a variety

of foods that

nourish me and

I feel amazing.

“LOSING weight became addictive. I began calorie counting and would only eat protein, cutting out all carbs and fats.”

It’s a long road to self-love and acceptance, but I’m getting there. I feel strong, happy and free.”



Chloe before, when she was dangerously underweight and malnourished



Tara Eating Disorders Unit: (011) 535-3000



Lady Gaga

REAL LIFE

THIS woman spent R350 000 on four boob operations to look like idol Katie Price.

For A
Price...

SOURCE: MAGAZINE FEATURES

MODEL Elisa Selina, 25, from Dusseldorf, Germany, was born in Austria and has built up a large social media following thanks to her unique look.

At the age of 15 Elisa, who says she had boobs so small she didn't need a bra, began to notice women in the media who had elected to have plastic surgery to improve their looks – most notably the likes of reality star, **Katie Price**. By the time she was 18, Elisa had booked herself in to have her breasts enlarged from an 'A-cup' to an 'H-cup', a procedure that would take multiple attempts due to the extreme changes being imposed on her body.

"My boobs were too small. I always wanted big boobs and I had no boobs," says Elisa. "Sometimes the guys, they would say to me, 'You have no boobs,' and things like that, but it didn't really hurt me much; I didn't take it too seriously." Nevertheless, she felt she'd like a change in cup size. "I was 15 when I first considered plastic surgery. I always saw the girls who have fake boobs and I was like, 'Oh, I think it's nice,' and, 'I think it looks beautiful,' and I decided I wanted to have the same. I just loved the look. I think it was **Katie Price** [who influenced me]; I always thought, 'Oh, she's so beautiful and so gorgeous'."

Elisa had her second operation on her breasts six months later. Unsatisfied with the outcome, she went back in for what should have been her third and final operation in 2014. But complications arose that meant she was forced to go under the knife for a fourth time in her native Austria in 2016, where doctors made a shocking revelation... "Normally if you've had no boobs before, you need three operations to get this [look] but I had a problem with the second and third one; I had big complications," Elisa relates. "If you looked from the side, one was higher and the other was lower. The third [operation] I did it in Prague and for the last operation I was in Austria. I woke up and just one side hurt and the doctor came in and said, 'We had a problem but you were asleep so I couldn't ask you, so we had to stop the operation

and wait to ask you, but you have implants that are for people who had cancer, not for normal procedures.'

So, I said 'Pull it out and try it [again] and he said, 'Okay, but I don't know if your skin can take it, but I can try it.'

Three weeks after I had another operation and I woke up and had it like I wanted." Her big boobs and plastic look have resulted in more than 353 000 followers, a number that Elisa says rises by a few thousand every single day.

"It's more positive [comments] than negative. Everyone has haters – I don't care about the haters but I think, 'Why do people go on your page [in the first place]? They can see on your picture how you look,' and I think 'What is going on in people's minds?'"

Elisa continues, "If I don't like a picture I just don't look at it, so I don't understand why people write negative stuff because I'm a nice person, I'm a positive person and I would never share my opinion when nobody asked me; but it's social media, so people have big mouths but in real life they would never say that. Everyone is beautiful in their own way. Just let everyone be themselves and stop judging people on their appearance." Now happy with her look, Elisa wants to warn others about the risks that too many operations can have on the body.

"I think everyone should do and operate on whatever they want to, but they should take care of their health because if you have 10 operations your body is under a lot of pressure."



New Tummy = Gummy Mummy

THIS mother reveals she finally has her dream figure after four surgeries to remove excess skin following her 63kg weight loss, including a lower body and breast lift.

THIS 120kg mom of three dropped 63kg after worrying she'd die and leave her children motherless – and it's taken four surgeries to remove the excess skin.

Stay-at-home-mom Lisa Rothenberg, 34, has been married to her husband Charles, 42, for eight years. She used to work as a urologist and never had any problems with her weight, always staying at about 70kg – until she became a mother.

"There's Colton, eight, Liam, six and Aubrey, four. After each child I gained more and more weight and found it increasingly more difficult to lose it," says Lisa who, at her heaviest, was 120kg and had to wear a size 26 dress. "Everything was getting harder in my day-to-day life. It was harder to walk far, harder to put on my shoes, even playing with my children was just too much for me. I was always out of breath so quickly and it made me not want to do anything." Lisa tried to lose weight following several diets such as weight watchers and liquid diets, but the fat wouldn't budge. All this took a toll on Lisa's life in more ways than one. Not only did she feel too embarrassed to be intimate

with her husband, but she couldn't do things like tie her shoes or play with her three active children.

"I hated my body and I knew I was going to die if I didn't lose this weight. My blood pressure was sky high and I was on three pills a day to combat it. I did really try several diets but none of them were helping much."

The last straw came on the day she found she couldn't even climb the stairs at home; her mind was flooded with thoughts about dying and leaving her three young children behind.

"I remember trying to walk upstairs at home and it was incredibly difficult. All these thoughts were rushing through my mind about my weight, about being obese, about my children. It's all I could think about. My children are so young and they need their mom. Could you imagine leaving your three kids behind? This gave me the push I needed to tell myself 'now is the time Lisa'."

"I HATED my body and I knew I was going to die if I didn't lose this weight. My blood pressure was sky high and I was on three pills a day to combat it."

Refusing to accept that as her fate Lisa decided to take drastic measures to protect her children.

"So I had VSG (vertical sleeve gastrectomy) surgery, where they cut 70-80 percent of your stomach out. This allowed me to change my relationship with food and now I eat to live, not live to eat."

The surgery meant Lisa was forced to eat much less than before, and within just one year she lost an incredible 63kg and now wears a super

slim size four.

That was only half the battle won, though. Shifting the weight left Lisa with lots of excess skin and she had four operations to have this removed with a fifth one planned for April 2020. "I have had most of it removed now," she says. "I had to have a lower body lift, breast lift, augmentation and a thigh lift. I'll be finishing my plastic



Lisa with her weight loss doctor



surgery journey with my arm surgery in April 2020,” Lisa continues. “The hardest part of this journey has been being consistent with continuing to work out and focus on the food intake even when your results aren’t coming in immediately.” But Lisa says losing the weight and dealing with all that excess skin has certainly

been worth it because she’s no longer hiding away from the crowds. She’s more confident, she’s in control and she can finally be more active with her three children.

“I can’t tell you how much this has changed who I am as a person. I’m completely different now, I’m so outgoing and I’m so confident. Before I never wanted to go out or see anyone and I hated talking to strangers. But now... wow, I do all of those things. Losing weight has certainly been the best thing I have ever done for myself. I don’t regret a thing. I’m so glad I took control of my life.”

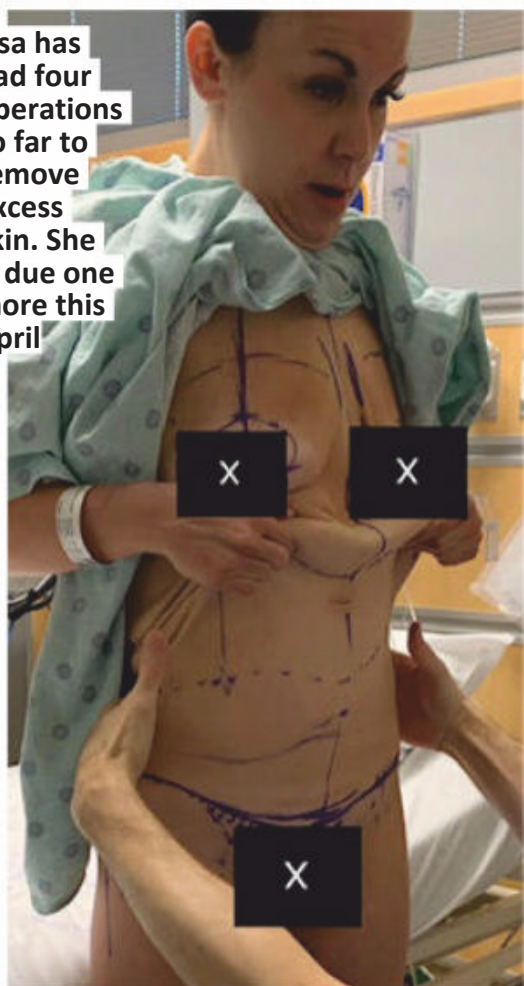
Lisa adds, “One of the greatest things about this journey is that I’m now here for my children fully. I can be active with them, I have more energy, I can take them places and they see all the joy in my face being able to be with them this way.

Some people don’t even recognise me anymore. They simply say, ‘Wow’; this is especially true of those I

“THE hardest part of this journey has been being consistent with continuing to work out and focus on the food intake even when your results aren’t coming in immediately.”

haven’t seen in a long time. They are amazed and ask how I did it. If you want to lose weight too, honestly just get out there and do it. Start somewhere, anywhere. Start by changing little habits, those little habits will eventually make it easier for you to include even more habits and then you’ll start seeing results and you’ll feel amazing. Take control now. I wish I’d done it sooner but I’m so glad I eventually did.”

Lisa has had four operations so far to remove excess skin. She is due one more this April



Sixty three kilos and a mass of excess skin later...



TEEN'S TITANIC Transformation

THE once titan of a 10-year-old is unrecognisable now at a healthier 87kg teen.

THESE images show the dramatic transformation of a 190kg 10-year-old boy who transformed into a slimmed down teen after shedding over 107kg.

Indonesian student Aria Permana made headlines around the world due to his weight as a 10-year-old back in 2016, and has now posted the before-and-after shots of himself on Instagram, where he has 350 000 followers. Reports say the boy, who hails from the regency of Karawang in the south-western Indonesian province of West Java, weighed 190kg as a 10-year-old. With the guidance of Indonesian bodybuilder Ade Rai and a group of health professionals, Aria has reportedly managed to shed around 107kg. The youngster also accompanies his strict training regimen with a healthy diet and medical treatment, and he now weighs 83kg, according to his Instagram post.

Aria's father Ade Somantri said that medical treatment, diet and a strict exercise routine helped his son lose so much weight.

“Aria managed to lose weight through bariatric surgery, diet and regular exercise. For me, they are all good and supportive of each other.” Media claims that the boy will undergo surgery later this year to remove his excess skin after so much weight loss. The youngster's story was widely circulated on social media and many Indonesians are said to be drawing inspiration from it to help them get into shape.



Ade Rai with Aria Permana now



MORE THAN FACE VALUE

RHONDA became a make-up artist after a tumour began taking over her face.

IN 1995, Rhonda Manring, now 27, from Virginia, USA, was diagnosed with neurofibromatosis, a genetic condition that causes benign tumours to grow along the nerves – it was her sister, Rebecca, who noticed it and pointed it out to their mom. There wasn't much doctors could do about it as they thought surgery would do more harm than good, due to her only being two and a half years old at the time. Walking out among the public has often been a negative experience for her, with parents pulling their children away from her to avoid them 'catching' her condition.

But despite her negative experiences and being constantly stared at by strangers, Rhonda has remained positive in her attitude and was always considered 'bubbly' by nature. As she grew older she developed a love of make-up, which motivated her to upload tutorials on Facebook and Instagram where she has amassed over an impressive 9 000 followers. Her social media community has helped her embrace her condition. She now wants to raise awareness of neurofibromatosis through her love of make-up to show that it is not a contagious condition and that everyone is beautiful despite society's perception of beauty. "My older sister noticed my neurofibromatosis and pointed it out to our mother; she immediately took me to the doctors," Rhonda says. "When I was diagnosed there wasn't



Rhonda as a baby



Rhonda pictured when she was a child as the tumour started to grow on her face

much they could do that would help; it would have done more harm than good doing surgery back then. I went through a lot when I was little, including breaking my legs a total of five times each and wearing a halo to try and make my right leg grow. I kept to myself throughout my years in

school; I had a few good friends who are still by my side today and have loved and supported me. I've always been a bubbly, outgoing person who loves life. The reaction from others would be mainly staring. It still happens to this day, or parents pull their kids away as if they can catch it. I'm a make-up enthusiast; I love being able to go into my make-up room and just create different looks." Neurofibromatosis type 1 (NF1) is a condition one is born with and is the more common type. In most cases, the skin is affected, which causes symptoms like pale, coffee-coloured patches (café au lait spots), soft, non-cancerous tumours on or under the skin, clusters of freckles in unusual places (such as the groin, armpits and under the breast) and problems with the bones, eyes and nervous system. NF1 is caused by a faulty gene, which leads to uncontrolled growths (tumours) developing in the nervous system. In half of all NF1 cases, the faulty gene is passed on from a parent to their child. Only one parent needs to have the faulty gene for their child to be at risk of developing the condition. There is currently no cure for NF1;

THE toughest part of my journey was learning that people will treat you differently regardless of who you are on the inside.

treatment often involves regular monitoring and treating any health problems as they occur. Rhonda describes what it's been like to learn from her experiences.

"The toughest part of my journey was learning that people will treat you differently regardless of who you are on the inside," she says. "I have always been a bright confident person. I don't remember ever not being confident. My condition hasn't affected my love life either; I don't chase love, I let it find me. My friends and family are proud of me and have always said, 'She is such a strong person for having to go through everything she has been through.' Don't worry about how society thinks you should look, society is wrong; everyone is beautiful inside and out. I'm glad I have the life I have. I wouldn't trade it for anything."



FOR MORE REAL LIFE VISIT
WWW.PEOPLEMAGAZINE.CO.ZA

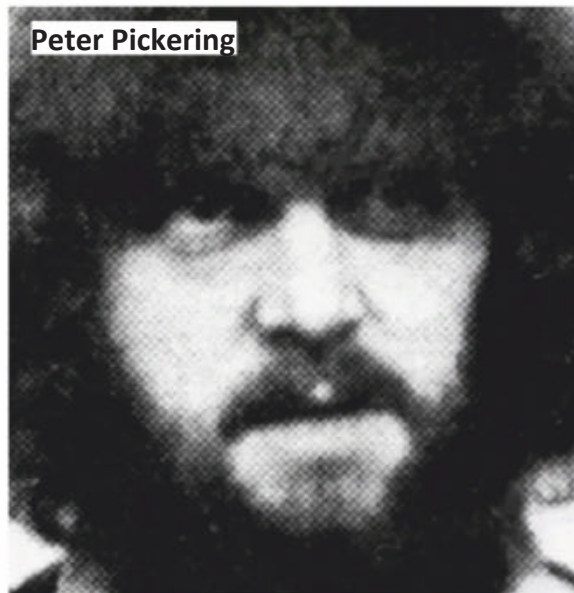
THE BEAST OF Wombwell

VERDICT
BY WALTON GOLIGHTLY

HE spent the last 46 years of his life locked up in a psychiatric unit with little possibility of release for one murder, but police believe there were other victims.

ON March 25, 2018, 80-year-old Peter Pickering died in a psychiatric unit in Berkshire, England. Dubbed the 'Beast of Wombwell', Pickering had spent the last 46 years of his life locked up for the murder of Shirley Boldy, 14, in 1972. After his death, police revealed that Pickering, who had a long history of attacks on young women, was being questioned in relation to the

unsolved murder of Elsie Frost, 14, who was killed in Wakefield in 1965 as she walked through an underpass beneath a railway line. Shirley Boldy was heading back to school after her lunch break on July 13, 1972, in the South Yorkshire town of Wombwell, near Barnsley when she was abducted by Pickering. Then 34, he was three times her size – Boldy had no chance of fighting him off. After throwing her into his van, Pickering tied her up and raped her before driving to a remote area in a nearby village. Here, workmen witnessed Pickering stabbing Boldy with a knife. He fled in the van before they could intervene, but they got the van's number plate. When questioned, Pickering confessed to the crime.



Peter Pickering



Shirley Boldy



Elsie Frost

at least five times with enough force to pierce her heart. In 2015, West Yorkshire Police reopened their investigation. In due course, detectives found multiple storage boxes in a rental garage in Sheffield in South Yorkshire. Inside were a number of letters, diaries and documents belonging to Peter Pickering. The contents of the documents, reported the *Guardian*, led police to believe Pickering 'had a long-held desire to commit violent offences against young girls'. One letter told of a sexual attack on an 18-year-old girl just weeks before Pickering murdered Shirley Boldy. Police managed to track down the woman, who was in her 60s, and discovered she'd been attacked and raped by Pickering in June 1972, but had never reported the assault.

“THE man was such a nasty, nasty piece of work.”

Detective Superintendent Nick Wallen, who investigated this case, said, “His victim has had to live a lifetime of knowing that Pickering, while not at large, had not answered for the dreadful and terrifying ordeal he put her through on that evening.” On March 21, 2018, Pickering was found guilty of the rape at Leeds Crown Court. Appearing via video-link from his psychiatric unit, he was told new mental health reports would be ordered before he was sentenced. Four days later, Pickering died. He was also a suspect in the unsolved murder of Anne Dunwell, 13, who was raped and strangled in Whiston, Rotherham in May 1964. “Peter Pickering is obviously of interest. He is potentially a serial killer,” a police spokesperson told the press. With his death came disappointment for the Frost family, who was so close to bringing to justice the man believed to have murdered Elsie. “They uncovered a monster,” Elsie's brother, Colin Frost, told the *Dorset Echo*. “The man was such a nasty, nasty piece of work.”

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

HELPLINES

People Against Women Abuse:

Telephone: (011) 591-6803
E-mail: info@powa.co.za /
Website: www.powa.co.za
Rape Crisis: (021) 447-1467 /
E-mail: info@rapecrisis.org.za
Lifeline: 0861 322 322 /
(011) 422-4242
Childline: 0800 055 555 /
E-mail: admin@childlinesa.org.za
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS): (012) 393-2107 /
(012) 393-1000
Teddy Bear Clinic: (011) 484-4554 /
Soweto: (011) 980-8160
Aids Helpline: 0800 012 322,
or (011) 880-0405
Tara Eating Disorder Unit:
(011) 535-3000

Cansacare Centres: 0800 226 622 /
E-mail: info@cansa.org.za

SA Depression & Anxiety Support Group (SADAG): 0800 567 567 /
Counsellors: (011) 234-4837

Alcoholics Anonymous South Africa:
0861 435 722

SANCA: (011) 892-3829
Gamblers Anonymous: 060 624
7140 / 071 377 2746 (Office hours)

LGBT Out Services: (012) 430-3272 /
066 190 5812

Legal Aid Advice Line: 0800 110 110
Crime Stop Line: 0860 10111

Corruption Watch Hotline:
0800 023 456

Pink Ladies For Missing Children:
072 214 7439 / 083 378 4882



ONNWEI MSHASHENI DUBE

Disappeared: November 5, 2019
Aged: 20
ONNWEI left his home in JHB Central without telling anyone where he was going and never returned.



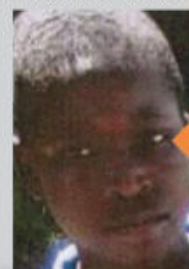
RETSEPILE KHOMALO RALITSEPE

Disappeared: October 23, 2019
Aged: 26
RETSEPILE left his home in Roodepoort without telling anyone where he was going and never returned.



ENOCK SCELO MZINYANE

Disappeared: November 15, 2019
Aged: 33
ENOCK left his home in Cleveland without telling anyone where he was going and never returned. He was wearing black jeans, a white T-shirt and brown sports shoes.



MERCY MBANDI

Disappeared: November 21, 2019
Aged: 13
MERCY was sent to the shop in Primrose and never returned home. She was wearing a red skirt, pink T-shirt and a black jacket.

PEOPLE HAS HEART
BY VANESSA PAPAS

STARTING AT *Grassroot* LEVEL

BECAUSE ordinary people, when they work together, can do extraordinary things.

NEILAN was 12 years old when he learnt he had foetal alcohol syndrome (FAS). From knee-high he had known he was different but never knew quite why. He suffered attention deficit disorder, hyperactivity, poor co-ordination, language problems and learning disabilities. Both Neilan's parents were alcoholics and his mother drank herself to an early grave, passing away from liver failure at the age of 49.

Neilan is not alone. South Africa has the highest rate of FAS in the world. The condition is directly related to alcohol consumption during pregnancy and sadly there is no reversing the damage. When alcohol enters the bloodstream of a pregnant woman, it's carried through the placental tissue that separates the baby's blood systems from hers, delivering the alcohol directly to the developing tissues of the foetus. This means that when a pregnant woman drinks alcohol, so does her unborn baby. In addition to mental delays the disorder can cause facial disfiguration, but the majority of people with FAS have no or very little physical signs.

More than 15 percent of children entering elementary school in Richmond – a town in the Karoo – suffer from FAS. Grassroot Hope is an organisation dedicated to helping reduce the risk of FAS, specifically for children born in the Northern Cape, by raising awareness about the dangers of drinking while pregnant.

After moving to Richmond to renovate and re-open a heritage hotel that stood empty for 30 years, Aubrey Williams became involved with Grassroot Hope – a 15-year-old NPO that started as a soup kitchen, but now runs programmes for

children of the area. In addition to spreading awareness around FAS, Grassroots also aims to create HIV/AIDS awareness, computer training, literacy, as well as sports and arts programmes. Sadly, a break-in last year has seen the NPO take a step backwards. Besides vandalising their kitchen and stealing thousands of rands' worth of stock for the children's meals, robbers fled with all of Grassroot Hope's donated iPads, laptops, printers and cameras.

This equipment was to teach children how to use computers and type, as well as for school projects and bursary applications.

"Grassroots has created a three-phase plan to build community awareness and trained 30 community leaders in FAS education and awareness," says Aubrey.

"We have established local FAS outreach teams in Richmond, Colesberg, and Kimberley and organise FAS awareness efforts in each community. We are implementing FAS awareness efforts among local farm workers and conducting FAS awareness presentations in the local middle and high school. Richmond in particular, has one of the highest prevalences of FAS in the world, so our Skillz Together programme teaches kids about the effects of drinking during pregnancy, how young men can support pregnant women, and how young women can get support during their pregnancies. Kids born with FAS have both mental and physical impairments, and as such become a burden to not only families, but the community at large, and eventually the government when parents die and there is no one left to support these kids."



Aubrey Williams



The team operates mainly out of Richmond Community Centre, which serves as a safe space for community action, sharing, learning and nourishment.

The centre houses a soup kitchen that provides daily nutritious and fresh meals for over 150 youths, a community garden that produces potatoes, carrots, cabbage and other vegetables for soup kitchen meals, a children's library, media room, recreational and training facilities, and health and education offices. There is also a playground for outside recreation. Life in a small Karoo town is tough, even for people with their own businesses, so Grassroots also extends a helping hand to teens, equipping them with the skills they need to help them find jobs after school.

"This all costs money and most of our time is spent begging for money. It costs us about R1.8-million a year to run the centre, and our general workers have all had to take cuts in their stipends because our budget has just not stretched as far as we thought it would. Now to cover the cost of replacing stock and computer equipment – we just don't know whether we will be able to stay open."



Grassroots started out as a soup kitchen, but now runs programmes for children in the area



Pay It Forward

TO accomplish their efforts to bring hope in the Richmond region and beyond, Grassroots relies on a very special team of citizens, volunteers and support from the charitable donations of organisations and individuals across the world. You can support their work by making an online donation, becoming a volunteer at events and/or offering your talents for fundraising, marketing and website development. For more info on the centre, e-mail info@hopeinsouthafrica.com or log onto www.hopeinsouthafrica.org.

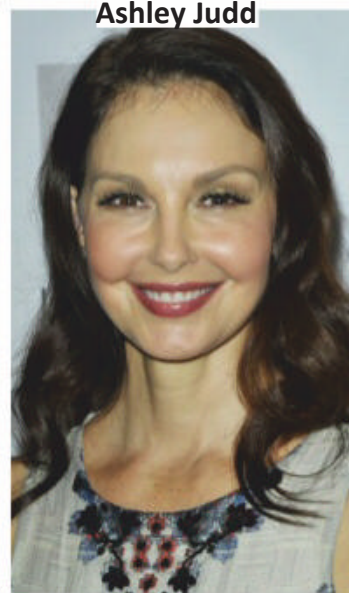
THE CATCH-UP

BY VANESSA PAPAS

Rose McGowan



Ashley Judd



ACTRESSES Rose McGowan and Ashley Judd were the first to break their silence. They accused famed Hollywood producer Harvey Weinstein of sexually assaulting them almost three decades ago. Both said Harvey forced them to massage him and watch him naked. He also promised to help advance their

careers in return for sexual favours. The revelation was shocking. Pandora's Box had been opened.

The Weinstein Company – an American independent film studio – sacked Harvey from the board with immediate effect.

Not long after, more women stepped forward, revealing their harrowing experiences with the producer. Romola Garai said that she felt violated when Harvey auditioned her as an 18-year-old, answering the door to his hotel room in nothing but a bathrobe. Asia Argento, Natassia Malthe, Daryl Hannah, Annabella Sciorra and Lucia Stoller all claimed that Weinstein forced himself on them sexually. Mira Sorvino said Harvey sexually harassed her and tried to pressure her into a physical relationship. Gwyneth Paltrow, Uma Thurman, Angelina Jolie, Alice Evans and Salma Hayak were soon also on the growing list of victims accusing the producer, with Salma revealing how Harvey had even threatened to kill her during her involvement in the 2002 biographical drama film *Frida*.

Hollywood's JEKYLL & HYDE

IT took nearly three decades, 90 brave women, and mounting pressure from countless Hollywood stars before Harvey Weinstein was finally found guilty.

"He was a passionate cinephile, a risk taker, a patron of talent in film, a loving father and a monster," she said. "For years, he was my monster," says Salma. English actress and model **Lysette Anthony** and American actress and model **Paz de la Huerta** also came forward to say **Harvey** had raped them. "It was in the '80s. We were friends and one day he showed up at my London apartment unannounced. He pushed me against my coat rack and he raped me. He was heavy and fat and I was trying to get him off and I was giving up," said **Lysette**. The incident was not isolated; **Lysette** said **Harvey** raped her a second time inside a hotel room where she was staying during the Cannes Film Festival. "I remember bumping into him and him literally waddling after me and pushing me into my little room and raping me. I blamed myself and thought in some way I must be responsible. I must've sent the wrong message."

In 2010 **Paz** (then aged 26) was at the height of her career when she ran into **Harvey** at a hotel in Manhattan. He offered her a ride home. When they arrived at her apartment, **Harvey** demanded to come inside and have a drink. "Things got very uncomfortable, very fast," **Paz** said. "Immediately when we got inside the house, he started to kiss me and I kind of brushed him away. Then he pushed me onto the bed and his pants were down and he lifted up my skirt. I felt afraid. It wasn't consensual. It happened very quickly. He stuck himself inside me. When he was done he said he would be calling me. I kind of just laid on the bed in shock."

Paz went on to say that **Harvey** threatened to destroy her career if she ever 'cried rape'.

"I MADE more movies directed by women and about women than any filmmaker did, and I'm talking about 30 years ago. I'm not talking about now when it's vogue. I did it first. I pioneered it! It all got eviscerated because of what happened. My work has been forgotten. I want this city to recognise who I was instead of what I've become."

During **Harvey's** whirlwind trial in Manhattan's Supreme Court at least another 80 women came forward, but many of the cases dated back more than a decade and were difficult or even impossible to prosecute. It also emerged that **Harvey** had reached non-disclosure agreements in exchange for money with at least eight women in order to guarantee their silence. Jurors deliberated for more than 26 hours over five days before reaching a verdict. **Harvey** was convicted of sexually assaulting former production assistant Mimi Haley in 2006 and raping ex-actress Jessica Mann in 2013. However, he was acquitted of first-degree rape and two counts of predatory sexual assault – charges that could have seen him jailed for life.

Judge James Burke ordered **Harvey** to be

Police in both the United States and United Kingdom began investigating the allegations and four months later charges of rape, sexual misconduct and committing a criminal sex act began to rain down on **Harvey**. He was arrested and released on R140-million bail – on the condition that he wore a GPS tracker and surrendered his passport. "I feel like the forgotten man," the 67-year-old said just before the start of his trial this year January. "I made more movies directed by women and about women than any filmmaker did, and I'm talking about 30 years ago. I'm not talking about now when it's vogue. I did it first. I pioneered it! It all got eviscerated because of what happened. My work has been

held in custody and scheduled a sentencing hearing, which will be taking place on March 11. The defence team has said it's appealing. Those closest to **Harvey** have yet to come to terms with the allegations.

"I was never suspicious about my husband's behaviour," says **Harvey's** now estranged wife, British fashion designer **Georgina Chapman**, who left her husband as soon as she heard what he had done.

"I had been so naïve. I was so humiliated and so broken when the scandal unfolded. I have moments of rage. I have moments of confusion. I have moments of disbelief. And I have moments when I just cry for my two children. What are their lives going to be? My heart also breaks for all the women who have suffered tremendous pain because of these unforgivable actions."

Countless Hollywood celebrities have taken to social media, reacting to **Harvey's** conviction.

"For the women who testified in this case, and walked through traumatic hell, you did a public service to girls and women everywhere, thank you," tweeted **Ashley Judd** on Twitter, while **Reese Witherspoon** wrote, "Today's historic win in the **Weinstein** trial is a testament to the bravery and resilience of the #SilenceBreakers, and a victory for survivors everywhere." **Rosanna Arquette** commented: "Gratitude to the brave women who've testified and to the jury for seeing through the dirty tactics of the defence. We will change the laws in the future so that rape victims are heard and not discredited and so that it's easier for people to report their rapes."

While the majority have applauded the fact that **Harvey** was found guilty, some have questioned why it took almost 100 women to come forward for the producer to be handed down just two guilty convictions – criminal sexual act in the first degree, and rape in the third degree.

"**Harvey's** case is a microcosm of what happens in rape cases more generally," says Jane Manning, who directs the Women's Equal Justice Project in New York. "Only a small number of reports result in an arrest. Only a small number of arrests result in a prosecution. Only a small number of prosecutions result in a conviction. The big picture of rape and society now is that only a tiny fraction of rapists will ever be brought to justice."



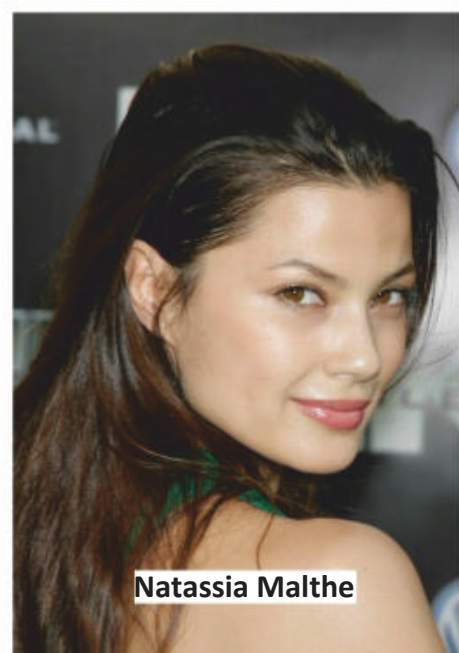
Daryl Hannah



Salma Hayek



Gwyneth Paltrow



Natassia Malthe



Mira Sorvino



Inside ‘MOFFIE’

BOOTCAMP

WE reveal what training the actors in SA's latest cinematic offering went through to be film-ready.

MOFFIE premieres in South African cinemas on March 13, but the locally produced film has already played at several international film festivals, including its world premiere at the Venice Film Festival, to great critical acclaim. As director Oliver Hermanus' new feature film *Moffie* is a story based on the memoir of the same name by André-Carl van der Merwe. It's set in 1981 in apartheid South Africa, and sees a young conscript to the army battle to acclimatise to – and

survive – compulsory service. *Moffie* stars Kai Luke Brümmer, Hilton Pelser, Matthew Vey, Stefan Vermaak and Ryan de Villiers, all of whom put in stellar performances in this eye-opening, frequently harrowing telling of a dimension of this country's past that is often buried not only in the pages of history, but in the psyche of countless South African men who endured conscription.

Kai Luke Brümmer gives a masterful performance as Nicholas, an 18-year-old new arrival at an army boot-camp literally

in the middle of nowhere to start his training. Ironically, whilst the 'enemies' the boys are taught to fear are communism, the 'swart gevaar', and those who sympathise with the majority, Nick and his fellow soldiers find out that the worst enemy is the system into which they have been dragged.

The goings on at the camp are truly nothing short of brutal, and in any time would be classified as torture. *Moffie* is told in measured, remorseless terms. It gets to the viewer, as it should. A complete must-see.

Bootcamp Training

IN order to prepare for their roles, the actors started a physical bootcamp three months before filming, and was similar to the training that any 'troep' would have received in the army at the time, from 'skaap-dra', push-ups, and marching, to cleaning their boots, learning how to hold a rifle and eating army issue rations from their tin plates. Director Oliver Hermanus wanted them to experience it themselves before filming started. And they did.

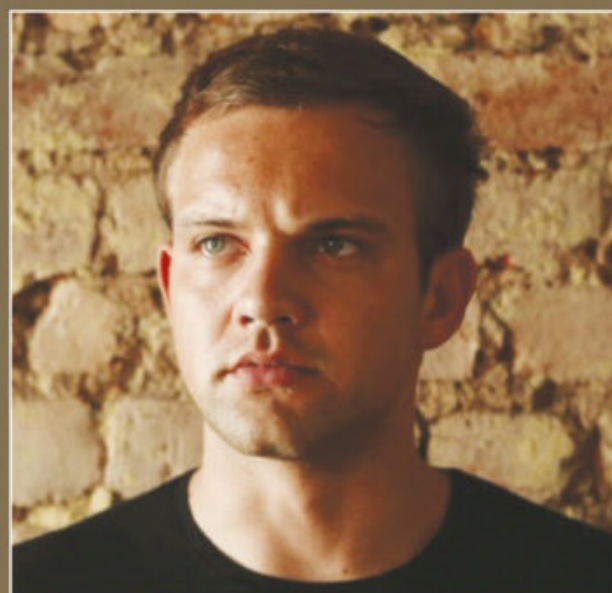
Ex-South African Defence Force Platoon Commander First Class Lieutenant Kobus 'Mossie' Mostert led the training.

And the actors took their roles incredibly seriously. Take Hilton Pelser, who plays the role of the sergeant – a completely loathsome power-weilding (some would argue) sadist. Pelser went into character when filming started and never emerged from that mindset until filming had wrapped. By his co-actors' own accounts, they never got to know actual Hilton during filming. Such was the dedication of this multi-talented team, both in front of and behind the cameras.



Former SADF Platoon Commander First Class
Lieutenant Kobus 'Mossie' Mostert





We spoke to a few of the actors about how they approached the bootcamp, and what they learned in the process.

Kai Luke Brümmer

"BOOTCAMP. I remember being quite nervous to go, thinking it would be this exhaustive process of being broken down physically. But, honestly, I had been preparing for the movie for a couple of months by the time that we started, so I didn't really feel the physical exhaustion. The part that I did feel was the banality of the marching drills, the frustration with being told what to do and having to follow orders blindly, and of course the discomfort of sleeping in close proximity with strangers. It highlighted for me the freedoms that we, the 'Born Frees', sometimes take for granted. We can question authority and not fear for our lives, we can talk about things like toxic masculinity and engage with racial politics. We are, in essence, 'void' of the apartheid regime, but at the same time shaped by it. Bootcamp for me was less about the physical and more about the mental indoctrination of the army. It definitely highlighted for me how different my father's and my generation are, but at the same time how similar we are. On a lighter note, it also highlighted that I am too old to be sleeping in random public spaces!"



Wynand Ferreira

"I REMEMBER the stories that my uncles and step-father would tell about their time during basic training. They described the intensity of it, and that some of the guys became slightly unhinged due to the brutal nature of how they were trained. Mossie, who served during that time

and was responsible for our training, greeted everyone with a warm smile and a part of me felt like this wasn't going to be that bad. Then his demeanour changed, and his tone became cruel, harshly barking orders, and we all scattered to do what he said. 'Julle het twee minute om julle overalls aan te trek en aan te tree!' He called us every name in the book, and 'moffie' was no exception. Even though I knew this was done for a reason, and it wasn't personal, I couldn't help but feel broken down by his words. The experience was such a distinctive one, which created a strong separation between the world of the actor, **Wynand**, and the world of the character, **Snyman**."



Shaun Chad Smit

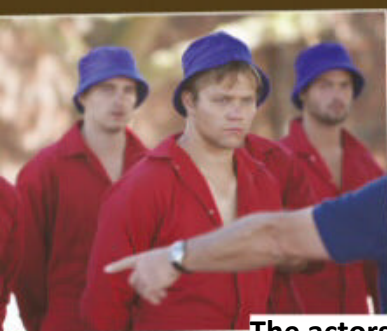
"WHEN I heard we're going on a bootcamp my heart stopped, the stories I've heard of army training or even just other similar bootcamp experiences was not something I ever imagined myself in. Ever. We received an e-mail saying it would be sometime over a period of two weeks, but also rehearsals were scheduled at the same time, I was confused and scared, I scavenged the mail for more clarity [but didn't find much]. Were we going to be drilled to death for 14 days? I couldn't see myself surviving this time. We received our attire for the bootcamp, and mine was way too small; I squeezed myself into it and immediately knew that sit-ups and push-ups are going to be more difficult (although I trained really hard in the weeks prior). And I was right, grass burns and material eating my skin was the first level of discomfort. No showers, no soft bedding or fluffy pillow or privacy. I rinsed my armpits, face and feet in the basin before

bed that night, not sure if I was allowed to, but I was willing to take the risk. I was fine with the canned food we got – it was absolutely disgusting, but I knew my body needed energy and so I had to feed it – at least we could

eat in the shade. I just ate enough for my body to be fuelled enough for the next few hours – the taste was awful. The PT was not so bad, I felt good about it and stayed in the middle of the pack most of the time. But I was very excited to take a shower and put on comfy clothes when it was all done, overlooking the ocean from my apartment's balcony with the fan on full blast. Oh, and [drinking] some ice-cold lemon water!"

Who Is Trainer Kobus 'Mossie' Mostert?

MOSSIE is a former South African Defence Force platoon commander first class lieutenant. He entered the then-South West African Defence force in 1987 and underwent training in bushcraft, attack skills, small arms, automatic weapons, heavy automatic weapons, grenade launchers, mortars as well as parachuting. He was a full lieutenant in 32 Battalion when he left the military at the end of 1990.



The actors were put through a bootcamp designed to be similar to the basic training that was given to all young conscripts in apartheid South Africa



MOFFIE releases in SA cinemas on March 13.

MNANDI NEWS BY JACQUI THOMPSON

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you?

Have you received outstanding service from a place or a person?

We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

SURPRISE and Isaac came by the camp grounds in Skukuza Camp in Kruger National Park just to check with campers that everything was in order. It was wonderful to see both men so proud of the organisation they work in. I asked for a photograph of the two of them, and when posing, they insisted the Kudu kop logo take pride of place right in the centre of the pic.

Dalene Preston, Somerset West

WE recently moved house and hired the wonderful Mr Lesley Twala, who has his own moving and delivery company called

SPREADING feel-good news.

Motha Transport Services. Mr Twala and his assistants did an incredible job of loading all our items with great care and when delivering them to the new house and asking what furniture and items went where. They even asked *how* we wanted the lounge furniture placed! AND helped reposition carpets and couches when we changed our minds! Lesley offers exceptional service and value for money. Thank you.

Jacqueline, Johannesburg

I WOULD like to thank Safair for always arriving on time. I have always found them reliable and never landed late. We might be late taking off, but we board on time and it is only on the tarmac that the delay might happen. And when we take off late (again, not due to a problem from their side), they somehow always seem to be able to make up the lost time. It is also so refreshing to have great service from Safair staff both in the terminal and on the aircraft. They are my airline of choice and I like supporting a local airline that is successful.

Safair Supporter, Greenpoint

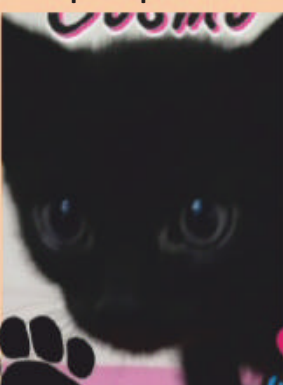
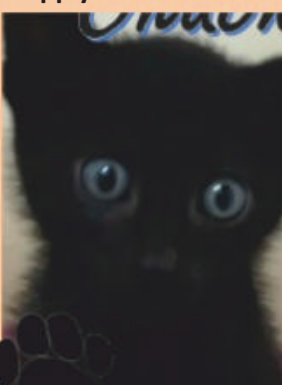



Lady

Greta

Adopt Adorable Me!

PLEASE call Wet Nose Animal Rescue Centre on (013) 932-3941 or e-mail: adoptions@wetnose.co.za, if one of us has caught your eye! Please note strict home checks and adoption procedures will apply beforehand.

Cosmo

Chucky

Peeps Of The Week

SEND only one pic to dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line and we will feature you in **people** magazine.



My little sister dreaming of being a model one day



Yanga and Sphush



My Angel... I'll always be there for you, Angel Ngcobo

Meme Of The Week

When relationships haven't been working out for you



Pet Of The Week

WE'RE sharing our favourite pet pictures with you every week! Send us a caption and your picture to gabrielleo@caxton.co.za.



Our panther Slinky enjoying the garden. Julie

10

Things You Should Be Watching Right Now!

OPEN HOMES

ON *Open Homes*, expert home and garden designers take a tour through some of the most awe-inspiring properties you'll ever see; from resort-style pavilion houses to hinterland hideaways with endless views. See on-trend interior design and even a house that floats on the side of a hill. If you're renovating, building or just addicted to looking through stunning houses – *Open Homes* is the show for you.

Catch Open Homes, Thursdays at 19h00 on the Home Channel.

FROM movies to series and documentaries, here's what's got top billing on our entertainment programme.



KINGS OF PAIN

ROB 'CAVEMAN' ALLEVA and Adam Thorn, two of the world's most expert animal handlers, have been bitten and stung by some of the planet's deadliest creatures. Journey with them to remote corners of the world as they experience bites and stings from poisonous and non poisonous creatures – gauging bites from things like a Goliath bird-eating tarantula to a reticulated python, and then ranking them on a scientific pain scale, all in the name of science!

Catch Kings Of Pain, Thursdays from March 19 at 20h15 on the History Channel.





3

1 000LB SISTERS

AMY and Tammy Slaton are morbidly obese sisters in need of medical weight-loss surgery. They run a successful YouTube channel that has been their only source of income because, with their weight, they are barely able to move around. Now, these spirited Kentucky natives are determined to shed the kilos so they can get approval for surgery and hopefully change their lives. With the help and guidance of Atlanta-based bariatric surgeon Dr Procter, can the Slaton sisters reach their goal and prove the naysayers wrong?

Catch 1 000LB Sisters, Tuesdays at 20h00 on TLC.



A QUIET PLACE PART II

IN *A Quiet Place Part II* the Abbott family (**Emily Blunt**, **Millicent Simmonds**, and **Noah Jupe**), must continue to face the terrors of the outside world as they fight for survival in silence. Forced to journey into the unknown,

they realise that the creatures that hunt by sound are not the only threats that lurk beyond the sand path.

A Quiet Place Part II hits cinemas on March 20.



CHOPPED SWEETS

CHOPPED SWEETS is a cooking competition that's all about skill, speed and creativity, where four sugar-savvy chefs compete before a panel of experts. Each round has the chefs take a basket of mystery ingredients and tasks them – with limited time and a set theme – with turning it into an extraordinary dessert suitable for any sweet tooth. Then they must survive the culinary criticisms of the judges as they are evaluated on taste, presentation and imagination. Host **Scott Conant** leads the high-energy and high-pressure competition, and in the end, only one chef will make the cut and win the grand prize.

Catch Chopped Sweets, Fridays at 19h00 on the Food Network.



6

LOVE IS BLIND

LOVE IS BLIND is a dating reality show hosted by **Nick** and **Vanessa Lachey**. In this exciting social experiment, single men and women enter a 10-day speed-dating programme, during which participants converse with each other in different 'pods' with the hope of establishing romance. The only catch is, they'll only actually see their love interest *after* they've chosen them...

Love Is Blind is available for streaming on Netflix.



TWISTED LOVE

THEY say that love makes the world go around – but in some extreme cases, this most powerful emotion can have deadly consequences. *Twisted Love*, executive-produced by **Khloé Kardashian**, explores what happens when love and affection spiral into a twisted web of extreme obsession and jealousy. From a scandalous affair between a married father and his 14-year-old stepsister to a home health care nurse who falls in love with her married, wheelchair-bound patient, these compelling cases are entangled in tragedy. Each episode follows investigators as they dissect complicated relationships between spouses, friends and family members to answer the question: Who felt a love so strong it drove them to kill?

Catch Twisted Love, Fridays at 21h00 from March 2 on Investigation Discovery.



THE INVISIBLE MAN

THE INVISIBLE MAN is a modern horror-thriller reimagining of H. G. Wells' 1897 science fiction novel of the same name. It follows **Elisabeth Moss'** Cecilia Kaas, a woman who receives the news of her abusive ex-boyfriend's suicide. She begins to rebuild her life for the better, but her sense of reality is put into question when she's given cause to suspect her deceased lover might not actually be dead...

The Invisible Man is currently showing in cinemas nationwide.



ALL THE BRIGHT PLACES

THIS Netflix Original film is based on the bestselling novel of the same name by Jennifer Niven, and tells the story of Violet Markey, (played by **Elle Fanning**)

and Theodore Finch (**Justice Smith**) who meet and change each other's lives forever. As they struggle with the emotional and physical scars of their past, they come together and discover that even the smallest places and moments can mean something. This compelling drama provides a refreshing and human take on the experience of mental illness, its impact on relationships, as well as the beauty and lasting impact of young love.

All The Bright Places is currently streaming on Netflix.

PRESS

REPORTERS fight for truth, entertainment and the ultimate scoop as two British newspapers go head-to-head in a press world fraught with scandals, under pressure from the 24-hour news cycle and constantly evolving in the digital age. This mini-series is created by *Doctor Foster* writer Mike Bartlett and stars BAFTA nominee **David Suchet**, **Charlotte Riley**, **Ellie Kendrick** and **Ben Chaplin**.

Season one of Press is available for streaming on Showmax.

10



WE'VE got all your
entertainment needs
covered.

SPOTLIGHT

EXTRAS

BY EL BROIDE

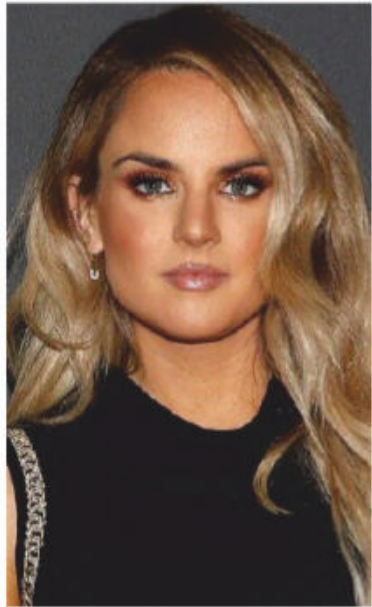
JoJo Gets Candid On Dangerous

500-Calorie Diet

WHEN JoJo was rocking the airwaves with her smash hits *Leave (Get Out)* and *Too Little Too Late* she was just 13 years old! In fact, she made history as the youngest solo artist to earn a No. 1 hit back in 2004, and was catapulted her into superstardom – which comes with its dangers. The singer is now opening up about the pressures of being a child star and the affect it had on her life.

JoJo signed a record deal with Blackground Records founder Barry Hankerson and they helped her release her debut self-titled album. But the relationship quickly turned sour and when she was 18 years old, there arose the issue of weight.

"I remember being sat down in the Blackground office and the president of the label being like, 'We just want you to look as healthy as possible.' And I was like, 'I'm actually the picture of health. I look like a healthy girl who eats and is active. I don't think this is about my health. I think that you want me to be really skinny.' He's like, 'No, I wouldn't say that,'" she shared. "I ended up working with a nutritionist who had me on a 500-calorie-a-day diet. I was taking these injections that



make you have no appetite. I was like, 'Let me see how thin I could become because maybe then they will put out an album. Maybe I'm so disgusting that nobody wants to see me in the video and they can't even look at me'."

JoJo then became addicted to drugs and alcohol before taking legal action against the label to release her from her contract. Now the singer has rerecorded her first two albums and will be dropping her new album, *Good To Know*, with Warner Records later this year.

OMG!

Friends Cast Confirm The Reunion We've All Been Waiting For!

IT'S officially happening! After months of teasing fans, the *Friends* reunion we've all been waiting for is finally coming. Jennifer Aniston, Courteney Cox, Lisa Kudrow, David Schwimmer, Matt LeBlanc and Matthew Perry have signed on to participate in a taped unscripted reunion special for HBO Max, the new streaming home of *Friends*. While this is not a reboot or a revival, the cast is excited to get together and celebrate the series that became such a cult phenomenon around the world. When it's launched, the special as we as all 10 seasons will be available on the new streaming platform. Ben Winston will direct the special and will executive produce along with *Friends* executive producers Kevin Bright, Marta Kauffman and David Crane. **Aniston, Cox, Kudrow, LeBlanc, Perry and Schwimmer** will also executive produce the special. The cast will tape the special on the show's

original soundstage, Stage 24, on the Warner Bros lot in Burbank, California. "Guess you could call this *The One Where They All Got Back Together* – we are reuniting with **David, Jennifer, Courteney, Matt, Lisa and Matthew** for an HBO Max special that will be programmed alongside the entire *Friends* library," Kevin Reilly, HBO Max's chief content officer, said in a statement. "I became aware of *Friends* when it was in the very early stages of development and then had the opportunity to work on the series many years later and have delighted in seeing it catch on with viewers generation after generation. It taps into an era when friends – and audiences – gathered together in real time and we think this reunion special will capture that spirit, uniting original and new fans." We are so excited to see what the cast and crew has been working on!



GEORDIE SHORE OGs TO RETURN FOR SEASON TWO

LAST year, former *Geordie Shore* stars **Gaz Beadle, Holly Hagan, Aaron Chalmers** and **Marnie Simpson** made their return to TV in the highly anticipated spin-off that takes a look at the original cast members' lives today – as they outgrow their party lifestyle and blossom into parents and business

people. After a popular debut season, MTV has confirmed that *Geordie Shore OGs* will return for a second season – and another original member, **Sophie Kasaei**, will be joining the cast. Insiders add that the show will uncover a difficult stage in her life. While everyone else is getting married and having babies, **Sophie** feels like she is back at square one after breaking up with her boyfriend **Jay**, and during the season fans will see her approach her 30th birthday while battling with heartbreak and trying to build up a business by herself. Meanwhile, **Gaz** has been preparing for the arrival of his second child, Primrose, who was born on December 15, and **Holly**, who recently got engaged, is moving into her dream house with fiancé **Jacob**. Finally, **Aaron** will show off his softer side as he reveals his girlfriend **Talia** is pregnant in episode one.

GRETA THUNBERG READIES HER OWN TV SHOW

CLIMATE CHANGE activist Greta Thunberg has been in the news a lot over the past few months and while the response to her activism has been mixed, there is no denying that the 17-year-old has made people sit up and listen. Now, the Swedish teen is getting her own TV show with BBC studios, allowing her to keep spreading her message. According to BBC, the series will follow Thunberg's international crusade, 'which takes her to the front line of climate change in some of the most extraordinary places on earth, as she explores what actions could be taken to limit climate change and the damage it causes'.

Greta will also explain to viewers why the global temperature rise needs to be limited to 1.5 degrees, and we will see the activist meet with political leaders and business titans as she explores the scientific evidence and challenges them to enact change. The show will also have a personal aspect to it and will look at Greta's journey into adulthood, featuring

Pearl Thusi and Kate Liquorish

Speak About Going Sono

PEOPLE
EXCLUSIVE

BY MICHAEL SEKHU



NETFLIX put together a cast of some of the best talent SA has to offer for its first African original drama, *Queen Sono*. Directed by Kagiso Lediga and shot across 37 different locations on the continent, the series sees Pearl Thusi in the lead role as the title character and British-South African actress Kate Liquorish as Ekaterina. Recently we sat down with the two leads to chat about the training they got for the show, challenges they faced and the perks of working with Netflix.

Your characters do a lot of fighting on *Queen Sono* – was there any specific training that you had to go through for that?

PT: Yes, we did, for my fight scenes and hers as well. It was intense, a lot of training just to turn up. We did cardio; there was a time when my body was completely sore. There was a lot of choreography; first they'd teach us how to throw a real punch but on camera – it's not actually how you punch, there needs to be an angle and you don't punch the same way. There was a lot of technical stuff we had to learn over and above toning our bodies and getting them ready for the type of action in the series.

KL: It messes with your mind because someone teaches you how to punch and hit hard and then you have to unlearn that because you have to miss while filming. We were training for two hours a day, an hour to two with a personal trainer and an hour with an MMA fighter.

Kate, you sound fluent in Russian: is it something you already knew or did you have to learn it?

I got a woman who teaches English to Russians and I got her to flip it around and then teach me to speak Russian

and I learnt it fanatically. I would break up every word, she'd say it to me and I'd break it down phonetically – how it sounds – and then learn it like that.

Which aspects of your character were the most challenging for you?

PT: For me were the night scenes because of the weather and the cold. The physical side was the most challenging for me.

What are you hoping the viewer will take from the series?

PT: I hope that they are inspired, especially women. I'm talking about women who are not born in an environment where it's conducive for them to become who they choose to be. Our women are not offered an easy opportunity to become their greatest self and defies all of that. I hope that this message comes across around the word.

KL: I think these are female characters that everyone will resonate with, sometimes for the good reasons and sometimes for the wrong reasons. They all facing their different challenges but all have beautifully written. There's something for everybody.

What was it like working with a streaming giant like Netflix?

PT: For me it was extremely collaborative; the people who are behind the scenes at Netflix are secure, they are not trying to boost their ego by making staff feel like they're doing them a favour. I've been very well taken care of, I'm happy and I have a voice. Here, the world is your oyster. I felt appreciated, respected and understood.

KL: It comes down to the basics: as humans we want to be seen and we want to be heard. As actors you are making yourself vulnerable every day, that is your job. We are heart-athletes; we put our heart out on a play for everyone to just have. In those kind circumstances you need to feel safe and you also just need to feel respected. It comes down to the little things and Netflix gets the little things.

some quiet moments as she develops the speeches that make regular headlines. "Climate change is probably the most important issue of our lives, so it feels timely to make an authoritative series that explores the facts and science behind this complex subject. To be able to do this with Greta is an extraordinary privilege, getting an inside view on what it's like being a global icon, and one of the most famous faces on the planet," Rob Liddell, BBC Studios executive producer, said in a statement.



A CSI REVIVAL IS ON THE WAY

IF you were a big fan of the hit drama series *CSI* we've got some great news for you! A brand-new revival series has been confirmed by American network CBS. Insiders reveal that the network is in talks with *CSI* creator Anthony Zuiker, Jerry Bruckheimer and the show's creative team to bring back the procedural with a new limited series, reportedly to celebrate the show's 20th anniversary. The programme ran for 15 seasons and spawned the spinoffs *Miami*, *New York* and *Cyber*. "Sources say the potential limited series will be set in Las Vegas, like the flagship that started it all," an insider shares. "As for the cast, **William Petersen** – who led the series for 10 seasons as Gil Grissom and returned for *CSI*'s two-hour series finale in 2015 – is said to be among the original stars being eyed for a possible return for the untitled drama."

There has been talk of a revival ever since 2018, but nothing was ever officially confirmed by the network. Now, things are finally coming to fruition, and fans are more excited than ever for the return of a series that once held the title of the 'most watched show in the world'.



FOR MORE ENTERTAINMENT GO TO
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WE chat to musicians
making waves in the SA
music scene!

SPOTLIGHT INTERVIEW BY EL BROIDE

Off The
Record With

LOCNVILLE

LOCNVILLE, South Africa's favourite pop duo, is celebrating a decade in the music industry this year. The group released their debut album *Sun In My Pocket* in 2010 and continues to change the local music landscape with their unique approach to sound. Currently working on another album, and with an EP out in February highlighting some of the upcoming material, **Andrew** and **Brian** chatted to us about their return, their new music, and other expectations...

How does the creation process for a new body of work begin for you?

Everything starts with inspiration. We need to be feeling like there's something we want to create, otherwise we're just wasting our time. The music-making process then starts, and when we find the right beat, we start to write the rest of the tune.

You dropped *Tribes & Angels*, your new EP, in February. What prompted you to go the EP route instead of jumping in with an album?

We liked the idea of an EP because you're a bit more freed up in terms of direction and, because they're shorter, you can spend more time on less tracks and get it out as soon as it's finished. We were still making the tracks on the EP right up until the last moment to submit, which keeps it fun and current for us.

We really enjoyed the lead single *Little Less Liquor*. Talk to us about the inspiration

behind that track.

The track sounds like a party one but the content is a little more contemplative. The hook is basically describing the idea that a girl just wants to party with you and that's all she wants, then coming to the realisation that oftentimes people want something much more than that.

You named your EP after your latest single *Tribes & Angels*. What makes this song the perfect banner for the project?

We feel like it encapsulates how everyone is feeling right now. The saying 'tribes rule the earth and angels rule the heavens' feels really relevant right now because the world is a crazy place to live in and it can be scary at times. But, there is the balance of having angels looking out from above, and that there is a lot of good out there. We think that's a good metaphor.

You worked with Muzi Mnisi on the track. What was it like?

To date we've never [actually] met. A friend of ours showed us the original track a few years back in California. We instantly fell in love with it and knew we had to do something with it. We reached out on social media and **Muzi** really came to the party. We think we've made something really special with this one, keeping in line with the original but making it fresh.

The EP includes a whole bunch of collaborations. Locnville has never been afraid of collaborating but what

drew you to all these?

We can't even say we were specifically looking for anyone on the features. We had most of the songs written up already, sometimes with no gap for a feature. But the more we listened to it, the more we thought, "Maybe this person will work here." So we cut some of our sections out and sent it around and what they sent back felt so correct for the record. Having **Gigi Lamayne**, **Apple Gule**, **Anica Kiana**, **Ameen Harron** and **Max Hurrell** really consolidated the whole project.

Now that the EP is out, what can fans expect in the future?

We will be dropping a full-length album this year, so stay tuned on all that. We can't wait to share even more music with you guys this year.

Brian, you recently announced that you're going to be a dad! Congratulations! How are you feeling?

To be honest, at first the news was a bit of a shock and I went through a wave of emotions – but when we went for the first scan and we could hear the heartbeat and see him, all fear went away immediately. Now there's nothing but excitement for everything to come. Simone is doing really well and she couldn't be happier. She's been absolutely amazing throughout the whole process so far. Of course, she's always still wanting to run around and work, so I'm just trying to get her to put her feet up and relax!

RARE SELENA GOMEZ

★★★★★

AFTER a long hiatus pop star **Selena Gomez** returns with her third solo album *Rare*, with tracks like *Lose You To Love Me* and *Look At Her Now* establishing a tone that sees her ditch the empty radio bops for something a little more concrete. **Selena** knew that if she wanted to make an impact with her new music, she had to be



vulnerable and her unapologetic approach to the lyrical content on this has helped her craft one of the best pop records the world has seen in a long time. Her confidence shines as she blends dance synths with soft mid-tempo beats to create something unique, and while she's never been the best vocal artist, she knows how to use her instrument and commands attention from listeners.

El's Favourite Track: People You Know



MUSIC TO BE MURDERED BY EMINEM

★★★★★

THIS year started off on a great note as rap legend **Eminem** dropped his surprise comeback album, following the negative reviews for the previous *Kamikaze*. Together with a long list of collaborators including the likes of **Skylar Grey**, **Anderson Paak** and **Ed Sheeran**, **Eminem** releases another dark and heavy project – as the title suggests – and touches on topics like drugs, violence, mental illness and gun control. While he may have pushed the envelope a little too far at points, he's certainly made an impact with this new material.

El's Favourite Track: Those Kinda Nights (Feat. Ed Sheeran)



THE RETURN AEWON WOLF

★★★★★

DESPITE being on hiatus local rapper **Aewon Wolf** has also been hard at work on his new project, and has now finally released *The Return*, which blends his love of hip-hop, pop and African sounds together effortlessly to create a record that is wholly unique. The singer's songwriting has certainly grown, and the slick production has made for entertaining listening, although album does feel a bit thin and too reliant on skits, preludes and introductions, which are more of a distraction than a tool to elevate the music. Still, we're so glad the man is back with some new music.

El's Favourite Track: Cool Kids

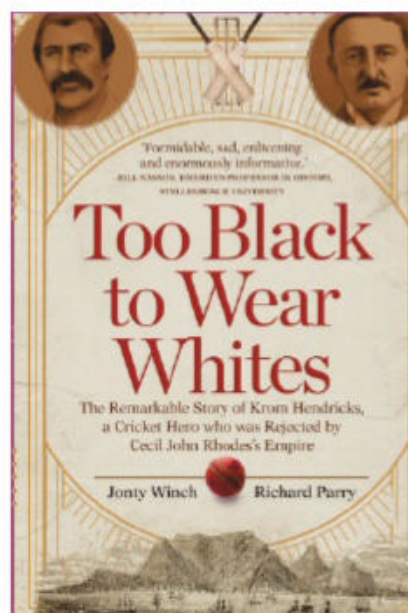
App-solutely Fabulous CHECKERS SIXTY60

★★★★★

CHECKERS is looking to take its grocery offering to the next level and is well on the way to doing this with the launch of their brand-new app *Checkers Sixty60*. The retail giant understands that life gets busy and that grocery shopping isn't the ideal way people want to spend their time. So they've created an online shopping app that sees their groceries delivered to the user's door in 60 minutes or less. With over 5 000 products to choose from, the online store is packed with necessities and the ordering process couldn't be simpler. Users pay for the products using a debit or credit card and are able to track their order with real-time GPS as it leaves the store. So, whether you're looking for tonight's dinner, drinks and meat for a braai or a quick snack, Checkers brings the store to you!



THE books you should have on your to-read list.

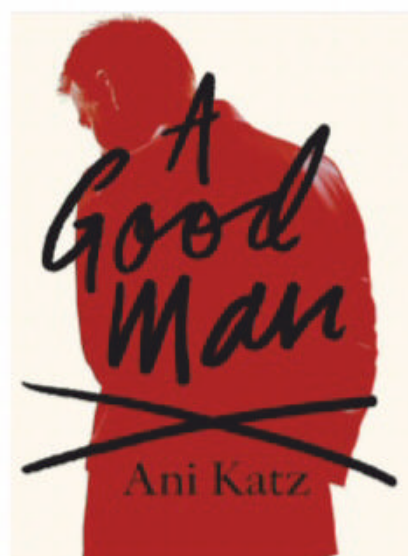


TOO BLACK TO WEAR WHITES RICHARD PARRY AND JONTY WINCH

★★★★★

WILLIAM HENRY 'KROM' HENDRICKS was the first sportsman to be formally barred from representing South Africa on the basis of race. He hailed from Cape Town's Bo-Kaap region and after doing incredibly well as a player for the South African Malay team against England in 1892, his exclusion from the 1894 tour of England was unfathomably unjust. This book documents William's tireless struggle for recognition and the public controversies around his exclusion.

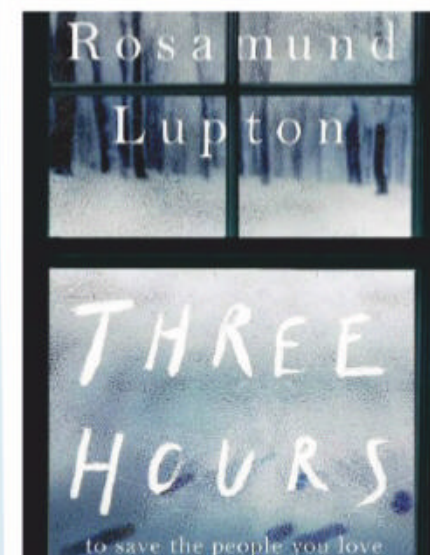
William played a massive role in the country's sporting history and this book shares more facts than ever before about the cricketer as his story is told in full fascinating and heartbreaking detail.



A GOOD MAN ANI KATZ

★★★★★

MEET Thomas Martin. On paper, he had everything he could have ever dreamt of: a beautiful wife, a loving daughter, a good house on Long Island and a flourishing career at a prestigious Manhattan advertising firm. He was a good son and brother and had taken it upon himself to support his ailing mother and adult sisters – he knew it was up to him to protect the girls in his life from the everyday horrors of the world. But then something happened... And now Thomas, who had only ever tried to be a good man, is left with the horror of his own action – an action he can't ever undo. In this thoroughly unputdownable novel of psychological suspense, we watch as Thomas tries desperately to figure out where everything went so wrong, casting himself at times a victim, at times a monster.



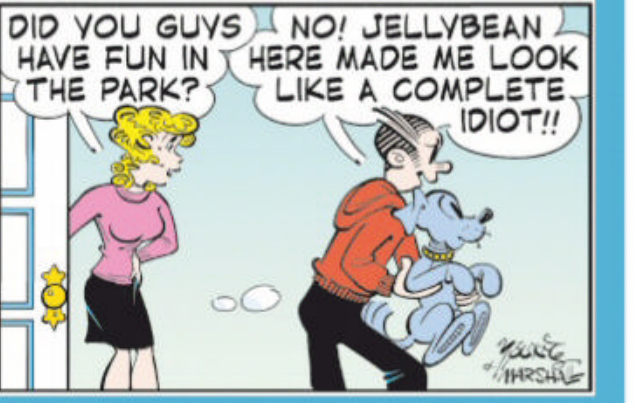
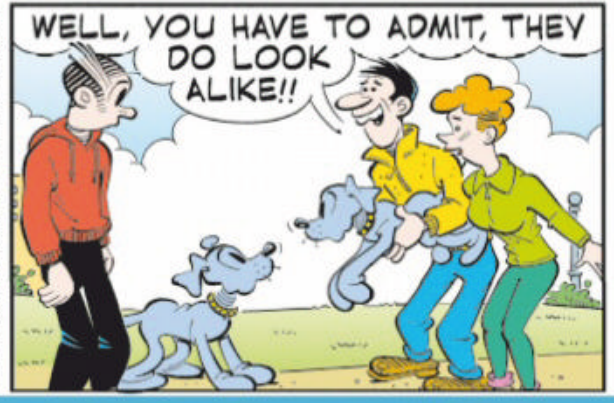
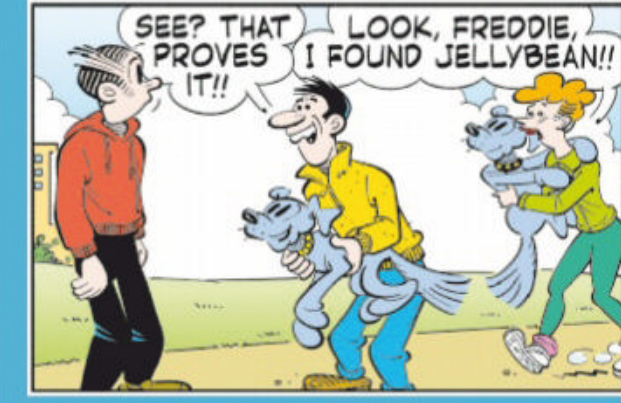
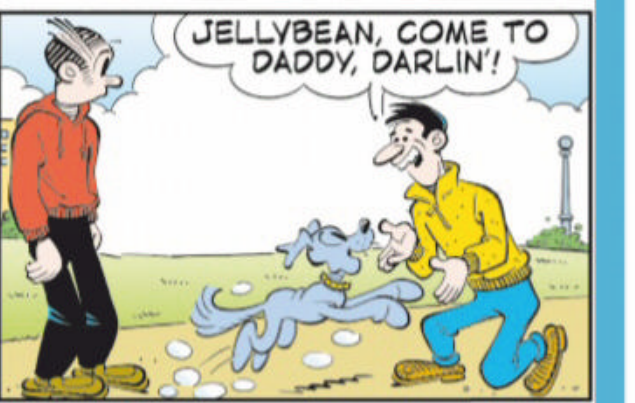
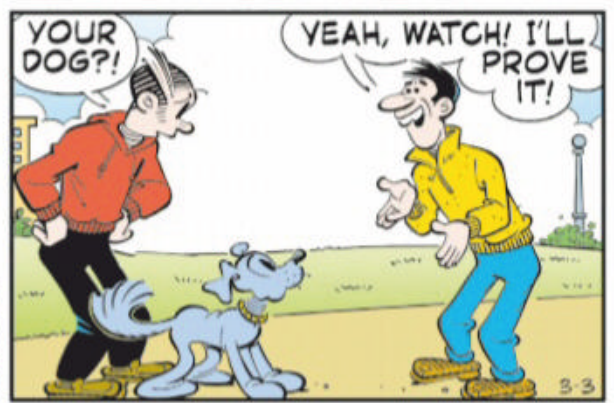
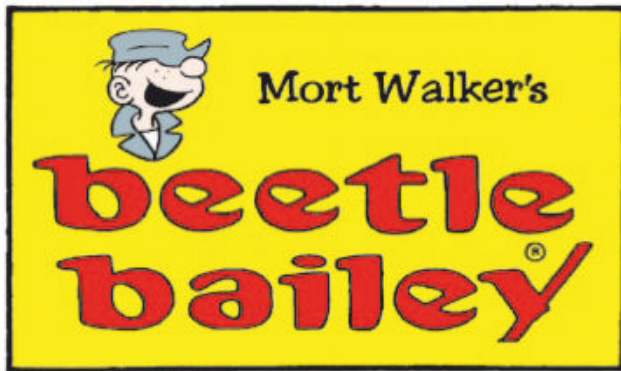
THREE HOURS ROSAMUND LUPTON

★★★★★

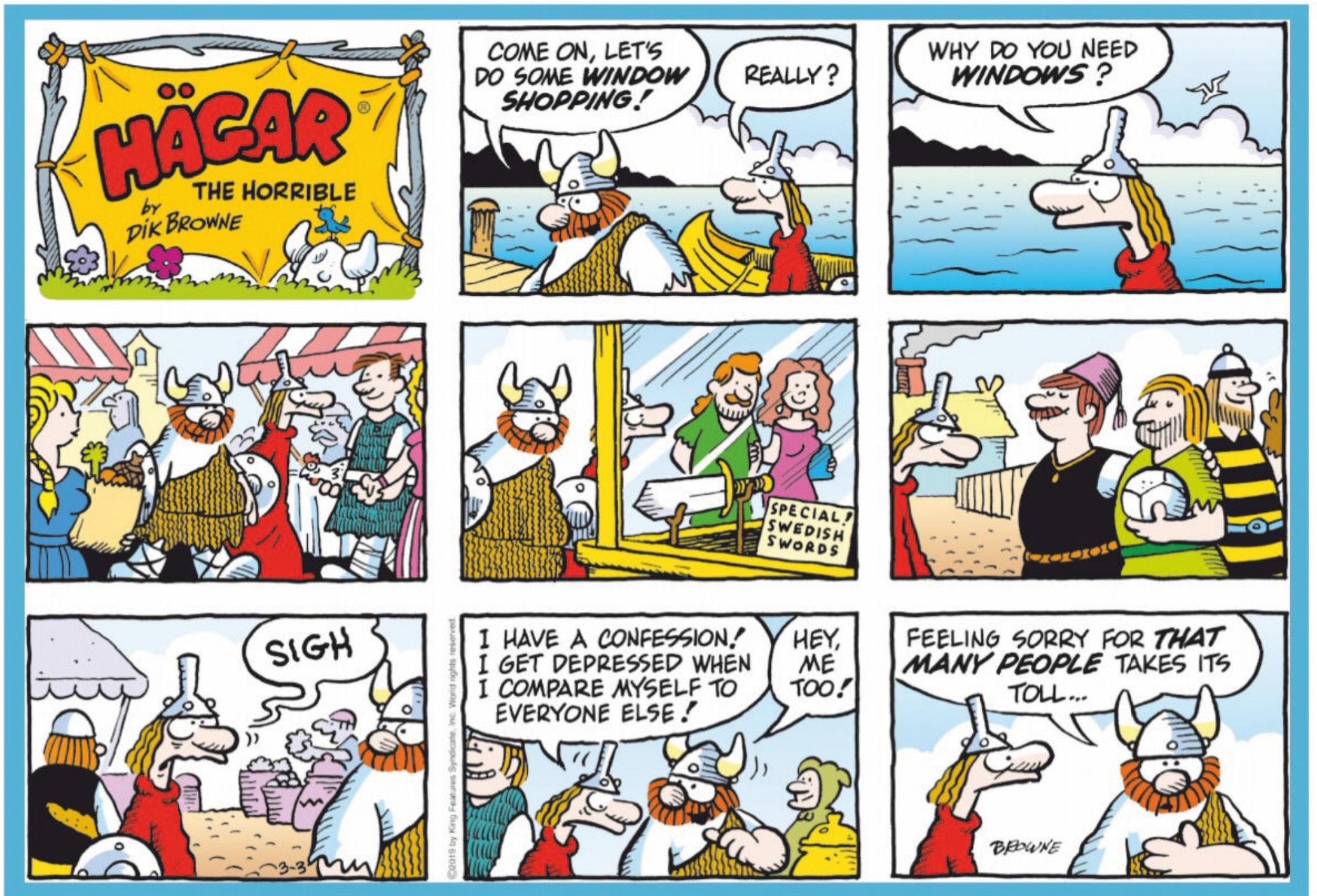
IN this shocking novel by Rosamund Lupton we're transported to a rural village in the middle of a massive snowstorm. But for the people in the village's school the storm isn't the main concern – it's the gunmen who have them under siege. As the story unfolds we're introduced to a plethora of people, from the wounded headmaster barricaded in the library and the police psychologist who must identify the assailants, to the terrified eight-year-old Syrian refugee as well as the kids sheltering in the school theatre still rehearsing *Macbeth* – all individuals who need to dig deep and find the courage to combat evil and save the ones they love. The book is incredibly suspenseful and is bound to keep you on the edge of your seat for hours. A thrilling read.

SPOTLIGHT

COMIC STRIPS

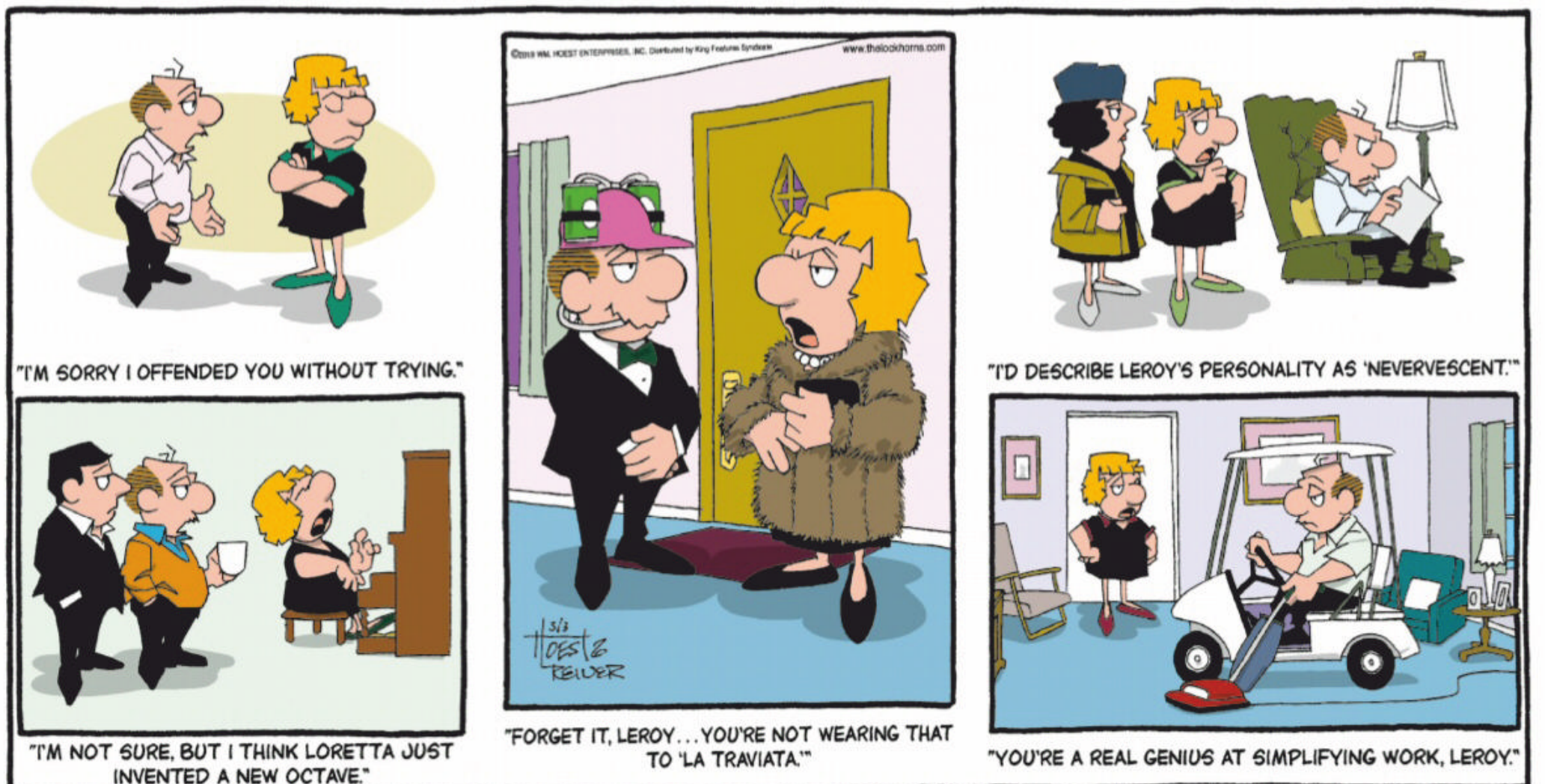


TIME to sit back and enjoy a chuckle with our cartoons.



THE LOCKHORNS

BY BUNNY HOEST & JOHN REINER



Giant Wordsearch No. 536

CAN you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.



AREAS
ASPECT
AVIAN
AWN
BEACON
BEES
BIKING
BOGS
BUSHES
CANYON
EAGLES
ELMS
EVERGREENS
EXPLORE
FAIR
FIELDS
GARDENS
GNATS
GROVES
HAZE

HIKE
HILLS
HOPS
IDYLLS
ISLES
JUNIPER
KITES
LABURNUM
LAKE
LEAS
LOCALE
MAGNOLIAS
MARSH
MILL
MOSS
ORCHARD
PALM
PARK
PATH
PINE

PLANT
PRESERVE
RAMBLING
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SEAS
SEEDS
SITE
SKI
STONE
STREAM
TARE
TARN
TIDE
TORS
TOUR
VIEWS
WALK
WATCHING
YACHTING

TV QUIZ



- True or False: season six is the final instalment *Vikings*.
- The series was written by which English screenwriter and producer?
- True or False: *Viking* premiered in 2014.
- In *New Beginnings*, which of Ragnar's sons falls into the hands of Kievan Rus?
- Who stabs Lagertha to death?
- Season six consists of a double order of how many episodes?
- Which actor stars as Erik the Red, the outlaw who helps Bjorn?
- In *All The Prisoners*, who confesses to Bjorn that he murdered Eyvin?
- In *Death And The Serpent*, who wins the election and is crowned King of all Norway?
- True or False: Season six is set in Scotland and Norway.

Vikings is available for streaming on Showmax.

CELEB QUIZ

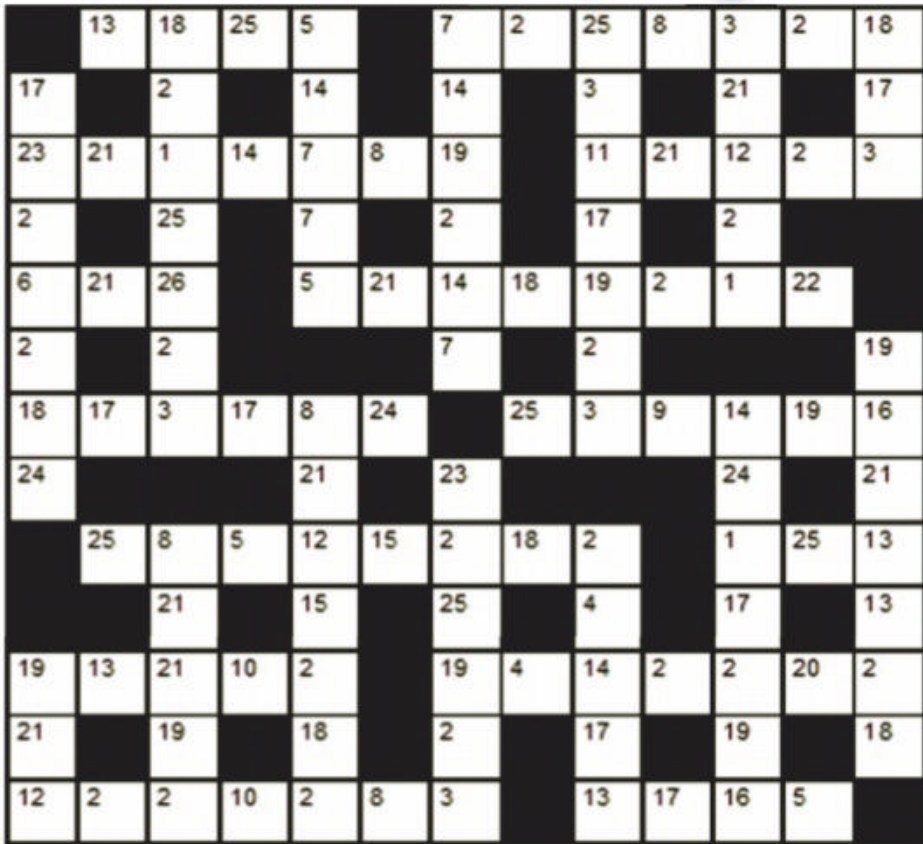
- Paris Jackson** walked in which designer's final couture show?
- What does **Robert Pattinson** hate doing for movie roles?
- Who was mistaken for a seat filler at the 2020 Grammys?
- Who did **Brandon Jenner** recently marry?
- Which South African artist performed at the Superbowl recently?
- True or False: **Tumi Voster** is pregnant with her third child.
- Which local soapie has ended its 21-year run?
- Which Hollywood actress said she felt guilty for having another child?
- True or False: Bill Gates' daughter is marrying an Egyptian showjumper.
- True or False: Queen member **Brian May** is designing sports bras.

TRIVIA

- What characteristic does Sir Nils Olav, the honorary chief of the Norwegian King's guard, have that makes him so unusual?
- What was the original name of the planet Uranus?
- What board game is it said the British royal family is prohibited from playing?
- What company is the largest tyre manufacturer in the world?
- Which Australian city once had 'Batmania' as one of its original names?
- What country, because its citizens reportedly say 'sorry' so often, passed the Apology Act, whereby the act of apologising could not be used as evidence of admission of guilt?
- Which famous painter designed sweet company Chupa Chups' logo?
- What popular condiment was once sold as medicine in the 1830s?
- Which famous cartoon character's real name is actually 'Norville Roberts'?
- A 'jiffy' is, in fact, a unit of time; what is its duration?

Codebreaker

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '12' has the letter 'W' so a useful start is to insert 'W' in all the boxes that contain the number '12'. Vowels appear at least once in a word but letters such as **X** and **Z** are few.



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

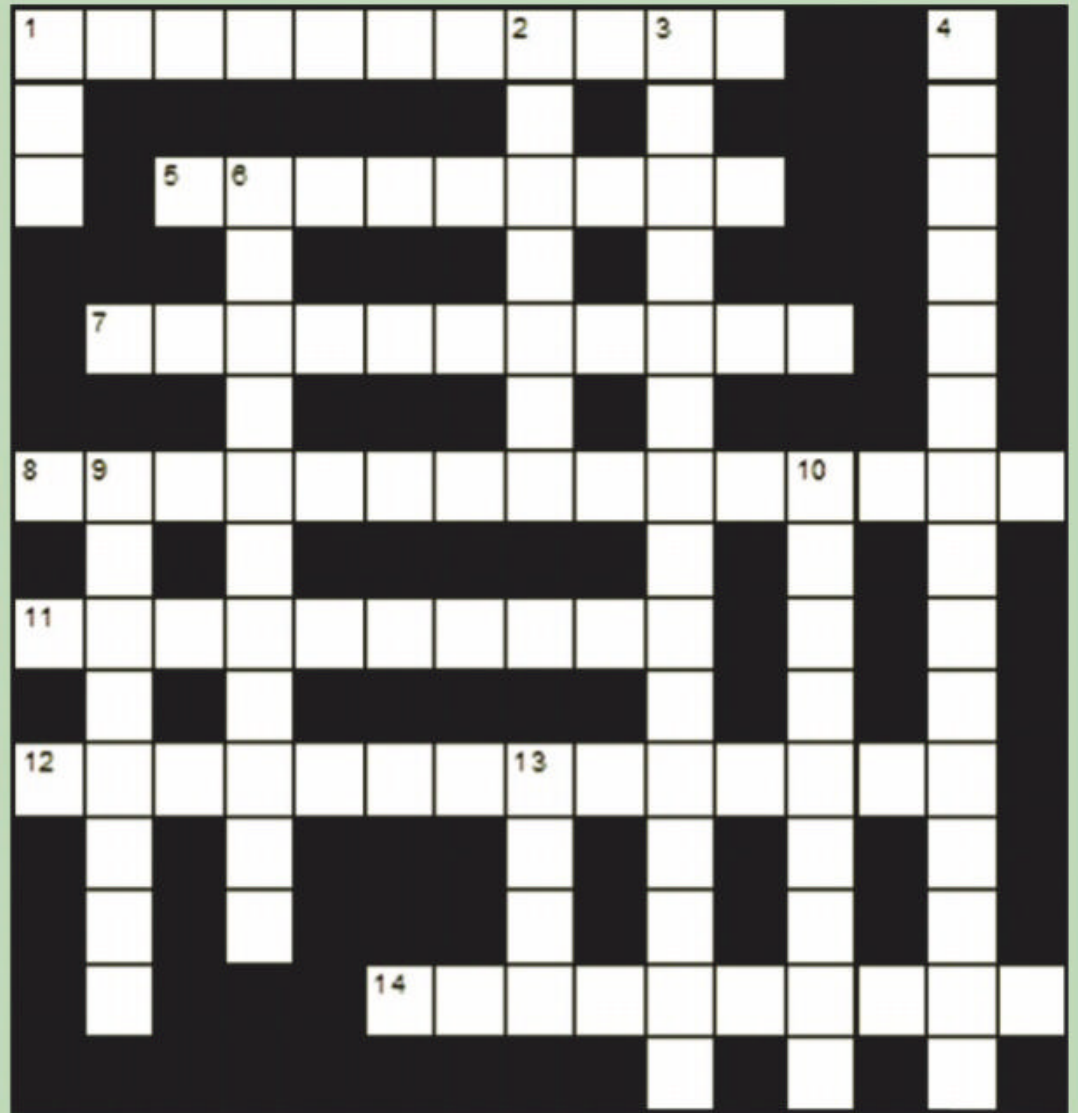
Numbersearch

WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

8	9	3	7	6	4	3	4	1	4	4	5	5	8	8
4	4	8	0	1	9	7	2	4	2	2	0	0	4	2
8	2	0	9	4	6	1	0	1	3	6	7	3	8	8
9	1	5	8	2	8	2	0	6	7	2	9	0	7	9
2	3	2	0	3	7	0	4	5	2	3	5	2	7	3
4	8	5	1	7	9	1	7	7	8	4	2	0	3	5
3	1	1	9	4	0	7	3	2	2	0	6	5	1	2
9	4	3	0	3	7	8	6	3	1	5	3	7	9	3
2	0	6	3	7	7	9	2	7	8	5	1	8	2	2
5	8	2	7	1	7	4	8	0	4	2	5	0	9	3
3	4	1	2	2	5	3	9	1	3	6	5	5	7	1
7	2	3	5	5	2	6	8	0	2	4	6	2	9	9
1	9	6	8	7	9	8	3	9	6	4	3	6	1	7
3	2	3	0	6	8	7	5	5	8	2	0	9	5	2
9	6	8	7	5	0	4	6	3	1	8	3	7	5	5

017832708	269725629	3764341445	7227387123
0178943687	2924804183	4341445588	7304
105803891	29848	4393826972	7324
1377848	30370	4610136738	75020305
2209	30850196	5519792913	9264208625
2321	3276426074	6292480418	9376434144
25212	3590107327	6312631525	
2532540730	3740024	690856079	

Celeb Crossword...



Across

- Bond girl, wife of former Beatle **Ringo Starr** (7,4)
- Academy Award-nominated actress who played Dr Ellie Sattler in the *Jurassic Park* movies (5,4)
- Brown Eyed Girl* is one of this Irish singer-songwriter's hits (3,8)
- Ava Gardner in *The Aviator* and Nurse Lt Evelyn Johnson in *Pearl Harbor* are roles played by this English actress (4,11)
- Academy Award-nominated daughter of **Goldie Hawn** (4,6)
- Marge Sherwood in *The Talented Mr. Ripley* and Virginia 'Pepper' Potts in *Iron Man* are roles played by this actress (7,7)
- The Academy Award for Best Actress was won by this actress for her role as Leticia Musgrove in the 2001 movie *Monster's Ball* (5,5)

Down

- Starsky & Hutch* star _____ **Stiller** (3)
- US actress born 'Mary Cathleen Collins', who starred in the movie *10* (2,5)
- Morgan Freeman** starred opposite this actor in the 1998 thriller *Hard Rain* (9,6)
- English actor and singer, star of the British sitcom *Some Mothers Do 'Ave 'Em* (7,8)
- Scottish singer whose hits include *Why* and *Walking On Broken Glass* (5,6)
- Actor who played lead role in the 1960s TV series *Batman* (4,4)
- Late US singer, former wife of **Bobby Darin**, played by **Kate Bosworth** in the movie *Beyond The Sea* (6,3)
- English singer-songwriter _____ **Weller**, whose bands include *The Jam* and *The Style Council* (4)

Number Crunch

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

$$\begin{array}{r}
 3 \quad \boxed{} \quad 6 \quad + \quad \boxed{} \quad 8 \quad = \quad \boxed{4} \quad \boxed{} \quad 4 \\
 \hline
 1 \quad 7 \quad + \quad \boxed{} \quad 1 \quad = \quad \boxed{} \quad 9 \quad 3 \\
 \hline
 2 \quad | \quad 4 \quad + \quad 6 \quad | \quad = \quad 2 \quad | \quad 8 \quad |
 \end{array}$$

Jumbo Crossword

NO. 527

Across

- 3. Wage increase
- 7. Sidestep
- 11. Separate
- 17. Blossom
- 18. Unadorned
- 19. Soil
- 20. Word derived from a name
- 21. Walk heavily
- 22. Sully
- 23. Liquid measure
- 24. Clothing
- 25. Takes it easy
- 26. Sea birds
- 27. Porous
- 28. Desert havens
- 29. Willow
- 30. Plants of the mint family
- 31. Old Portuguese money
- 32. Neither ...
- 33. Add spice to food
- 37. Determination
- 40. Unfastened
- 44. Horse fly
- 48. Speak pompously
- 50. Put in
- 51. Solo
- 53. Movie, ... *And Louise*
- 54. Model's stance
- 56. Actress, ... Fisher
- 58. Tree
- 59. Beetle
- 60. Laos coins
- 62. Glossy fabric
- 63. Lyric poem
- 65. English combining form
- 66. United (2,3)
- 67. Long-billed wader
- 68. Spot of colour
- 71. Church donation
- 74. Voice quality
- 75. Michaelmas daisy
- 77. Pakistani prime minister, ... Khan
- 79. Protagonist
- 80. Skin soother
- 81. Hooting bird
- 82. Simple
- 83. Before long
- 84. Incite (3,2)
- 86. County estate
- 88. Opera solo
- 89. Coral ring
- 91. Precipitous
- 94. Object of worship
- 96. Eye part
- 98. Goddess of peace
- 100. Jalopy
- 101. Bussing request (4,2)
- 102. ... Aviv
- 103. On cloud nine
- 104. Biblical land
- 105. Wife of Osiris

- 109. Scottish Highlander
- 111. Bids
- 112. Tea variety
- 113. Actor, **Keanu** ...
- 114. City in Japan
- 116. Siouan Indians
- 118. Least common
- 120. Unfamiliar
- 123. Of race and culture
- 125. Luau souvenir
- 128. Also
- 130. Kitchen fixture
- 132. Intelligent
- 134. Recipe instruction
- 137. Fire starter
- 138. Girl's name
- 139. Indian peasants
- 140. Try out
- 141. Stringed instrument
- 142. Adversary
- 143. Ticked off
- 144. Subtle distinction
- 145. Female fox
- 146. Make fun of
- 147. Single-celled organism
- 148. Famed Canadian physician, William ...
- 149. Unit of magnetic flux
- 150. Related maternally

Down

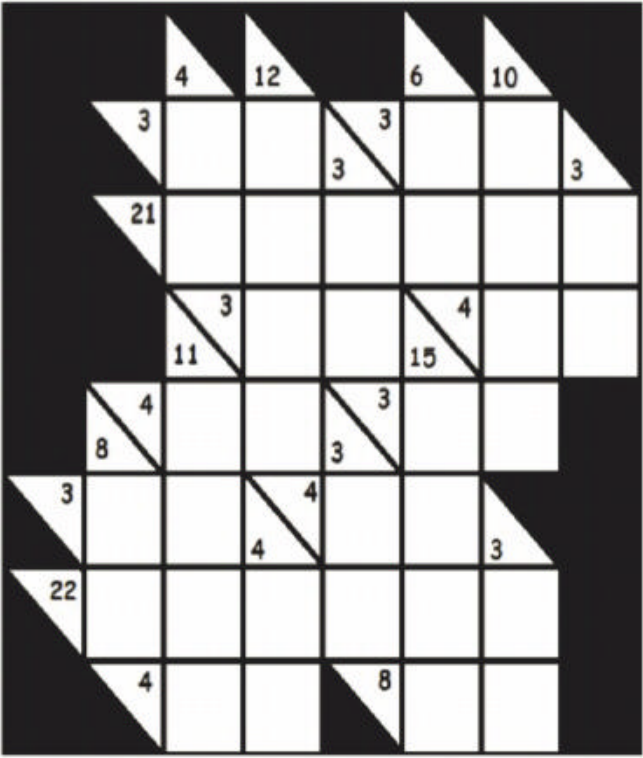
- 1. Romantic fling
- 2. Slow-moving creature
- 3. Stylishly quaint
- 4. Overdue debts
- 5. In reserve
- 6. Firstborn
- 7. Word of agreement
- 8. Aristotle of Greece
- 9. Refined
- 10. Go in
- 11. Immediately (2,4)
- 12. Be quiet!
- 13. State firmly
- 14. Fencing swords
- 15. Huge snake
- 16. City official (1,5)
- 34. Sponsorship (Var.)
- 35. Broadway hit, ... *God* (5,2)
- 36. Perform surgery
- 38. Flair
- 39. Opinion
- 41. Gift
- 42. Candidate
- 43. Historical periods
- 45. Leguminous plant
- 46. Assaults
- 47. Capital of Georgia
- 49. Barter
- 52. Beetle Bailey pooch
- 55. Lifesavers of a kind

- (5,6)
- 57. Bonanza star (5,6)
- 58. Hard to believe
- 60. Space traveller
- 61. Nonelectronic correspondence (5,4)
- 64. Whitened
- 69. ... said, soonest mended
- 70. Dromedary
- 72. Doing nothing
- 73. Swiftness
- 76. Label
- 78. Manage
- 85. Saw briefly
- 87. Stablemen
- 89. Requests (4,3)
- 90. Pearl producers
- 92. Implore
- 93. *Funny Girl* star, **Walter** ...
- 95. Supermarket section
- 97. Quick look
- 99. Actor, **Nick** ...
- 106. Greek letter
- 107. Dot
- 108. SA mountain or hill
- 110. Sparkling wine
- 115. From the East

- 117. One of eight babies
- 119. Menu items
- 121. Lettuce
- 122. Recite
- 124. Stressful situation (3,4)
- 125. Concealed
- 126. The Bathers artist
- 127. Slow-witted
- 129. Street sign (3-3)
- 130. Dry-plaster painting
- 131. Heart part
- 132. Spread about
- 133. Boy or girl's name
- 135. Poplar
- 136. Words on Wonderland cake (3,2)

Kakuru

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.

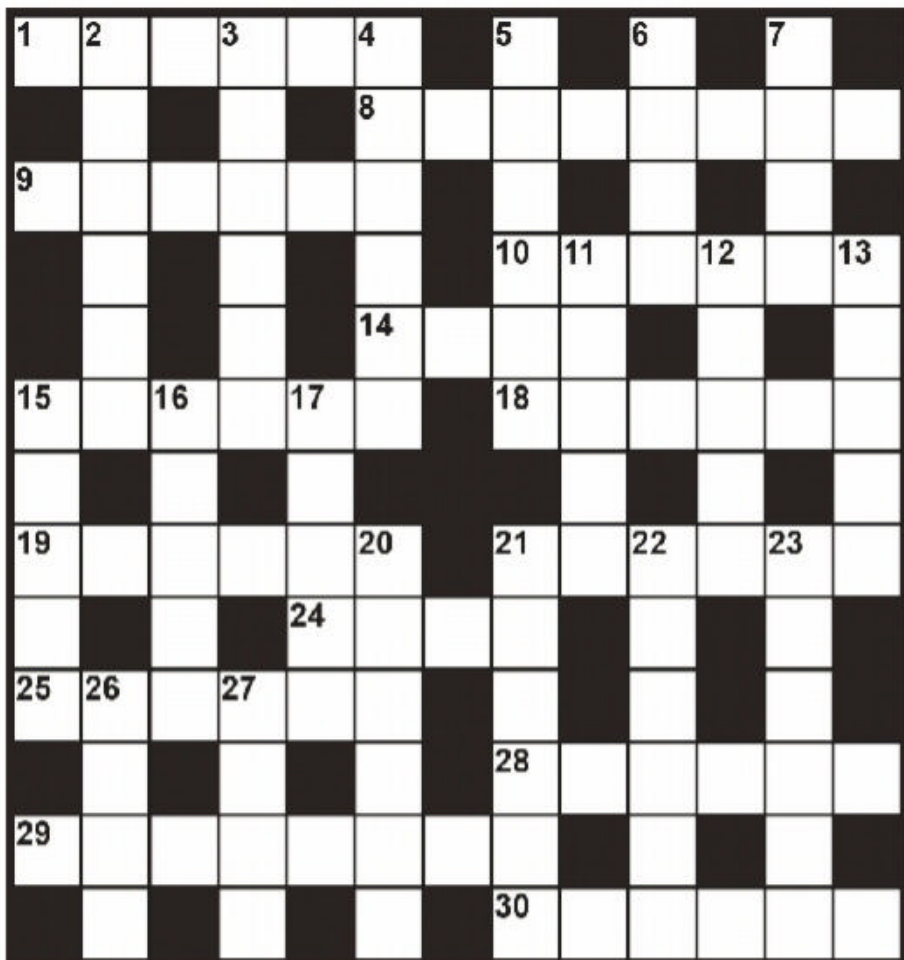


Cryptic Crossword

PUZZLES

Across

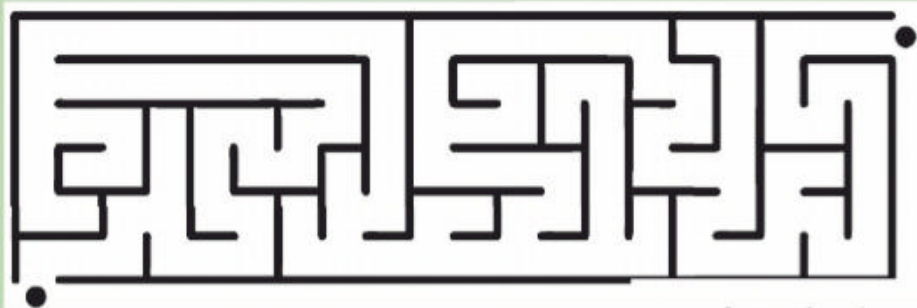
Down



1. Break one rim and look sheepish about it (6)
8. Sounds as if New York's the place for choice fruit (3,5)
9. The politician goes to the sale in search of a good specimen (6)
10. When they take time off in the Eastern plant (6)
14. Above all, rove about a bit (4)
15. When Dean joins me it manages to lower my reputation (6)
18. Sore at it turning into a raiding excursion? (6)
19. Rome in the Northern Territory? You need a wise counsellor! (6)
21. It's sad breaking an arm! It really gives you curry! (6)
24. Bail out and you'll get to a very nice island (4)
25. Here's an apple - be sure it goes to that little saint! (6)
28. Conquer the alps with ease and time will pass silently by (6)
29. Resigned to the fact that a draughtsman has taken his place (8)
30. Submits only to die in a sly way (6)

2. Make it possible to be seen in the lane (6)
3. Charge that the little devil started it (6)
4. No robe is needed for this king! (6)
5. Concurs that Reg is all at sea (6)
6. So up it goes as a numbered composition (4)
7. You shake a leg and you're stuck with the consequences (4)
11. Or ma has a certain spicy fragrance about her (5)
12. Sound mildly impatient or look for your private instructor (5)
13. Where else can you see such dances? (5)
15. 1000 Romans get rude and then hesitate (5)
16. I'm finding the sun reduces me somewhat (5)
17. Do be a brick and find it for me! (5)
20. When a tar consumes gin he becomes a different sailor altogether! (6)
21. My sire is the cause of such wretchedness (6)
22. Enlarge on what makes Ted ail (6)
23. It's all due to Sam that I'm entertained (6)
26. Sued, but in a way it's served its purpose (4)
27. It's the narrow look of this limousine that stands out (4)

KIDS MAZE



Monster Sudoku

COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.

E		C		0	8	2	4	7				3			
	3	F								8	4	1		5	A
2									0			7			9
			7		3	C	E				6	8			D
			2		9	E			1	7					8
B	0					D	1	2			9	A			
		8			5	0				6	E	F			
		1	4		7		8	A			0		6		
		0		E			6	5		9		B	8		
			5	3	1				4	0			E		
			A	F			0	8	3					1	7
	1				A	9			B	E		0			
	E		8	5				B	9	4		C			
0			D			A									B
9	4		F	7	E								D	2	
			1				D	3	E	2	5		F		4

Magic Maze

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Cornstarch
Custard
Loadstar
Mustard

Restart
Starboard
Starches
Stardom

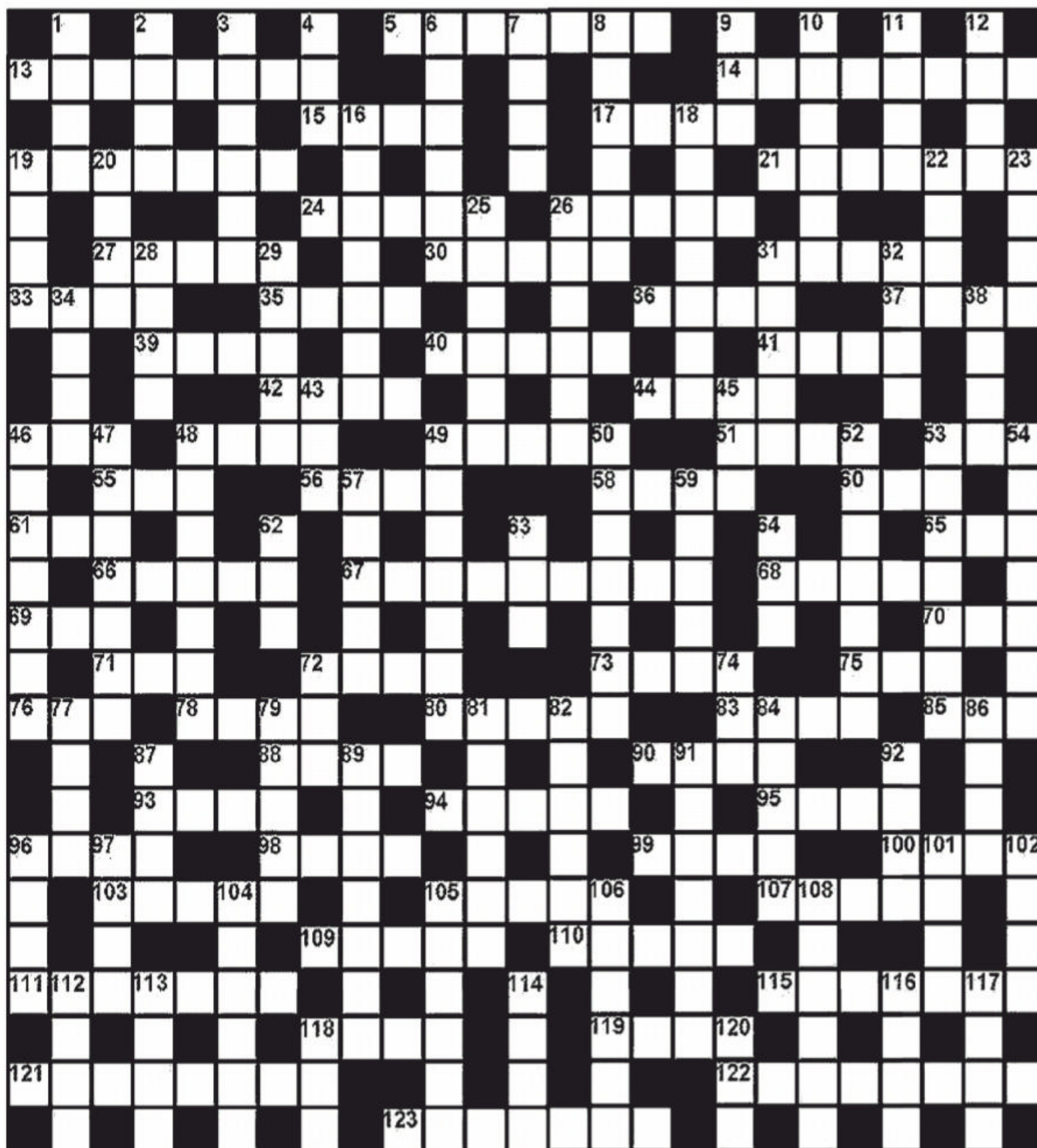
Stare
Starfish
Stark
Startle

Startup
Superstar
Upstart

BY JOHN WHIFFIN /
PICS: WWW.ELITEPHOTOAGENCY.COM

WIN R1 000

68



Down

- 1) Leave (4)
- 2) Church money-raising event (4)
- 3) Portions (6)
- 4) Painting skill (3)
- 6) Removed a fruit skin (6)
- 7) Capital of Italy (4)
- 8) Significant part (6)
- 9) Honey maker (3)
- 10) European principality (6)
- 11) Fortune (4)
- 12) To (4)
- 16) Game judge (7)
- 18) Sugar syrup (7)
- 19) Words to music (4)
- 20) Anger (4)
- 22) Urgent request (4)
- 23) Therefore (4)
- 25) Formula for food preparation (6)
- 26) Root spice (6)
- 28) Back (4)
- 29) Part of a repeating cycle (5)
- 31) Acquire knowledge (5)
- 32) Measure with the hand (4)
- 34) Roman moon goddess (4)
- 38) Grain store (4)
- 43) Second digit (3)
- 45) Donkey (3)
- 46) Hitting hard (7)
- 47) Love affair (7)
- 48) Sea fish that can run (7)
- 49) Flightless seabird (7)
- 50) Very drunk (7)
- 52) Soldier (7)
- 53) Hard rock (7)
- 54) Made to laugh (7)
- 57) Shout of success in a lottery game (5)
- 59) River of Rome (5)
- 62) Cooking vessel (3)
- 63) Pig's shelter (3)
- 64) Hat with a peak (3)
- 72) Whiskey grain (3)
- 74) Common number base (3)
- 77) Otherwise (4)
- 79) Contending (5)
- 81) Bring to public view (6)
- 82) Hold back progress (6)
- 84) Snake poison (5)
- 86) The one following (4)
- 87) Word to end a prayer (4)
- 89) Official diplomat (7)
- 91) Mean (7)
- 92) Very distant sun (4)
- 96) Ship's steering gear (4)
- 97) Destroy by fire (4)
- 101) Lower part of the face (4)
- 102) Mark of a wound (4)
- 104) Finger-shaped cream cake (6)
- 105) Brutish person (6)
- 106) Direction travelled (6)
- 108) Colour of a coward (6)
- 112) Very keen (4)
- 113) First biblical man (4)
- 114) Group of united countries (4)
- 116) Fighting force (4)
- 117) Australian ostriches (4)
- 118) Use a needle and cotton (3)
- 120) Lower limb (3)

Across

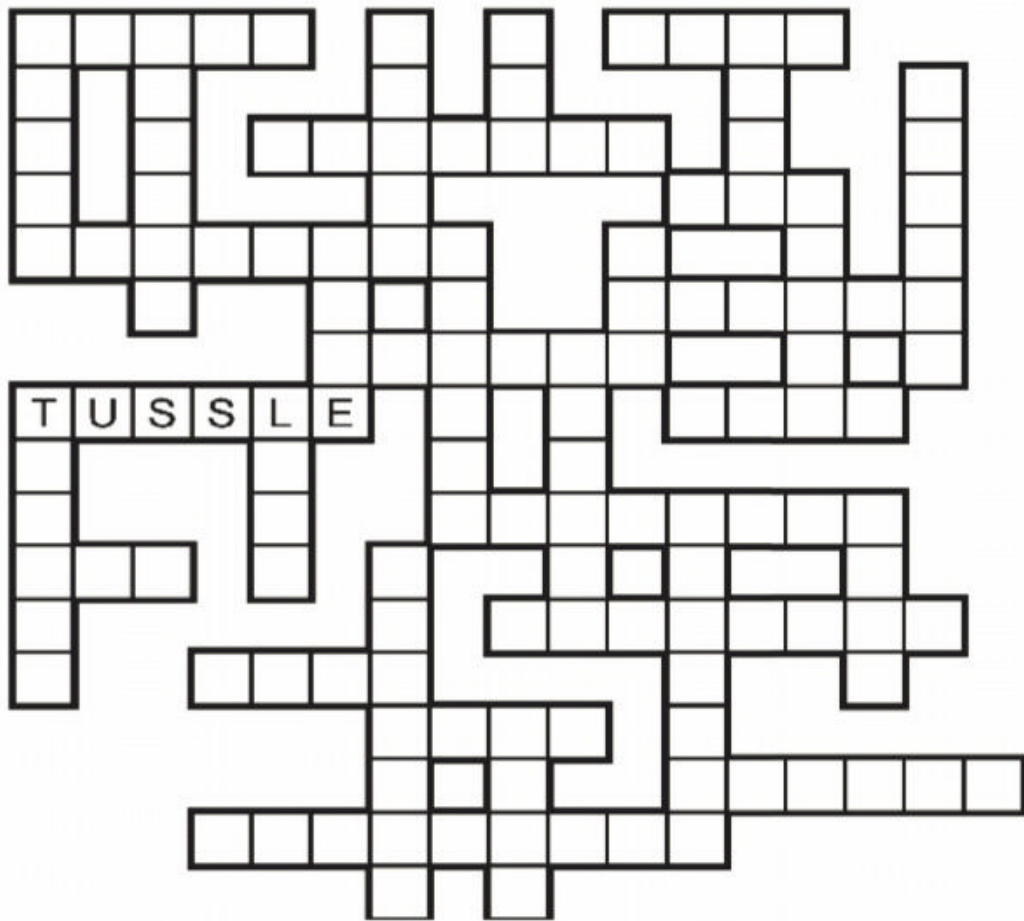
- 5) Improve quality (7)
- 13) Outside (8)
- 14) Expressed clearly (8)
- 15) Factual (4)
- 17) Betting system (4)
- 19) Extend (7)
- 21) Big gambling cash prize (7)
- 24) Present for acceptance (5)
- 26) One who makes a presentation (5)
- 27) Grip tight (5)
- 30) Spirit of evil (5)
- 31) Parasitic insect (5)
- 33) Happiness (4)
- 35) Damage (4)
- 36) Dull pain (4)
- 37) Mountain road (4)
- 39) Length by breadth (4)
- 40) Funeral hymn (5)
- 41) Largest continent (4)
- 42) Tread on a stair (4)
- 44) Damage by using (4)
- 46) Place to get a drink (3)
- 48) Meal of boiled meat (4)
- 49) Gem from the ocean (5)
- 51) Ice crystal flakes (4)
- 53) Have possession of (3)
- 55) Female reproductive cells (3)
- 56) Woodwind instrument (4)
- 58) Prepared foodstuff (4)
- 60) Natural gas (3)
- 61) Add together (3)
- 65) Section of a circle (3)
- 66) Sound recording (5)
- 67) Late-opening entertainment centre (9)
- 68) Protective kitchen garment (5)
- 69) Charged atom (3)
- 70) Sick (3)
- 71) Metal drink container (3)
- 72) Unleavened bread (4)
- 73) Put into sequence (4)
- 75) Frequently (3)
- 76) Encourage forward (3)
- 78) Jealousy (4)
- 80) Requirements (5)
- 83) Always (4)
- 85) Finish (3)
- 88) 12 month period (4)
- 90) Rotating blade (4)
- 93) Ankle-length skirt (4)
- 94) Flood (5)
- 95) Bird's home (4)
- 96) Greek goddess of youth (4)
- 98) Short written letter (4)
- 99) Nothing (4)
- 100) Bible book to follow John (4)
- 103) Take dried clothes off a line (5)
- 105) Savoury jelly (5)
- 107) Gift from the Magi (5)
- 109) Unyeasted cake (5)
- 110) Relating to a node (5)
- 111) Restraining ring on a prisoner (7)
- 115) Dirt remover (7)
- 118) Appear to be (4)
- 119) Cotton holder (4)
- 121) Add finishing touches (8)
- 122) Very big (8)
- 123) Voted in (7)

Melting Pot Blockword

Mutual		Set the foot down	Without equal		Volcanic dust				Unvaried				Defamation		Defeat		Cause to absorb water
										Noisy ghost		Country, capital Tripoli					
Presumptuous; impudent		Daring; accomplishment							Raised Short informal letter								Infused into the mind with positive effect
										Rings		Vienna's river					Tolerate
Spoken (exam) Joint between leg and foot					Turncoat		Observed		Secrete oneself Western								
					Positive battery terminal									Wailing warning signal	Border		Coherent body of matter
	Musical piece for nine performers		Painstakingly; deliberately		Immoral		Fellow; equal					One who seeks to talk to God or the divine		To think or believe Male sheep			
							Israeli parliament		Projecting edges of a roof								Searched thoroughly Mistake
				Missing	Advise strongly					Sews		Flat-bottomed freight boats					
					Result (from)		Hourly fee					Pieces of live coal or wood Carry					
Band of material worn over a shoulder		Hole-boring tool					Deceive Stop! (nautical)						Australian wild dog	Track and watch constantly		Coalesced	Thick or bushy head of hair
					Step	Cultivation Portend					Unusual Arithmetical mean value			Sports match between neighbouring teams			
	Paltry, wretched								Concise and pointed saying								
						Tall, thin, silky-haired dog from Arabia or Persia		Paper and writing materials	Complete -ness							Retaliator Flood	
	Burning; corroding	Unclear					Aged Mass of tiny round-ed grains of rock					Practice or belief passed on non-genetically		Currency exchange fee Not many			
Mountain pass				Interjection announcing a discovery		Inhuman		Neither this ___? that				Many times; frequently					Fire or heat (prefix)
Bottomless pit Good above all others						Body of ceremonies							Provide with Informed				
			Large vehicle for many passengers Soon									Giving confidence (to)			Reverential fear Article		Enclosure (abbr)
						Achieve freedom Cricket implement						Rich Austrian cake Scoundrel		Flank Swine			
					Skill or expertise Stupefies					Equal in value or meaning Source of misery	Device for winding ships' ropes or cables						
				Drains Clean a car's interior						Deep-fried cake of un-leavened Indian bread				Elegance; trimness Et cetera (abbr)			
Beginner					100th of a dollar		Smoothed clothes after washing and drying				Colour stain						A particular government

Crisscross

PUZZLES



3 LETTERS

JET
TIP
TUG
YAW

4 LETTERS

AWRY
JERK
LOOP
LOSE
RIDE

RIOT
ROLL
SLEW
TILT

5 LETTERS

ASKEW
ASTIR
SHAKE
TRILL

6 LETTERS

ASLANT
ATWIST
GYRATE
LAUNCH
SEESAW
SWELLS
TEETER
TOTTER
TUSSE

7 LETTERS

ASTATIC
TRAMPLE
TWIDDLE

8 LETTERS

ATWITTER
SPATTERS
WRESTLES

9 LETTERS

OSCILLATE

Wishing Well

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

7	8	5	7	2	8	2	5	6	2	3	8	3
B	S	E	E	S	T	E	V	L	E	S	R	U
4	6	5	2	3	5	4	6	2	4	8	4	6
F	O	E	K	C	N	E	V	T	A	E	R	E
2	5	3	2	6	4	2	4	8	4	3	6	4
H	T	C	E	G	D	T	I	S	S	E	R	A
3	7	4	5	6	3	6	2	3	2	4	5	8
S	A	P	F	O	S	W	R	I	U	P	U	S
7	5	4	5	3	8	7	3	7	5	4	7	4
D	L	E	M	S	R	V	C	E	E	A	N	R
3	4	5	2	5	8	3	5	6	7	3	8	2
L	S	E	T	T	E	O	I	S	T	S	D	H
5	8	7	3	8	3	5	7	8	7	8	7	7
N	U	U	E	C	R	G	R	E	O	D	U	S

ON SALE NOW!



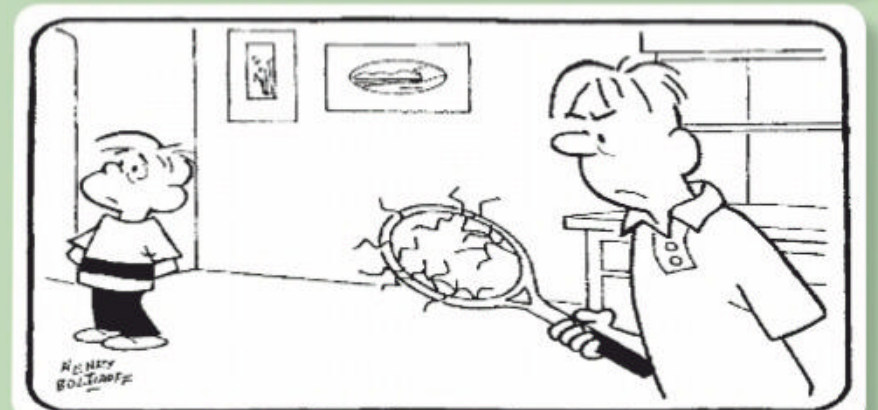
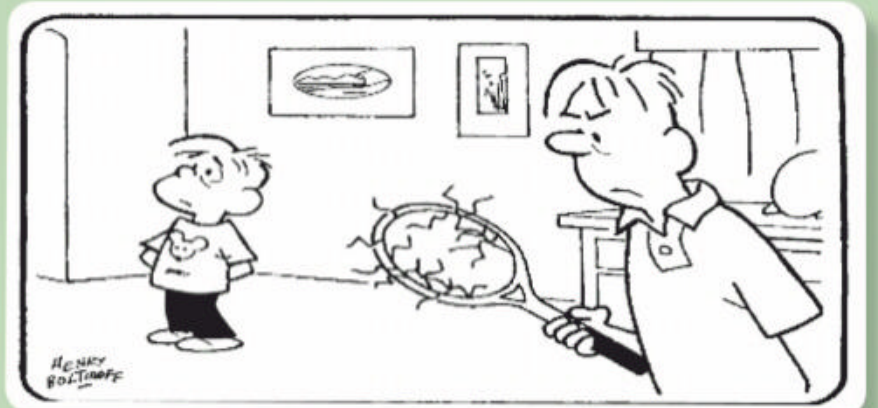
Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

ROMAN							STATE
TIME							BUG
MAGIC							PEG
STORM							BURST
JET							ROOM
WHITE							HAZEL
LONG							COMBER
NUCLEAR							GUY
DAISY							STORE
SPEED							AGENCY
SNOOZE							HOLE
CROWN							CHARMING

Spot The Difference

CAN you find the six differences between the two pictures?



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Even Exchange

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

1. Smidgeon of salt	__ I __ _	Boxer's blow	__ U __ _
2. Flag	B __ _	Method	M __ _
3. Discarded metal	__ C __ _	Belt	__ T __ _
4. Ask over	__ V __ _	Provoke	__ C __ _
5. Feather pen	__ _ _ L	Grandma's bedcover	__ _ _ T
6. Secret meeting	__ _ Y __	Have faith in	__ _ U __
7. Put through a sieve	__ _ _ _ N	Gibraltar or Bering	__ _ _ _ T
8. Toast topping	__ _ T __ _	Keaton or Crabbe	__ _ S __ _
9. Thirst quencher	W __ _	Supply wedding food	C __ _
10. Tiny	__ M __ _	Stable compartment	__ T __ _

Scramblers



“Don’t let my wife’s cooking scare you,
Ed — we live across the street from a
_____.”

Blockword

NO. 817 BY BARRIE THOMSON

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up a word or phrase. The clue to the answer is: There’s nil minute text up to the following point. SMS 48408 with the answer, your name and surname, e-mail address (if you have one), and **people**/Blockword No. 817. Be sure to SMS before March 30, 2020. By doing this, you could win R500. Winner of No. 813: Ken Peacecarola. Answer: Toil and trouble. SMSes charged at R1.50 and free SMSes do not apply. Terms and conditions apply.

WIN
R500

woody plant
eventually
(2,3,8,2,4)

Roman
4

in a
fast
way

4 top
cards
(3,4,5,4)

extreme
vigour

small
coin

always
excit-
ing
(5,1,4,
6)

king who
made
gold

take
advan-
tage of

Association of
Graphic Designers
(abb)

sick

most
secure

musical groups
with many
instruments

ship's
bottom

devou-
red
food

slightly
wet

iron
symbol

enlighten
someone

French
car

total
loss
(abb)
objects

light
giver

small
pastor

pile of
stones

gradu-
ally
lessen

enlighten
someone

French
car

total
loss
(abb)
objects

light
giver

small
pastor

pile of
stones

timid
and
fearful

de-
compose

short
Atlantic
Time

ordained
ministers

natural
gas

millilitre

private
number

strike
heavily

panther
mountains

before
now

viral load (abb)
nasal spray pump
(abb)

country
hotel
gently
hits

attending
public
car

that
man

Hindu
teacher

make
vocal
music

absolute
ruler

on the
ocean
(2,3)

current
unit

ignor-
ant

harem
guard

great
pain

wife
of
Jupiter

very
dry

mineral
spring
resort

government
charge

mark on
the skin

reject

negative
terminal

in the
midst
of

space
prompt
bank transfer
system

stage
prompt

metallic
rock

one who
stood
against

spot-
less

live
in a
place

back of
a
ship

reject

negative
terminal

in the
midst
of

space
prompt
bank transfer
system

stage
prompt

metallic
rock

one who
stood
against

spot-
less

live
in a
place

throw

calf
meat

leave
out

the Au
metal

smooth
clothes
No. 2

Roman 6
made
from

repea-
tedly
(4,3,5)

docu-
ment

long
player

defe-
cate

pinches
a bit
of

person
from the
EEU
night
storage
heating
(abb)

small
rodents

time when you're
short of money
(3,2,3,5)

sounds
like
a lion

PUZZLES

Go figure

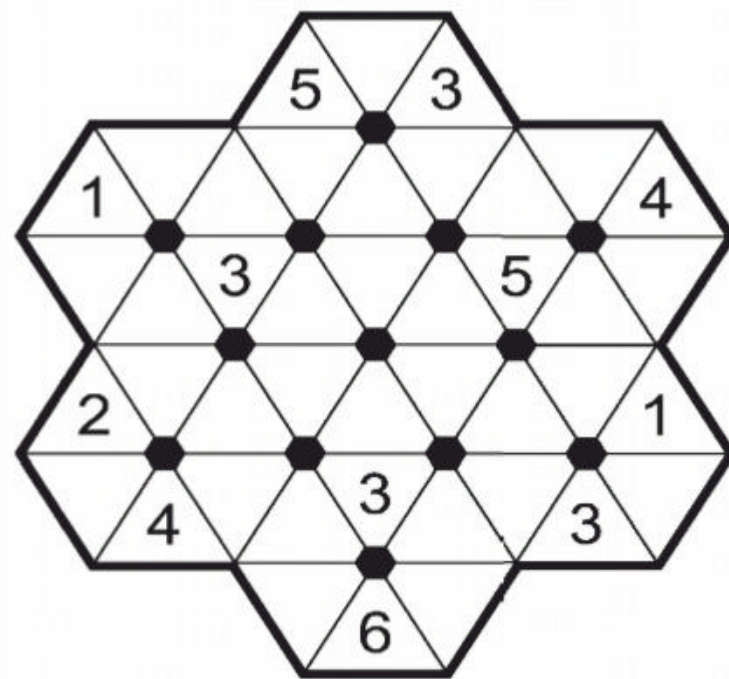
THE idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	+		×		13
×		×		×	
	−		×		14
−		−		+	
	−		×		15
21		28		10	

1 3 4 4 5 6 7 8 9

Snowflakes

THERE are 13 black hexagons in the puzzle. Place the numbers 1 – 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK:

◆ Easy ◆◆ Medium ◆◆◆ Difficult

Sudoku

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

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

Tatami

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).

	2				
1				3	
			1		

Arrow Word

Overstep	Tyrant	Reply envelope? (1,1,1)	Fourth month	Enclosure for pigs	Declare unfit
Free from bacteria	Have in stock	That can be believed	Canadian National (1,1)	Bird call sounds like its name	
Large wooden container	Feel hatred	Mass of flying insects			
Sacred table in a church			Tennis stroke		
Kitchen appliance		Affair of honour	Male offspring	Extent	
Blacken by burning	Ocean	70s pop music			Allow
Small tree			Morning (1,1)	Chemical symbol for tin	
		Pass by, as time			
Apiary insect	Component				



	District Attorney Duration		February (abbr)		Great fear		Flat circular plates	Canine predator In case that		Thin fog 2nd Zodiac sign		Amer martial artist (5,6)
					Senseless Coffee bar							
		Units of work Underneath					Blink of an eye Smooches					
"Life" artist (5,4)								Not yesterday Male deer				Historical period
			Company stock Combine					Fertile desert spot		Hold back Havana is there		
Free from a tangle Certainly					Delivered a blow						Rugby Union Argon (symbol)	
				Mountain in NE Greece Acquired				Tans Absent from work				More secure Groove
Kibibyte (symbol)		Port of Yemen Adhered			The self Delighted			Committee Artist's stand				
			Aeons More greasy				Scared Wombs					
Royal race-course	Considerable amounts Shouting				Assent (2,5) Detest	City in W Central Russia				Plexus Long journeys		
			Printing method (3,3)					Agitate Popular spice				Cows milk store
Category	Golf rating Ointment				Starting players US university						University College Computer key	
			Stationary Animal enclosure				Epistle (abbr) Reign				Nigerian	
More Soup spoon					Legal Wood working tool				Japanese fencing			
Illinois (abbr) Poetry PS		Covered passage Emit liquid					An error Provide with a trait					
			Poetry PS Music job		His Majesty Nomad of Iran or Iraq					Wrap in a cerecloth Be in want of		
"Wild Child" actress (7,4)									Idaho (abbr) Miles away			"A Star Is Born" actor (7,6)
		Supplied Debtor (abbr)						Atlas chart New series (abbr)				
					Camel relatives		Jinni Male relative					
	Border		Women						Master of Ceremonies		Break away Drop	

MATHS QUIZ

Turn to page 76 & 77 for answer grids.

- ACROSS

1. .. 693 - 52

4. .. 3972 ÷ 4

7. .. 170 + 601

10. .. 3290 ÷ 5

12. .. 3460 ÷ 4

14. .. 9 × 9

15. .. 2088 ÷ 3

17. .. 5 × 6

18. .. 19 + 95

20. .. 45 + 505

23. .. 4968 ÷ 8

25. .. 411 + 322
27. .. 220 - 10

29. .. 47 × 2

30. .. 1230 ÷ 2

32. .. 249 ÷ 3

33. .. 4818 ÷ 6

34. .. 400 ÷ 4

DOWN

2. .. 329 + 149

3. .. 27 - 10

5. .. 6356 ÷ 7

6. .. 309 + 159

8. .. 49 + 80

9. .. 445 + 305
11. .. 530 - 19

13. .. 105 × 6

15. .. 8 × 8

16. .. 4564 ÷ 7

19. .. 82 + 51

21. .. 1536 ÷ 3

22. .. 254 - 75

23. .. 733 - 72

24. .. 351 + 352

26. .. 87 × 4

28. .. 1260 ÷ 7

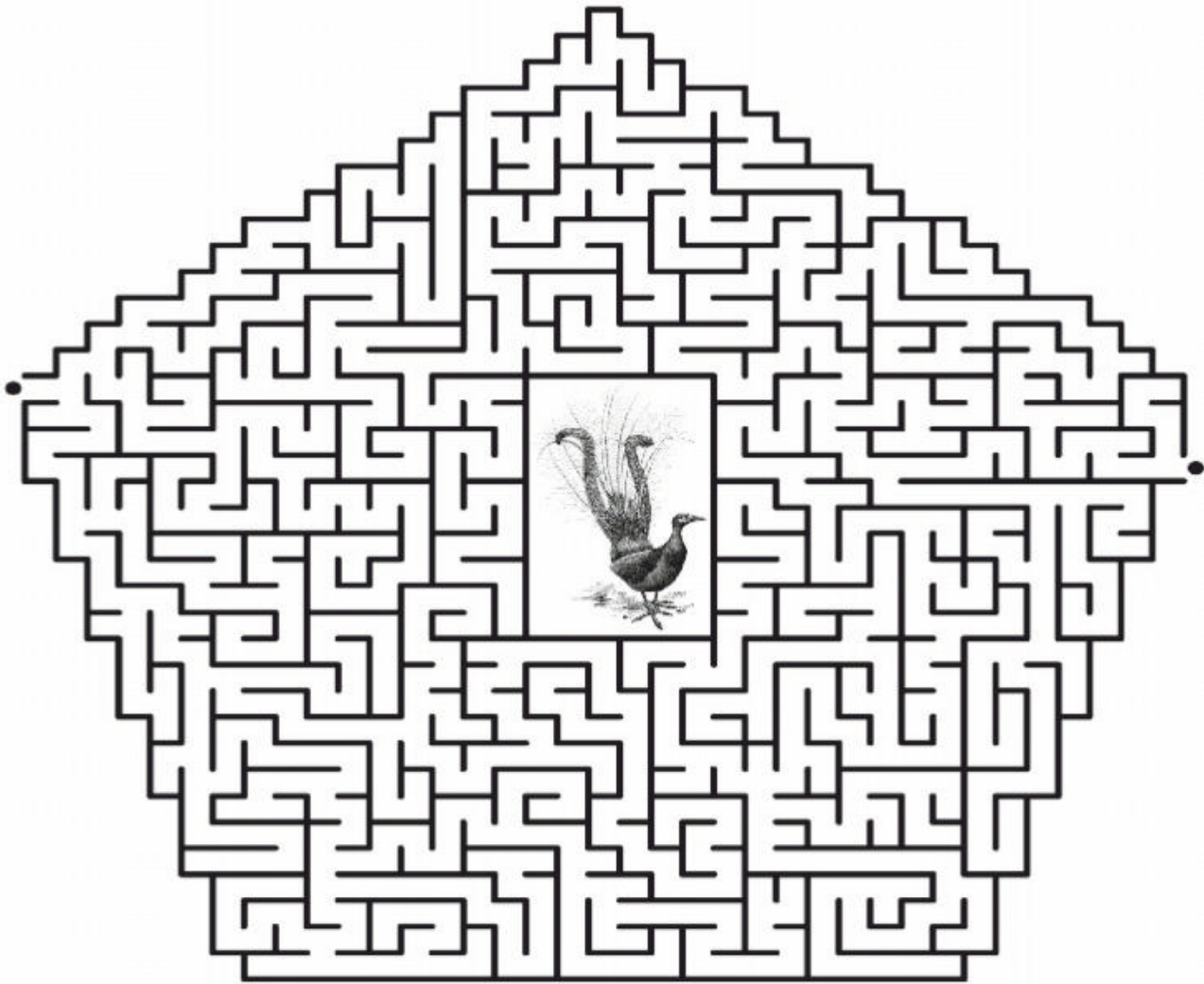
30. .. 9 × 7

31. .. 17 × 3

	1	2	3		4	5	
6		7		8			9
10	11					12	13
14			15		16		17
	18	19			20	21	
22				23			24
25	26					27	28
29			30		31		32
	33				34		

Mega Maze

PUZZLES



Find-A-Word

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

- Admire
Adore
Anticipate
Candlelight
Chocolate
Commitment
Court
Cuddle
Date
Dinner
Dream
- Elation
Embrace
Engagement
Euphoria
Fiance
Flowers
Flutter
Friendship
Future
Gifts
Heart
- Hopes
Hug
Infatuation
Love Note
Marriage
Plans
Roses
Surprise
Valentines Day

MISSING LINKS

CALCULATE the results and actions.
Fill the missing links from the top.

RESULT		ACTION	
	258	+	
=		÷	31
=	14	-	
=		+	88
=	95	-	
=		x	29
=	812	÷	
=		+	13
=	42	x	
=		-	146
=	736	÷	
=		x	25
=	575		

Sticklers

What's the missing number?

7 15 10 2 11 ? 21 13 8 16

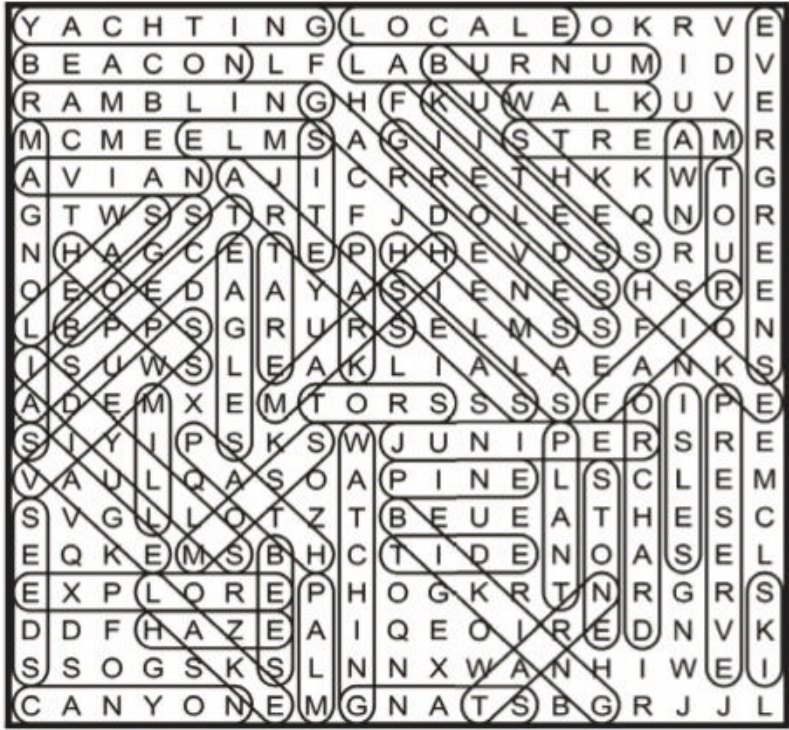
Wordoku

THERE are 9 letters used within the puzzle,
each letter must be used (but never repeated)
in every row, column and 3x3 square.

				O			H	
		N	H					
K						L		
		D		U		A		N
U								
						K		O
			N		O	D		
	R	O			A			U
	H				L			A

PUZZLE ANSWERS

Giant Wordsearch



Quiz Answers

TV Quiz

1. True
2. Michael Hirst
3. False: it premiered in 2013
4. Ivar
5. Hvitserk
6. 20 episodes
7. Eric Johnson
8. Kjetill
9. Harald
10. False: Russia and Norway

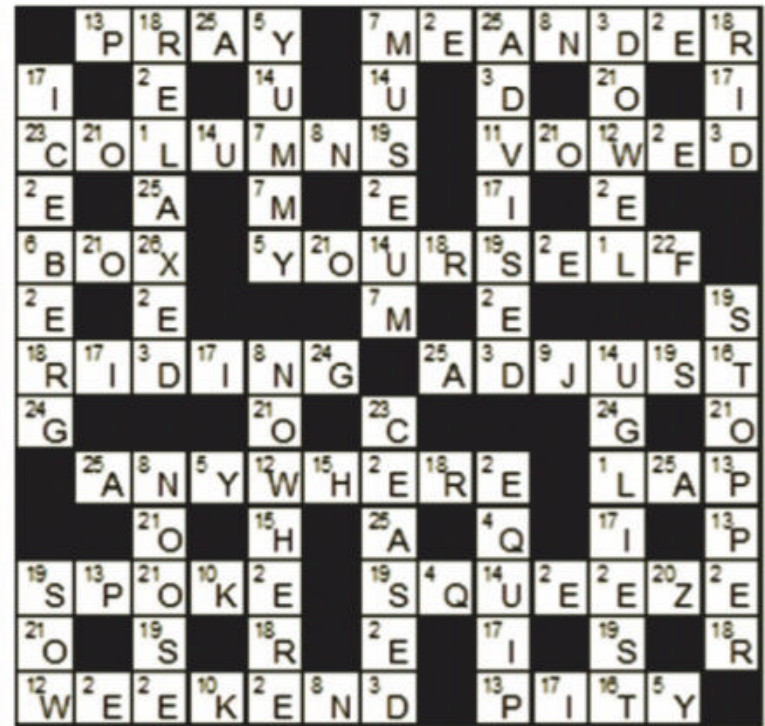
Celeb Quiz

1. Jean Paul Gaultier
2. Growing facial hair
3. Lewis Capaldi
4. The mother to be of his twins, Cayley Stoker
5. Sho Madjozi
6. False, she is pregnant with her first child
7. *Isidingo*
8. Hilary Duff
9. True
10. True

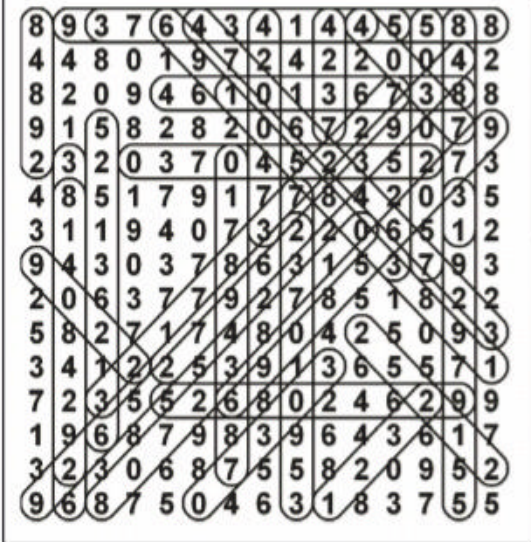
Trivia Quiz

1. He's a penguin
2. 'George' (or 'Georgium Sidus' to be accurate)
3. Monopoly
4. Lego
5. Melbourne
6. Canada
7. Salvador Dali
8. Ketchup
9. Shaggy from *Scooby Doo*
10. $\frac{1}{400}$ th of a second

Codebreaker



Numbersearch



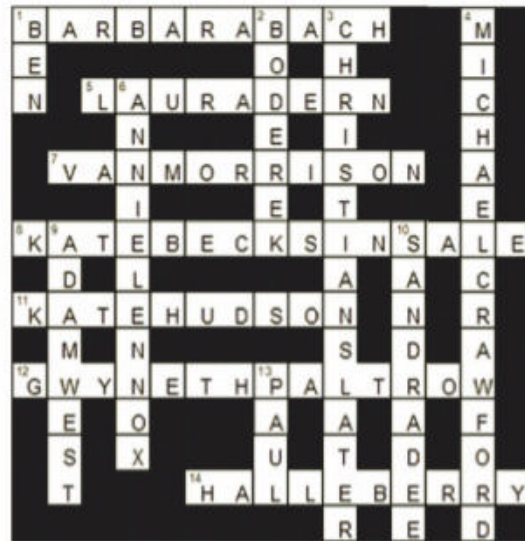
Number Crunch

$$\begin{array}{r} 386 + 88 = 474 \\ 172 + 21 = 193 \\ 214 + 67 = 281 \end{array}$$

Kids Maze



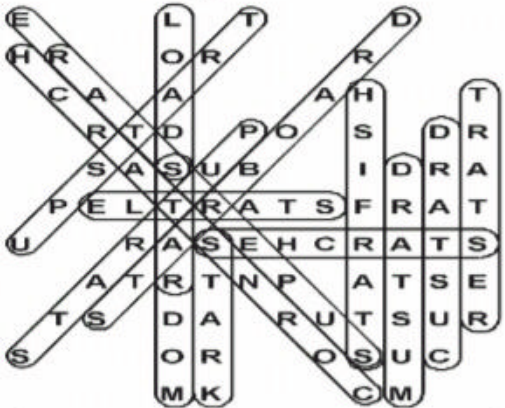
Celeb Crossword



Cryptic Crossword



Magic Maze



Sticklers

The answer is 12.
Start with the two end numbers and move toward the middle in pairs. Each pair totals 23.

WordDoku



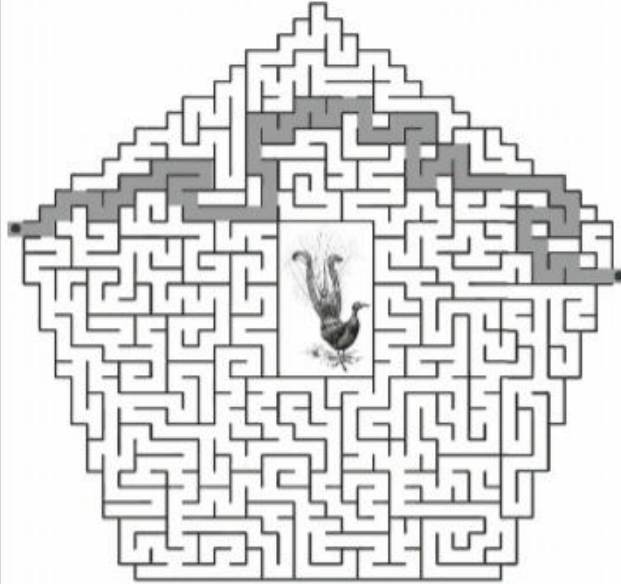
ACROSS

- 5) UPGRADE
- 13) EXTERIOR
- 14) ELOQUENT
- 15) TRUE
- 17) TOTE
- 19) STRETCH
- 21) JACKPOT
- 24) OFFER
- 26) GIVER
- 27) GRASP
- 30) DEVIL
- 31) LOUSE
- 33) GLEE
- 35) HARM
- 36) ACHE
- 37) PASS
- 39) AREA
- 40) DIRGE
- 41) ASIA
- 42) STEP
- 44) WEAR
- 46) BAR
- 48) STEW
- 49) PEARL
- 51) SNOW
- 53) GOT
- 55) OVA
- 56) OBOE
- 58) EATS
- 60) AIR
- 61) SUM
- 65) ARC
- 66) AUDIO
- 67) NIGHTCLUB
- 68) APRON
- 69) ION
- 70) ILL
- 71) CAN
- 72) ROTI
- 73) SORT
- 75) OFT
- 76) GEE
- 78) ENVY
- 80) NEEDS
- 83) EVER
- 85) END
- 88) YEAR
- 90) VANE
- 93) MAXI
- 94) SPATE
- 95) NEST
- 96) HEBE
- 98) NOTE
- 99) ZERO
- 100) ACTS
- 103) UNPEG
- 105) ASPIC
- 107) MYRRH
- 109) SCONE
- 110) NODAL
- 111) MANACLE
- 115) CLEANER
- 118) SEEM
- 119) REEL
- 121) FINALISE
- 122) ENORMOUS
- 123) ELECTED

DOWN

- 1) EXIT
- 2) FETE
- 3) PIECES
- 4) ART
- 6) PEELED
- 7) ROME
- 8) DETAIL
- 9) BEE
- 10) MONACO
- 11) LUCK
- 12) UNTO
- 16) REFEREE
- 18) TREACLE
- 19) SONG
- 20) RAGE
- 22) PLEA
- 23) THUS
- 25) RECIPE
- 26) GINGER
- 28) REAR
- 29) PHASE
- 31) LEARN
- 32) SPAN
- 34) LUNA
- 38) SILO
- 43) TWO
- 45) ASS
- 46) BASHING
- 47) ROMANCE
- 48) SARDINE
- 49) PENGUIN
- 50) LEGLESS
- 52) WARRIOR
- 53) GRANITE
- 54) TICKLED
- 57) BINGO
- 59) TIBER
- 62) POT
- 63) STY
- 64) CAP
- 72) RYE
- 74) TEN
- 77) ELSE
- 79) VYING
- 81) EXPOSE
- 82) DETAIN
- 84) VENOM
- 86) NEXT
- 87) AMEN
- 89) ATTACHE
- 91) AVERAGE
- 92) STAR
- 96) HELM
- 97) BURN
- 101) CHIN
- 102) SCAR
- 104) ECLAIR
- 105) ANIMAL
- 106) COURSE
- 108) YELLOW
- 112) AVID
- 113) ADAM
- 114) BLOC
- 116) ARMY
- 117) EMUS
- 118) SEW
- 120) LEG

Mega Maze



Crossword

Missing Links

258	+	176
434	÷	31
14	-	7
7	+	88
95	-	67
28	x	29
812	÷	28
29	+	13
42	x	21
882	-	146
736	÷	32
23	x	25
575		

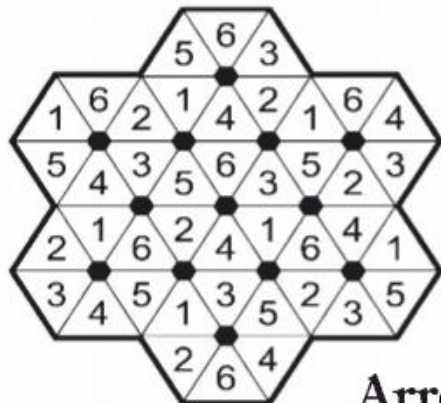
Even Exchange

- | | |
|-------------------|-------------------|
| 1. Pinch, Punch | 6. Tryst, Trust |
| 2. Banner, Manner | 7. Strain, Strait |
| 3. Scrap, Strap | 8. Butter, Buster |
| 4. Invite, Incite | 9. Water, Cater |
| 5. Quill, Quilt | 10. Small, Stall |

Go Figure

5	+	8	x	1	13
x		x		x	
6	-	4	x	7	14
-		-		+	
9	-	4	x	3	15
21		28		10	

Snowflakes



Scramblers

1. Style; 2. Impure;
3. Hatred; 4. Ordeal

Today's Word
HOSPITAL

Tatami

1	2	3	1	2	3
2	3	1	3	1	2
1	2	3	2	3	1
3	1	2	1	2	3
2	3	1	2	3	1
3	1	2	3	1	2

Jumbo Crossword

- ACROSS:** 3. RAISE 7. DODGE
11. ASIDE 17. FLOWER
18. PLAIN 19. EARTH
20. EPONYM 21. TREAD
22. TAINT 23. OUNCE
24. ATTIRE 25. RESTS
26. TERNS 27. LEACHY
28. OASES 29. OSIER 30. CHIAS
31. REI 32. NOR 33. SEASON
37. RESOLVE 40. OPENED
44. CLEGG 48. ORATE
50. INSERT 51. ALONE
53. THELMA 54. POSE 56. ISLA
58. FIR 59. SCARAB 60. ATS
62. SATEEN 63. ODE
65. ANGLO 66. AS ONE
67. EGRET 68. FLECK 71. TITHE
74. TONE 75. ASTER 77. IMRAN
79. HERO 80. BALM 81. OWL
82. EASY 83. SOON 84. EGG ON
86. MANOR 88. ARIA
89. ATOLL 91. STEEP 94. IDOLS
96. PUPIL 98. IRENE 100. CAR
101. KISS ME 102. TEL
103. ELATED 104. NOD
105. ISIS 109. GAEL
111. OFFERS 112. PEKOE
113. REEVES 114. KYOTO
116. OTOES 118. RAREST
120. STRANGE 123. ETHNIC
125. LEI 128. TOO 130. STOVE
132. SMART 134. BASTE
137. TINDER 138. ANITA
139. RYOTS 140. SAMPLE
141. CELLO 142. RIVAL
143. UPSET 144. NUANCE
145. VIXEN 146. TEASE
147. AMOEBA 148. OSLER
149. WEBER 150. ENATE

- DOWN:** 1. AFFAIR
2. TORTOISE 3. RETRO
4. ARREARS 5. SPARE
6. ELDEST 7. DITTO 8. ONASSIS
9. GENTEEL 10. ENTER 11. AT
ONCE 12. SHUSH 13. DECLARE
14. EPEES 15. ANACONDA
16. A MAYOR 34. EGIS
35. AGNES OF 36. OPERATE
38. ELAN 39. VIEW
41. PRESENT 42. NOMINEE
43. ERAS 45. LUPIN
46. ATTACKS 47. ATLANTA
49. TRADE 52. OTTO
55. ORGAN DONORS
57. LORNE GREENE
58. FANTASTIC
60. ASTRONAUT 61. SNAIL
MAIL 64. ETIOLATED
69. LEAST 70. CAMEL 72. INERT
73. HASTE 76. TAG 78. RUN
85. GLIMPSED 87. OSTLERS
89. ASKS FOR 90. OYSTERS
92. ENTREAT 93. PIDGEON
95. DAIRY 97. PEEK 99. NOLTE
106. IOTA 107. SPOT
108. BERG 110. ASTI
115. ORIENTAL 117. OCTUPLET
119. ENTREES 121. ROMAINE
122. NARRATE 124. HOT SEAT
125. LATENT 126. RENOIR
127. OBTUSE 129. ONE-WAY
130. SECCO 131. VALVE
132. STREW 133. TYLER
135. ASPEN 136. EAT ME

Arrow Word



Sudoku

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

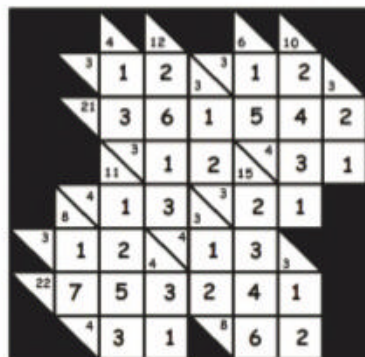
Spot The Difference

- Boy's shirt is different
- Pictures are rearranged
- Button added to man's shirt
- Window replaces curtains
- Picture on table is missing
- Boy is closer to doorway

CrissCross



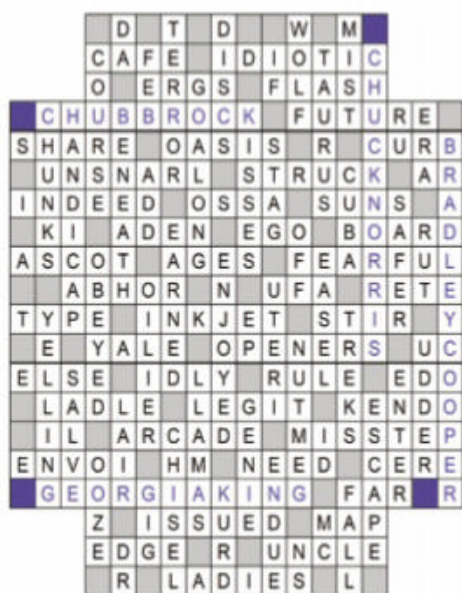
Kakuru



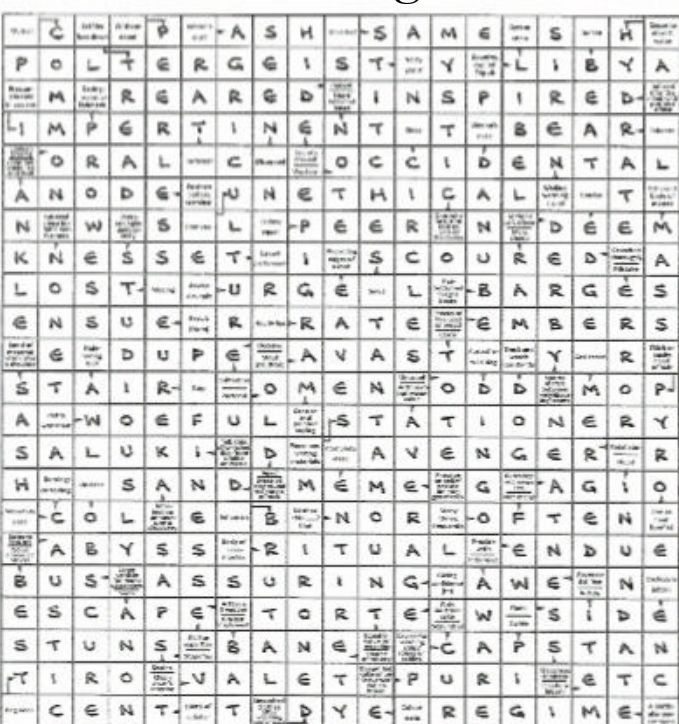
Maths Quiz

6	4	1		9	9	3
4	7	7	1	0		7
6	5	8	2	8	6	5
8	1		6	9	6	3
	1	1	4	5	5	0
1		3		6	2	1
7	3	3		6	2	1
9	4		6	1	5	8
8	0	3		1	0	0

General Knowledge Blockword



Melting Pot



Celeb Wordmatch

ROMAN	E M P I R E	STATE
TIME	T R A V E L	BUG
MAGIC	S Q U A R E	PEG
STORM	C L O U D	BURST
JET	E N G I N E	ROOM
WHITE	W I T C H	HAZEL
LONG	B E A C H	COMBER
NUCLEAR	F A M I L Y	GUY
DAISY	C H A I N	STORE
SPEED	D A T I N G	AGENCY
SNOOZE	B U T T O N	HOLE
CROWN	P R I N C E	CHARMING

The People Behind



EDITOR

Andrea Caknis

MANAGING EDITOR

Gabrielle Ozynski

CHIEF SUB-EDITOR

Matthew Holland

DIGITAL EDITOR

Mark Wasserman
markw@caxton.co.za

FASHION EDITOR

Deneal Florence

ART CONTENT DIRECTOR

Kathy Dry

DESIGNER

Courtney Moore

ENTERTAINMENT EDITOR

Michael Sekhu
michaels@caxton.co.za

PHOTOGRAPHER

Brenda Taylor

CAXTON MAGAZINE EDITORIAL OFFICES:

Private Bag X005, Roosevelt Park, 2129.
Caxton House, 368 Jan Smuts Avenue,
Craighall Park
Tel: (011) 889-0600
E-mail: people@caxton.co.za
Cape Town: (021) 001-2401
Durban: (031) 716 4444

MANAGEMENT

GENERAL MANAGER: Anton Botes
PRODUCTION MANAGER: Sada Reddhi

SALES

Johannesburg: (010) 492-8356
Cape Town: (021) 001-2401
KZN: (031) 716-4444

NATIONAL HEAD OF SALES

Ronell Buitenbos: 087 285 7878

ADVERTISING COMMERCIAL MANAGER

Eugene Marais: eugene@caxton.co.za
(Durban)

MARKETING

Reinhard Lotz: reinhardl@caxton.co.za

BOOKINGS AND MATERIAL/MEDIA CO-ORDINATOR

Ruwaida Pillay: Tel (011) 889-0744
Fax 086 677 1306

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DISTRIBUTION

Republican News Agency (RNA),
12 Nobel Street Industria, 2093
PO Box 101, Maraisburg, 1700
Tel: (011) 248-3500
Fax: (011) 474-3583
E-mail: rna@rnad.co.za
SUBSCRIPTIONS:
(021) 530-3383
subs@magsathome.co.za

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HARRY AND BON JOVI'S INVICTUS COLLAB

THE CATCH-UP #PEOPLESPOTTED BY GABRIELLE OZYNSKI

THE famous Abbey Road Studios, where the Beatles recorded their album *Abbey Road*, were once again host to some very famous icons. This time it was the newly emancipated-from-royalty Duke Of Sussex, formerly known as **His Royal Highness Prince Harry**, and dad rocker **Jon Bon Jovi**. **Harry** met with **Bon Jovi** and members of the Invictus Games choir, who were re-recording **Bon Jovi's** 2019 *Unbroken* single in honour of military veterans suffering from PTSD. The proceeds will go to the Invictus Games Foundation, which holds a multi-sport event for wounded or sick military veterans, and was founded by **Harry**. The former royal and the singer re-enacted the famous Beatles-crossing-the-road album cover and posed as if they were singing a duo – although **Harry** decided to leave the actual singing to **Bon Jovi**.



PICS: MAGAZINE FEATURES

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